

# Gilford Steamer

THURSDAY, MAY 30, 2019

GILFORD, N.H. - FREE

## GHS seniors get ready for graduation

BY ERIN PLUMMER  
mnews@salmonpress.news

Gilford High School's Class of 2019 will soon be collecting their diplomas in the next few weeks with scholarship and graduation exercises coming soon.

The senior class will graduate on Sunday, June 16 at Bank of New Hampshire Pavilion after a week of different awards and activities.

Seniors who meet the graduation requirements will have their first graduation rehearsal on Monday, June 10 in the GHS auditorium starting at 11 a.m., where they will



FILE PHOTO

The Gilford High School Class of 2019 will take the stage at Bank of New Hampshire Pavilion for graduation on June 16.

in the GHS auditorium on Thursday, June 14 from 9:30-11:30 a.m.

The Senior Yearbook Dinner will take place on Wednesday, June 12 from 5:30-7 p.m. in the GES cafeteria. At the end of the dinner each senior will receive a free yearbook.

Scholarship awards night will take place Thursday, June 13 at 6 p.m. in the GHS Auditorium. Thousands of dollars in scholarships from all over the community will be handed out to winning seniors. Seniors will also receive other awards and recognition, including recognition for National Honor Society members and recognition of the top five seniors.

The in house award ceremony is scheduled for the next morning, Friday, June 14 at 8 a.m., where seniors will receive other

SEE GRADS PAGE A9

## Parks and Rec offering many activities in June

BY ERIN PLUMMER  
mnews@salmonpress.news

Summer is starting for the Gilford Parks and Recreation Department, and the month of

June is bringing hiking, Lego camp, sports, fun on the town beach, and so much more.

The Parks and Rec-

SEE PARKS AND REC PAGE A9

also receive their caps and gowns.

Also on June 10, members of Gilford Elementary School's third grade class and their teachers will join the seniors and GES students will present seniors with the time

capsule each senior created in third grade. The seniors will have a moment to meet with the elementary school students and open their time capsules with them. They will get a chance to see and share what they were

like when they were that age and what their hopes for the future were.

Rehearsal will take place at Bank of New Hampshire Pavilion on June 12 from 9:30 a.m.-noon. There will be one last rehearsal

## GYC hosts Community Yard Sale

BY ERIN PLUMMER  
mnews@salmonpress.news

People from around

the community could set up a yard sale table, get rid of some stuff, and



ERIN PLUMMER

Yard sale tables popped up around the Gilford Youth Center gym for the annual Community Yard Sale.

make some extra money during an event that benefited the Gilford Youth Center.

On Saturday morning the GYC hosted a Community Yard Sale. People could pay small a fee per number of tables they

wanted to use and set up their sales. Proceeds from fees benefit the GYC and its programs.

Different yard sales had different purposes, including selling old stuff, raising money for

SEE YARD SALE PAGE A9

## Local company helps construct new greenhouse at WRMS

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON - Belknap Landscaping provided a first-rate example of what it means to be a community partner last weekend, when volunteers of the Gilford company, including owner Hayden McLaughlin, rolled up their sleeves to help Winnisquam Regional Middle School break ground for a hoop house-style greenhouse, which will become a new multi-faceted learning center for the school.

SEE GREENHOUSE PAGE A9



DONNA RHODES

Last Saturday morning, volunteers from Belknap Landscape Company and Winnisquam Regional School District paused for a group photo as they prepared the groundwork for an agricultural hoop house at Winnisquam Regional Middle School.

## IMPORTANT INFORMATION ABOUT YOUR GILFORD STEAMER

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# Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Graduation season is on right now. I'm sure that you can feel the hope, fear, and excitement of transition. As people complete their studies and prepare to put them to use, their friends and loved ones try to give them the greatest advantage for the future. One way we try to help is by sharing stories, our own history, and general wisdom we've collected about what to expect and how to make the best life they can.

Wisdom can be challenging to communicate. We might remember what it was like to graduate and go to work, or to move up to the next school, but we don't know exactly what it's like to do that in 2019. We have to discover how much of our wisdom is timeless, and how to frame that wisdom in a way that a contemporary student of any age can understand. That might even mean calling wisdom something fun like "Pro-tip" or "Lifhack." It's not easy, but the benefit to the graduates in our lives might be worth the effort of thought. Besides, books can help!

Let's start with some wisdom that has helped people for a very long time. "Aristotle's Way: How Ancient Wisdom

Can Change Your Life" by Edith Hall goes into some of Aristotle's key concepts and how they are relevant in the current age. It is not an in-depth Aristotelian analysis, but it is a summary of major bullet points that you or the graduates in your life might benefit from. Looking at more at the present, we picked up "21 Lessons for the 21st Century" by Yuval N. Harari. It's one of those challenging-but-rewarding reads that forces us to think about how the world will soon look given the advance of modern technology and our use of it. After reading the book, you too will think that we need to proceed wisely.

Basil Hero wrote "The Mission of a Lifetime: Lessons From the Men Who Went to the Moon" drawing on the words of astronauts. It's a bit dry, but not lacking in intelligence. "Every Tool's a Hammer: Life is What You Make It" by Adam Savage on the other hand, has both! With wit and a healthy dose of self-awareness, Savage shares what he has learned over the years as a personality and experimenter. You'll recognize the wit if you read "Wit's End: What Wit Is, How It Works, and Why We Need It" by James Geary. Clearly more niche than these other books of wis-

dom, but wit is an important aspect to the way we understand the world. The same sentiment is shared by some of the most experienced members of society in John Leland's "Happiness is a Choice You Make: Lessons From a Year Among the Oldest Old."

Wherever you look for wisdom, be sure to share what you've learned with those you love. Parents do it all the time when they read with their children. Right around the corner on Wednesday, June 5 from 10:30-11:30 a.m., we are having this year's 1000 Books Before Kindergarten Graduation! We celebrate all the kids who finished reading 1000 books before they head to kindergarten. It's a fun and spectacular ceremony for the kids and parents, both of whom should be so proud.

## Classes & Special Events May 30 - June 6

### Thursday, May 30

Geri Fit, Turn Back the Hands of Time, 9-10 a.m.

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, 10:30-11:30 a.m.

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-

3:30 p.m.

Conversational French, 4-5 p.m.

Abi Maxwell Author Visit, 6:30-7:30 p.m.

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.

### Friday, May 31

Preschool Storytime, 10:30-11:30 a.m.

Come read, sing, dance, and make a craft. \*Sign-up required two and a half to five years

Social Bridge, 10:30 a.m.-12:30 p.m.

Knit Wits, 1:30-2:30 p.m.

Conversational German, 2:30-3:30 p.m.

### Monday, June 3

Baby/Toddler Storytime, 10:30-11 a.m.

Come read, sing, and play with your baby and/or toddler. Ages two and a half and under.

Mahjong, 12:30-3 p.m.

Geri Fit Classic, 4-5 p.m.

Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength, stamina, and balance, following exercises from a video, all while seated in a chair.

### Tuesday, June 4

Geri Fit: Hop & a Skip, 9-10 a.m.

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, 10-11 a.m.

Preschool Storytime, 10:30-11:30 a.m.

Come read, sing, dance, and make a craft. Ages two and a half to five. \*Sign-up required.

Social Bridge, 10:30 a.m.-12:30 p.m.

Spanish Club, 3:30-4:30 p.m.

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 1-4.

Darby Field and the "First" ascent of Mount Washington, 7-8 p.m.

For more than 200 years historians believed that Darby Field made the first climb up Mount Washington in 1642. However, in the last several decades, questions have

emerged about his use of Native American guides, about the likelihood of prior ascents by Native Americans, about the route Field may have followed on the mountain, and about whether Field actually made the ascent as claimed. Allen Koop examines how historians reconstruct the "truth" when given scant, vague, and even contradictory evidence.

### Wednesday, June 5

Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

1000 Books Before Kindergarten Graduation, 10:30-11:30 a.m.

All the hard work of your children reading to reach 1000 Books will be celebrated! All participants of this program are welcome and children that have read their 1000 books goal will graduate and receive a certificate.

Lakes Region Fiber Artists and Crafters, 10:30 a.m.-1 p.m.

Geri Fit Classic, 4-5 p.m.

See 'Geri Fit Classic' above.

### Thursday, June 6

Geri Fit, Turn Back the Hands of Time, 9-10 a.m.

Master Trainer, Francesca Fisher, and star pupil "Joan" work out to-

SEE LIBRARY PAGE A9

## 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

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from May 14-27.

Kristina M. Eddy, age 42, of Gilford was arrested on May 14 for Operation of a Motor Vehicle by an Improper Person and Disorderly Conduct.

Deann E. Lapointe-Miles, age 24, of Laconia was arrested on May 15 in connection with an outstanding bench warrant.

Tabitha Brown, age 41, of Moultonborough was arrested on May 16 on five counts of Issuing Bad Checks.

Zackary Gouette, age 26, of Laconia was issued a summons on May 16 for Burglary.

Mark Palanchian, age 56, of Palm City, Fla. was arrested on May 17 in connection with an outstanding bench warrant.

A 42-year-old female

from Gilford was taken into protective custody for delivery to a receiving facility on May 19.

James M. Howard, age 63, of Gilford was arrested on May 21 for using an Unlicensed Fuel Gas Fitter.

Rebecca K. Collette, age 19, of Fitchburg, Mass.; Nicole J. Biondi, age 20, of West Townsend, Mass.; and Nicole L. Samarjian, age 20, of Pepperell, Mass. were arrested on May 24 for Unlawful Possession of Alcohol.

Michael Richard Scadron, age 72, of Gilford was arrested on May 24 for Reckless Operation and Disobeying an Officer.

Two females, ages 46 and 61, were taken into protective custody for intoxication on May 24.

Patrick G. Stitt, age 45, of Belmont was ar-

rested on May 25 in connection with an outstanding bench warrant.

A 48-year-old female from Melrose, Mass. was taken into protective custody for intoxication on May 25.

A 49-year-old male and 52-year-old female from Swanton, Vt. were taken into protective custody for intoxication on May 26.

Sherill M. Walther, age 71, of Moultonborough was arrested on May 26 for Driving After Revocation or Suspension, Suspension of Vehicle Registration, violating Driver's License Prohibitions, Operating Without Lights, and a Traffic Control Device Violation.

