

Gilford dedicates new fire boat

BY ERIN PLUMMER
mnews@salmonpress.news

“Lake Jake,” the Gilford Fire Department's new fire boat, has been officially christened and dedicated and is ready for service on the lake.

Last Sunday morning, members of the department, town officials, donors, and other supporters came to the Glendale dock for the formal dedication and christening of “Lake Jake,” the department's brand new

fire boat. Firefighter Ron Skinner said the department got the new boat a month ago and have been training almost every day on it since. Right now, all full time personnel can operate the boat and a few call firefighters can drive it as well, including Skinner. As of Sunday, the boat hadn't gone to any calls as of yet, though past years have shown that Gilford's fire boat is typically one of the



ERIN PLUMMER

(Left) Gilford Fire Chief Steve Carrier and friends help dedicate the new fire boat “Lake Jake.”

turning capacity as well as four pre-piped discharges and a dive door for rescues at water level. It's also equipped with a thermal imaging camera, sonar, and a Garmin GPS system.

The boat carries a large array of fire and EMS equipment. Skinner said the boat is big enough so they can carry all the equipment they need for any call.

SEE **BOAT**, PAGE A12



ERIN PLUMMER

WOW Trail president Allen Beetle announces winners of the WOW Sweepstakes Ball at Gunstock.

16th WOW Ball raises more than \$30,000

BY ERIN PLUMMER
mnews@salmonpress.news

It was a night of dinner and dancing that meant big prizes for guests and an even bigger win for the WOW

Trail. Guests at the annual WOWSweepstakes Ball had the chance to win prizes including a grand prize of \$10,000. The 16th annual

SEE **WOW BALL**, PAGE A12

most in demand on the lake. The 30-foot boat from Eastern Boats has a water pumping capacity of 1,500 gallons per minute, three times the pumping power of the previous boat. The boat has a six-cylinder Chevy engine with powerful

Classic cars converge at the GYC

BY ERIN PLUMMER
mnews@salmonpress.news

From classic racers to discovered four-wheeled to older vehicles given some souped up parts, so many classic and unique cars could be fond at the Gilford Youth Center for the annual Cruise Night.

Cars lined the parking lot of the GYC on Wednesday night with car owners and enthusiasts getting together to get better looks at some sweet machines.

The Cruise Show



ERIN PLUMMER

Jim Wallace in his 1936 Ford Phaeton.

has been going on many years, last year it moved from the Gilford Community Church to the GYC.

GYC director Scott Hodsdon said the Cruise Show brings in a different part of the community. While the GYC typically brings in kids, youths, and families,

SEE **CRUISE**, PAGE A14

Early deadlines for Memorial Day

The offices of the Gilford Steamer, located at 5 Water St. in Meredith, will be closed Monday, May 27 in observance of Memorial Day.

To ensure that our May 30 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up one business day, from the usual Monday to Friday, May 24 at 4 p.m. As always, submissions are welcome in person at our offices or by e-mail to Editor

Brendan Berube at brendan@salmonpress.news. Please note that any submissions received after 4 p.m. on the 24th will be held for publication on June 6.

For information on the holiday deadlines for display advertising, please contact Beth

Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Gilford Steamer thanks our readers for their cooperation with this schedule change, and wishes our community a safe and happy Memorial Day weekend.

IMPORTANT INFORMATION ABOUT YOUR GILFORD STEAMER

Don't miss this opportunity to experience our town through the Gilford Steamer!

This month marks our 15th year of publication of the Gilford Steamer.

To help support news gathering about Gilford, the price for home delivery of the print edition of the Gilford Steamer will now be \$24 for one full year.

You can still read the paper online for free.

For less than 50 cents a week, you can continue receiving the print edition by filling out and returning the postage-paid postcard inside this edition.

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Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Happy Memorial Day. Well, it's bittersweet, but "Bittersweet Memorial Day" doesn't sound right at all. We remember those who died in active military service and we rejoice in what they fought and sacrificed for. Many Americans knew the deceased, and we miss them. Those we didn't personally know, we remember as best we can.

One way that we remember them is by learning and talking about their experiences. As returning veterans have often indicated, there is a disconnect between civilian expectation of military experience and what actually happens. We can bridge that gap by listening to what veterans say and by hearing accounts from the field.

We can start with broad strokes about the histories of wars, conflicts, and the soldier experience. We have a 'Military' subsection of the 'History' section that is brimming with resources. Books like "American Cipher: Bowe Bergdahl and the U.S. Tragedy in Afghanistan" by Matt Farwell and Michael Ames and "Spearhead: An American Tank Gunner, His Enemy, and a Collision of Lives in World War II" by Adam

Makos. Kids and Teens love the Who/What Was Series, so they can read about major events in books like "What Was the Vietnam War" by Jim O'Connor. It is an incredible abbreviation of what occurred, but it serves as an introduction for more conversation with our youth.

Looking more closely at what individuals have gone through, we see books like "Fighters: Americans in Combat in Afghanistan and Iraq" by C. J. Chivers. Chivers writes about six different combatants: a fighter pilot, a corpsman, a scout helicopter pilot, a grunt, an infantry officer, and a Special Forces sergeant. Each story is as vivid as the next, but they are just six individuals among the over 2.7 million Americans to have served in Afghanistan or Iraq since 2001 (as the book describes). Movies like "A Private War" give us a glimpse into the lives of soldiers on many sides, including the deep psychological effects of exposure to traumatic circumstances, including PTSD, whether a combatant or not. You could also take a look in the 'Military' subsection of 'Biographies' and find books like "A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World

War II" about Virginia Hall and written by Sonia Purnell.

Matt Young's "Eat the Apple" may not describe every Marine's experience, but he does candidly explain how life in the military shapes his perceptions and color his interactions with civilians. It serves to help readers understand what it's like to return from deployment as a different person.

Reads like these can help us to remember those who sacrificed for America, and remember them well. The Library will be closed Saturday, May 25, and Monday, May 27, to celebrate this important day. We hope that you have an opportunity to remember those who died in active military service.

Classes & Special Events
May 23-30

Thursday, May 23
Geri Fit, Turn Back the Hands of Time, 9-10am

Master Trainer, Francesca Fisher, and star pupil "Joan" work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork!

Play Group, 10:30-11:30am
You and your little one will enjoy an introduction to a preschool setting without the added expense. You and your child have the opportunity to make and play with new friends. There will be songs, crafts, games, and coffee will be served.
Lunchtime Book Discussion, 12:30-1:30pm

This month's book is Manhattan Beach by Jennifer Egan described as "Ambitious, compassionate, engrossing". Copies are available at the front desk, and the discussion will be led by Kayleigh Thomas.

Teen Game Club, 2:30-3:30pm
Conversational French, 4:5pm
Evening Book Discussion, 6-7pm
See description in 'Lunchtime Book Discussion' above.

Friday, May 24
Preschool Storytime, 10:30-11:30am
Come read, sing, dance, and make a craft. *Sign-up required 2.5-5 years
Social Bridge, 10:30am-12:30pm
Knit Wits, 1:30-2:30pm
Conversational German, 2:30-3:30pm

Saturday, May 25

Closed for Memorial Day Weekend

Monday, May 27
Closed for Memorial Day Weekend

Tuesday, May 28
Geri Fit: Hop & a Skip, 9-10am

Proprioceptive exercises are mixed in with the traditional Geri-Fit evidence-based workout lesson plan to further enhance motor skills, reaction time, and balance. This is a perfect video for fall prevention training and is suggested to those that are familiar with the Geri-Fit exercises and are seeking a more challenging workout.

Hook Nook, 10-11am
Preschool Storytime, 10:30-11:30am

Come read, sing, dance, and make a craft. Ages 2.5-5 *Sign-up required.

Social Bridge, 10:30am-
SEE LIBRARY, PAGE A12

Gilmanton Historical Society hosting program on Underground Railroad

GILMANTON — The Gilmanton Historical Society opens its 2019 program season with a presentation on New Hampshire and the Underground Railroad, on Tuesday, May 28, 7:30 p.m. at Old Town Hall in Gilmanton Iron Works.

The Underground Railroad was a network of secret routes and safe houses established during the early 1800s. It was used by African-American slaves to escape into free states and Canada. Michelle

Arnosky Sherburne will present her research on the Railroad in New Hampshire.

Michelle Arnosky Sherburne is the production and marketing manager at the Journal Opinion, Bradford, Vt. She has freelanced for magazines and newspapers since the 1990s, finding history is her strength. Sherburne spent 25-plus years researching Vermont and New Hampshire's Underground Railroad network and learning

about the Abolitionist Movement.

Sherburne has four books on the shelves. She co-edited the Peacham Historical Association's book, "A Vermont Hill Town in the Civil War: Peacham's Story." Then it was three books in three years, all with History Press: "Abolition and the Underground Railroad in Vermont," "St. Albans Raid," and "Slavery and the Underground Railroad in New Hampshire."

The Society's 2019 series continues on the fourth Tuesday of each month, June through September, with programs featuring Gilmanton history: a walking tour of Smith Meetinghouse Cemetery on June 25 (6 p.m.), Doug Towle's Antique Gilmanton Homes on July 23; The 12th New Hampshire Regiment During the Civil War on Aug. 27; and A Brief History of Gilmanton's Churches on Sept. 24.

Social hour and refreshments begin at 7 p.m., and the program begins promptly at 7:30 p.m. The Society's museum, in the basement of Old Town Hall, will be open at 7 p.m.

The Society's Museum in Old Town Hall is open every Saturday morning, 10 a.m. to noon, June, July and August.

The programs are free and open to the public. Donations to support the work of the Society are always welcome.

Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "Redemption" by David Baldacci
3. "The Den" by Abi Maxwell
4. "The 18th Abduction" by James Patterson and Maxine Paetro
5. "The Silent Patient" by Alex Michaelides
6. "The 13-Minute Murder" by James Patterson
7. "Thirst: 2600 Miles to Home" by Heather Anderson
8. "The Mother-In-Law" by Sally Hepworth
9. "The Moment of Lift" by Melinda Gates
10. "The Mueller Report" by Robert Mueller

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Gilford Fire to sell some old equipment

BY ERIN PLUMMER
mnews@salmonpress.news

After approval by the selectmen, the Gilford Fire Department will be able to sell some old equipment to other departments.

Fire Chief Steve Carrier told the board during the May 8 meeting that there's a lot of old equipment in the basement of the fire station's administrative

wing. The equipment had been taken out of service and includes nozzles, hand tools, small electronics, and other equipment, some of which hasn't been used in 10 years. Carrier said other departments have made this type of equipment for sale and advertised it to other departments through Lakes Region Mutual Fire Aid. He

said he would try to advertise it so the town can make as much money as it can from it.

"I think this is a great thing for you to do, and I think we're all behind it," said Selectman Gus Benavides.

Benavides asked if no one ends up having any interest in any percentage of equipment if there was scrap met-

al value to it. Carrier said he believe it would have value depending on the market at the time.

"I think at that point it would probably be best if I came back to you and said this is what I have left," Carrier said.

He said he would come up with an estimate of what the scrap value is at that time.

Benavides said he understand the goal would be to provide this equipment to a community that might need it.

"There might be a small community out there that can't afford necessarily the latest and greatest and they might jump all over it, which is great," Benavides said.

Carrier said Gilford has taken advantage of equipment offered by other communities as well. Recently the department bought hundreds of feet of four-inch hose from Franklin that is now being used on an engine.

"That's the good part of the mutual aid system too, we help each other," Carrier said.

Regarding steel prices, board chair Richard Grenier said he recently went through a lot of effort to dig out old dozer tracks on his property, spending \$40 for a come-along and tearing up his lawn. For the 11,120 pounds of steel he turned in he got \$77.50.

The selectmen unanimously approved a motion to authorize the department to dispose of the equipment "in a manner deemed to be in the town's best interest."

Gilford Parks and Recreation News

BY HERB GREENE
Director

Gilford Parks and Recreation

Granite State Track & Field Program

The Gilford Parks and Recreation Department is offering area youth the opportunity to participate in the Granite State Track & Field program this May and June. This program is open to youth ages nine to 14 (as of Dec. 31, 2019) and will include a few practices along with at least two track meets. Cost for this program is \$5 per participant and registration information can be picked up at the Parks and Recreation office or can be found on the department website at www.gilfordrec.com.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

**Senior Moment-um
BBQ and Bocce on**

Monday, June 3

The Gilford Parks and Recreation Department is Sponsoring a Senior Moment-um Program on Monday, June 3. We will be meeting at 11:30 a.m. at the Gilford Village Field to enjoy a fun afternoon including a BBQ lunch and play some bocce ball. All participants should plan to bring their own chair. The Parks and Recreation Department will supply hotdogs, condiments and drinks. Participants are encouraged to bring a side dish or dessert for our potluck and join us for a fun filled afternoon! Participants are asked to RSVP by Thursday, May 30th to give us time to go shopping.

