



THURSDAY, SEPTEMBER 12, 2019

GILFORD, N.H.

Gilford Steamer

Hassan gets a look at GHS mobility device project

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford High School engineering students and the elementary school kids they helped with mobility devices received a special visit from Sen. Maggie Hassan, meeting and applauding those involved with the Go Baby Go project.

Earlier this year, members of the Intro to Engineering Class under the leadership of graduating senior Troy Gallagher turned Power Wheels into mobility devices for three Gilford Elementary School students, each little car customized to fit them and meet their mobility needs. The story reached Sen. Hassan, who recognized the students and the project on the floor of the Senate.

On Tuesday Hassan visited teacher Dan



ERIN PLUMMER

Sen. Maggie Hassan meets with members of Dan Caron's Intro to Engineering class and sees the Go Baby Go Cars built for Morgan Schneider and George Gard.

Caron's Intro to Engineering class and had the opportunity to meet two of the kids and their families and see their cars firsthand. Hassan told the class

what they did was amazing.

"I'm already happy from watching them, I'm watching everything that these drivers are doing and learning

and how it's helping their skills," Hassan said.

Hassan's own son has a disability and this is a topic that's close to her.

Last year, she honored the students in the Congressional Record as part of the Granite Stater of the Month program recognizing remarkable people in the state.

"I like to brag about New Hampshire to everyone in Washington," Hassan said.

She said people in New Hampshire have a strong tradition of problem solving and finding solutions.

"I'm really glad to meet all of you on the first day of school," Hassan said.

She told the students the work they have been doing and what they have been learning is extremely important.

"No matter what business I talk to we need people with these skills," Hassan said.

George Gard was one of the kids who was driving his car around while the senator visited.

George has VACTERL, a genetic birth SEE **HASSAN** PAGE A12

Training programs, firing range among PD updates

BY ERIN PLUMMER
mnews@salmonpress.news

New training programs for new officers and some finishing touches to the new firing range and impound lot were some of the goings on in the Gilford Police Department included in the Police Chief's report to the selectmen.

Police Chief Anthony Bean Burpee gave the board a regular update on his department during the Aug. 28 meeting including personnel changes, training, and different ongoing.

As of that report

the department has had over 9,900 calls for service and made over 657 arrests. Bean Burpee said just over 400 of those were made at Bank NH Pavilion.

The detective bureau has been investigating a number of cases, including one that resulted in a drug arrest for over 10 milligrams of methamphetamines. Another was a gun case involving two defendants; one of which was convicted and is serving one and a half to three years in prison and the other was recent-

SEE **PD UPDATE** PAGE A11

Four or five times a week, Laconia Police Chief Matthew "Matt" Canfield is out on the WOW Trail—running it from end to end for recreation. Sometimes, Canfield is solo. Other times, he has his wife and children alongside him.

"I'm on the WOW Trail regularly, and I always feel very safe," he said. "It is as safe as any other street in Laconia, and, certainly, I consider all of our streets to be very safe."

A police officer for nearly 30 years and



COURTESY

WOW Trail ambassadors Scott and Sarah Davis and Shawn Bailey with Laconia Police Chief Matthew Canfield.

chief since May 2017, Canfield is an authority on the subject. He said New Hampshire, as a state, is regularly ranked the number one or two safest state in the nation every year.

Canfield oversees a staff of 43 sworn, full-time officers and a total of 68 department employees. He's proud both of his department and the city his officers help to keep safe.

"We are not only heavily involved in community policing, but the officers here are competent and very well-trained," said Canfield, who was a full-time Laconia police officer for 20 years before he was named SEE **WOW TRAIL** PAGE A11

Spanish exchange students receive warm welcome at GHS

BY ERIN PLUMMER
mnews@salmonpress.news

A group of students from Spain received a warm welcome when they arrived in Gilford to begin a cultural exchange program.

Last Thursday, 22 students from Bilbao, Spain and a group of their teachers arrived at Gilford High School to an enthusiastic welcome from their host families. As the bus pulled up to the school GHS students and their families waved signs and balloons welcoming their new guests.