A 52-year-old male from Gilford was taken into protective custody for intoxication on May 26.

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# Team Superheroes hosting craft fair to benefit Make-a-Wish NH

On Sunday, June 2 at the Gilford Youth Center, Team Superheroes will be hosting a Craft/Vendor Fair to benefit Make-A-Wish New Hampshire and their Rafting for Wishes Event.

The Craft/Vendor Fair will feature local vendors and artisans. Products ranging from Lularoe, 31 bags, Pampered Chef, Usborne Books, healthcare items such as CBD products, handmade crafts, baked goods, jewelry, and even woodworking items will be on display from noon to 4 p.m. There will also be raffles offering prizes from every vendor! All proceeds from the raffles and booth fees will go to Team Superheroes fundraising events. Some vendors will also be donating portions of their sales to the cause!

For those unfamiliar with Rafting for Wishes, it is Make-A-Wish® New Hampshire's most exciting excursion of the year! This year's event will take place on Friday, July 19 at 5 p.m. at Hesky Park in Meredith. A total of 25 teams will spend 24 hours relay "rafting" on stationary rafts in Meredith Bay in the hopes of achieving this year's fundraising goal of \$220,000. This relay will conclude at 6:00pm on Saturday, July 20.

As always, Rafting for Wishes will feature a multitude of events to be enjoyed by all. On day one, the event will kick off at 5 p.m. with an opening ceremony featuring this year's teams and wish buddies, followed by a cornhole tournament, live entertainment, a movie in the park and a fireworks display provided by Atlas Pyrotechnics. Rafters and volunteers can enjoy massages by Jessica

Martin throughout the weekend, as well as games and entertainment provided by Dumka Productions. Day two starts early at 7:30 a.m. with Cider Bellies Doughnuts & Woodshed Roasting Company Coffee available for purchase. Yoga and fitness classes will be held in the park from 8-10 a.m. After finding zen in the park, kids can enjoy face painting, a tie-dye station, and many more activities! Lunch will be provided by Fratello's and sweet treats will be available from Ben & Jerry's. The event will wrap up with a Scavenger hunt and a brief closing ceremony!



Team Superheroes and their Wish Buddies at the 2018 Rafting for Wishes Event.

COURTESY

For more information about the Craft/Vendor Fair please contact Jennifer Schilling at jennschilling@gmail.com. Team Superheroes wishes to thank the Gilford Youth Center for sponsoring this event!

For more information about Rafting for Wishes please visit friends.nh.wish.org/2019RFW.

For more information about Rafting for Wishes please visit friends.nh.wish.org/2019RFW.

## First Rotary Ice Fishing Derby chairs share memories from its early days

BY ERIN PLUMMER  
ernews@salmonpress.news

MEREDITH — It was an idea that started with another Rotary chapter in Vermont, started on Meredith Bay with a little tent on the ice, and over a few years blew up to a massive event. After 40 years, two of the co-founders and the first chairmen of the Great Meredith Rotary Ice Fishing Derby shared the story of the derby's early days.

John Sherman and Bruce Sanderson, who chaired the derby for its first three years, told stories from their experience to the Meredith Rotary Club during its meeting on Wednesday at Hart's Turkey Farm.

The derby is open to fresh water bodies across the state and is an especially big tradition on Lake Winnepesaukee. In its 40 years it has raised more than \$2 million for community causes. It all started in 1979 after just a few months of planning following some big inspiration.

Sanderson said in the spring of 1978, he, Rotary president John Breault, John Sherman, and Chuck Burns represented the Meredith Rotary at the Rotary District Convention in Waterville Valley. During the convention clubs were invited to share their programs. Jack Helm from the Fair Haven, Vt., chapter shared about an ice fishing derby they held on a part of Lake Champlain.

"We looked at one another and said, 'Wow, why can't we make this work in Meredith Bay?'" Sanderson said.

Sanderson said Helm later agreed to speak with the Meredith Rotary and he gave a presentation on the Fair Haven tournament. Around June or July of 1978, the Meredith Rotary started planning for the first ever ice fish-



ERIN PLUMMER

John Sherman and Bruce Sanderson share stories from the early years of the Great Meredith Rotary Ice Fishing Derby at a meeting of the Meredith Rotary.

ing tournament.

"That didn't give us an awful lot of time to get a derby together for February 1979," Sanderson said.

Sanderson said he and Sherman became the co-chairs of the first derby after Breault "pulled a fast one" on both of them.

"He came to me (and said) 'Sherman's in if you're in,'" Sanderson said.

He later met up with Sherman, who said Breault told him the same thing about himself.

The two took the position of co-chairs, which used their respective talents. Sanderson said Sherman is more of an

outdoor guy while he is more comfortable doing the quieter paperwork, especially with his position at the bank.

The first ever derby was headquartered across from the former Gulf Station (now the Meredith Mobil Station). They operated out of a big tent on the ice, which also offered licenses, bait and tackle, and food.

"Our goal at that point was to break even, but we ended up making mon-

SEE DERBY PAGE A9

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## Town Wide Yard Sale set for June 15

The Gilford Old Home Day Committee will be sponsoring a Town Wide Yard Sale on Saturday, June 15 from 9 a.m. - 1 p.m. (rain or shine). Participants can register for a spot at the Community Yard Sale Site, which will be located at the Gilford Village Field or can host a sale at their own house and register to be added to the Town Wide Yard Sale location map. Each registered yard sale site for the Town Wide Map, will have a number and address listed on the map to help shoppers find the location of their sale.

Town Wide Map Listing - \$10

Maps will be sold for only \$2 at Community Site at the Village Field on the day of the sale. All proceeds from registration fees and map sales will help support Gilford Old Home Day.

Additional information and registration forms can be found in the Gilford Parks and Recreation Office or on the Parks and Rec website at www.gilfordrec.com. Deadline to register for a site is Friday, June 7.

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

Cost to Register:  
Community Site - \$20

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## MARK ON THE MARKETS

### Three baskets



BY MARK PATTERSON

The term “don’t put all your eggs in one basket” has been around for as far back as anyone can remember. Typically, this relates to how you invest or save money. What I want to point out is a concept that is very simple but often times not considered when we are in the asset accumulation phase of our lives.

A simple and often painful truth is that you are going to pay taxes on your investments at some time before, during or after your stewardship of these assets. So let’s create a basket for each of these.

Let us call the first basket “pay as you go”; an example would be stocks, mutual funds, cd’s, and bonds. The income taxes are paid yearly and reported on a 1099.

Then there is the “pay later” basket that would be 401(k), Traditional IRA’s, some annuities. Taxes are deferred and paid when the money is withdrawn. Qualified money is subject to required minimum distributions at 70 and a half.

Third basket is the “pay now” receptacle that would include Roth IRA’s, cash value life insurance or municipal bonds. You pay the taxes now and enjoy tax-free growth, and withdraw tax free income.

Let me be clear that I am not a tax professional and not attempting to advise you on what to do in the tax realm. Everyone

has a different situation that you should discuss with your tax pro regarding these investments. But I do know a bit about economics and Washington.

As the baby boomers move towards retirement, social security and Medicare, there will be less revenue going into the treasury and more coming out. There are fewer producers paying into the system placing a larger tax burden on younger working people. While it has improved over last couple of years, labor participation is coming off its lowest rate since the late ‘70’s early ‘80’s, so there are fewer working people. Our national debt is over \$20 trillion.

Not knowing what tax rates will be in the future; my guess is higher; I want to plan for retirement income that has a mix of deferred and tax-free money. Traditional thinking was that your tax rate would be lower in retirement with less income, but that may not be true depending on your income, tax rates and policy in the future. This money can also affect the taxes you pay on your Social Security benefits. Much of this ties into the Social Security planning in this column a couple of weeks ago.

Statistics show that most people are not financially prepared for retirement, and running out of money is a bigger concern than death itself. Active planning should not only help with accumulating assets for retirement, but planning seems to alleviate the worries that keep us up in the night.

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



BOB MARTIN

### Title toss

Korey Weston won the Division 3 state championship for javelin at the state meet at the University of New Hampshire on Saturday with a throw of 154 feet, nine inches. Due to early holiday deadlines, the story will appear in next week’s edition.

## NORTH COUNTRY NOTEBOOK

*If these creatures do return, an old saying will be at risk*



By JOHN HARRIGAN  
COLUMNIST



COURTESY

The wolf---ever the poster child of all things wild.

The fear of getting lost. Like all fears this should be respected, and is too complicated to get into here. And it happens, whether for a few hours or days. One elderly hunter, as I recall, was lost in Vermont’s Northeast Kingdom a year or two ago and was found four days later.

Bears? Our bears are black bears, not the more aggressive brown bears of the Midwest and West, and definitely not grizzlies, and they wouldn’t stand a chance of fading into the Arctic landscape (i.e., polar bear).

Rattlesnakes? Here, a fear bordering on instinct has been deadly---to snakes. There are and always have been people who will kill any snake they see. This is because some people just hate snakes, period. This is a great sadness that has decimated snake populations in New Hampshire, particularly as development creeps into ever more wildlife habitat.

When was the last time anyone you know

saw a milk snake? Black snake? Hognose? Part of the problem is that people actually mistake these snakes for rattlesnakes. Human disturbance, ignorance (i.e., kill any snake, anywhere), and loss of habitat have brought New Hampshire’s timber rattlers, in particular, to precarious numbers. There are small populations in the Concord and Manchester areas, and a small number down around Keene.

Timber rattlesnakes are so scarce that they are protected by state law. But really, who knows this, and how much does it matter? For all too many people, any snake is a dead snake, and for a rattlesnake, double down.

Even coyotes, which are almost defiantly called “coydogs” here and there despite compelling evidence otherwise (they breed back true to coyotes), are not a threat to people, wildlife experts are constantly saying.

(Okay, so I can kinda sorta get the “coydog” thing. I, for example, still stick to the old vernacular and use “fisher cats,” even though I know full well that they’re not in the cat family at all, not even close. Thank you, New Hampshire Fisher Cats, by the way, for a

smidgen of vindication.)

Experts aside, given an ever-larger coyote morphing into a brush-wolf, I would not want to be a very slight child lost in the woods of northern New Hampshire on a moonlit night in March. This year, at that time, we were in the tail-end of the kind of winter when bobcats, driven almost mad by hunger, venture into towns.

I’ve often written about cougars in this space---mountain lions, catamounts, panthers---and the fact that we once had them and the possibility that we might get them back.