For more information or to RSVP, please call the Parks and Recreation office at 527-4722.

Archery Lessons
The Gilford Parks and

Recreation Department is sponsoring a four-week session of Archery instruction, to be led by certified archery Art of

Archery. This program will be held on Tuesday afternoon/evenings from July 9 – July 30 at SEE REC NEWS, PAGE A13

Downtown Gym focus of next Connect event at Patrick's

GILFORD — Patrick's Pub and Eatery will host The Downtown Gym at their networking event, "Connect," on Thursday, May 23 from 5-7 p.m.

The Downtown Gym is an independent gym located in the heart of the Lakes Region of New Hampshire. Believing that fitness is an integral part of good health, the Downtown Gym offers a wide group of exercise classes, personal training, cycling



and specialty classes.

For the gym goes body and soul, The Downtown Gym engag-

es the individual as a whole. The Gym offers a safe and fun environment and encourages (and set by example) the importance of family, health minded education and community service.

The Downtown Gym believes that hard work doesn't mean the individual can't have fun, too – although the gym's passion for health and fitness will remain in the forefront of the experience, everyone will have a good time doing it! Whether looking to lose weight, tone or train for an event, The Downtown Gym is there to help the end goal be reached!

Welcome summer

with a healthy lifestyle and enter to win a six-month membership to the Downtown Gym, and with every sign up, be automatically entered to win a basket of fitness surprises, plus a free two-week membership for a friend!

Stay and enjoy live music with Henry LaLiberte.

Patrick's Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 6 and 7 p.m., followed by live music. An additional grand prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 7 p.m.

For more information on Patrick's Connect, or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about The Downtown Gym, please visit www.downtowngymlaconia.com.

Crowd recognizes and salutes excellence in education

LACONIA — On May 9, hundreds of people from the Lakes Region area came to the McDonald's on Union Avenue to thank and congratulate educators who were selected as "Best in the State" by the "ED"ies program, which annually selects the top educators in the State of New Hampshire.

Xanthi Russell, Miss Lakes Region's Outstanding Teen and Emily Bolduc, Miss Lakes Region who are form the Miss New Hampshire program came to support the recipients. At the 2019 crowning of Miss New Hampshire, the program showed its commitment to education by providing \$77,000 in scholarship money to the contestants.

The educators who were honored were:

2017 Elementary School of the year
Pleasant St., Laconia

2018 Elementary School of the year
Gilford Elementary

Middle school of the year
Belmont Middle

Elementary Principal of the Year
David M. Levesque
Pleasant St.

Middle School Principal of the Year
Aaron Pope 2018

2019 Teacher of the year
Keith Noyes

High School Guidance counselor of the year
Monica Sawyer
(Gilford)



COURTESY

On May 9, hundreds of people from the Lakes Region area came to the McDonald's on Union Avenue to thank and congratulate educators who were selected as "Best in the State" by the "ED"ies program, which annually selects the top educators in the State of New Hampshire.

Special Education Teacher of the year
Jean Moreau (Gilford)

McDonald's has been the prime sponsor for this awards program since its beginning and has supported the program with more than \$500,000. The Lakes Region has had an extremely high number of schools and individuals and schools selected for this great honor of the past three years.

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OPINION

MARK ON THE MARKETS

“Putting” a portfolio together



BY MARK PATTERSON

There are times when the use of options are a means of acquiring a stock or Exchange traded fund at a discounted price to the current market price. I will explain a method that I often use for specific investment portfolios. If you plan to use options you should read and understand the options risk disclosure that your broker or advisor must supply to you.

In my examples, I will use stocks for explanation purposes only, I am not making a recommendation of these stocks.

Example #1: A client owns shares of Apple, and would like to accumulate more, but would obviously like to buy lower. Apple stock trades at \$188. I can sell, on my client’s behalf the June 28, 185 put that expires in about six weeks, and collect about \$550 per contract. A contract represents 100 shares and the \$185 is the strike price. Two outcomes of this strategy are 1: Apple stock stays above \$185 and on June 28th the option contract expires worthless to the buyer, but my client was the seller of the contract, so they keep the premium of \$550 per contract sold. 2: Apple stock price drops below \$185, but the client’s breakeven price is the strike price of \$185 minus the premium of \$550 collected for a price of \$179.50, minus any transaction fees.

This is a very effective means of collecting premium or buying stocks or ETF’s that you would have wanted to purchase

at a lower price than current market.

Example #2: Same client owns Apple but would not mind selling some of the position. Apple is trading at \$188, but we would like to get \$190. We sell the June 28 \$190 call for about \$615. If the stock trades over the \$190 strike price it may get “called” away, but the client collected \$615 for the premium bringing their sell price to \$196.15 less transaction fees. If the stock trades below \$190 my client keeps the premium and the stock.

These transactions can be advantageous for a client who wants to build a portfolio of stocks and ETF’s or to the client that already has a position in these stocks and would like to create added revenue. I find options a very efficient means of getting cash into the equity markets and most advisors will tell you that it can be a challenge when the markets are fully valued. The client either gains revenue, buys or sells the underlying investment with the addition of having the cash in a money market waiting to be deployed.

The call sold on Apple is considered covered because the clients owns the underlying stock, the puts are cash covered and if you are prepared to own the stock at the strike price, your risk is mitigated. Uncovered calls place you at unlimited risk and I would not recommend. You should review the options risk disclosure document before deploying any options strategies.

Before you use options, make sure that you understand them and make sure that your broker is experienced in these types of transactions. You do not want to be the guinea pig.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM’s may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call Where to Meet What to Pack



COURTESY

Congratulations to the Lakes Region Futures Golf Scramble winners

BelknapEDC was proud to be a presenting sponsor, along with Fusion, NH and Laconia Country Club, of the Lakes Region Futures Golf Scramble and BBQ Social that took place May 13. Teams of four competed in a golf scramble format tournament, making an emphasis on fun without the pressure of players keeping individual scores. Everyone enjoyed the brisk afternoon of golfing and networking, along with great food and prizes. Congratulations to the winning team, which included Andrew Pike, Ryan Phelps, Dennis Phelps, Jeff Pierson, Jim Phelps, and Kara LaSalle. Thank you to all who participated! Pictured: Andrew Pike, Ryan Phelps, Dennis Phelps, Jeff Pierson, Jim Phelps, and Kara LaSalle.

NORTH COUNTRY NOTEBOOK

Around and around the fields they go, thinking more than we ever could dream



By JOHN HARRIGAN
COLUMNIST

Sometimes it takes you a lifetime to get mad about something. Even then, it turns out to be one of life’s little foibles that you can’t do much about—except perhaps write about, and share the blame.

A local man had died, in a family I knew of only faintly. But he had relatives in town; that’s how I recognized the name. I was on the same sub-jay-vee basketball team as

his nephew.

They lived Out East—that seemed to be most of what anyone knew. “He was just a farmer,” one of the adults said. Maybe she didn’t mean it to be derogatory or dismissive, but it was a phrase I never forgot.

+++++

A few years later, I worked a summer for Lyman Forbes, who at that time was running one of the biggest dairy farms in the state (milk- ing 105). These days, megafarms milking a thousand, even several thousand in Florida and California, are as common as crows, but back then 105 was really something.

Lyman was really

something too. Never had I known a man (except, of course, my Dad) who thought so much about so many things, so fast. The frosting on the cake was a great sense of humor.

In his idle time, if there was any, Lyman invented a gutter-cleaner. A gutter is (or was) the narrow, shallow pit behind the business end of a cow. Before Lyman built his back-and-forth, folding-paddle machine, manure was moved and removed by shovel and hoe.

It took seven surrounding out-of-business farms to provide enough hay for Lyman’s operation. All spring, summer, and fall, Lyman figured out when and where to put machinery and hay-wagons and men, and what to cut and

bale, and when, all the while supervising (and helping do) the milking. There were a myriad other not-so-small matters, such as grain, sawdust, and painting the silo (featuring, of course, me).

My main job for milking was to go get the cows, which I did all by myself, dogless, and then feed the young stock, and then help scrape and bed. My last job of the day, unless advancing storms called for us to bale late and get hay under cover, was to go down to the bulk tank and fill a big stainless steel pail with milk for the table. “Just a farmer,” I remember thinking one night as I trudged back up to the house.

+++++

SEE NOTEBOOK, PAGE A13

Comfort Keepers

Risk factors for Osteoporosis

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Seniors suffering from osteoporosis often don’t experience any symptoms of the disease until they get a fracture. According to the National Osteoporosis Foundation, approximately 10 million Americans have osteoporosis, and another 44 million have low bone density. That means half of all adults over age 50 are at risk of breaking a bone.

While bone density naturally decreases with age, osteoporosis is a preventable, and treatable, condition.

Prevention strategies for osteoporosis:

- Diet – Getting the right vitamins and nutrients is critical for seniors that want to prevent osteoporosis. Malnutrition can also contribute to the disease and can

be a concern for older adults. A healthcare professional can help seniors evaluate their eating habits and will suggest improvements to keep bones healthy.

- Activity – Seniors should always consult a physician before starting any new exercise program. Weight bearing exercises, if approved by a doctor, can be particularly helpful in preventing osteoporosis. This can include dancing, weight training, walking or jogging and other activities that get someone up on their feet.

- Healthy habits–Smoking, or inhaling second hand smoke, can increase risk for osteoporosis. Alcohol consumption can also contribute to low bone density.

For those diagnosed with osteoporosis, or osteopenia (low bone mass), there are treat-

ments available. Physical therapy, medication and lifestyle changes can help seniors maintain healthy bones and can also help prevent falls for those already at risk. Older adults that are concerned that they may have osteoporosis can discuss screening options with their healthcare team.

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If someone is suffering from osteoporosis, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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About

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Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, house-keeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Pitman's welcomes bluesman Tas Cru

LACONIA — On Saturday, May 25, at 8 p.m., Pitman's Freight Room welcomes acclaimed Blues musician Tas Cru. Tas Cru is based out of upstate New York sings and plays a wide variety of guitars - at home on either electric, acoustic, resonator or cigar box. His first foray into

the blues came when he was asked to join a band formed by a former Navy shipmate named Delray Streeter, an Arkansas-raised bluesman with boundless bravado and attitude. Streeter's repertoire tended toward the older, rough-hewn country blues which is also heard in Cru's orig-

inal songs along with his rock-blues influences. His album "Memphis Song" completes a tri-fecta of Tas Cru's creativity that began with his breakthrough effort, "You Keep the Money" (2014) and followed by the award-winning Simmered and Stewed. Released this June, Mem-



Tas Cru

COURTESY PHOTO

phis Song showcases Cru's talents as an acclaimed songwriter, guitarist and vocalist. This album's title track features long time friend Victor Wainwright on pi-

ano along with Victor's guitar player, Pat Harrington putting down some soulful slide work. He has numerous Blues Awards and has performed at several ma-

jor blues festivals around the country. Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043 or visit www.pitmansfreightroom.com.

May Murder Madness on LRPA continues with "D.O.A."

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (May 24 & 25) for our "LRPA After Dark" presentation of 1950's' dark and gritty film noir drama "D.O.A.," starring Edmond O'Brien and Pamela Britton.

Told in flashback, "D.O.A." introduces us to Frank Bigelow (O'Brien), a businessman visiting San Francisco for a carefree week of bachelor fun before he weds his fiancée Paula Gibson (Britton). O'Brien meets up with a group of salesmen and winds up in a wild, waterfront jazz bar, only to have a mysterious stranger switch his drink. O'Brien wakes up in the morning with the hangover of his life. Feeling worse and worse, he visits a hospital, where doctors give him tragic news: he has been poisoned with "luminous toxin" – and there's no antidote. The poisoning must have been deliberate, but who could have done it, and why? With nothing to lose, Bigelow spends his next frantic days attempting to solve the mystery of this heinous act.

"D.O.A." was based on the 1931 German film "Der Mann, Der Seinen Morder Sucht," a black comedy about a man who arranges for his own death but then regrets his hasty decision. When it was adapted for American audiences, director Rudolph Mate created a much darker and more chaotic world, filled with dive bars and dangerous people. "D.O.A." features the talented (and under-appreciated) Edmond O'Brien in one of his most memorable roles.

The film was remade in 1988 starring Dennis Quaid and Meg Ryan. Critics and audiences heartily agreed: the original "D.O.A." was definitely the best. Jeff Stafford of Turn-of-the-Century Movies described it as "one of the most imaginative and frenetic entries in the film noir genre ..." and pointed out that it "... works as both a detective thriller and as a bleak, nihilistic melodrama." Judge "D.O.A." for yourself! Grab your popcorn and join LRPA after dark for this unflinching thriller from the past.