The students will spend 10 days in Gilford, staying with host



Gilford High School students and students from Spain greet warmly when the Spanish students arrived at GHS for an exchange program.

families. Their experience will include a few field trips and opportunities to learn about New Hampshire history.

Later this year a group of GHS students will go to Spain for

a 10-day exchange of their own.

The exchange has been going on for the past 12 years. Modern Language teacher Janice Stowell said she first heard about this kind of program from

a French teacher and wanted to try it.

Stowell said she has built a good relationship with a teacher in Granada. The exchange has taken place three times with exchanges scheduled

once every four years. She said they had a really good time four years ago and the program has gotten better over time.

All the students come from a high SEE **STUDENTS** PAGE A12



ERIN PLUMMER

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Library cards are incredibly powerful tools. With it, a world of information, entertainment, and a strange, but impressive variety of services and materials are made available. The tens of thousands of physical materials and the hundreds of thousands of digital materials are just the beginning of what a library card comes with. A staff of charming, if verbose, librarians are reachable to help cardholders find what they are looking for, and

to help them to help themselves. Dozens of programs every month are run for cardholders from games of Bridge and fiber crafts, to children's Yoga, to informative cultural enrichment presentations, and so much more.

September is Library Card Sign Up Month. If you don't yet have a library card, why not? You can get one any time! We'll be venturing out into the community to raise awareness of library card benefits throughout the month, so be sure to say 'Hi' if you

see us somewhere like the Farmer's Market. Each person signing up for a new card this month will get a Gilford Public Library cell phone wallet (it holds the card perfectly).

We're not just encouraging people in town to sign up for a library card if they don't have one, we're also celebrating people who use their library cards to the fullest! When you stop in this month to borrow materials or use the space, fill out a two-question survey to go in a raffle for one of twelve custom designed tote bags. We want to know what you like about your library card, and what you wish you could do with your library card. We want to make one of the most powerful tools in your pocket even better!

Classes & Special Events September 12-19

**Thursday,
September 12th**
Geri Fit, 9am-10am

Yoga Fun, 10:30am-11:30am

Conversational French, 4pm-5pm
Poor Houses and Town Farms, 6:30pm-7:30pm

From its earliest settlements New Hampshire has struggled with issues surrounding the treatment of its poor. The early Northeastern colonies followed the lead of England's 1601 Poor Law, which imposed compulsory taxes for maintenance of the poor but made no distinction between the "vagrant, vicious poor" and the helpless, and honest poor. This confusion persisted for generations and led directly to establishment in most of the state's towns of alms houses and poor farms and, later, county institutions which would collectively come to form a dark chapter in New Hampshire history. Steve Taylor will examine how paupers were treated in these facilities and how reformers eventually succeeded in closing them down. This is a joint program with the

Thompson-Ames Historical Society.

**Friday,
September 13th**
Social Bridge, 10:30am-12:30pm
Crafty Preschool Story Time, 10:30am-11:30am
Knit Wits, 1:30-2:30pm
Conversational German, 2:30-3:30pm

**Monday,
September 16th**
T'ai Chi Chih, 9:45am-10:45am
Baby/Toddler Story Time, 10:30am-11:30am
Read, sing, and play with your baby and/or toddler! Ages 0-2.5. Sign up required.
Mahjong, 12:30pm-3pm

**Tuesday,
September 17th**
Geri Fit, 9am-10am
Hook Nook, 10am-11am
Bridge, 10:30am-12:30pm
Preschool Story Time, 10:30am-11:30am
Read, sing, dance, and make a craft! Ages 2.5-5. Sign up required.
Classic Book Discussion, 6:30pm-7:30pm
This month's pick is

Frankenstein by Mary Shelley.