Ditto for the wolf. I’ve penned soulful columns about this poster-child for everything wild, pined away that we once had them, with woodland caribou for seasonal supper, and yes, wondered if they might come back.

If either possibility pans out, we won’t be able to tell our kids the adage of there being no danger in the woods. Even failing the return of the cougar or wolf, however, our own stupidity will always play a hand.

*(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)*

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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](http://www.Ready.gov/blackouts)

Who to Call
 Where to Meet
 What to Pack

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

### The Importance of Staying Active

Staying physically active is important at every stage of our lives, but as we grow older, it becomes especially vital. Engaging in the recommended daily amount of moderate activity (at least 30 minutes) has numerous long-term benefits, but it can also improve overall health for those with certain conditions and disabilities. Conversely, a sedentary (or inactive) lifestyle

can negatively affect physical and emotional well-being, and can potentially increase risk of injury or development of diseases.

### What Are Low-Impact Exercises?

While it’s certainly no secret that physical activity is beneficial, many seniors may not know exactly what kind of exercise is most appropriate. For those that are unsure, low-impact exercise may represent the best solution. A low-impact exercise is generally defined as any workout

where at least one foot stays on the floor at any given point, making it ideal for those who have limited mobility or suffer from chronic pain.

Though not as hard on the body, these exercises are not necessarily designed to be less intense, as the goal with any beneficial exercise is ultimately to elevate the heart rate. Recent research has indicated that low-impact exercise is as effective in reducing the risk of heart disease as high-impact exercise, such as running or jumping rope. If

seniors are looking to get into an exercise routine, they may want to follow the low-impact exercises listed below, after consulting a doctor or physician.

### Low-Impact Exercises for Seniors

Walking: One of the benefits of walking is that, unlike running, it’s easier on the joints. Plus, it doesn’t require any special equipment or a gym membership. With a comfortable pair of tennis shoes and a smooth pathway, you’ll be on

SEE COMFORT PAGE A8

# ~ Comfort Keepers ~

## Low-impact exercises for seniors

# NH LAKES offers presentation by David Warren

MEREDITH — On the evening of Thursday, May 30, historian David Warren will kick off the NH LAKES 2019 Lakes Congress in Meredith with the fascinating presentation Steam over ‘Winnepiseogee.’ Attend this talk and find out how the railroads and their steamboats changed the Lakes Region into the mecca for tourists, vacationers, and summer residents that it is today. No other development in our history has had a greater impact on our economy and culture. The Mount Washington, the oldest iron hull passenger ship in the world still cruising on a fresh waterbody, is a treasured legacy of that era.

Warren will share stories and diaries left by folks who lived and worked in the area during that time, as well as steamboat logs and newspaper articles, to help paint a picture of life here during this most interesting period



Historian David Warren will kick off the NH LAKES 2019 Lakes Congress on the evening of Thursday, May 30, with a presentation highlighting how the railroads and their steamboats changed the Lakes Region.

in history. And, you're sure to be fascinated by the convoluted story of the Mount Washington and how the vessel we know and love today almost didn't happen. Warren has spoken

to several audiences over years about how steamboats have shaped the Lakes Region. Eighteen of his boat and ship models are on exhibit in several area museums. And,

articles about his work have appeared in several magazines and newspapers. The 2019 Lakes Congress, presented by the Grappone Automotive Group and hosted by

NH LAKES, will be held on the evening of Thursday, May 30, and all-day on Friday, May 31, at Church Landing at Mill Falls in Meredith along Lake Winnepesaukee.

The Thursday evening Steam Over ‘Winnepiseogee’ program is open to the public and the cost to attend is \$5 per person. Pre-registration is required. To register, visit [www.nhlakes.org/lakes-congress](http://www.nhlakes.org/lakes-congress).

NH LAKES is the only statewide, member-supported nonprofit organization working to keep New Hampshire's lakes clean and healthy, now and in the future. For more information, visit [www.nhlakes.org](http://www.nhlakes.org), email [info@nhlakes.org](mailto:info@nhlakes.org), or call 226-0299.

## Lakes Region Art Association announces May raffle winner

TILTON — Sharon Regal, from Bridgewater, stopped by the Lakes Region Art Gallery in Tilton one day in April while browsing at the Mall. She liked what she saw in the windows, so she came in to visit the gallery. She took a chance on the free raffle painting that is offered every month. Sharon likes to support local artists so she checks out the gallery quite often. She said she especially likes the big variety of work that is offered by a large number of artists. Gail Brunt from Gilford donated the painting Sharon won. It was titled ‘Early Morning Sunshine.’ Brunt is a gallery artist who does water colors and is self-taught. She won first prize for one of her water colors in the 2018 annual show last August.

The Month of May raffle features a beautiful photograph of a

red Trillium taken by Sharon Nahill. Sharon started her art career at 13. She started with pottery studying under a potter before going to Wesleyan University. She went to post graduate school at the University of Massachusetts in Amherst and Massachusetts College of Art. She worked full time in the biotech industry and upon retiring went back to work as an artist full time in her gallery ‘Oak Hill Studio’ in Belmont, where she works with both pottery and photography.

The LRAA Art Gallery is located in Tilton at the Tanger Outlets (across from the Chocolate Factory) and is open Thursday thru Sunday from 10 a.m. to 6 p.m. Lakes Region Art Association is a non-profit organization dedicated to expanding art education and appreciation in the Lakes Region.

## News from the New Hampshire Jewish Food Festival

LACONIA — Plan to dine ‘Under the Tent’ at the 22nd annual New Hampshire Jewish Food Festival on Sunday, July 14, but place orders online now for the best selection of home cooked Jewish foods packaged for you to take home on festival day.

The talented crew of TBI chefs have been cooking and baking to prepare the crowd favorites for the annual New Hampshire Jewish Food Festival. The array of homemade Jewish cuisine includes blintzes, beef brisket, meat knishes, potato knishes, latkes (potato pancakes), matzo ball soup, noo-

dle kugel, and stuffed cabbage, packaged and frozen, to take home and enjoy. Freshly packaged chopped herring, corned beef, pastrami, tongue, chopped chicken liver, as well as rugelach, and strudel can also be ordered online. Along with the traditional homemade foods, the Jewish Food Festival features corned beef, pastrami and tongue from Evan's New York Style Deli of Marblehead, Massachusetts. Evan's meats are cooked on premises, in his restaurant, and dedicated TBI volunteers make the trip to bring these delicacies to New Hampshire.

Evan's deli meats are also available to order, by the pound to take home.

But don't wait - ordering closes on June 9. Most major credit cards (see specifics on the site) and PayPal are accepted. The online order process insures availability of the foods people crave in the quantities they desire.

Online orders will be ready for pick up on Saturday, July 13 between 10 a.m. and 3 p.m., or at the Jewish Food Festival on July 14 from 11 a.m.-2 p.m. Pick up at Temple B'nai Israel, 210 Court St. in Laconia. For orders of \$65 or greater,

you will receive a copy of the TBI cookbook from which many of the prized recipes are derived.

On Festival day enjoy your favorite deli sandwich, served with coleslaw and dill pickle. Luscious cheese blintzes with strawberry sauce and potato and meat knishes will be hot and ready to eat. Did someone say dessert? A mouth-watering selection of cakes, cookies, pies and traditional sweets awaits you.

But in the meantime, order now at [www.tbinh.org](http://www.tbinh.org). All questions may be directed to [foodfestival@tbinh.org](mailto:foodfestival@tbinh.org).

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*Photos are also welcome, but must be submitted in jpeg format.*

*Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.*

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*Please drive carefully.*

### Scott Durrell Morrison, 69

PALMETTO, Fla. — Scott Durrell Morrison died in his Palmetto, Fla. home on May 10, 2019 at 11:17 p.m., with his loving wife, Pat, his children and friends surrounding him to the end. While we lost a son, brother, husband, father, grandfather and friend, Heaven gained a treasure.

Scott was born in Laconia on Jan. 20, 1950 to Starlin Andrew and Nancy Rebecca (Wallis) Morrison. He was married to his beloved wife, Patricia Marie (Rettig) Morrison, for 37 wonderful years. While she fondly called him "Scootr," to the rest of the family, he was Scotty, Dad, Pop, and Papa.

Scott grew up on his family farm in Sanbornton, and went to high school in Laconia. Scott held many fond memories of his childhood. He was in 4-H, where he showed cattle and he helped on the farm. He loved catching crabs and eating them while camping with his family at Hermit Island in Maine. He was on the Laconia High School Football Team. Scott was in the Drum and Bugle Corp., played drums in the Laconia High School March-

ing Band and in a rock band with his friends. How Scott loved playing his drums and his family and friends equally loved hearing and watching him play. Scott was also a good dancer and a strong swimmer. Whether it was dancing, playing the drums or his guitar, Scott sure had rhythm. Scott liked anything to do with cars, motorcycles, racing and derbies. Scott loved the water, camping, fishing, and nature and sharing good times and laughs with those he loved.

Scott was quite a character, getting himself into and out of many different situations. He had many friends, some that he kept right up to the end of his life. He is remembered fondly for being a kind and loving guy, with an easygoing personality and big heart. He had a great sense of humor. Scott did not like conflict and was always the peacemaker with a listening ear that one could depend on. He was never one who pushed his opinions onto another, but would quietly go his own way in life. Being the adventurer he was, Scott liked to travel.



He went to college at BYU-Idaho in Rexburg, Idaho and later, explored the open roads as a truck driver eventually owning his own trucking company and it was then that he met his wife, Pat.

When Scott gave that up, he went back to school and studied Food Science/Lab Management at Minnesota State University, Albert Lee Campus. He was a retired Former Quality Control Manager and R&D Supervisor at Ohly America in Hutchinson, Minn. He was proud of his many accomplishments, and he worked hard at it all.

After retiring, he wintered with Pat in a home they bought in Palmetto, Fla., and they summered in Minnesota. Scott had many physical and health difficulties over the years, yet he met each challenge with faith, strength, courage and optimism. He tried to be a strength to others rather than focusing on his own trials. Scott bought and sold his favorite guitars and banjos, buying as many as his budget and wife would allow him, he would tease. He start-

ed building and putting together cigar-box guitars, taking great joy in making and giving some of them away. Heaven best have room for another Bo Diddly player as he was one of the best to his family and friends.