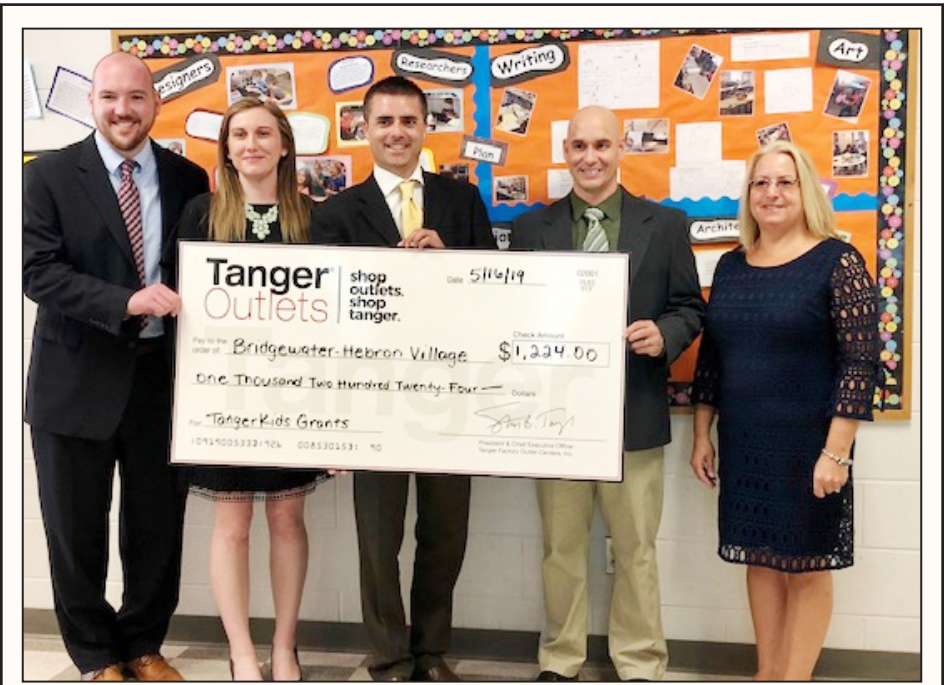
Mark your calendars for our final murderous movie: May 31 & June 1 1955's "The Big Combo"

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org), where you can catch all the fun.

About Lakes Region Public Access Television (LRPA) Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public

access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
 - encourages artistic and creative expression,
 - promotes a well-informed public through governmental transparency, and
 - unites our communities through the power of media and technology.
- LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



COURTESY

GES receives TangerKids grant

Tanger Outlets donates \$4,000 in TangerKids Grants to four area schools to support programs in the 2019/2020 school year. This year's schools benefiting are Hebron-Village Village School, Newfound Memorial Middle School, Gilford Elementary School and Boscawen Elementary School.

Red Cross resiliency programs coming for veterans, service members and military families

LACONIA — The American Red Cross and Lakes Region Mental Health Center are partnering to bring Red Cross Resiliency Programs to Veterans, Service members, and Military Families. The first session, "Introduction to Mind and Body Skills" will be held at the LRMHC Conference Center from 5:30 – 7 p.m. on Friday, May 24. The workshop series continues on June 14th and on the second Friday of every month thereafter (June – December). Participants may attend one, some or all the sessions and there is no charge. The Resiliency Workshops aim to help improve coping abilities, communication skills and personal wellness strategies.

The workshops are confidential small-group modules, led by licensed mental health professionals. Focus is placed on building skills that enhance the likelihood of positive reconnections among family members, as well as the successful reengagement of the service member in civilian life. Workshops topics and dates are as follows:

- Friday, May 24, 5:30 p.m. – Introduction to Mind and Body Skills
- Sign up for the May workshop at <https://lrhmcmindbodymay.eventbrite.com>

- Friday, June 14, 5:30 p.m. – Using Mind and Body Skills
- Sign up for the June workshop at <https://lrhmcmindbodyjune.eventbrite.com>
- Friday, July 12, 5:30 p.m. – Communication
- Friday Aug. 9, 5:30 p.m. – Exploring Trauma
- Friday Sept. 13, 5:30 p.m. – Handling Stress
- Friday, Oct. 11, 5:30 p.m. – Relating to Children
- Friday Nov. 8, 5:30 p.m. – Identifying Depression
- Friday, Dec. 13, 5:30 p.m. – Working through Anger

All workshops are free and available to all those impacted by a military deployment from all branches of the Armed Forces, which includes Reserve, National Guard, active duty service members, veterans and their families. Workshops will be held at Lakes Region Mental Health Conference Center at 40 Beacon Street East in Laconia.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that

serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large; psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

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William Bitzer, 83

LACONIA — William “Bill” Bitzer, 83, of Laconia, passed away peacefully on May 10, 2019 surrounded by his family.

Bill was born on Aug. 11, 1935 in New York City to the late William Bitzer and Hildegard (Schlarbaum) Bitzer.

Bill graduated from the Gunnery School in Washington, Conn., as well as studying for a year at Eastbourne College, Sussex, England. He then went on to attend Williams College.

Bill’s professional career included 20 years at Sears Roebuck, after which he went on to own a Western Auto Store in Newport, where he and his wife



worked a long side each other. In 1982, Bill landed at Colby-Sawyer College where, over his 25 years, he brought technology to the campus and built a team to support and execute it.

Bill is survived by his loving wife, Linda (Flewelling) Bitzer of Laconia; daughter Brandy (Bitzer) Sinisi; her husband, David Si-

nisi both of Farmington, Conn.; and close friend Elizabeth LaBelle of Newbury.

There will be no formal services, but a small celebration of life will be held at a later date.

The family would like to thank the doctors, nurses and staff at Lakes Region General Hospital (LRGH) for their years of support and dedication to Bill’s care.

In lieu of flowers donations can be made to Lakes Region General Hospital to continue their excellence in care to their patients and families.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, are assisting the family with the arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

Marie Eva Duquette, 68



carried inside of her. They shared the next 48 years together!

Marie’s sense of humor is a trait that all that knew her appreciated and enjoyed. Marie was thoughtful, caring and a loving person. She brought much joy and happiness into our marriage and family life! She was very talented and artistic, which she openly shared with family and friends.

Marie is survived by her husband, Gene; their two children, daughter Kim-Marie LaMotte and her hus-

band Chad and two children Benjamin Robert and Sofia-Marie, and son Marc Duquette and his wife Talia of Denver, Colo.; two brothers, Robert Gagne and wife Judy of Littleton and James Gagne and wife Lorraine of Grantham.

A funeral service will be held at St. Joseph Church in Lincoln with Father David Kneeland officiating at 11 a.m. on May 24.

After the funeral service, all will be invited to Gordy’s Steak House in Lincoln. There will be a brunch to celebrate Marie’s life.

There will be no interment at this time. Both Marie and Gene have decided to be placed in a companion urn after Gene’s passing. Marie and Gene will both be interred together at the Riverside Cemetery in Lincoln.

David W. Murray, 81

David “Ratch” W. Murray, 81, of Elderberry Drive died on Tuesday, May 14, 2019 at the Catholic Medical Center in Manchester.

Dave was born on Nov. 24, 1937 in Manchester, the son of the late Timothy and Rosamond (Davis) Murray. He grew up in Manchester, graduated from Manchester Central and went on to study at the University of New Hampshire. Dave worked for Snap-On Tools for over forty-five years and eventually owned and operated Dave Murray Tool Company.

Dave was a very active member of the community, helping start and organize baseball and softball youth leagues. Dave played an important role in facilitating the construction of baseball and softball fields known as Stonewall Park. He was a president for the Laconia Country Club, and the Gilford baseball and softball leagues; he was also a member of the Bektash Shriner Mini Patrol, Elks Lodge, Mason Temple, Lions Club, and a Boy Scout Leader.

Dave is survived by his wife of 55 years, Mary Ellen Murray; two sons, Mark Murray and his wife, Jeanette, of Bow and Michael Murray and his wife, Amanda, of Litchfield; his daughter, Ann Crawford, and her husband, Brian, of Weare; seven



grandchildren (Amanda, Shannon, Makayla, Kendall, Collin, Aiden, and Dilan); and his sister, Lorinda Mitchell.

In addition to his parents, Dave is predeceased by his sister, Susan Montville.

There will be no calling hours.

A Graveside Service was held on Saturday, May 18, 2019 at 9:30 a.m. at the Pine Grove Cemetery, Belknap Mountain Road, Gilford, NH 03249.

For those wish memorial contributions in Dave’s name may be made to The Shriners Hospital for Children-Boston, Development Office, 51 Blossom St., Boston, MA 02114.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services 164 Pleasant St., Laconia, are assisting the family with the arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

Robert Robinson, 73



for the children there. While there, he worked very hard getting donations to provide nice meals for those kids unable to go home for the holidays. After his retirement, he filled his time working at Pizza Hut in Concord for a number of years, where he was lovingly referred to as “Bob-o.” When he was no longer able to work due to his

LACONIA — M. Robert “Bob” Robinson went home to be with the Lord May 14, 2019 surrounded by his loving family.

Bob was born in Lynn, Mass. to Maynard and Virginia (Broderick) Robinson May 27, 1945. He graduated from Lynn Classical High School in 1963. July 1971, he married Judith Locke with whom he raised three children. After moving to Laconia in 1977, he began his career as a chef at Plymouth State College, later working for the State of New Hampshire for over 20 years, retiring from the Tobey School Youth Detention Center in Concord, preparing meals

declining health, he still volunteered his time at Laconia’s food kitchen and the “Got Lunch” program. Bob was a philanthropist at heart, truly enjoying helping others as much as he was able.

Bob is survived by his three children and their families: Michelle Blake, her husband Matt of Belmont, Tim Robinson, his wife Lisa of Webster, and Amanda Wood, her husband Brandon of Pittsfield; his grandchildren, Emma and Ian Blake, Taylor and Tynan Robinson and Gianna Wood. He also leaves behind nieces and nephews. Bob is also survived by his loving ex-wife, Judy Locke, who was there for him

until the very end.

Bob was predeceased by both his parents and his sister Maureen Conway.

A remembrance of life will be held at First Baptist Church in Meredith with the date to be determined.

In lieu of flowers, the family requests that memorial donations be made to Wilkinson-Beane, Inc., PO Box 67, Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services 164 Pleasant St., Laconia, NH are assisting the family with the arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

Lakes Region Mental Health Center recognizes Mental Health Awareness Month

REGION — Mental Health Awareness Month has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings. Lakes Region Mental Health Center (LRMHC) is joining communities around the country raising awareness of the mental health needs of the one in five Americans that will be affected by mental illness in their lifetime. The statistics are alarming:

- More than 43 million adults experience mental illness in a given year.
- Nearly 1 in 25 adults (10 million) in America live with a serious mental illness.
- 1 in 5 teens and young adults live with a mental health condition—half develop the condition by age 14 and three quarters

by age 24.

Each year more than 34,000 individuals take their own life. Suicide is the 10th leading cause of death among adults in the U.S. and the 3rd leading cause of death among adolescents.

“It is our hope that we will inspire others to raise awareness and take part in sharing information, resources and support for mental health conditions,” said Maggie Pritchard, Executive Director at LRMHC.

Lakes Region Mental Health Center has a number of educational and awareness events throughout the month of May in recognition of Mental Health Awareness Month.

May began with a kickoff event on May 1 at the New Hampshire Statehouse with remarks from Chief Justice John Broderick, Jr. co-Chair Change Direction New Hampshire followed by

a proclamation from the Office of the Governor recognizing Mental Health Awareness Month in New Hampshire.

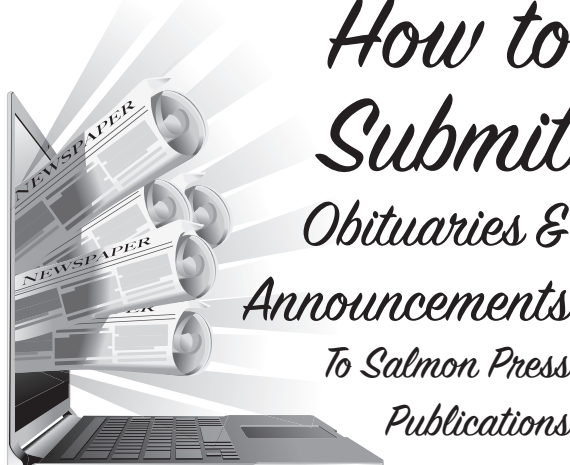
LRMHC Chief Executive Officer, Margaret Pritchard will be featured throughout the month of May on radio broadcasts on WEMJ and WEEI talking about workforce challenges and providing insight into the rewards of entering the mental health profession.