**Wednesday,
September 18th**
Line Dancing, 9-10:30am
Check Out an Expert, 10am-12pm
Lakes Region Fiber Artists and Crafters, 10am-12pm
Teen Early Release SALSA, 12:30pm-1:30pm

NEW YEAR New Early Release activities! We're making our own salsa and eating it during Early Release.
Chips, Dips and Cards, 1:30pm-2:30pm
Join us and learn how to make salsa and play cards while you enjoy your creation!
*Sign up required (K-4th)

**Thursday,
September 19th**
Geri Fit, 9am-10am
Yoga Fun, 10:30am-11:30am
Conversational French, 4pm-5pm
Foreign Movie Night, 7pm-9pm
This month's movie is Becoming Astrid, an Unrated movie from Sweden.

Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "A Better Man" by Louise Penny
3. "Educated" by Tara Westover
4. "The Inn" by James Patterson
5. "Killer Instinct" by James Patterson
6. "Summer of '69" by Elin Hilderbrand
7. "The Warning" by James Patterson
8. "Nothing Ventured" by Jeffrey Archer
9. "The Friends We Keep" by Jane Green
10. "Window on the Bay" by Debbie Macomber

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PET OF THE WEEK



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KODA

This sweet seven year old has been at the shelter since July, and has waited patiently for a new family to enjoy his retirement days with.

Koda is looking for a family with children 12 or older, potentially another doggy friend, but no cats or small animals. Koda is very social, outgoing and sweet, and knows tricks like sit, down and paw! Even older dogs can still learn new tricks, especially if they are food-motivated, as Koda is!

Please come by and meet Koda. He's got a lot of love to give his new family!

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
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BUSINESS MANAGER
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OPERATIONS DIRECTOR
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JIM HINCKLEY
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EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSH SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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A peek at the past at the Gilford Community Church

There was a time, before cell phones and instant entertainment, when families in Gilford village and other communities looked to church suppers, community theater and the local Grange for socializing. Over the decades, Gilford village saw many changes, but one thing remained: the community's connection to the church.

What started in a meetinghouse on the top of Gunstock Hill would eventually become the Gilford Community Church, serving a congregation of more than 400 people, and others in the Lakes Region as well.

Judy Buswell, a member of the Gilford Community Church and a writer and historian, will be bringing that community social feeling to the area on Friday, Sept. 20 at 5:30 p.m. She has been researching and working on a presentation called Peeking at the Past, which will take place at the Gilford Community Church during Guys' and Gals' Night Out (social events at the church

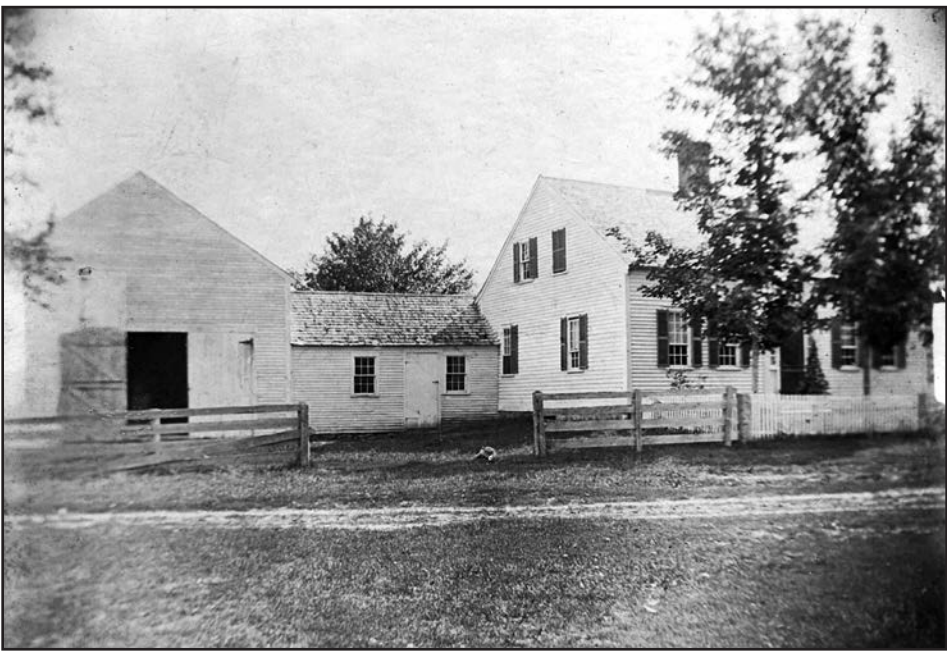
with dinner and a program.)