Scott was a loving dad to his kids, Michael Scott, Tamesin Marie, and Justin Lee Morrison. He was a great pal and role model to son, Justin, who lived with him. He developed a close relationship with all his kids. They especially had many long, loving and lasting conversations toward the later years of his life. Scott will always be the wise voice in his kids' heads, not telling them what to do, but telling them to make wise choices on their own. He was a father to all and a dad to his kids. They will always keep a look out for his wisdom. Scott held onto the belief that families can be together forever. He loved his wife and children and grandson, Elijah, very much and was proud of whom they each were and he believed

that they would be with each other again. He loved and appreciated his father, mother and siblings. He considered himself lucky to be blessed with all his family and friends. Scott's love of God and family, he leaves as a lasting testimony to those that he loved.

Scott was predeceased by his mother, Nancy Rebecca (Wallis) Morrison, in 2017, and his former wife, Valerie Tamesin (Ciley) Morrison, in 2007; his grandfather, Ralph Joseph Wallis, in 1971; his grandmother, Emma Catherine (Yost) Wallis in 1978; and his great-grandparents, John Shannon Wallis, in 1954, and Catherine Susan (Levis) Yost in 1979.

He is survived by his wife, Patricia Morrison, of Palmetto, Fla.; his sons, Michael Morrison of Laconia and Justin Morrison of Brownton, Minn., and his daughter, Tamesin Morrison of Foreston, Minn. and his grandson, Elijah Scott Morrison, son of Justin. He is also survived by his 93 year-old father and best friend,

Starlin A. Morrison of Sanbornton, and he was the "Big Brother" to his sisters Shannon Wolfe, Julie Millis and Marcia Lewis, all of Sanbornton, and Sarah Lopez of Meredith; his brothers Gerry Morrison of Logan, Utah, Ralph Morrison of Whittier, Calif., and Thomas Morrison of Sanbornton. He leaves behind all of his siblings' spouses, his in-law families, plus his many aunts, uncles, cousins, nieces, nephews, grandnieces and grandnephews and one great grand nephew, who are scattered all over the US. He will be greatly missed by all those who loved and knew him.

Per Scott's request, there will be no calling hours or funeral held. His family asks that you share your memories of him with those you love, to laugh and tell stories and to remember to be kind and loving toward one another, to those you know and strangers alike. That was the way Scott was and it would make him smile.

### Beverly A. Collins, 80

LACONIA — Our Mum, Beverly A. (Watson) Collins, born July 18, 1938 in Lawrence, Mass., a loving and devoted wife of 62 years to our selfless dad, Donald V. Collins, passed away peacefully on May 18, 2019 after a long illness.

Beverly was predeceased by her son, Donald, Jr., who was married to Ronald Williams. We, her three daughters, Deborah, Karen and Kelly, along with our spouses,



Dana Pendergast, Richard Bray and Katie Collins, all mourn the loss of such a special woman whose love and tender care of animals, especially felines, greatly impacted all of our lives. She was caring and compassionate with friends as well as strangers.

Affectionately called "Bingo Bev," she loved to attend social organizations and church halls to play her favorite game and try her luck at bringing home the coverall.

After graduating from

Lawrence High School, she married her sweetheart Donald in 1957. They lived in Lawrence for many years, raising their children there. After retirement, they moved to Gilford. Mom was a good cook, but she had a passion for baking sweets and lovely desserts. No one made a better bread pudding, pecan pie or cheesecake! She loved to be outdoors and enjoyed fishing and camping trips to the mountains of New Hampshire or the Seacoast of Maine. Beverly enjoyed her six grandchildren (Alexis, Cassandra, Eleni, Kyle, Christopher and Mitchell) and her four step grandchildren (Liza, Nicholas, Matthew, and Bryan). She is also survived by her siblings Frank, Linda, Richard, Earlene and Gary.

Beverly, loving mom, wife and dedicated family matriarch, will be forever missed.

There will be no calling hours.

A Memorial Service was held on Wednesday, May 22, 2019 at 11 a.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

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# Taylor Community breaks ground on Presidential Cottages

LACONIA — Beneath a cloudy sky that gave way to glorious sunshine, Taylor Community's Board of Trustees, staff, residents, local community dignitaries and architect and construction members came together to celebrate the ground-breaking of its newest cottages.

The Presidential Cottages will consist of six 1,950 square foot custom homes located in a new neighborhood near the Woodside Building. Construction is scheduled for completion near the end of 2019.

After welcoming attendees, Kirk Beswick, VP of Facilities Maintenance, introduced David Pearlman, Taylor Board Chairman.

"The board tries to find ways to make life better for people. Thanks to President/CEO Michael Flaherty's leadership, Taylor has been able to fill the community and now expand it with six beautiful, new cottages. This is a tribute to everything offered here, making this an even better place to live,"



COURTESY

From left to right: Scott Walkley, Bank of NH VP Commercial Loan Officer; Michael Flaherty, Taylor Community President/CEO; David Pearlman, Chairman, Taylor Community Board of Trustees; Tom Volpe, local community leader; Chris Volpe, Taylor Community Board of Trustees; Scott Myers, Laconia City Manager; Karmen Gifford, President, Lakes Region Chamber of Commerce; and Kirk Beswick, Taylor Community VP, Facilities Management.

Pearlman said.

The street for the new neighborhood will be known as Volpe Way in recognition of H. Thomas Volpe's nearly 40 years of Taylor Community involvement. Pearlman said, "As well as being a

leader in the local community, Tom symbolizes enthusiasm and service to Taylor. His contributions are beyond description."

Besides Bank of New Hampshire, which financed the project,

Flaherty recognized a number of those in attendance who assisted in making the day possible. Included were David Laurin Architects; Conneston Construction, Inc.;

Nutter Enterprises; Steven J. Smith Associates; Turf Pro Landscaping and Terrain Planning & Design.

For more information about the new cottages, or Taylor Community in general, the Lakes Region's premiere Continuing Care Retirement Community, contact the Marketing Office at 366-1400.

## Erin Gately named to Colby-Sawyer College Dean's List

NEW LONDON — Colby-Sawyer College has named Erin Gately of Gilford to the Dean's List for spring 2019. Gately is a nursing major and a member of the class of 2022. To qualify for the Dean's List students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and

critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at [www.colby-sawyer.edu](http://www.colby-sawyer.edu).



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# Rotary Youth Leadership spruces up Prescott Farm

LACONIA – Three dreary, chilly weather of late did not deter a dedicated group of high school sophomores from engaging in leadership training and community service projects at Prescott Farm Environmental Education Center. The 18 students from three local high schools were part of Lakes Region Rotary Youth Leadership, a program designed for tenth graders who are seriously interested in leadership, providing the students with the opportunity to meet and work with one another, examine leadership characteristics and increase their self-confidence.



**Volunteers from the Rotary Youth Leadership program got a jump start on rebuilding a woodshed on the Prescott Farm property which had been damaged by a fallen tree.**

COURTESY

**Participating schools and students were:**  
**Belmont High School:**

Madison Lima, Deanna Bourque, Ian Smart, Brian Winslow, Isabella McDonald, Alyzabeth O'Connell, Molly Sottack, Jared Whitcomb

**Gilford High School:**

Stevie McSharry, Lindsey Sanderson, Kathryn Osburn, Alaina Osburn

**Laconia High School:**

Dylan Dickey, Jamie Collins, Aidan Eldridge, Logan Dee, Shayleah Gunning-Lavoie, DeMarco McKissic

The month before the work session, the team gathered for an introductory session that included dinner

and conversations about leadership to prepare for their work day together. Because they hail from different towns, this was a chance for them to get to know other teens interested in leadership and volunteer service.

Lakes Region Rotarian Bob Ewell has been planning and leading the Youth Leadership program for 17 years. This is the tenth year the program has completed the day of service at Prescott Farm.

Ewell looks forward to the program, and specifically the day of service, each year. "The students can see that volunteerism provides real opportunities for leadership," Ewell said. "Especially on this property, we can literally see what a big difference a group can make in just a few

hours of organized effort."

Those efforts included painting window frames, landscaping work, and rebuilding a woodshed that suffered damage from a fallen tree.

Jude Hamel is a Rotarian and the Executive Director of Prescott Farm. "This is the perfect time of year for a team effort like this on our property," Hamel said. "The work these young leaders accomplish in just a few hours would take our staff weeks to accomplish so we are incredibly grateful to everyone involved."

Other mentors providing support included Rotarians Jim Chase, Larry Greeley, Jeff Pierson, and Chris Haddock. Mike Seymour, Bank of New Hampshire Pavilion

COO, also contributed to the day as an after-

noon guest speaker.

Prescott Farm is expanding its volunteer program and has opportunities for community members who want to learn more about the natural world and give back. Individuals or groups who would like more information should contact Kathryn Downey, Volunteer Coordinator, at 603-366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on community connection

programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape. On site programs also include Fledglings Nature-Based Preschool, WildQuest summer and vacation camps, a school field trips. For more information about Prescott Farm and all of its programming and ways to help, please visit [www.prescottfarm.org](http://www.prescottfarm.org).

## COMFORT

(Continued from Page A4)

your way. The key is to keep a brisk pace for at least 15-20 minutes.

**Swimming:** What's better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including strengthened shoulders and increased lung capacity. You can also take part in water aerobics, or walk on underwater treadmills.

**Yoga:** From improving flexibility and coordination to strengthening your core, there's very little that yoga doesn't do for you. Additionally, yoga has been shown to improve mood, focus, and overall mental well-being.

**Pilates:** This exercise allows for very slow and

concise movements, designed to improve posture and flexibility. Similar to yoga, Pilates are known to improve mental well-being.

**Cycling:** With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system but also the joints and various muscle groups.

**Weight training:** Don't be daunted by the idea of bulking up with weight machines at the gym. Weight training can be done at home, with small free weights or even moderately heavy objects that you can grip easily. Consistent repetition is key, as is advancing to heavier weights over time.

**Leg Raises:** You don't have to go far at all to do these exercises. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles.

**Dancing:** In recent years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to so-

cialize and connect with others.

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**PET OF THE WEEK**
**KANE**

How is this dog in a shelter? Kane is a very laid back 6 year old that was in a kennel down south for over an entire year before making the journey to New Hampshire to hopefully find his family. He is house trained, crate trained, and does very well on leash. Currently he knows sit, though in a calmer environment would be willing to learn more! Kane is a tad shy and has some touch sensitivities, so at this time he is looking for an adult-only home with potentially another doggy friend. He's also shown that he may do well with cats!