Also running the month of May on Lakes Region Public Access TV will be a panel discussion on the topic of trauma in children and adults and the impact trauma has on the family unit. Featured panelists include Ryan Aquilina, MS, LCMHC, Clinical Coordinator and MATCH Supervisor for LRMHC Child and Family Services; Chris Burns, APRN, Prescriber, Clinical Team and DBT Team member; Jen Schmidt, LCMHC, Clinical Coordinator for LRMHC Child and Family Services and DBRT member; and Jayme Sullivan, MSW, CSP Therapist, Clinical Team and DBT Team member. Erica Ungarelli, Director of the Bureau of Children’s Behavioral Health, Department of Health and Human Services will serve as moderator. LRPA is aired on

Atlantic Broadband on channels 24, 25 and 26 in Belmont, Gilford, Laconia, Meredith and Northwood, NH. All other viewers who do not subscribe to Atlantic Broadband may view the Channel 25 simulcasts over the internet at <https://livestream.com/lrpatv/channel25>.

On May 9, LRMHC will have a vendor booth at Plymouth Regional High School’s Convergence event; a silent auction to raise awareness for mental health and substance misuse. Clinicians from LRMHC Child and Family Services will be on hand to answer questions. Staff will also be participating at the upcoming Health Expo on Sunday, May 19, held at the Gilford Community Church beginning at 11 a.m.

On May 22, Granite State News Collaborative will host a community behavioral health conversation which will include staff from LRMHC, journalists, policymakers and other mental health, substance use recovery and treatment leaders from around the state to hear first-hand accounts of what it’s like to navigate New Hampshire’s behavioral health system, and to engage in a conversation about



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Lakes Region Conservation Trust announces guided excursion schedule

REGION — The Lakes Region Conservation Trust (LRCT) has announced its 2019 Guided Excursion Program with 12 guided hikes and paddles to be held between June and September throughout the Lakes Region. The first Guided Excursions of the summer will be a guided hike at the Fogg Hill Conservation Area in Center Harbor on June 1, followed by another guided hike at the Piper Mountain Conservation Area in Gilford on June 8.

The Lakes Region Conservation Trust will be offering many guided excursions throughout the season, as well



COURTESY PHOTO

A Piper Mountain Conservation Area Guided Excursion in 2018.

Katherine Gingrich graduates from Lebanon Valley College

ANNVILLE, Pa. — Katherine Gingrich of Gilford is one of nearly 470 students who celebrated their academic success and achievements during Lebanon Valley College's 150th Commencement Saturday, May 11, in Louis A. Sorrentino Gymnasium.

Gingrich received a bachelor of science in chemistry in ACS chemistry. Gingrich graduated with the following honor(s): Cum Laude and Departmental Honors in Chemistry. Gingrich is a graduate of Gilford Middle High School.

Dr. Chris Dolan, chair of history, politics, & global studies and professor of politics and global studies, delivered the Commencement address. Dolan inspired graduates to commit to serving and improving their future communities, invoking Franklin Roosevelt and the four individual freedoms.

"I encourage you to get involved and build stronger, healthier, more inclusive and sustainable communities from the bottom up," said Dolan. "The best way for the United States to set a good example to the world is for Americans to set a good example to one another right here at home. Remember you are more than just an employee or a consumer. You are a citizen, so live your life in service to others and use what you know for the public good."

Along with celebrating graduates, LVC announced the winners of several major annual awards.

The top student award, the H. Anthony Neidig Award, was presented to Kevin Beaver of Harrisburg, Pa., who graduated with a near 4.0 GPA with a B.S. in biochemistry and molecular biology and a B.S. in environmental science. Beaver made an academic impact before his freshman year began, participating in Research First and soon earning the Freshman Chemistry Award. Through two National Science Foundation grants, he conducted summer research at the University of North Carolina at Chapel Hill and the University of Utah. Beaver presented at seven conferences, including in Maryland, North Carolina, and Utah, and co-authored two research pub-

lications, with another manuscript in progress.

Beaver's academic prowess is matched by his athletic talents. He led the men's lacrosse team in goals and scoring the past two seasons, and was named Middle Atlantic Conference Commonwealth Men's Lacrosse Scholar-Athlete of the Year and a MAC Commonwealth All-Conference Second Team member.

Beaver will attend the University of Utah to continue his research and pursue a Ph.D. in chemistry.

Also during Commencement, the College announced Dr. Robert Machado, interim chair and assistant professor of English, as the recipient of this year's Vickroy Award, the top honor for a full-time faculty member. Numerous letters spoke of Machado's passion for helping students achieve more than they thought possible. One student said, "He is the kind of professor every student dreams of having when they go to college."

Along with teaching, Machado has presented at the annual Symposium on Inclusive Excellence, VALE Music Conference, and at First-Year Experience Professional Development Seminars. He has served on the College's retention committee for five years. An LVC faculty member said, "I have found no limit to the time or energy he will devote to helping his students find their passions; regardless of their major or career path. He finds what makes each student blossom."

The second teaching

award presented at Commencement was the Nevelyn J. Knisley Award, annually bestowed on a part-time or adjunct member of the College faculty. Beverly Butts, adjunct assistant professor in music (clarinet), received this year's honor. Butts, an LVC alumna, directs the College's Clarinet Choir, Saxophone Ensemble, and Woodwind Quintet. One of her students praised her forward-thinking teaching style blending traditional techniques while continuing to keep pace with current trends.

Along with teaching, Butts has performed at Carnegie Hall in New York City, and with the Hershey and York symphonies, as well as the Baltimore Chamber Orchestra. She spent 20 years as the principal clarinetist with the Maryland Symphony Orchestra. She was a finalist for the Queens Philharmonic Competition and a semi-finalist in the Walter W. Naumberg Clarinet Competition.

As part of Commencement, Dr. Lewis E. Thayne, LVC president, awarded honorary degrees to three individuals. The honorees include

a trombonist for five U.S. Presidential inaugurations, a philanthropist who has served on more than 30 charitable and cultural boards, and a doctor who has made significant strides combating the opioid epidemic and advocating on behalf of the LGBTQ population. The 2019 honorees were:

James A. Erdman II, a 35-year member of the LVC music faculty and founder of the nation's first trombone quartet-in-residence at LVC, will receive the Honorary Doctorate in Music (D.Mus.).

William Lehr Jr., Esq., community philanthropist, corporate leader, and former two-term chair of LVC's Board of Trustees, will receive the Honorary Doctorate in Humane Letters (L.H.D.).

Dr. Rachel L. Levine, Secretary of Health for the Commonwealth of Pennsylvania and professor of pediatrics and psychiatry at the Penn State College of Medicine, will receive the Honorary Doctorate in Science (Sc.D.).

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Dueling Pianos set to relaunch

GILFORD—As musician Jon Lorentz describes it, Dueling Pianos at Patrick’s Pub & Eatery is somewhere on the entertainment scale between watching a cover band and a stand-up comedian. “It’s more about having fun than trying to light the music world on fire,” he said.

Though the concept traces back to the 1890s, Dueling Pianos is a popular entertainment offering at the pub today. Launched three years ago by Lorentz—a longtime and well-rounded musician—Patrick’s



Dueling Pianos resumes at Patrick’s Pub & Eatery the Friday of Memorial Day weekend with musicians, pictured left to right, Jon Lorentz, Jim Tyrrell and Matt Langley.

version has its own unique style.

Lorentz admits the musicians don’t actually duel.

“It’s more of a volley,” he said with a laugh, noting the competition is all in jest. “We try to get through as many requests for as many customers as we can.”

The duels will start back up on May 24, and Lorentz and three of his colleagues—Gardner Berry, Jim Tyrrell, and Matt Langley—are ready to take the stage.

From 8:30 to 10:30 p.m. on Friday nights, two keyboardists face one another on the Patrick’s stage. Patrick’s customers serve up song requests that Lorentz said run the gamut from Beethoven’s “Ode to Joy” and jazz standards like “Fly Me to the Moon” and “Georgia on My Mind” to Billy Joel and Elton John tunes, and hip hop and pop.

“It’s set up to look like a grudge match,” Lorentz said. “We get the crowd excited to come up with song requests. No style is off limits. Customers come up, and we pass the requests back and forth to see who will play what.”

Berry said, “It’s great fun. Nobody takes themselves too

seriously, and we all have our own niche, which allows us to be quite successful at fielding the various requests. Patrick’s is a wonderful venue, staffed with great people and friendly customers.”

Patrick’s has been hosting live music since it opened in 1987, originally featuring mostly Irish music. After Jeff and Allan Beetle purchased the pub in 1994, they began to expand the music offerings.

“We like to say we’ve brought some American spirit to the Irish ancestry of this pub,” Allan Beetle said.

“During Dueling Pianos, it’s awesome to have such talented musicians performing classics on request,” Beetle added. “Live music is part of our DNA here at the pub, helping to create great experiences for our guests.”

Patrick’s entertainment line-up includes five nights of live music with Open Mic on Tuesdays; Acoustic Music Wednesdays, Thursdays, and Saturdays; and Dueling Pianos on Fridays. For more information, visit www.patrickspub.com or email info@patrickspub.com.

Five O’Clock Shadow performs in the Lakes Region

MEREDITH — Five O’Clock Shadow (focs.com), the Boston based award-winning vocal group, will perform their distinctive a Capella style to benefit the Lakes Region Visiting Nurse Association (lrvna.org) on Saturday, May 25 at the Inter-Lakes High School, 1 Laker Lane, in Meredith. By purchasing a ticket for \$27.50 you will enjoy great music, food, and drink while supporting a local agency that provides vital services to the Lakes Region community. Complimentary snacks and desserts can be enjoyed at 7 p.m. and the concert begins at 7:45 p.m. Tickets are avail-

able at WWW.TBINH.ORG, or at the Innisfree Bookshop in Meredith, Bayswater Books in Center Harbor and Greenlaws Music and Audio in Laconia.

Five O’Clock Shadow is comprised of six talented vocalists, Dan Lennon, Oren Malka, Paul Pampinella, Caleb Whelden, Judd Tomaselli, and Scott Cobban, who are renowned for their six part harmonies and their ability to mimic musical instruments. If you close your eyes you will think there is a full band on stage. They do this with only their voices and no back up tracks. What you will hear is live. What’s more, these

guys love what they do, and their joy is contagious! Experience this revolutionary form of vocal music that is Five O’Clock Shadow on May 25 in Meredith.

Temple B’nai Israel is proud to partner with The Lakes Region Visiting Nurse Association for the 11th We Care Benefit concert. LRVNA has been serving the Lakes Region area since 1923 offering a full range of home care and hospice services as well as rehabilitation services, personal care services and wellness and community programs which are designed to promote the health, safety, and

mental well-being for their clients through numerous clinics and support groups. Each year the LRVNA provides approximately 10,000 annual visits to residents in the comfort of their home. Service areas include Alton, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Sandwich, Tuftonboro, Wolfeboro. For more information, visit their Web site, www.lrvna.org.

We Care thanks Miracle Farms Landscaping, Cantin Chevrolet and Golden View Health Care for their support as main event sponsors.

Monument Men, Part V: the Crazy Horse Memorial

LACONIA — The construction of Mount Rushmore was looked upon unfavorably by Native Americans who were promised the Black Hills in a treaty, only to be broken later by the United States. In order to honor the legacy of the Native Americans who lived in western South Dakota, an even larger monument of Crazy Horse is currently under construction.

This film is scheduled for Wednesday, May 29 at 2 p.m. in

Taylor Community’s Woodside Theater. The event is free and open to the public, but reservations are required by calling Brenda at 366-1226.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 603-524-5600.

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Edward Jones: Financial Focus

Time to ‘Cycle’ through Some Investment Ideas

If you’ve noticed an increase in bicycle-related events lately, it may be because May is recognized as “Bike Month” – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:
Put the brakes on risky moves. To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don’t take unnecessary risks, such as whipping around blind curves. As an investor, you can combine these two actions by putting your own “brakes” on risky moves. For example, if you’re tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most “hot” investments don’t stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can’t eliminate all risks, but you can reduce them by avoiding impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

Get regular financial tune-ups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don’t need to make a lot of drastic moves, but you should periodically “tune up” your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects where you’re at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road. All serious bicyclists – and all bicyclists serious about keeping their heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs – pay the mortgage, educate children, and so on – in case something were to happen to you. And you may need disability insurance to replace your income temporarily if you became injured or ill and can’t work for a while. Also, you might want long-term care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home health care worker.

Don’t stop pedaling. When going long distances, bicyclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events – and even despite your own occasional doubts.

Whether you’re an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

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Three mutual community banks celebrate NH with Photo Contest

MEREDITH — Sister Banks, Meredith Village Savings Bank (MVSb), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole (SBW) launched their annual photo contests on May 1, 2019.

Winning full color photographs will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and MillRiver Wealth Management, as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards.

Successful images will focus on local events such as the Hampton Beach Master Sand Sculpting Classic or a Keene Swamp Bats baseball game; fun venues such as the Meredith Art Walk or the WOW Trail; activities such as waterskiing or downhill skiing; attractions such as Distant Hill Gardens or Mine Falls Park; or just photos that represent life in New Hampshire during any season.