Judy has been digging deep into the history of Gilford for quite some time and her goal is to offer a fun program to share what she has learned, rather than present an evening full of dry dates and facts.

To that end, she has enlisted the help of some church members, who will perform during portions of the program.

"I want to make it as interesting as possible," she says. "I have been researching and talking to people for four years and I have lots of interesting material!"

Some of the highlights of her program will be talking about a huge meetinghouse that once perched atop Gunstock Hill. It was built in the 1790s when George Washington was president. Judy paints a picture with words of the size of the building and the church services and other gatherings that took place there. (She even has found writings about a church meeting that drew



COURTESY

Gilford Church Parsonage and its attached horse shed, circa 1890s. Images such as this will offer a look at the buildings and the history of Gilford in an upcoming dinner and program at the Gilford Community Church.

3,000 people at one time!)

Buswell also has followed the route a local congregation took to eventually create the Gilford Community Church and it is an interesting story.

A dinner will be a part of the evening, catered by local chef Ellie Murphy. A special dessert was inspired when Judy came across a

church cookbook that debuted in 1949 at Gilford Old Home Day. Many of the women from the church congregation submitted recipes for the cookbook. In the charming little cookbook, the recipes focused solely on cake recipes. Ellie has agreed to choose a cake recipe from that cookbook and make it as the dessert at the Sept. 20 program.

The Power Point program will be anything but a dry history lesson on the past.

SEE CHURCH PAGE A11

Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

Senior Moment-um Breakfast and a Movie - Monday, Sept. 16

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Sept. 16. We will meet at the Community Church, Fellowship Hall at 9:00 am for breakfast and a movie! We will be watching "The Poms," starring Diane Keaton.

The movie and coffee are FREE of charge. We will also have breakfast available for anyone interested at \$3 per person featuring breakfast sandwiches, hash brown patties and juice. So please join us to watch this comedy classic! Participants are asked to RSVP by Thursday, Sept. 12.

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

Adult Fall Hiking Program begins on Tuesday, Sept. 17

The Gilford Parks and Recreation De-

partment is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesdays this fall. The first scheduled hike will be held on Sept. 17 at the Winnisquam Scenic Trail in Belmont. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants must RSVP at least one day in advance to each trip.

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

Patrick's welcomes JMG Marketing for Connect event

Patrick's Pub and Eatery will host JMG Marketing at their networking event, "Connect," on Thursday, Sept. 12 from 6-8 p.m.

As a lover of small businesses and entrepreneurship, Jodie Gallant formed JMG Marketing, which has forged the opportunity for her tow ork with more than 60 businesses in New Hampshire's Lakes Region since 2012. Gallant has spent 20 years in business branding, marketing, and community leadership, and has taken that experience to help local businesses grow. In addition to marketing strategy, branding, graphic design and promotion services, JMG is now offering a coached online do-it-yourself marketing planning course, business coaching, and coming this fall, CEO Live!

Gallant is looking forward to hosting JMG's first ever live event, CEO Live, on Friday, Oct. 25 at the Belknap Mill in Laconia. The Lakes Region's only one-day professional development event tailored to



COURTESY PHOTO

Jodie Gallant

business owners, entrepreneurs and business leaders who are looking to take their business to the next level. CEO Live will include guest speakers, a live panel interview, a marketing Q & A, business strategy activities, music, energy and fun. It will

be a great opportunity to put business goals into action, as well as gather, network, meet and collaborate with other local, brilliant, like-minded business leaders. At this week's Connect, get to know Gallatn and her team and learn more about CEO Live!

Patrick's Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 7 and 8 p.m. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8 p.m.

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

To learn more about JMG Marketing, visit www.jmg-marketing.com.