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## Edward Jones: Financial Focus

### Vacation and Retirement: Different Goals Require Different Investment Strategies

To achieve any of your financial objectives, you need to save and invest – that much is clear. But just how you save and invest may differ from goal to goal. Let's look at two common goals to see the differences in your savings and investment strategies. The first goal we'll consider is a dream vacation – one lasting a couple of weeks or more, possibly to an exotic locale. So, for the investments you've designated to fund this vacation, you need two key attributes: liquidity and low risk. The liquidity requirement is

pretty self-explanatory – you want to be able to get to your vacation funds exactly when you need them, and you don't want to be slapped with some type of early withdrawal or tax penalty. The low-risk part of your vacation strategy means you want investments that won't drop in value just when you need to sell them to use the proceeds for your trip. However, you need to be aware that those types of stable-value investment vehicles likely will not offer much growth potential. As you

may know, the investments with the greatest possible rewards are also those that carry the highest degrees of risk. Yet, by starting to invest early enough in more conservative investments, and putting away money regularly, you may be able to compensate for the lack of growth opportunities. Now, let's turn to your other goal – retirement. When you are saving for retirement, your primary objective is pretty simple: to accumulate as much money as you can. Consequently, you will need a reasonable percentage of

your portfolio devoted to growth-oriented investments. But what's a reasonable percentage? There's no one-size-fits-all solution – the amount of growth investments in your portfolio should be based on several factors, including your age, risk tolerance and projected retirement lifestyle. Furthermore, this percentage may need to change over time. When you're just starting out in your career, you may be able to afford to take on the greater risk that comes with having a higher percentage of your portfolio in growth

investments. But as you get closer to retirement, you might want to begin shifting some dollars toward more conservative vehicles – you don't want to be over-exposed to the volatility of the financial markets just when you need to start selling investments to help fund your retirement. Nonetheless, you won't want to give up all growth investments, even during your retirement years. You could spend two or three decades as a retiree, and over that time, inflation could take a big toll on your purchasing power.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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**PARKS AND REC**

(Continued from Page A1)

recreation Department put its summer program in the town website outlining the many different activities going on this summer.

Session II of the After School Sailing Program will run June 10, 12, 17, and 19. The cost is \$99 per session. Participants must bring their own fitted life jacket and pass a swim test on the first day.

Session II for the Bolduc Park Golf program will run on June 6, 13, and 20 from 5:30-7 p.m. The fee of \$70 covers three hour and a half long lessons and balls.

Parks and recreation will host two Babysitter's Classes at the Gilford Public Library.

On Monday, June 24, Cassidy Clairmont, a National Safety Council instructor, will lead instruction on the basics of CPR with a focus on infants and children though discussing CPR on adults as well. The class costs \$40 and will take place from 10 a.m.-2 p.m. Participants are asked to bring a lunch. Participants will receive a certification card and training booklet after the class.

Kids ages 11-16 can take the Babysitter's Training Course on Wednesday, June 26 from 10 a.m.-2 p.m. through the McGregor Institute of EMS. Kids can receive CPR and First Aid certification and learn about handling emergency situations, feeding infants and children, and the

business of babysitting. The class is \$60 and participants will receive a Babysitting Certification when they pass the course.

Participants can register for both of these classes by calling the Gilford Public Library at 524-6042 or the Parks and Rec office at 527-4722.

LetGoYourMind will be hosting two Lego Robotics camps the week of June 24-28.

Kids ages six through nine can take part in "Amusement Park Thrill Rides and Stop motion Animation" from 9 a.m.-3 p.m. In the morning kids will build small replicas of popular amusement park rides. In the afternoon they will make their own stop motion animation and learn how to edit their movies with professional Stop Animation.

Kids ages nine to 14 can participate in "EV3 Robotic Amusement Thrill Rides and Stop Animation/Minecraft." The older kids will also make their own amusement park, this time using Lego Mindstorms EV3 sensors, gears, and motors to complete a series of missions. Additionally, they will be using skills from "Minecraft" to create their own rides. They will also learn to create electrical circuits with Redstone and will create features like trap doors and functioning doors. In the afternoon kids will make their own

mini-movie with legos and figures, also learning how to edit their movies.

Both camps will run at Gilford Middle School and both cost \$325.

Gilford Beach will be open starting June 19 through late August from 9 a.m.-7 p.m.

There will be an arts and crafts program at the beach Tuesdays and Thursdays from 10 a.m.-noon starting June 25 and running through Aug. 1. Activities are geared to kids 5 and up though younger kids are welcome. Registration will take place on the beach in June 15 from 9 a.m.-5 p.m., though participants can sign up the day of the program. Registration is \$3 per session on a daily basis or \$30 for the whole six-week program.

Storytime at the Beach with staff from the Gilford Public Library will run on Wednesdays starting June 26 and run from noon to 12:30 p.m.

Session I for Red Cross Learn to Swim lessons starts on June 24 and run Monday through Friday from 9 a.m.-12 p.m. There will be no lesson on the Fourth of July. The program is open to kids age 3 and up ad is \$35 for the first child, \$20 for the second child in a family, and \$15 for each additional child.

For more information on these and other programs going on through the summer, visit [www.gilfordrec.com/parks-recreation](http://www.gilfordrec.com/parks-recreation).

**GREENHOUSE**

(Continued from Page A1)

elementary school experiences and the Ag program at the high school," he explained.

Dr. Eric Keck, principal of Southwick School, offered to provide Bryant with the components of a hoop house that came with the greenhouse his school purchased. A chance phone call from Belknap Landscape Company soon set everything else in motion.

Jeff Sirles of BLC called Bryant to see if there might be any projects the school could use some help with. Expecting that groundwork for a hoop house was more than they had in mind, Bryant asked anyway and Sirles quickly said,

"Let's do it!"

"At Belknap Landscape we think it's important for younger students to get exposure to agriculture and we were excited when we heard what they wanted to do here," Sirles said. "Hands on learning can be important. For some children it might be a way to get them interested in agriculture and lead them to pursue it in secondary education. For others, it can provide them with a better understanding of horticulture."

Last, Belknap Landscape brought in equipment to remove six-inches of sod from a portion of the school's court-

yard. Landscape fabric was then laid out and one and one-half inches of crushed stone was spread on top of that. Sirles explained the stone would be the surface of the hoop house, providing good footing and the proper water drainage that would prolong its life. Volunteers then installed a wooden barrier along the edge of the gravel to hold back the surrounding grass and soil.

Among the volunteers was Dan Outhoumontry of Belmont. Outhoumontry is a sophomore at Belmont High School who will be attending Winnisquam SEE **GREENHOUSE** PAGE A10

**GRADS**

(Continued from Page A1)

school awards.

The Class of 2019 will formally graduate

on June 16 at 10 a.m. at Bank of New Hampshire Pavilion. The

class photo will be taken at 9:15 a.m. before the ceremony starts.

**YARD SALE**

(Continued from Page A1)

charity, and doing it as part of a business.

George Bousquet has been doing yard sales and flea markets professionally since 1987. A lot of the items he sells come from home cleanouts, he's been doing the GYC sale for a couple years.

He said the sale started a little slow but was picking up after a while.

Bousquet said his favorite part about this is meeting so many people.

"It's amazing, what people have to say to what people are looking for," Bousquet said.

Donna Snow ran a sale with items from her family. This is the first time she has done the GYC sale.

"It's certainly a lot easier than having it at your house because it attracts more people," she said.

She said setting up a table here was much easier than setting it up in the yard and trying to advertise it.

Halfway through the Community Yard Sale, Snow said she made back their table fee plus \$5.

The Gilford Community Church set up a sale

to raise money for a coming youth mission trip to North Carolina. Judy Cook said in past years kids on the trip have fixed a roof, done painting, and more tasks for people less fortunate.

Most of the items come from members of the church. She said they did put a call out to the community asking for items.

They also do other fundraisers like a car wash during church.

Cook said the sale was doing all right.

"I like interacting with the people," Cook said.

**LIBRARY**

(Continued from Page A2)

gether 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 pre-

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be songs, crafts, games, and coffee will be served.

Teen Game Club, 2:30-3:30 p.m.

Conversational French, 4-5 p.m.

Foreign Movie Night, 7-9 p.m.

This month's movie is "The Fencer," an unrated movie from Estonia.

**DERBY**

(Continued from Page A3)

ey," Sanderson said.

He said they ended up making between \$500-\$600 and were "ecstatic" to do that much.

For the next year's derby they did more planning, including developing a three-part registration form that's still used today.

Within a few years the derby became a massive success

Leo Kershaw, who owned the Meredith News, had the derby listed with the New England Sportswriter's Association, which drew press coverage from all over New England. Eventually Pepsi sponsored the derby and paid for all of the derby's paper supplies. The event also drew some notable people such as Curt Gowdy, the "Voice of the Red Sox."

Success did come with its own problems including nightmare traffic and concerns about robbery and fraud.

They announced they had the option of doing a lie detector test. One time there was one person who caught a fish that was

considered suspicious and members of the Rotary spoke to the man in their meeting room.

"I threatened him with a lie detector test and he said, 'My fish is no good,'" Sherman said.

He said the man admitted to getting the fish in August frozen.

After a while their success gained the scrutiny of the state. Sherman said on two occasions the Governor and Council were going to vote to not allow Fish and Game to accept the Rotary's donation. The Meredith Rotary came before the Governor and Council to argue in their favor, one time the vote to approve receiving the donation was 3-2.

Sanderson said during the third derby he was in the tent on the ice and there was a torrential downpour. he said he "remembered the ice was going away from the shore." From then on headquarters went to Hesky Park.

At one point, someone from the New England Sportswriter's Association said they should have a tournament in the

spring/summer season. They said no, but eventually the Lakes Region Rotary took on a tournament like that called the Winni Derby in May.

The derby got a lot of donations, including the trailer and the services from the town.

Over the years each chair would make different changes, some that stuck and some that didn't. Sherman said the basic format has stayed the same.

"It's always been great, that's what kept this thing going," Sherman said.

Sanderson and Sherman recognized the many people who have been instrumental in the success of the derby.

"This would have been successful no matter what Rotarians were running it," Sherman said.