As different formats are needed for the websites and printed pieces (calendars, cards), two separate contests are being held. Participants may enter one or both. A maximum of five, full-color photographs are accepted with each submission. Online entries can be made at either www.mvsb.com/photo-contest, www.themerrimack.com/photo-contest or www.walpolebank.com/photocontest. Participants can also gather the forms and drop off prints at any branch office at MVSb, the Merrimack or Savings Bank of Walpole.

All photos and entry forms must be submitted before the close of business on Saturday, June 15, 2019. A \$100 cash prize is awarded for each winning photo selected. Winners are responsible for the payment of any federal, state and local taxes on



“Crocus Bouquet” by Elissa Paquette- the featured calendar photo for May 2019.

their prizes.

All photos must be submitted in color. Hard copy entries will still be accepted, and prints should be enclosed with a corresponding disc containing high resolution full-color images in .tiff, .eps or .jpg formats. For the calendar contest, the photo dimensions should be 10 inches wide by 8 inches high and the associated digital files should be a minimum of 300 dpi. For the website contest, the images should measure 10 inches wide by 4.25 inches high and the associated digital files should be a minimum of 72 dpi at a size of at least 1,920 pixels wide by 5,300 pixels high.

The names of the photographers will be unknown to the panel evaluating the work, and selections will be based solely on the suitability of the subject; quality of the photograph; and adherence to the purpose of the contest, which is a celebration of New Hampshire year-round.

Unlike stock banks, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate for the benefit of their depositors, borrowers and surrounding communities. As a result, each organization has

remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank is celebrating its 150th anniversary. For 150 years, the Bank has been serving the people, businesses, non-profits and municipalities of Central NH. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the ninth consecutive year in 2018. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerrimack.com.

Founded in 1875, Savings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. With assets totaling \$400 million, the Bank offers a wide range of financial prod-

ucts, including services to individuals, businesses and organizations. The Bank’s SBW Wealth Management division offers financial planning services. Savings Bank of Walpole is an equal housing lender, and member of the FDIC. For more information, call 352-7822 or visit walpolebank.com.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New

Hampshire. This strategic partnership has positioned the Banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVSb and the Merrimack. In July 2018, Savings Bank of Walpole joined as a fourth subsidiary. NHMB combined assets total more than \$2.2 billion. For more information, about NHMB visit nhmutual.com.

Comedy legend Steve Sweeney to appear at Pitman’s

LACONIA – Comedy legend Steve Sweeney, who is one of the premier funny men to come out of the Boston area, will be appearing at Pitman’s Freight Room Saturday May 25 for an 8 pm show.

Tickets are \$25 and may be purchased by contacting Pitman’s at 527-0043 or (603) 494-3334. Tickets may also be purchased at the door the night of the show if not sold out. For additional information check Pitman’s website at www.pitman-sfreightroom.com or email msmith789@comcast.net. Pitman’s is a ‘bring your own food and drinks venue.’

Sweeney has been seen in numerous films and television shows as well as being one of the nation’s top stand-up

comedians. Sweeney has been seen on Letterman, Evening at the Improv, Comics Come Home, Comedy Central, and he starred in his own Boston-based sitcom, Park Street Under. He also had his own spot on 100.7 FM WZLX, Sweeney’s Neighborhood.

Sweeney stars in the film “Sweeney Killing Sweeney and has been seen in hits such as “Me Myself and Irene,” “There’s Something About Mary,” “The Equalizer,” “Back to School,” and more.

“Steve Sweeney is arguably one of the top two comedians and comedy draws in New England,” said Michael Smith of Laugh Riot Comedy, which schedules the comedy shows at Pitman’s and

produces fundraisers throughout New England. “He and Lenny Clarke are one two and you can put them in either order. Sweeney’s ability to localize every show and his knack for capturing New England accents and dialects allows him to immediately connect with every crowd.

“This will be Steve’s first appearance at Pitman’s and we are lucky to have him as he is in high demand. If you have never seen Sweeney this will be an outstanding night of comedy.”

Also appearing will be Boston headliner Mitch Stinson who is a main piece of the “Take This Job and Shove It,” Tour. Stinson headlines top Boston clubs.

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Drummer is a magnificent-ly sweet and smart 5 year old mixed breed. Incredibly social and sweet playful soul this young man will make a great hiking partner for his humans. Since relocating from the south three months ago, he has learned to sit, give paw, and get down when his exuberance overtakes him. He is currently working on learning stay, come, drop it, and going to a mat on cue. He sure is ready to explore his new surroundings, take in the sweet smells of springtime in New England with you. Drummer would do best in an active home with teens or older. He can be a little picky about his dog friends and may be ok with a dog savvy cat, so do take that into account. But know that Drummer will be a devoted friend. Bow wow wow yippe yo yippee yay, let’s get Drummer a home where he can stay and play.

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BOAT

(Continued from Page A1)



Jack Sousae, with some help from members of the Gilford Fire Department, christens the new fire boat.

During the dedication Fire Chief Steve Carrier paid tribute to the department's retired fire boat "Snuffer." Snuffer was originally put into service in 1977 and named through a contest held in the Gilford schools. Carrier said the boat responded to hundreds of calls in its 41 years on the lake and received a number of alterations and equipment changes.

"It was a dependable workhorse, whether pumping water at a fire, transporting a patient, or towing a broken down boat; Snuffer performed well," Carrier said.

The boat's name comes from the term "Jake" as another word for a firefighter, a term Carrier said is believed to have origins in the Northeast especially the Boston area.

"It's origins have been debated for years, but every firefighter would agree that they want to be known as and referred to as 'A Good Jake,'" Carrier said. "So that is what this boat will be – a good firefighter for the lake – 'Lake Jake.'"

Carrier said the boat was dedicated to all those who have lost their lives or become sick or injured on the lake.

"For no higher rea-



A demonstration of Lake Jake's pumper, which has three times the pumping capacity of the previous boat. Capt. Rick Andrews looks over the sonar on Lake Jake.

son does this boat exist and stands ready today than to respond to emergencies on our lake and islands," Carrier said. "Whether it was a loss of life from fire, drowning, or sudden illness; or loss of vacation home, wooded island property, or family boat; not one of these tragedies was in vain. We don't forget. Each served as a reminder of how vitally important this piece of apparatus is to our community."

The fire boat received a number of donations, which went toward the boat's electronic equipment. Carrier recognized donors

Ronald Cohen, Ronald and Kathy Salanitro, Edward Bastille, Anne Hummel, Deems Buell, Kathy Simpson, Jane Kneuer, Walter Hebold, and an anonymous donor from Moultonborough who received aid from Gilford's fire boat for a fire on their Long Island property. He also recognized Eastern Boats, especially Jake Boudreau; saying they know the boat is worth much more than the price that was paid for it.

A special recognition was given Jack Sousae, a 30 year Navy veteran who made a significant donation to the fire boat. Sou-



Firefighter Ron Skinner operates the fire boat during a special excursion following its dedication.



sae was given the honor of breaking a bottle of champagne on the boat with the help of some

members of the Gilford department.

After the ceremony, attendees were able to

go for a short ride on the boat from Glendale to just by the Weirs and back.

WOW BALL

(Continued from Page A1)

fundraising ball took place at Gunstock on Saturday night starting at 6 p.m. and going late into the evening.

Each guest received a program with a number, those numbers were drawn through the night with each one receiving some kind of prize. At the end of the night the 10 numbers left would receive cash prizes from \$200 to the grand prize of \$10,000.

The evening featured a buffet and live and silent

auction as well as live music by HolyCow! and DJ Jeff Lines.

"I would say everybody loves being here at Gunstock," said WOW Trail president Allan Beetle.

Proceeds raised from the event will go toward the WOW Trail and its continuing efforts to extend its multi-use trail further through the Lakes Region.

This year's ball is projected to bring in around \$30,000, which Beetle said will put them to over half a million dollars raised for the WOW Trail in 16 years.

The trail currently runs around 10 miles from Belmont to Laconia. The next goal is for the trail to run from Weirs Beach to Franklin. Beetle said the WOW Trail is working on an exciting development that will

be announced at a later time.

"We want to finish that and make this a regional destination," Beetle said. "We just love the community support that we get from this project."

The cash prize winners were announced at the end of the night. The grand prize winner was Emily Raiche of Dover, who won \$10,000. Second place was Debbie Frawley Drake of Laconia, who won \$1,000 which she said she planned to donate back to the WOW Trail.

Two \$500 prizes went to Gary Groleau of Laconia and Joshua Luscomb of Alton. Six \$200 prizes went to Linda Eastman of Gilford, Rachel Hall of Alton, Samantha Sawyer of Gilford, Maggie Brady of Meredith, Pierre Gerard of Laconia, and Mike MacLenna of Lebanon.



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LIBRARY

(Continued from Page A2)

12:30pm
Spanish Club, 3:30-4:30pm

This is the last round of Spanish club for the year and will be another spectacular class. Whether you have been in the club from day 1 or want a full immersion experience, this club will teach your kids basic conversational phrases. *Sign up only for grades 1-4th.

Nightly Knitting, 6-8pm
Classic Book Discussion, 6:30-7:30pm

Join us every other month to discuss a classic book. This month's pick is Their Eyes were Watching God by Zora Neale Hurston.

Wednesday, May 29
Line Dancing, 9-10:30am
Check Out an Expert,

10am-12pm
Lakes Region Fiber Artists and Crafters, 10:30-1pm

Geri Fit Classic, 4-5pm
See 'Geri Fit Classic' above.

Thursday, May 30
Geri Fit, Turn Back the Hands of Time, 9-10am

Master Trainer, Francesca Fisher, and star pupil "Joan" work out together in this 45-minute Geri-Fit® fitness video. Suggested for advanced Geri-Fitters that have excelled the squat movement and are ready to add more weight to the workout. Most of the exercises are performed in chairs, but you can do them standing if you prefer. No floorwork! Play Group, 10:30-

SEE LIBRARY, PAGE A13

REC NEWS

(Continued from Page A3)

the Arthur A. Tilton Ice Rink. The Beginner session will run from 4:00-5:00 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages 7 years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com.

Cost: \$70 per person and includes all necessary equipment. For more information, please contact the Parks and Recreation Department at 527-4722.

Tennis Lessons

The Gilford Parks and Recreation is offering five-week tennis lesson programs for youth and adults ages 5 and up this summer on Mondays and Wednesdays from July 1 – July 31, 201s. Advantage Kids will be sponsoring FREE lessons for children ages 5-14. Adult lessons for ages 15 and up will also be available at a cost of \$60.00 for the session. Session times will be broken up by age. All sessions have limited availability and registrations will be accepted on a first come first served basis. Registration forms can be picked up at the Parks and Recreation office or can be found on the department Web site at www.gilfordrec.com.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

LEtGO YOUR MIND Robotics Camps

The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 24 – June 28. The camps will take place at the Gilford Middle School from 9 a.m. – 3 p.m. The “Amusement Park Thrill Rides & Stop Motion Animation” is open to children ages 6-9 years of age and the “EV3 Robotic Amusement Thrill Rides & Stop Animation/Minecraft” is open to children ages nine to 14 years of age. Participants can register online at www.letgoyourmind.com.

Cost: \$325

For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Shooter’s Gold Basketball Camp

The Gilford Parks and Recreation Department is once again inviting the Shooter’s Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 25 – June 28. Session 1 for children entering grades 1-4 will be run from 8 – 10 a.m. Session 2 for children entering grades 5-8 will be run from 8:00 a.m. – 1:00 p.m. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at

www.hogancamps.com. Cost (If you register

before May 1): \$90 for Session I and \$120 for

Session II For more informa-

tion, please contact the Gilford Parks and Rec-

reation Department at 527-4722.

NOTEBOOK

(Continued from Page A4)

It might sound strange to say you’re honored to put someone in the ground, but it was true when 200 or so kindred souls heard music and told stories and bowed for prayer to bury John Amey on a drizzly Sunday afternoon. Honored, as in honored to have known the man, and honored to be there.

I wonder if people wonder what a person driving a tractor around and around a field is thinking about. If they notice the tractor, that is, or the field. Some people miss everything and look straight ahead, tunnel vision. It can lead to flawed policy at the highest levels.

John Amey, at such times, was thinking about how much manure he had left and where it should go before the grass got too high for the spreader. Or what he would say at the next Joint Rivers Commission meeting. Or whether Northern Pass was really

going to rear its ugly head again. Or how the family would make it to the next milk check. Or whether that red-tailed hawk scudding along the tree-tops was a local or headed for the Maritimes.

It takes five trips around a field to make a bale of hay, and that’s if nothing goes wrong. I know, because I’ve done it. John Amey had done it a thousand times over, which is why neither one of us was a good recipient for a complaint about the price of a bale of hay. “You go out there and make one,” I wanted to say, and did, and probably he wanted to too, but he’d sooner bite off his tongue.