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COURTESY

Restorative Justice Program supports Project Pencil

Mike MacFadzen and Samantha Wooten of the Belknap Restorative Justice Program donate backpacks and school supplies to St. Vincent de Paul's Project Pencil Program. For the past 30 years, the St. Vincent de Paul Children's Foundation has supplied backpacks and school supplies to the local schools, child care centers and nonprofit agencies in the Lakes Region. Please contact St. Vincent de Paul at 524-5470 for more information.



NORTH COUNTRY NOTEBOOK

No way could that have been an armadillo in the ditch



By JOHN HARRIGAN
COLUMNIST

At about this time of year, many birds of prey in the Far North begin their fall migrations southward, folding up their tents for another year. Some sail right on through and make their trips in a day or two. For others, it's a far more gradual move as they hunt the snow-line, that fuzzy space across the map where rains turns to sleet and snow, a zone moving inexorably southward.

The availability of food is the big item for the slow movers. They hunt their way down, flying high on clear days and following the valleys when the low-lying clouds roll in. Some hunt their way down the great rivers--the Connecticut, Androscoggin, Kennebec, Penobscot, St. John. If they're used to hunting estuaries and coastlines, they catch a bit of an open-water break and can fly late.

Birders wait and watch for this seasonal repositioning, and stake out the great notches and lesser-known high spots and defiles, just to see some of the great birds of prey pass by. I always watch for the seasonal notes.

The recent Moose Mountain Regional Gre-



JOHN HARRIGAN

The Connecticut River valley is one of northern New England's flyways for birds of prey repositioning themselves for the winter, like just so many commercial aircraft.

enways newsletter carried a squib about the annual Hawk Watch at Birch Ridge Community Forest in New Durham, set for Saturday, Sept. 21, from 11 a.m. to early afternoon. These informal gatherings of like-minded people are a lot of fun, even as they touch on the serious side of things, keeping track of feathered friends that only a few generations ago were considered, by some people, worth only shooting out of the sky.

+++++

This past Friday as I rounded a bend in the road I caught a flash of unusually patterned color and a familiar dip-sy-do flight path, and sure enough, it was a pileated woodpecker, one of a pair we've been fortunate to have hanging out on the hill for the past several years.

Of course, seeing was not necessarily part of believing, because the hammering a big pileated make knocking out its inverted triangle holes

can be heard far and wide. Still, it's always fun to actually see them.

Settlers and succeeding generations called these great birds Cock of

the Woods. For some romantic reason, I always think of what was for me a landmark book, "Deep Enough for Ivory Bills."

+++++

Skunks and armadillos: what are these two creatures doing in the same sentence? For one thing, they would top most people's list of what they'd lots rather not see digging around on the front lawn.

For some reason (I'm knocking on wood here), what few skunks I see are not looking for a place to winter, but are just sort of cruising by. They stay around for a day or two and dig up a few grubs, and are gone. That's fine by me. I har-

bor no ill will for skunks, but the current dog (unlike past occupants) has never had an unfortunate encounter, and I certainly don't want one.

And that other thing...

Armadillos are moving north, like many other species, creeping their range northward just a bit more each year. Let's not forget that ticks (ugh) were never seen in many parts of New Hampshire's higher and northern climes until a decade or so ago, and are now, as the old saying doesn't go, as common as hen's teeth.

The other day, I met a vehicle on a tight corner, and was necessarily paying more attention to SEE **NOTEBOOK** PAGE A11

FROM OUR READERS

Thank you for supporting Project Pencil

To the Editor:

On behalf of the St. Vincent de Paul Children's Foundation, I would like to thank everyone-- local businesses, organizations, and individuals -- who donated to this year's 30th Project Pencil Program.

Your donations helped make this year's program a great success! This year, we provided over 500 children in the Lakes Region with backpacks and back to school supplies. The support and generosity we received from businesses and individual donors was amazing.

A special "Thank you" goes out to Bert and

Colton. These two fine gentlemen have delivered backpacks and supplies for me for a number of years. This program wouldn't have happened without them and the ladies who filled the hundreds of backpacks.