He also gave credit to the Rotary wives for their work. Another credit was given to Fish and Game.

"I have so much respect for everyone involved in Fish and Game," Sherman said.

They also thanked the judges involved.



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**GREENHOUSE**

(Continued from Page A9)

WRMS Principal Michael Bryant and faculty members also lent a hand on Saturday and Bryant said he's excited to bring a new educational experience to his students.

"We see this as an outdoor classroom," he said.

In the past year, Southwick School has been broadening the horizons of third through fifth grade students with programs such as Trout in the Classroom, indoor

gardening projects under grow lights, and a new greenhouse behind the building. Last week bees and a pollinator garden were added to their nature education programs. Bryant said that Sanbornton Central School has similar ideas and, since all of those students eventually move up to the middle school, it only made sense to keep that interest in agriculture going.

"We want to build a bridge between those



DONNA RHODES

While crushed stone was being laid for the base of a hoop house-style greenhouse at Winnisquam Middle School, volunteers from both the school and Belknap Landscape Company secured the edges of the underlying landscape fabric placed over the soil.

High School's Agricultural program in the fall. By coincidence he also works part time for Belknap Landscape and when he heard about the project readily agreed to help.

Excitement like that is what Bryant and the faculty is excited about. Students coming to WRMS from Southwick next fall will already have had experience with a greenhouse and can help get others interested, too. The hope is that that interest will continue on to the Ag program in high school or at least make students more educated about growing plants and vegetables.

Science teacher Chris Hampe said the hoop house provides him with even more learning opportunities for his students. He looks

forward to having them grow pumpkins for the school's fall festivals, exposing them to the science of hydroponics, and even teaching them plant genetics through peas they can grow in the hoop house.

"It will give them a taste of things they might want to do later. This is great. It's long overdue," Hampe said.

Health teacher Jess Diedrich was also excited as she pitched in with construction Saturday morning. By growing vegetables right at the school, she looks forward to integrating that experience into her nutrition classes. Eighth grade teacher Susan Hewey is also planning new ways in which math, reading and other subjects can be explored through horticulture.

For Jennifer Solter-Jones, the animal and plant science teacher for the WRHS Ag program, it was exactly what she wanted to see at the middle school level.

"We've been trying to find ways to connect younger students with the Ag program and this, and what they're already doing at South-

wick, is definitely a step in the right direction. It's very exciting," she said.

WRMS already has an FFA club that works with students in the high school's FFA program. Through the hoop house, she and Bryant both hope they will also see interest in FFA grow.

Bryant said the next step will be assembling the framework for the 40-by-15-foot structure, then placing the tarp covering over it. At the moment, the tarp is the one missing piece to the project but he hopes that another local business might step up and help with that final component. If everything falls into place, the hoop house will be complete by the end of this school year or early this summer.

"We'll definitely be able to start using it when the students come back to school in the fall," said Bryant.

He added that he is most grateful to Sirles, McLaughlin and everyone who volunteered to get the project going. He said Sirles was especially helpful by coordinating the entire work day, from assembling his Belknap Landscape crew and equipment to even overseeing the drop off of crushed stone donated by Nutter Enterprises in Belmont.

"Community outreach is huge with us here at the school and we're excited about the partnerships we have with people like Belknap Landscape and the UNH Cooperative Extension. We ultimately hope to develop pathways for our students who come to know these companies we partner with and perhaps someday seek jobs or internships with them," Bryant said.



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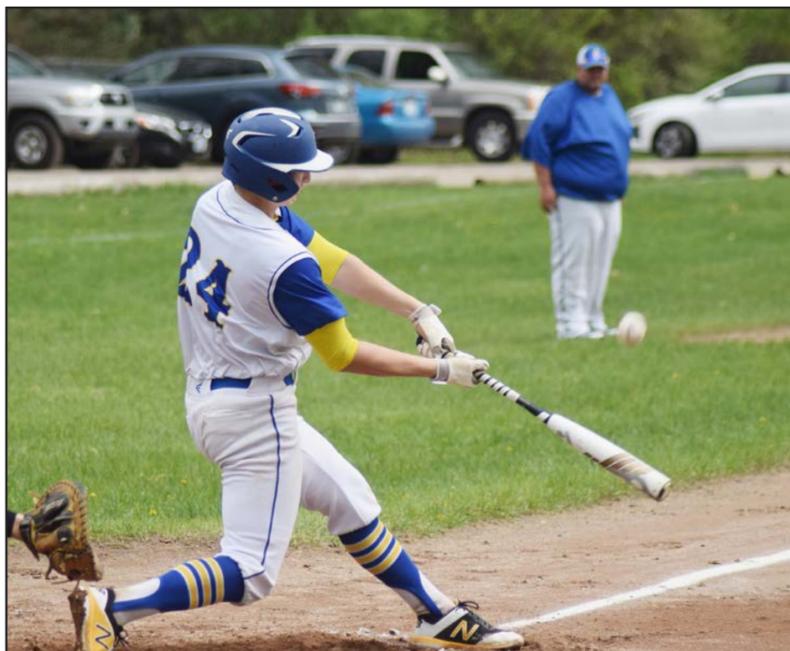

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BOB MARTIN

Adrian Siravo was one walk away from a perfect game in a no-hitter against Raymond last week.



BOB MARTIN

Alex Muthersbaugh takes a swing against Raymond last week.

## Siravo no-hitter sends Gilford past Raymond

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Adrian Siravo has been lights out all season for the Golden Eagles, but his latest game may have been his best one yet,

with the hard throwing righty spinning a no-hitter against a tough Raymond squad in a 7-0 win.

Siravo was nearly perfect in his seven innings of work, with

the only Raymond baserunner coming on a walk in the top of the sixth on a count that went full with several pitches fouled off. He had his high 80s to low 90s fastball in full

effect and his off-speed pitches kept Raymond batters off balance the entire game. Siravo ended with 10 strikeouts in the win, and he struck out the side in order in the first

and third innings. The no-hitter was very efficient, with Siravo throwing only 80 pitches.

Gilford went up 1-0 in the bottom of the first inning. Siravo smashed a line drive double on the first pitch he saw and then came around to score on a deep double to centerfield by Tim Stevens. The Golden Eagles added another run in the second inning when Troy Gallagher ripped an RBI single to go up 2-0.

In the third inning, Siravo crushed a double off the centerfield fence that just missed a homer. He came around to score on an RBI single by T.J. Carmilia, who continues to be one of the biggest bats for Gilford.

In the bottom of the fifth inning, Carmilia made it 4-0 on an RBI single that knocked in Chandler Mead, who reached on an infield hit. Stevens then knocked in Carmilia with his second double of the day for a 5-0 lead. Alex Muthersbaugh was hit by a pitch to load the bases with no outs and Ben Muthersbaugh reached when a ball was lined toward second base and went off the fielder's glove, which scored a run to make it 6-0. Jack McLean grounded into a double play but another run scored to make it 7-0 for the final score of the game.

"Big win for us," said coach Eric Duquette. "Raymond came to town with a six-game win streak,

so we knew it was going to be a tough game. Adrian has been lights out his last two starts against Brady and Raymond, with neither team really having a good scoring opportunity. It is the best he has thrown in a Gilford uniform. As far as that goes, our entire pitching staff has been fantastic."

Siravo, who was last year's Division 3 Player of the Year as a sophomore and should once again be in the discussion this season, leads the pitching staff with a 5-1 record and a 0.757 ERA. Amazingly he has 70 strikeouts in 37 innings pitched.

However, it isn't just Siravo that is on fire for the Golden Eagle arms. Muthersbaugh has put together a great season on the mound with a 4-0 record and a 0.583 ERA. Isaac Wallace has returned to the mound nicely after a hand injury before the season started, with a 2-0 record and a 0.58 ERA. Connor Sullivan has filled in nicely, as well, with a 1-1 record and a 1.17 ERA.

The Gilford pitching staff as a whole has only given up 26 runs with only 11 of them earned over the course of 15 games. The Golden Eagles have given up one run or less in 10 of those games, which includes six shutouts.

This was the first seven inning no-hitter of the season for Siravo, with the Gilford ace saying that he felt good right from the beginning. SEE **BASEBALL** PAGE B3

## Golden Eagles sweep through three games

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School softball team has been on a tear of late, winning seven of its last eight games, including three big wins last week.

Gilford started the week with a blowout win over Winnisquam by a score of 18-2. It was all Gilford in a game where the Golden Eagles scored 10 runs in the first inning, five runs in the second inning, a run in the third inning and two more runs in the fourth inning. In a mercy rule shortened game, Gilford still managed to pile on 20 hits in the win.

Colby Butterfield was the winning pitcher, allowing only two hits and two runs on the day.

The Golden Eagles wasted no time with a leadoff homer by Randi Byars to start the game. Karly Sanborn then followed with a single and Lexi Boisvert smashed a homerun. Gilford had nine hits in the inning.

Byars then came up a second time that inning and hit a two run double. Boisvert also went 2/2 in the first inning alone.

Byars doubled in the second inning and Ella Harris had a two run single, which were



JOSHUA SPAULDING

Lexi Boisvert rounds second in a game against Prospect Mountain last week.



JOSHUA SPAULDING

highlights of a big five run second inning.

It was a career day for Byars, who made SEE **SOFTBALL** PAGE B3

Randi Byars runs toward home in a win over Prospect Mountain.

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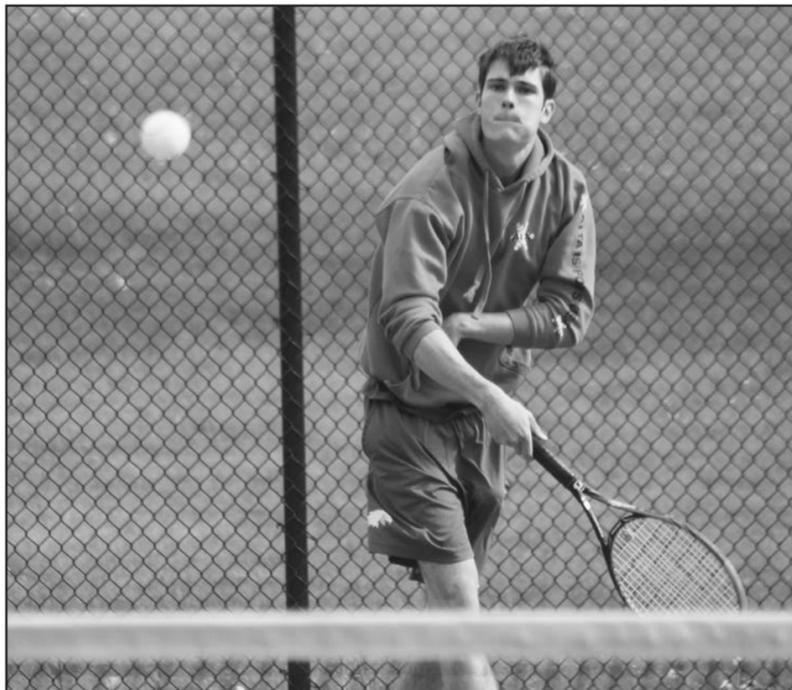
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BOB MARTIN

Mikey Eisenmann was the number one tennis player for Gilford this year and will be graduating at the end of the school year.