+++++

John and I knew each other as kids—one of his sisters and her husband were next-door neighbors—and then our adult lives took us on decidedly different paths. But in recent times we’d

renewed a friendship that had always been there. We talked on the phone once a week. We went out to lunch once a month.

Seldom did we ever get the time to actually finish lunch. John was a good story-teller, and I’m no slouch. People

dropped by our booth. Sometimes they stayed. We never got to even think about dessert.

And that’s what I heard Friday when he was lowered into the ground—that he couldn’t be gone, shouldn’t be gone, that there would be no more

like him, that there should have been time for at least one more story.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 003576.)

LRMHC

(Continued from Page A6)

fixes to the challenges in that system. The goal of this event is to elevate the voices of people with first-hand experience in the discussion about solutions to these issues.

On May 23, look for LRMHC’s annual May Insert “Rooted in the Community” in the Salmon Press newspapers; a publication that is devoted to raising awareness of the prevalence of mental health issues that many people face in their lives. This year’s edition will also focus on the collaboration LRMHC has with other local organizations in order to increase access to care, expand services and improve patient outcomes.

On May 24, The American Red Cross and the Lakes Region Mental Health Center are partnering to bring Red Cross Resiliency Programs to Veterans, Service members, and Military Families. The first session, “Introduction to Mind and Body Skills” will be held at the LRMHC Confer-

ence Center from 5:30 – 7 p.m. on May 24. The workshop series continues on June 14th and on the second Friday of every month thereafter (June – December). Participants may attend one, some or all the sessions and there is no charge. The Resiliency Workshops aim to help improve coping abilities, communication skills and personal wellness strategies. Sign up for May’s workshop at <https://lrhmcmindbodymay.eventbrite.com>.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the

community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

LIBRARY

(Continued from Page A12)

11:30am

You and your little one will enjoy an introduction to a preschool setting without the added expense. You and your child have the opportunity to make and play with new friends. There will be songs, crafts, games, and coffee will be served.

Teen Game Club, 2:30-3:30pm

Conversational

French, 4:5pm

Abi Maxwell Author Visit, 6:30-7:30pm

She’s done it again! Gilford Library’s own Abi Maxwell is here to share her new book *The Den*, described as “Tantalizing.....a deeply satisfying, haunting work of literary fiction.” in Booklist. Copies of her book will be sold as well. Free and open to the public.



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Learn more & sign up at www.santbani.org

CRUISE

(Continued from Page A1)



ERIN PLUMMER

Ray Boissoneau's Chinook racer at the Gilford Youth Center's Cruise Night.



ERIN PLUMMER

Andy Emmons' Chevy C10.



ERIN PLUMMER

Rob Follansbee of Belmont showed a 1969 Chevy 454 and a 1987 Chevy Camaro SS.



ERIN PLUMMER

Classic cars line the parking lot of the Gilford Youth Center for the annual Cruise Night.

this event brings more adults to check out the GYC.

Hodsdon said over 60 cars participated in this year's Cruise Night.

“Given the colder weather today we're pleased with the turnout,” Hodsdon said.

Hodsdon and volunteers also served a cook-out for attendees.

Ray Boissoneau of Bedford brought a Chinook Mark 8 racing car by Fejer Racing Cars of Toronto. He said he bought it for Can-Am racing and has raced it in Europe, including in Blackburn, England. It's the only car of its kind with this design.

Boissoneau owns a number of different cars and will do shows with a different one. He has done the GYC show for around six years.

“Each year, we try to bring something different,” Boissoneau said.

Jim and Ann Wallace of Meredith brought their 1936 Ford Phaeton. Jim Wallace said they found the car in a barn on Meredith Neck in 2004 in the condition it's in now.

“It was there under a heavy canvas with a lot of bird droppings on it,” Wallace said.

They just needed to

clean it off and it was in great shape.

“It's been a great car, I've had no problems with it,” Wallace said.

The car has a license plate topper for Roosevelt-Wallace from FDR's 1940 campaign that they found in a toolbox in the old Waukegan Antiques. There is also a Pearl Harbor souvenir plate they got while visiting Pearl Harbor, where he and his wife met in 1975.

The car is available for hire for special events like weddings, proms, and others.

Andy Emmmons of Belmont showed his 1986 Chevy C10 454. He redid the original motor from its original six cylinder to something with more power.

“It uses a lot of gas, but that's okay,” Emmmons said.

He said he usually shows his vehicle at the GYC show because it is close by.

Rob Follansbee of Belmont showed a 1969 Chevy 454 and a 1987 Chevy Camaro SS. He replaced the motors in all of these cars and did some extensive exterior work.

“Runs just like new,” Follansbee said.

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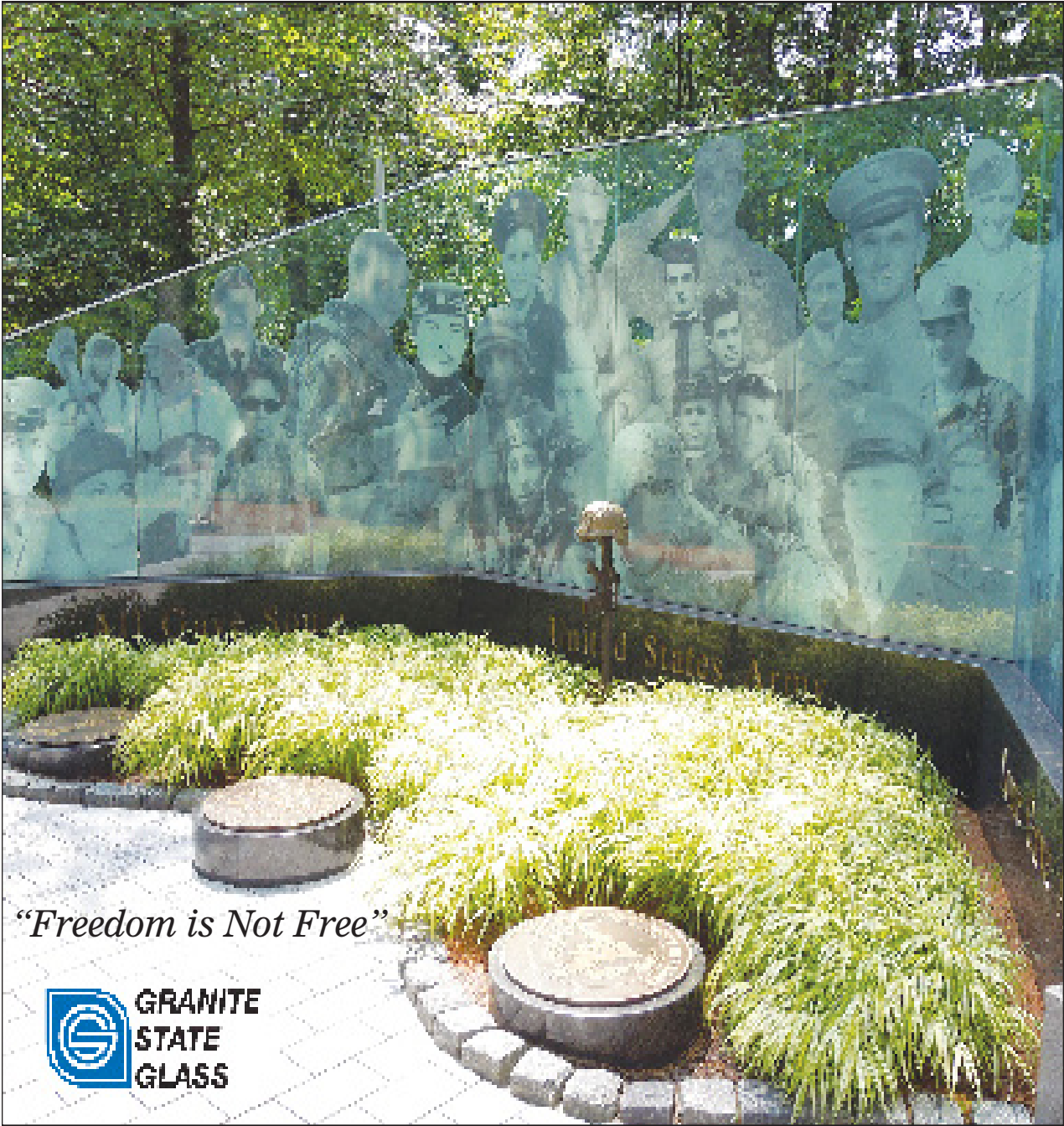
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SPORTS



BOB MARTIN

Colby Butterfield pitched nine innings in a win over Campbell last week.



BOB MARTIN

Randi Byars lays down a sacrifice bunt for Gilford.

Softball Golden Eagles knock off undefeated Campbell

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School soft-

ball team has won four of its last five games including last week's wins over Somersworth

and Campbell, which was undefeated at the time.

On May 14, Gilford

hosted Somersworth and had a blowout 13-1 win in a five-inning game. Colby Butter-

field took the win with a great performance where she allowed a run on four hits, two walks and five strikeouts.

Gilford had six runs in the second inning to go up 8-0 and the Golden Eagles never looked back. In the second inning, Ella Harris, Lexi Boisvert and Jaiden McKenna had doubles and the team had six hits of the the 10 total hits.

Harris had two hits, an RBI and a run. Maggie McNeil had two hits and three RBIs and McKenna had two hits, a double, two RBIs, two runs and three steals.

After a 6-2 loss to Bishop Brady on the road, Gilford bounced back with an 8-7 extra-innings win over Campbell.

In the bottom of the fifth inning, Gilford was down 3-1 and then scored four runs to take the lead. Butterfield drew a leadoff walk and was replaced by courtesy runner Maura Hughes. Randi Byars walked and Karly Sanborn was hit by a pitch. Lexi Boisvert then drove in a run on a bases loaded walk. Harris followed with a deep line drive double to clear the bases and give the Golden Eagles a 5-3 lead.

Campbell then answered back in the sixth inning with a run and had a 7-5 lead in the top of the seventh. Gilford tied things up in the bottom of the inning. Sanborn singled

and Boisvert knocked a homer over the fence to put the game into extra frames.

The game went to the bottom of the ninth inning, where Byars led off with a walk. Sanborn was hit by a pitch and Byars was called out at third on a fielder's choice. Sanborn was on second base and Alexa Smith bunted to move her to third. With two outs, McNeil hit a hard ground ball and beat out an infield hit to knock in Sanborn for the huge win.

Butterfield, who was hit hard in the leg by a line drive in the game, pitched all nine innings and impressed Forge.

"Colby is one tough athlete pitching three straight days and going the distance of nine innings today, especially after getting drilled in the knee cap by a Campbell line drive early in the game," coach Joan Forge said.

Forge said the defense was a huge part in the victory, including highlights like an outfield assist by Sanborn, who threw out a runner at third base. Harris had an unassisted double play on a line drive and McNeil had a double play from first base after diving for a pop up and tossing to Harris at second to get the lead runner. Gwen Knipping also made a great catch at second base in the game.

"Gilford put together the best defensive effort I have ever seen in my

SEE **SOFTBALL** PAGE B3

Gilford baseball picks up three more wins

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School baseball team has been red hot as the regular season's end is in sight, with the Golden Eagles picking up three big wins against tournament bound teams last week.

On May 15, the Gilford had its ace Adrian Siravo on the mound and he was once again impressive in the 2-0 victory over Bishop Brady. Siravo showed why he is considered one of the best pitchers in the state by pitching a complete game with 15 strikeouts and only three hits allowed. He never allowed a runner past second base in the game.

Gilford played error free baseball in the game, and the Golden Eagles managed seven hits against Connor Treybig, despite him striking out nine batters. It was a good pitchers' duel between Siravo and Treybig, as the game was scoreless until the fifth inning. Alex Mutthersbaugh led off the inning with a triple and scored on a Chandler Mead single to go up 1-0.

T.J. Carmilia was hit by a pitch in the sixth inning and ended up scoring after back-to-back singles by Isaac Wallace and Tim



BOB MARTIN

Isaac Wallace pitched a complete game against Campbell in a 3-1 win for Gilford.

Stevens.

On May 16, Gilford found itself in another pitchers' duel, and this time Wallace came out on top with a great performance allowing only one run, six hits while striking out seven batters in a complete game win. Keegan Mills was solid for Campbell with six innings, three runs and four strikeouts in the loss.

In the bottom of the first inning, Siravo reached on a fielder's choice and scored on an RBI single by Carmilia to go up 1-0. In the bottom of the second inning, Cody Boucher slapped an opposite

field base hit to right field to score two runs. The only threat came in the seventh inning, but Wallace got out of a bases loaded jam to end the game and secure a big win for Gilford.

"Isaac was really good yesterday, going the distance, and really not getting into any trouble until he tired a bit in the seventh," said coach Eric Duquette.

Boucher led the offense with a single and a double, with a pair of RBIs. Duquette was pleased with the win, saying that the Gilford

squad has been put to the test all season. Fortunately the team has had great pitching, timely hitting and outstanding defense down the stretch, in what has been a busy schedule against tough competition.