By combining our talents and working together it was a job well done. We can truly make a difference in the lives of the children in our community.

Sincerely,

Sue Page
St. Vincent de Paul Children's Foundation

Volunteers are the heart and soul of Got Lunch

To the Editor:

Gilford Got Lunch has just wrapped up its summer program for 2019. We provided breakfast and lunch on a daily basis for over 50 children every single week of this past summer. As a program, we are blessed by outstanding volunteers who:

run the website and data base
calculate the amount of food needed
order food from NH Food Bank and Vista Foods
pick up food and bread orders
order produce
inventory food as it comes in from purchases as well as ongoing donations
plan the delivery routes
vet and train the drivers on our policy and procedures
train the rest of the volunteers
procure and deliver backpacks in August
pack the food bags on Mondays
deliver the food bags on Mondays

The delivery routes are planned out so that they are delivered to the homes by our drivers who go every single week and bring the food that makes a difference to the children of the Gilford community.

It is truly a very well-oiled machine! We are supported by our community in so many ways. By the folks who show up every Monday for an hour or so, as well as the periodic financial contributions that are made. One never knows what checks will be found in

our mailbox at the Gilford Community Church.

We are also blessed to have access to the amazing produce that was delivered every week by Aaron Lichtenberg from Winnepesaukee Woods Farm. He is part of a consortium of growers in the area who provide absolutely outstanding fresh produce every week.

We have an ongoing relationship with Vista foods to provide us at low-cost many of our items as well as our bread every week. One of the important parts of that partnership is the fact that we provide a dairy voucher on a weekly basis for our families to obtain fresh dairy products for their family milk cheese yogurt etc.

Our winter program registration is open for families of school aged children in Gilford. Bags of dry goods are available for the students to take home for the weekend, to bridge the gap between school provided lunch on Friday and breakfast on Monday.

If you currently or have previously received food from Gilford Got Lunch, you must still register for the 2019-2020 school year program. This will begin the first Friday in October. The website is www.gilfordgotlunch.com

I know I speak for all of our volunteers when we say we are lucky to be able to make a difference!
Warm Regards,

Meg Jenkins
Chair
Gilford Got Lunch

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We're looking forward to hearing from you!

Grown ups want camp, too

Prescott Farm invites adults to hone their wilderness skills during inaugural “Beginner Bushcraft Overnight”

LACONIA – Camp envy happens.

Every summer, parents and grandparents dropping off children at camp lament aloud one universal desire: “I wish I could go to camp here!”

Prescott Farm Environmental Education Center has heard these pleas and now presents the answer to summer camp envy: Beginner Bushcraft Overnight.

On Saturday, Sept. 21 (1 p.m.) through Sunday, Sept. 22 (10 a.m.), adults who want to get away from it all and improve their outdoor living skills will be guided through the basics by Prescott Farm’s WildQuest camp director, Jake Newcomb.

“We are so happy to be able to offer this unique opportunity,” Newcomb said. “We hear frequently from the adults who attend our programs or send their kids to WildQuest Camp that they would like a chance to improve their own outdoor skills in a supportive, hands-on atmosphere. It’s going to be a great afternoon, evening, and overnight experience!”

Newcomb, who is an environmental educator with extensive experience in hiking, backpacking, camping and bushcraft, will guide participants in outdoor wilderness skills, including shelter construction, build-



Jake Newcomb will welcome outdoor enthusiasts of all skill levels during the Beginner Bushcraft Overnight on Saturday, Sept. 21 – Sunday, Sept. 22 at Prescott Farm.

ing and cooking over a fire, knot tying, and gathering water.

“When the program ends, participants will be more comfortable and knowledgeable in the woods,” Newcomb said. “Their time here will allow them to enjoy their future camping experiences more, or take their outings to another level.”