BOB MARTIN

Colton Workman serves for Gilford in the first round of the Division 3 state tournament against Trinity.

# Gilford boys knocked out in opening round

BY BOB MARTIN

Bob@salmonpress.news

MANCHESTER — The Gilford High School boys' tennis team had nearly a decade of dominance and didn't spend much time on the road in playoff games, but with this year being a bit of a rebuilding year, the sixth-ranked Golden Eagles traveled to third-ranked Trinity High School and were beaten 8-1 in the first round of the Division 3 state tournament.

Gilford went to the Division 3 state finals for six straight seasons up to this year, and at one point won 97 straight games. This was about as rare of a dynasty is it gets in high school sports, as there are constantly new players cycling in.

This year Gilford went 8-6 with Mikey Eisenmann and Colton Workman the only returners from the previous years. Coach Ter-



BOB MARTIN

Bradley McIntire returns a shot for Gilford last week against Trinity.

ry Wilson said he was happy with the way his young team came together for a playoff run this season. Wilson knows what it takes to put together a winning tennis team, and he has high hopes for the future of the Golden Eagles.

Wilson said that while this year's squad

was inexperienced, he was pleased in their work ethic and ability to persevere even when the there was limited practice time due to the rainy April and early May.

"Like probably every other team in the state, we are all hoping for better weather for next year," said Wil-

son. "But for the team, I'm hoping people will get out and practice in the offseason to get ready for next year."

The lone win in the match against Trinity went in doubles to the duo of Bradley McIntire and Moritz Lietz by a score of 8-6. Wilson said that Lietz, who is an exchange student in his senior year, was a great addition to the team and formed a good bond in the doubles court with McIntire this season.

While Lietz was only in Gilford for a

year, he impressed Wilson on and off the court.

"Moritz is such a gentleman and has been very nice to get to know this year," said Wilson.

The other senior that Gilford loses to graduation is Eisenmann, who also earned high praise from Wilson after the match against Trinity.

"Mikey's love for tennis is undeniable," said Wilson. "He always plays hard and has been a pleasure to coach."

## Kurt Busch, NHMS donate tickets to local military members

LOUDON — New Hampshire Motor Speedway is teaming up with Monster Energy NASCAR Cup Series driver Kurt Busch to donate 200 race tickets for local military members and veterans to attend the Foxwoods Resort Casino 301 on Sunday, July 21. Fans are encouraged to join in and honor military through the speedway's new Send A Soldier program.

"I am appreciative of the sacrifice and commitment of our military service members and families, which is why I started this program," said Busch. "I'm grateful to New Hampshire Motor Speedway for matching my donation and encouraging fans to help as well."

Through his KB100 Ticket Giveaway, Busch purchased 100 tickets to the Foxwoods Resort Casino 301 and New Hampshire Motor Speedway matched that, adding in another 100 tickets. Both Busch and the speedway are now challenging fans to add to the number of tickets being given

to military members and veterans through New Hampshire Motor Speedway's new Send A Soldier program. This program allows fans to purchase a \$50 ticket for just \$40 that will be added to the KB100 Ticket Giveaway to honor even more service members this July.

"There's no real way to fully thank a military member for their commitment and sacrifice to ensure all of our freedom," said David McGrath, executive vice president and general manager for New Hampshire Motor Speedway. "The Send A Soldier program is a great way for our fans to get involved and make a difference for a military family and help give them the chance to create lasting memories."

As an added bonus, fans who purchase a ticket through the Send A Soldier program will enjoy a special appearance by Busch on race day, and the first 50 fans to purchase a ticket through the Send A Soldier program will also receive a Monster

Energy gift bag.

All currently serving military members and veterans are eligible to register to be selected for these tickets. The KB100 program is part of a relationship with the Veteran Tickets Foundation (Vet Tix) and will offer 100 tickets for each Monster Energy NASCAR Cup Series race in 2019.

New Hampshire Motor Speedway features military members as part of the pre-race festivities and always offers all current service members and veterans 20 percent off tickets and pre-race pit passes for July's NASCAR race weekend and September's Full Throttle Fall Weekend.

For ticket information for events at New Hampshire Motor Speedway, including the June 8-16 Motorcycle Week at NHMS, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway web site at NHMS.com or call fan relations at 783-4931.

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# Kids' fishing derby Sunday at Gunstock

GILFORD — The Belknap County Sportsmen's Association is holding its annual spring fishing derby Sunday, June 2, at the pond at Gunstock Mountain Resort from 9 a.m. till noon. No need to pre-register, the derby is free for all children under 16 years of age. Food and beverages as well as bait are provided free of charge by the Sportsmen's Club and Bank of New Hampshire.

## BASEBALL

(Continued from Page B1)

ginning.

I felt that my mechanics from the beginning were working really well," said Siravo. "I had my secondary pitches working which made me successful."

Siravo added that as the playoffs approach he feels good about the team. Gilford has won seven games in a row and have improved on a weekly basis. Aside from some late season illness, the team is healthy and playing very well as the state tournament approaches.

"We have cleaned up some of the mistakes we had been making earlier in the season,"



BOB MARTIN

Tim Stevens has been hitting the ball well for Gilford, including a pair of long doubles against Raymond.

## SOFTBALL

(Continued from Page B1)

the Gilford record book with a 5/5 day including a homer, two doubles, two singles, four RBIs and three runs scored. Boisvert had three RBIs and three runs. Maggie McNeil went three for four with a run. Harris had three RBIs and a run scored. Rachel Langlitz had a pair of runs in the win.

Jaiden McKenna had a pair of hits to go along with two runs while Sanborn, Kim Daigneault and Stevie McSharry had a hit each. Gwen Knipping pitched in with a run in the game.

The next day Gilford had a doubleheader at Prospect Mountain and won 13-5 and 6-1.

In the first game, Butterfield was the winning pitcher again

allowing six hits and five runs while striking out nine batters. Gilford, for the second straight day, had 20 hits in the game. Eight different players had hits for the Golden Eagles. Coach Joan Forge added that the team's defense continues to improve with two double plays turned.

Gilford score a run in the first inning when Byars led off with a double and was later knocked in by a Boisvert single. The Golden Eagles scored five more runs in the third inning, two runs in the fifth inning and then three more runs in the sixth inning highlighted by a two-run single by Langlitz.

Byars continues to have a hot bat, putting up four hits, two RBIs

and two runs on the day. McNeil had three hits, two RBIs and two runs. Harris had three hits, an RBI and two runs. Sanborn had two hits and two runs. Daigneault and Langlitz had two hits and two RBIs, with Langlitz also scoring a run. McKenna had a hit and a run scored.

The second game was also won by Butterfield, who struck out five batters and gave up only two hits. Gilford's defense was top notch, committing no errors on the day. Gilford combined for eight hits with Sanborn, Boisvert, McNeil all leading the way with two hits each.

Gilford scored a run in the first when Byars walked, advanced to second on a Boisvert

single and then scored on a base hit by McNeil. Gilford scored three runs in the third inning and the cruised to the team's fourth straight victory.

Gilford finished the season on the road against Newfound on Friday after deadline.

said Duquette. "And while we have still not reached our peak yet, we are trending in right direction and playing very good baseball heading into the end of the season and the tournament."

The Belknap County Conservation District is pleased to partner with the Belknap County Sportsmen Association on Kid's Fishing Day at Gunstock on June 2 from 9 a.m. to 12 p.m. Two of the board members have volunteered to help:

Jessica Bailey will set up a table by the Gunstock lodge pond with information about conservation and work the association has been doing to improve fish habitat (also some fun sheets to color with conservation tips from an otter).

Dean Anson will offer tours of Poorfarm Brook stream restoration project for families participating in Kid's Fishing Day. Tour will be at the Brook Run Trail close to the Gunstock entrance.

The Marine Patrol will be in attendance with a patrol boat and will answer any and all questions regarding boating. NH Fish and Game will also have an officer there to answer fishing and hunting questions.

Special trophies will be awarded for first second and third place finishers, all participants will receive a gift compliments of the club.

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**School Social Worker**  
**2019-2020 School Year Opening**

The successful candidate will be a licensed social worker, preferably with experience in a school setting. Responsibilities include service as a court liaison, make home visits, and creating partnerships with the community. The District offers competitive wages and a full benefits package.

Apply at <https://www.applitrack.com/altonk12/onlineapp/>

Questions about the position, contact John MacArthur, Principal, Alton Central School, 41 School Street, Alton, NH 03809 - 603-875-7500.

Deadline for Applications: June 3, 2019 or until filled

**SHAKER REGIONAL SCHOOL DISTRICT**  
**LEAD GROUNDSKEEPER**

Shaker Regional School District is seeking a Lead Groundskeeper to begin July 1, 2019. This position is charged with providing leadership, supervision and training to District Groundskeepers to insure work assignments are completed in order to maintain all District owned fields and grounds. Must be organized, have excellent communication skills and the ability to establish and maintain harmonious relationships with other employees. Must be able to complete preventative maintenance and minor repairs to grounds equipment, as necessary. Interested individuals should contact Steve Dalzell, Director of Buildings & Grounds, at 267-9223 x5309 to discuss this position and to obtain an application for employment. This position is 8 hours per day, \$14.65/hour, and qualifies for District-sponsored benefits including contribution toward Health Insurance, plus fully paid Dental, Life and Long-Term Disability Insurance. Participation in the NH Retirement System is required.