"Another tight one yesterday," said Duquette. "Like everyone we have played, Campbell threw their ace Keegan Mills against us. Seeing everyone's best guy will hopefully benefit us come tournament time."

SEE **BASEBALL** PAGE B3

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BOB MARTIN
(Above) Cat Stow runs the first leg of the 4X800-meter relay team for the Golden Eagles.



BOB MARTIN
(Right) Korey Weston slings a javelin for Gilford in the Wilderness Championship.



BOB MARTIN
Sydni Lehr leaps for Gilford in the long jump at the Wilderness Championship meet.



BOB MARTIN
Emma Ramsey leaps over a hurdle at the Wilderness Championship meet last weekend.

Gilford track teams compete at Wilderness

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Belmont High School hosted the annual Wilderness League Championship on Saturday, which in-

cluded teams from all around the state, and the Gilford High School girls' team placed sixth and the boys' team placed 11th.

The girls' team was

led by Natalie Fraser, who was second in the 400 meters with a time of 61.34. Brianna Fraser was fourth in the 100 meters with a time of 13.74 and seventh in the

200 meters with a time of 28.85.

Emma Ramsey had a third place finish in the 100 meters with a personal record time of 17.75. She was also

fourth in the 300-meter hurdles with a personal record of 54.27. Laurel Gingrich was fifth in the 100 meters with a time of 13.79. Reese Clark was fifth in the 300-meter hurdles with a time of 55.31, which was a personal record. Lindsey Sanderson was seventh in the 800 meters with a time of 2:41.02.

The 4X800-meter relay team consisting of Cat Stow, Vanessa Genakos, Sam Holland and Sanderson was second with a time of 10:53.62. The 4X400-meter relay team including Clark, Sanderson, Sydni Lehr and Jaylin Tully was fourth with a time of 4:39.10.

Lehr was fourth in long jump with a leap of 15 feet and a quarter-inch. She was also sixth in triple jump

with a personal record leap of 31 feet, 8.75 inches.

Katiana Gamache was fourth in javelin with a toss of 90 feet, eight inches.

The boys' team was led by Korey Weston, who was third in javelin with a toss of 139 feet, eight inches. He was also sixth in long jump with a leap of 18 feet, 11.5 inches.

Finn Baldwin was seventh in long jump at 18 feet, 8.25 inches. He was also fifth in the high jump at five feet, eight inches.

Max Stephan was fifth in the 200 meters with a personal record of 24.57 and seventh in the 400 meters with a personal record time of 55.77. Jonas Bilodeau was fourth in the 300 meter hurdles with a time of 48.12.

Gilford lacrosse girls continue to show growth

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School girls lacrosse team went 1-3 last week, but coach Dave Rogacki said the Golden Eagles have experienced “successful growth” as a team.

Gilford traveled to St. Thomas Aquinas and lost 18-8 on May 13. Shelby Cole and Kolbi Plante had five and three goals respectively.

“The Eagles had trouble putting together a consistent passing at-

tack and the defensive coordination wasn't there as the Eagles fell to a very fast St. Thomas team,” said Rogacki.

The next day Gilford hosted Campbell and lost 12-11 in a tight battle. Taryn Fountain had a goal before the half to give Gilford a lead, but a back-and-forth second half led to a close Eagle loss. Ashley Hart started in goal for the first time and had 12 saves. Cole had six goals and Plante had four goals.

Gilford then took on a top team in Pelham and

the young Eagles were up to the challenge, coming away with a 13-10 win. It was tied at 6-6 at halftime and the Eagles used a balanced passing and scoring attack combined with great defense by Abby Warren, Sophia Lehr, Bethany Warren, Michelle Gallant and Hart.

Cole had her best game of the season, according to Rogacki, with a pair of goals, four assists and 10 draw controls. Plante had five goals and continues to improve her offensive

firepower. Erin Hart and Ashley Hart had a pair of goals while Mollie McLean and Fountain had a goal each.

Rogacki said Kayla Loureiro, Blythe O'Connor, Kyla Mercier and Kate Sullivan had solid games and Julia Spooner had 10 saves in net to help secure the win.

“All the work that the players have put in since March was very evident in this team win,” Rogacki said. “As a coach it was a good game to watch and appreciate the players' growth.”

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BOB MARTIN
Colin McGreevy has been impressive in net this season for the Golden Eagles.

Golden Eagles fall to lacrosse powers

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford boys' lacrosse team had a difficult schedule last week, facing off against powerhouse teams Pelham

and Laconia, and took a pair of tough losses as the season nears a close.

Gilford traveled to Pelham and looked to upset the undefeated squad, but fell 10-2 on May 15. On May 16

Laconia came to town and won 13-4. Statistics for the games were not available at deadline.

Gilford finishes off its regular season at Hopkinton on May 24 at 4 p.m.



BOB MARTIN

Adam Sikoski returns a shot for Gilford last week against Littleton.



BOB MARTIN

Neal Miller was 2-0 last week for the Gilford boys' tennis team.

Gilford tennis teams both qualify for playoffs

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School tennis teams both wrapped up their regular seasons last week and clinched spots in the Division 3 state tournament.

The boys' team finished its season 8-6 with a 6-3 victory over Littleton and a 7-2 win over Berlin last week. In singles matches, Mikey Eisenmann, Moritz Lietz and Neal Miller were both 2-0. Adam Sikoski was 1-0, Colton Workman was 1-1 and Bradley McIntire was 1-1. In doubles, the number one team of Eisenmann/Workman was 2-0, McIntire/Lietz was 1-1 and the duo of Miller/Sikoski was 1-0.

Gilford has been a perennial powerhouse in the tennis world over the past decade, but this season was a bit of a rebuilding

year. Coach Terry Wilson said at the match against Littleton that he was happy with the way his team has played and progressed this season.

Gilford is slated to be the number six seed in the playoffs.

The girls' tennis team did a complete turnaround from last season and enter the state tournament as a six seed.

Last week, Gilford lost 6-3 to Littleton with wins going to Reagan McIntire, Josey Curley and Madison Eastman. Gilford then beat Berlin 7-2 with wins going to McIntire, Olivia Comeau, Alyssa Craigie, Hannah Lord, Eastman, McIntire/Comeau and Curley/Craigie.

"We are very proud of our comeback season," said coach Hermann Defregger. "In rather difficult weath-

er conditions for all involved, we were able to compete for a 9-5 record

this regular season and that's quite a difference from last year's 2-12.

We are now looking forward to the playoffs and hope we can give

the top teams a challenging quarterfinal. You never know."

SOFTBALL

(Continued from Page B1)



BOB MARTIN

Lexi Boisvert had a home run in the win over Campbell last week.

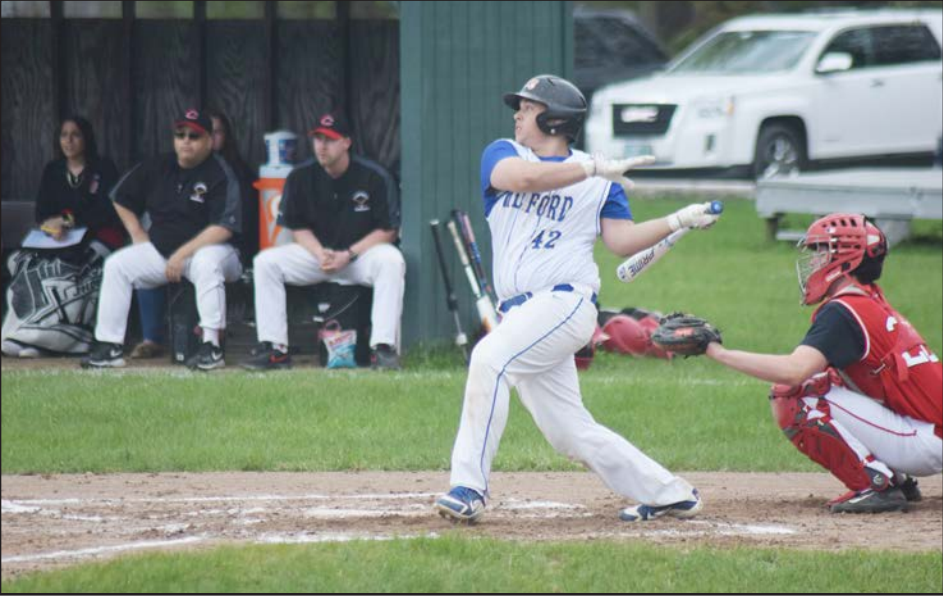
BASEBALL

(Continued from Page B1)



BOB MARTIN

Adrian Siravo rounds third on his way to scoring the first run of the game against Campbell last week.



BOB MARTIN

T.J. Carmilia smashes an RBI base hit to centerfield for Gilford.

Gilford then took on Somersworth on May 18 and had a convincing 11-4 win. Mothersbaugh went the distance to get the win and had four strikeouts in

the game. Stevens led the offense with a pair of hits to go with three RBIs for the Golden Eagles. Wallace had two hits and two RBIs, while Carmilia contin-

ued to knock in runs in the meat of the order with two RBIs.

The regular season ends for Gilford this week at Newfound on May 24 at 4:30 p.m.

42 years of coaching softball," said Forge. "Softball is a series of moments. Against un-

defeated Campbell we had multiple defensive as well as offensive moments."

Gilford finishes off the season this week at Newfound for a 4:30 p.m. first pitch.

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2001 Ranger 522VX Commanche bass boat. 22' long. New electronics. 225HP Yamaha motor. Fuel injected - 2 stroke outboard. Dave's Motorboat Shoppe, Gilford. Call 603-293-8847.

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Estate Sale

ESTATE SALE TO BENEFIT LAKES REGION HOSPICE AND HUMANE SOCIETY

68 SODOM ROAD,
TUFTONBORO, NH
(across from the town garage)
Friday-Sunday May 17-19 and
May 24-26. 9am to 3pm
All items priced to sell but any reasonable offer will be accepted.
Credit cards accepted.

Pets/Breeders

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

General Help Wanted

Culinary Staffed Wanted.
Bald Peak Colony Club seeks part time or full time seasonal cooks and utility staff. Competitive wages. Flexible hours. Meals included while on duty. Holiday bonus. Candidates should email chefhynes@baldpeak.org

Dishwasher/Kitchen Assist.
Female kitchen staff for all-girl residential camp: Prep, Clean, Wash Dishes, Serve approx.. 60 people 3 meals per day. Call (603) 536-4244 for application.

Great Summer Job!

June 22 thru Labor Day. We are looking for summer help at our Beach. Duties include: monitoring parking, light cleaning, observing that beach rules are adhered to. Staff must mature, love working with the public and be able to perform light physical labor. Please call or email 603-476-5177 / Suissevaleom@gmail.com

Hardworking Landscapers Wanted.

Do you love the outdoors? Bald Peak Colony Club is seeking hardworking individuals for seasonal full-time employment. 40 hours/week. Physical job duties include but are not limited to hand mowing, raking and other landscaping tasks. Qualified applicants must be able to lift up to 50 lbs. We will train any hardworking individual who is willing and wants to work outdoors with a team of dedicated golf course personnel. Applicants should have reliable transportation. Hourly rate commensurate with experience. Please email crudolph@baldpeak.org

Professional Painters Needed.
License and references required. Experienced only need to apply. Call 387-9760.

SUMMER HELP WANTED!

The Old Country Store, Moultonborough
Cashiers and stock person positions available. Cashiers starting at \$12/hr. Full or Part time. Must be able to add & count back change, be personable, motivated, reliable, and trustworthy. Call 603-476-5750 M-F or stop in ask for Jo Hayden.

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

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This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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FIRST EVER! HUGE assortment, eclectic items, antiques, furniture, vintage tools-hardware, office and appliances, lumber, barn wood, household, 30-50's clocks military, pipes, jewelry, linens, quilts, decorative, glasses, lamps. No Toys. May 25 + 26, 9AM-2PM, 158 Black Cat Island Rd. Moultonborough.