For more information or to register, visit prescottfarm.org or call Jake at 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 wild-life, ecology, natural history and cultural history through hands-on public 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, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

LRPC to host hearing on statewide pedestrian/bicycle plan

GILFORD — Those interested in improving walking and bicycling conditions in the Lakes Region and beyond are invited to a public meeting hosted by the Lakes Region Planning Commission to discuss NHDOT’s Statewide Pedestrian and Bicycle Transportation Plan at the Gilford Public Library at 31 Potter Hill Rd. on Wednesday, Sept. 25, from 6 to 8 p.m.

At the meeting, NHDOT’s consultant team, led by Alta Planning + Design from Cambridge, Mass., will provide an overview of the planning effort, the results of their analysis of current on-road pedestrian and bicycle facilities, and provide a blueprint of available infrastructure improvements that could enhance safety and connectivity for pedestrians and cyclists.

Participants will also have the opportunity to mark up large-scale maps of the Lakes Region and other New Hampshire regions to let the planning team know which roadways and intersections need improvements in the future.

For those interested in learning more about the bike-ped planning project, please see: www.NHpedbikeplan.com. When visiting the web site, feel free to take the 16-question survey about your walking and bicycling interests and habits, and the interactive input map where you can tell the planning team about challenging places for walking and bicycling, and opportunities to make your community more pedestrian and bicycle friendly.

International Film Series continues with “Fly Away Home”

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, “Fly Away Home” as the September selection for the International Film Series. This series offers a monthly selection of international films shown from September through June at the Laconia Public Library.

After her mother dies in a car accident, 13-year-old Amy Alden moves from New Zealand to Ontario, Canada to live with her father, Thomas Alden, a sculptor and inventor.

When a construction crew destroys a small wilderness area near the Alden home, Amy finds a nest of goose eggs. Unknown to her father, she carries the eggs home to incubate in her father’s old barn. When the eggs hatch she is allowed to keep the geese as pets, with reservations from her father. With help for how to raise them, Amy learns that the geese have imprinted her as their mother. Geese learn everything from their

parents, including migratory routes. Amy also learns that all domestic geese are legally supposed to have their wings clipped to render them flightless. Amy is upset and does not do this.

This is a true story of how Amy and her father raise the birds (somewhat legally), teaching them to fly. Her father uses an ultralight aircraft to teach the birds to fly, hopefully to learn their migratory

routes. The birds will only follow Amy, so Amy must learn to fly the craft and the geese must learn to follow her. The story of Amy and her father actually learning to fly the aircraft, getting the birds to follow them, finding a winter sanctuary in North Carolina, and handling the dangers of migrating with the flock safely, is an unbelievable story of courage and dedication.

Please check the

many films available on the International Film shelf at the library that have been shown over the past six years. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com.



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Compass House provides new sober living option for women

LACONIA — Lakes Region Community Developers (LRCD), Horizons Counseling Center, and Navigating Recovery of the Lakes Region are partnering to create Compass House, a group home for women in recovery. Compass House will be located at 658 Union Ave., Laconia, and will accommodate up to eight women at a time.

LRCD will renovate the building, which previously served as its headquarters. Horizons will operate Compass House with support from Navigating Recovery. Renovations at Compass House are underway by Martini Northern. Construction is scheduled to be complete early this winter.

Compass House will provide a congregate living environment for women who have completed a residential treatment program for substance use disorder. Guests at Compass House must not have a household income



Carmen Lorentz, Executive Director of Lakes Region Community Developers; Jacqui Abikoff, Executive Director of Horizons Counseling Center; and Daisy Pierce, Executive Director of Navigating Recovery of the Lakes Region stand in front of the future home of Compass House at 658 Union Ave, Laconia.

higher than 80 percent of the area median income. Horizons plans to start accepting applications for Compass House this winter.

“This project is a great example of the work we seek to do under our expanded mission,” said Carmen Lorentz, LRCD’s Executive Director. “We have almost 30 years

of real estate development experience, and we are pleased to put this expertise to work to meet a wider range of housing and community development needs in the region, in partnership with other organizations.”

Throughout its history, LRCD has focused on developing rental homes for families of

low income. It now also develops affordable starter homes and community facilities such as Compass House.