**Town of Alton**  
**FULL-TIME LABORER/TRUCK DRIVER,**  
**Highway Department:**

The Town of Alton is looking for a full-time, year round Laborer/Truck Driver. A valid NH Commercial Driver's License (CDL), Driver's Test. Previous plow experience and the ability to operate a chain saw and other power equipment, ability to lift heavy loads, work nights and weekends as needed, willingness to work outdoors in all types of weather with the ability to follow instructions and safety procedures is necessary. Applications are available in the Selectmen's Office, 1 Monument Square, Alton, NH 03809 or visit our website [www.alton.nh.gov](http://www.alton.nh.gov). The Town of Alton is EOE.



**JOB OPPORTUNITIES**

**\*SIGN ON BONUS!**  
**Full-Time**  
**\*RNs**  
**with two years' experience or**  
**\*MT / MLT**

**Additional Full-Time Opportunities**

Speech / Language Therapist	Ultrasound / Echo Technologist
Radiologic Technologist	Coding Supervisor

**PER DIEM OPPORTUNITIES**

Certified Surgical Technician	LNA
ED Technician	Unit Secretary

**APPLY ONLINE**  
**WWW.UCVH.ORG**  
 Upper Connecticut Valley Hospital  
 181 Corliss Lane, Colebrook, NH 03576  
 Phone: (603)388-4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)

EOE



**BREWSTER ACADEMY**  
 Wolfeboro NH  
**Vacancies**

Brewster Academy, a private boarding/day school in Wolfeboro NH, is currently accepting applications/resumes for the following positions.

**Athletic Department** Assistant Boys Varsity Crew Coach for the 2019 fall season. The assistant coach is responsible for providing support to the head coach and having the ability to provide insight into the dynamics of a team. The candidate must possess outstanding interpersonal skills and have knowledge about the fundamentals in the sport of crew. Former coaching and rowing experience is preferred but not necessary. The commitment is six days a week from the September through mid-November.

**Dining Services** Two part-time, non-exempt, hourly, year round Front of House Associates, with corresponding benefits. Schedule to be determined by supervisor. Duties include, but are not limited to, setting up for meal times, keeping server stocked and sanitary during meal service and breaking down after meal times.

**Housekeeping** Full-time Housekeeping Associate, hourly, 40 hrs/week, Monday through Friday, 6:30am to 3:00pm, year round, with corresponding benefits. Duties include, but are not limited to; sweep, dust, mop, scrub and vacuum hallways and stairs, clean windows, office space, dormitories, and other assigned rooms while following appropriate and safe chemical use when cleaning. Must be available to work overtime and weekends as needed.

Interested candidates should apply online at [www.brewsteracademy.org](http://www.brewsteracademy.org) >Human Resources, or email a cover letter and resume to [personnel@brewsteracademy.org](mailto:personnel@brewsteracademy.org), or mail to: Human Resources, Brewster Academy, 80 Academy Drive, Wolfeboro NH 03894.

Brewster Academy is an academically challenging and intellectually diverse college preparatory community that nurtures curiosity, confidence, collaboration, and character in preparation for lives of meaning and accomplishment. Learn more about Brewster Academy at [www.brewsteracademy.org](http://www.brewsteracademy.org)

Brewster Academy is an Equal Opportunity Employer. We welcome applicants whose background and experiences will enrich the diversity of our community.

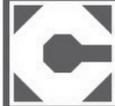
**TOWN OF GILFORD**  
**HELP WANTED**

**BUILDINGS & GROUNDS SUPERINTENDENT**

The Town of Gilford is accepting applications for a full-time, year round position as head of the DPW Buildings & Grounds Division. This is a working foreman's position requiring highly responsible supervision and hands-on performance of custodial duties and grounds maintenance to include: delegating staff assignments, purchasing, budget preparation and administration, coordination and oversight of outside vendors, implementing workplace safety standards, record keeping and maintenance of all Town properties in addition to daily tasks such as cleaning, disinfecting, sweeping, washing, vacuuming, dusting, polishing, shoveling & plowing snow, emptying trash, painting, etc. Applicants must be able to successfully pass a physical examination and criminal background check. The ideal candidate will be able to perform basic carpentry, plumbing, electrical, mechanical and turf maintenance in addition to having a proven record of outstanding job performance and the ability to work as a team player. A valid driver's license, the ability to operate power tools, and the ability to work outdoors in all types of weather while traveling over uneven terrain is required.

Starting wage rate \$19.73-\$24.44 DOQE with excellent benefits including paid vacations, holidays, sick leave, health and dental insurance. Works hours are generally M-F, 6am-3pm, with some evenings, weekends and holidays as needed. This is a non-union position.

A letter of interest with a statement of qualifications or a completed Town of Gilford application form must be submitted to the DPW Director, 55 Cherry Valley Road, Gilford, NH 03249. Applications will be accepted until the position is filled. EOE.



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- 2-years experience
- Construction experience a plus

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**(603) 447-5936 Ext. 307**

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**ROOFING SUBS NEEDED**

Busy contracting firm looking for professionals to install asphalt and metal roofing.

**INSURANCE CERTIFICATE REQUIRED**

**Call or Text: 603-662-5567**

**SCHOOL ADMINISTRATIVE UNIT 58**

**Interim Superintendent Vacancy**  
**Part-time or Full-time**

SAU#58 in the NH North Country is seeking an interim superintendent, part-time or full-time, to oversee operations of four schools: a K-8 of 64 students in Strafford, a K-5 of 121 students and a 6-12 of 200 students in Groveton, and a K-6 of 26 students in Stark. While small, the schools have up-to-date technology, excellent staff, supportive school boards, and strong academic programs aligned with the state frameworks. The Superintendent will work with three individual school district school boards who each meet once a month, and one SAU school board which meets three times per year.

A multi-year contract and regionally competitive salary/benefits will be offered. Starting date is July 1, 2019. Candidate must be certified or certifiable as Superintendent in NH.

Applicants should send a cover letter, resume, *current* letters of reference, transcripts and certification prior to June 7, 2019 to:

Superintendent Search Committee  
 SAU#58  
 15 Preble Street  
 Groveton, NH 03582  
 Tel: (603) 636-1437

**VACANCIES**  
**BERLIN PUBLIC SCHOOLS – SAU 3**

**Berlin Middle/High School**  
**Principal/CTE Director**  
**Assistant Principal**

**Berlin Elementary School**  
**Assistant Principal**

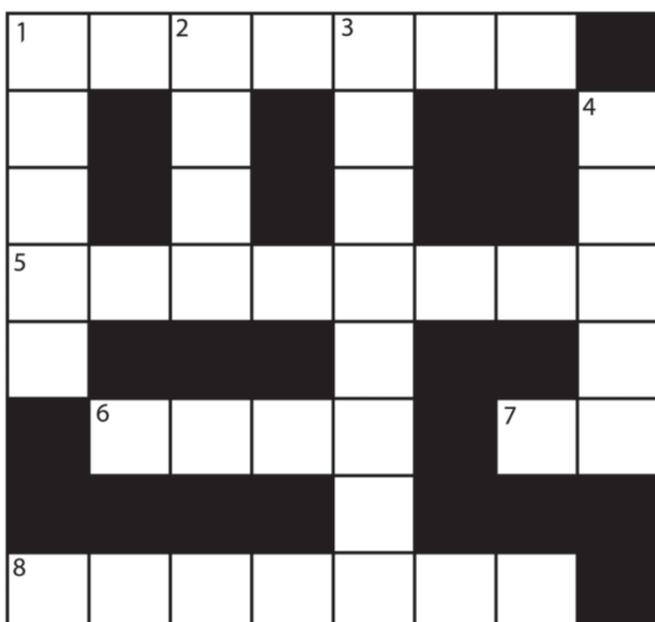
The Berlin School District is seeking enthusiastic educational leaders, knowledgeable in Positive Behavior Interventions and Supports (PBIS) for Berlin Public Schools. The candidates must have skills to build a strong collaborative learning environment inclusive of staff and parents. The candidates must 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](http://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](mailto:hr@sau3.org) EOE

Application Deadline: Open until filled

**CLASSIFIED**  
**A-D-V-E-R-T-I-S-I-N-G**  
*an idea that SELLS.*



Crossword Puzzle



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

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.



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

ANSWER: ANNA JARVIS



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 boating. Each number corresponds to a letter. (Hint: 2 = a)

- A. 20 2 10 1 8**  
Clue: Curling water
- B. 8 19 1 16 21**  
Clue: Rear of the boat
- C. 2 22 19**  
Clue: Moving near stern
- D. 26 2 15 19 2 9 21**  
Clue: One in charge

Answers: A. waves B. stern C. aft D. captain

SUDOKU

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

Level: Advanced

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!

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

ANSWER:



BOB MARTIN

Olivia Comeau won her match 8-3 in the Division 3 state tournament.



BOB MARTIN

Reagan McIntire was the number one player for Gilford this season.



BOB MARTIN

Madison Eastman returns a shot for Gilford in the Division 3 state tournament.

# Gilford girls end season in tournament opener

BY BOB MARTIN  
Bob@Salmonpress.news

NEW LONDON – The Gilford High School girls' tennis team had a great turnaround season by going from a 2-12

record to a playoff berth as the six seed. Gilford traveled to Colby-Sawyer College to take on third-ranked Kearsarge, and while the Golden Eagles took an

8-1 loss, coach Hermann Defregger said he was very proud of the team's play this season.

"We can't wait for next year," said Defregger. "In the meantime

we have to reflect on the season and our improvement from last year's 2-12. We ended up with a 9-5 regular season record, a sixth overall place and a birth in the quarterfinals. With only losing our number two, senior Josey Curley, we have plenty to look forward to and hope that we can im-

prove up to next years as much as we did this season. We are very proud of the team."

The lone win for Gilford went to Olivia Comeau, who beat Felicia McSweeney 8-3 in a battle of the number three players. Another solid match was between Curley and Olivia Lord. Curley came

back from being down 5-1 and brought it to the tiebreaker. It was a back-and-forth match but Lord came out on top to take the win.

"Credit to Kearsarge," said Defregger. "They have young players who can place the ball and hang in there for the duration of the match."



FORESTVIEW MANOR PRESENTS:

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WITH MAL ALLARD, LICENSED NURSE & ALZHEIMER'S AND DEMENTIA CONSULTANT

Saturday, May 25<sup>th</sup> 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

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Leigh@forestviewmanor.com

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