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or
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www.melansonrealestate.com

TUFTONBORO: Majestic farmhouse, site of signing the charter establishing Tuftonboro in 1795, features 4 bedrooms, 4 bathrooms, 7 working fireplaces and a large screened in porch. The property boasts 23+ acres, a period barn, 4-car garage and a bunkhouse that guests will love!
NORTH LINE ROAD \$990,000

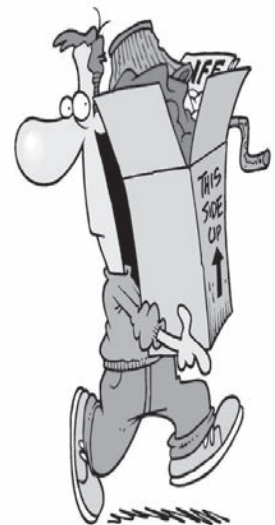
TUFTONBORO: Meticulously maintained 3,700 sq. ft. farmhouse in quaint Melvin Village features six bedrooms, three bathrooms & an attached barn with plenty of storage space. There are also water views and boating access across the street!
GOV. WENTWORTH HWY. \$675,000

MEREDITH: A truly special and unique property on 6 park-like acres that features a lovely home, dock, boathouse, breathtaking views & more. Recent updates include a new kitchen, master bath and roof.
ADVENT COVE ROAD \$3,750,000

TUFTONBORO: Turnkey, ranch style home with attached garage awaits you! The home features two bedrooms, two bathrooms, a three-season sunroom and radiant heat throughout the house and garage. Make this wonderful home yours!
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Wolfeboro Building Lot! Build your dream home today! Spacious wooded lot features 6.77 acres of privacy in a quiet high-end neighborhood. Less than 5 minutes to downtown!

Views \$52,000

Tuitionboro! 2 acre building lot overlooking NH mountain range. Recent perc test results and survey included. The lot is level and dry with stonewalls on a quiet country road. Visit our new "live" webcam at: www.wolfeborocam.com

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NEW HAMPTON: Pemi Lake waterfront home w/ 240' of shorefront, beach, dock & spacious deck. **\$585,000 #4745230**

MOULTONBOROUGH: Private lake access home w/ 3-BR, 2-BA, exposed beams, beautiful kitchen & two decks. **\$278,000 #4741833**

JUST REDUCED \$20K!
NEW HAMPTON: 70+ Acres with 1,758' of Frontage on the Pemigewasset River w/ 2,000' of road frontage! **\$245,000 #4745175**

LONG BAY/LACONIA: Outstanding home! Quality inside & out. Private lake access amenities & views. **\$649,900 #4748868**

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TUESDAY 5/28 & WEDNESDAY 5/29 • 4 - 7 P.M.

Rolling Hills Drive, Tilton NH: A new residential community, with an eclectic mix of ranches, capes and colonial styles and affordable options for many budgets. These are brand new homes with a great location, handy to Concord and all Lakes Region amenities. **Prices start at \$289,000**

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ON CAPE MODELS

List now to be in our 2019 Listing Catalog!
After a long winter, Spring is finally here! If you are thinking of selling your property in the Lakes Region, **NOW** is the time! We are now accepting listings publish in our Spring / Summer 2019 catalog, "Lakes Region Living."

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A Division of Maxfield Real Estate

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Center Harbor: Junction Rtes. 25 & 25B • 253-9360
Alton: 108 Main Street • 875-3128

Island REAL ESTATE

STUNNING Winnepesaukee waterfront home on Halfmoon Lake with private subdivision. All lots with town road frontage and location are rural and easily accessible.
\$2,995,000 (4715425) Call 569-3128

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\$1,649,900 (4746242) Call 253-9360

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\$999,000 (4688719) Call 569-3128

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\$975,000 (4742244) Call 569-3128

BARNSTEAD // Spacious waterfront home on Halfmoon Lake with private dock and beach with 4 bedrooms, 3 baths on 4.4 acres. Gorgeous lake and mountain views.
\$739,900 (4746381) Call 875-3128

ALTON // Antique Post & Beam Colonial on 27 acres. 3 bedrooms, 2 bathrooms, 4 fireplaces, pine floors, exposed beams. Cathedral Great room. Oversize garage. Perennial gardens. Private pond and several brooks.
\$360,000 (4686681) Call 875-3128

MOULTONBOROUGH // Spacious 3BR/1.75BA home on a .93 acre in the Suissevale beach community. Granite kitchen, master bath updated with ceramic tile, marble. Perfect for year round or summer home.
\$339,000 (4745185) Call 253-9360

RUMNEY // Wonderful custom built log home with lake views and deeded 3-4 bedroom New Englander, with access on Stinson Lake. First floor master suite, 2.5 baths, 1680 sq. ft. Solid fully furnished.
\$325,000 (4750420) Call 253-9360

MEREDITH // This wonderful in town 3-4 bedroom New Englander, with access to Lake Winnepesaukee. Located right in the quaint village area and at Lake Winnepesaukee.
\$264,000 (4705684) Call 253-9360

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\$559,000 (4744783) Call 569-3972

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\$995,000 (4747623) Call 569-3128

LAND and ACREAGE

BARNSTEAD // Calling all developers, Approved 8 lot subdivision with potential for further subdivision. All lots with town road frontage and location are rural and easily accessible.
\$529,900 (4710622) Call 875-3128

HEBRON // Own a piece of the mountain! Picture yourself looking out over Newfound Lake on this 130 acre lot situated in the charming, quintessential town of Hebron. Quiet and serene says it all!
\$239,900 (4653719) Call 253-9360

MOULTONBOROUGH // 1.6 Acre level wooded lot located in the quaint village district in Comm. Zone "A". Driveway permit with installed culvert, expired permit for office bldg. and garage. Agent interest.
\$159,000 (4501574) Call 253-9360

ALTON // Nice 1.04 acre lot located in a quiet neighborhood just off 28A/East Side Dr. Deed access to Lake Winnepesaukee. Driveway, septic plan, lot has been cleared.
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Alton School District
2019-2020
Fall Coaching Positions

Alton Central School, pre-k-8, is seeking qualified applicants to coach the following sports for the 2019 – 2020 season.

Girls’ Middle School Volleyball
Boys’ Middle School “A” Soccer

If interested please apply through AppliTrack at:
<https://www.applitrack.com/altonk12/onlineapp/>

Application Deadline: June 7, 2019 or until filled

If you have any questions contact
Russ Perrin, ACS Athletic Director
rperrin@sau72.org or 603-875-7500 x 328

EOE

NCH  **Upper Connecticut Valley Hospital**

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Full-Time
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ucvh-hr@ucvh.org

EOE

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Must be at least 18 years old
Please call 524-7808 for more info


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MinebeaMitsumi Group

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Principal/CTE Director
Assistant Principal

Berlin Elementary School
Assistant Principal

The Berlin School District is seeking enthusiastic educational leaders, knowledgeable in Positive Behavior Interventions and Supports (PBIS) for Berlin Public Schools. The candidates must have skills to build a strong collaborative learning environment inclusive of staff and parents. The candidates must also be committed to meeting the needs of all students. Principal candidates must have a Master's Degree in Administration and be certified as a NH School Principal. Assistant Principal candidates must be certified or certifiable as an Associate Principal and have a Master's degree in Education. All candidates must have a minimum of five years teaching and or administrative experience. Interested applicants may submit a completed district application found on the website: www.sau3.org, letter of interest, three letters of reference, transcripts, copy of certification and evidence of leadership roles or initiatives to Corinne Cascadden, Superintendent, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org EOE


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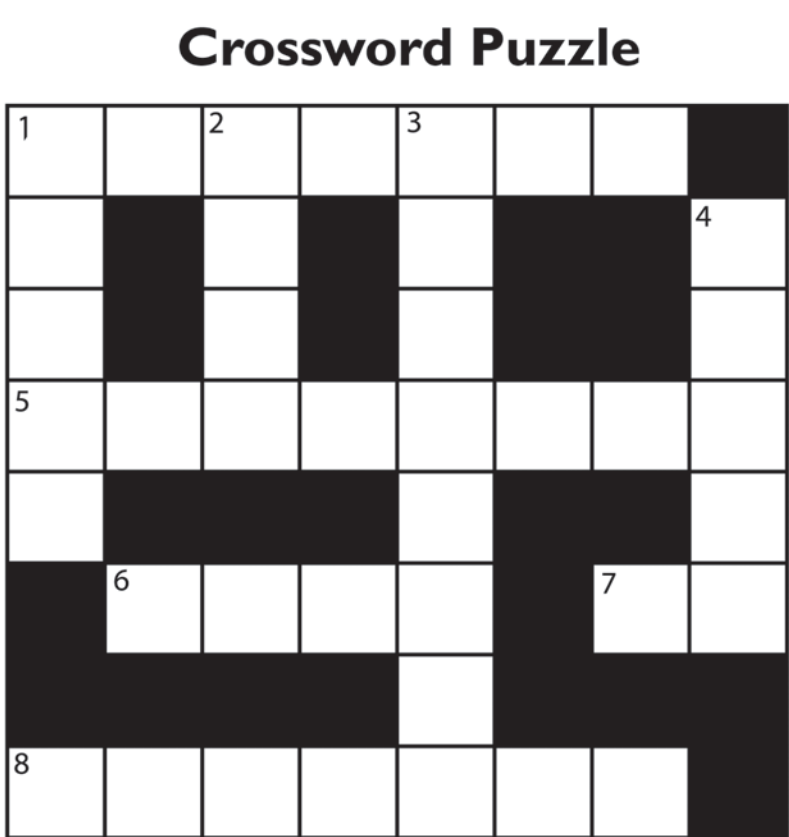
HELP NOW 





THIS WOMAN IS CREDITED WITH COMING UP WITH THE IDEA FOR MOTHER'S DAY.

ANSWER: ANNA JARVIS



- ACROSS**

 - 1. Moms
 - 5. Baked meat dish
 - 6. Refers to two or more people
 - 7. Third person singular present form of "be"
 - 8. Blooms of a plant
- DOWN**

 - 1. Affectionate name for mother
 - 2. Type of fish
 - 3. Worker
 - 4. Presents

Answers: Across 1. Mothers 5. Meatloaf 6. They 7. Is Down 1. Mommy 2. Tuna 3. Employee 4. Gifts 8. Flowers

THIS DAY IN...

HISTORY

- **1607:** JAMESTOWN, VIRGINIA IS SETTLED AS AN ENGLISH COLONY.
- **1878:** THE LAST WITCHCRAFT TRIAL IN THE UNITED STATES BEGINS IN SALEM, MASSACHUSETTS.
- **1973:** THE UNITED STATES LAUNCHES ITS FIRST SPACE STATION.

MATERNAL

relating to a mother

How they SAY that in...

ENGLISH: Mother

SPANISH: Madre

ITALIAN: Madre

FRENCH: Mère

GERMAN: Mutter

Did you know?

MOTHER'S DAY GIVES FAMILIES AND CHILDREN AN OPPORTUNITY TO LAVISH ATTENTION ON THEIR MOMS, GRANDMOTHERS AND OTHER WOMEN.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: FLOWER

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to hurricanes. Each number corresponds to a letter. (Hint: 9 = m)

A. 21 14 6 11
Clue: Movement of the air

B. 19 12 25 8 9
Clue: Unsteady weather

C. 19 4 9 9 26 8
Clue: Hot season

D. 11 17 9 17 20 26
Clue: Broken or harmed

Answers: A. wind B. storm C. summer D. damage

SUDOKU

		7		8	2			
	1						9	4
	3							
		1						
8				6				1
				2	5		3	
6	9		4			2	8	3
4						9		5

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	7	2	6	3	8	9	1	5
1	8	3	2	5	9	4	6	7
6	9	5	4	1	7	2	8	3
7	6	4	1	2	5	8	3	9
8	2	9	7	6	3	5	4	1
3	5	1	8	9	4	6	7	2
5	3	6	9	4	1	7	2	8
2	1	8	5	7	6	3	9	4
9	4	7	3	8	2	1	5	6

ANSWER:

Lakes Region Lacrosse Club thanks season sponsors

LACONIA — The Lakes Region Lacrosse Club (LRLC) has opened its 24th season and the club's success shows no sign of slowing down. Since 1995, athletes from eight surrounding Lakes Region communities have joined together to make this grow each year. The club includes eight full teams with more than 150 players, both boys and girls, ranging from first to ninth grade.

The Lakes Region Lacrosse Club wishes to thank this season's sponsors for their support and generosity, without which the club would not be here today. The board of directors, parents and athletes of LRLC thank Advanced Orthopaedic Specialists (AOS), Kennell Orthodontics, Lucky Dog Tavern and Grill, Benson Auto, Lakes Region Children's Dentistry, Rowell's Services and Irwin Automotive Group.

It is important to recognize that without the volunteer commitment of time and dedication from the club's volunteers, board of directors, coaches and the continued sponsorship from these generous local businesses, Lakes Region Lacrosse Club could not continue its success and growth.

For more information about the Lakes Region Lacrosse Club or any of the above listed sponsors, please visit <http://lrlacrosse.org/>.



COURTESY PHOTO
The U14 girls' lacrosse team sponsored by Irwin Automotive Group gets ready for a 2019 home game at the Meadows.

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Saturday, May 25th 2019
10:00 am

Join us for brunch as Mal Allard, founder of *Their Real World*, speaks about habilitative care tips for those living with Dementia, at home or anywhere!

Brunch will begin at 10:00 am
Presentation will begin at 10:30 am

Birchwood Building (Manor 2)
153 Parade Road
Meredith, NH 03253

Please RSVP with Leigh
603.279.3121
Leigh@forestviewmanor.com

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