“Many women in recovery in our community, especially women of low income, do not have access to a safe, affordable, and supportive housing option,” said Jacqui Abikoff, Executive

Director of Horizons Counseling Center. “Compass House will fill this long-standing gap in recovery supports in the Lakes Region.”

Horizons Counseling Center has provided quality outpatient substance use and co-occurring mental health disorders treatment and recovery services in the Lakes Region since 1987. Horizons currently manages the Belknap County Recovery Court and provides substance use disorder treatment and case management services for the Corrections Opportunity for Recovery and Education (C.O.R.E) program at the Belknap County Department of Corrections.

Each guest at Compass House will be paired with a trained recovery coach from Navigating Recovery of the Lakes Region. The guest will work with her coach to create, follow, and update a recovery wellness plan to serve as a road-

map for her as she moves toward independent living.

“When a person in recovery lives in a supportive environment like Compass House, she is much more likely to stay in recovery,” said Daisy Pierce, Executive Director of Navigating Recovery. “Compass House will help us ensure that women in recovery in the Lakes Region have access to this critical recovery support.”

Financing for Compass House is provided by New Hampshire Housing Finance Authority via a special appropriation that the New Hampshire Legislature made to the state’s Affordable Housing Fund in 2017, specifically to increase housing options for people in recovery from substance use disorder or those experiencing a mental illness. The New Hampshire Women’s Foundation also provided a grant for furnishings at Compass House.

Comfort Keepers

Alzheimer’s Disease: Dealing with difficult behavior

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

More than 16 million Americans provide unpaid care for people with Alzheimer’s or other dementias.

Caring for a loved one can be a rewarding experience, but it’s not without challenges. These challenges can be significantly more impactful for those caring for a senior with Alzheimer’s disease or other form of dementia. Changes in behaviors can occur for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by

sleep problems, medication, or changes in routine.

Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it’s helpful for caregivers to know how to manage behaviors that will allow them to provide safe and effect support and diffuse tense situations. These behaviors can include:

- Depression
- Anxiety
- Confusion
- Aggression or anger
- Suspicion
- Hallucinations
- Pacing or wandering

The most important

thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It’s also not the fault of the person with Alzheimer’s or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating.

While there is no guaranteed approach that will work with every person or situation, there are some methods that can help caregivers manage trying times:

Staying calm – It’s not uncommon for caregivers to feel attacked or helpless when they are caring for someone exhibiting difficult behaviors. Remembering that it isn’t personal, and that it’s a symptom of the disease, can help caregivers manage their emotions and avoid

contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it’s necessary for caregivers to stay calm and supportive

Keeping a schedule – Seniors that suffer from Alzheimer’s disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger.

Exercise – Exercise, with approval from a physician, is a great stress reliever for both seniors and caregivers. And, participating in activities together helps foster important emotional connections.

Participating in activities – Whether it’s an enjoyable hobby, household chore or physician-approved exercise, participat-

ing in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or introduced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed.

Mindful communication – Caregivers shouldn’t underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way and make eye contact to convey normalcy, understanding and compassion. This can help seniors experiencing anxiety or frustration to calm themselves.

Comfort Keepers® Can Help


At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer’s disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and

improve the quality of life for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home assessment. For more information on how in-home caregiving can help those with Alzheimer’s disease or dementia, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all.

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New supports installed at Gunstock’s Wetlands Walk

New boardwalk supports are being installed for the Wetlands Walk at Gunstock. The helical piles, also called helical anchors, are pipes with two attached circular plates. They are drilled into the ground with a very heavy portable motor. The original black locust posts are still providing good support in some areas, but in others they are badly tilted or rotting requiring replacement. Through a competitive bid process, the Leslie E. Roberts, LLC of Belmont was selected for the installation project. The Roberts will be working at the boardwalk for a week installing 120 helical piles. Once the pil-

ings are in place, the Student Conservation Association will take over for 10 days continuing with support improvements. With heavy construction underway, Belknap County Conservation District asks the public to please remain out of the boardwalk area until after mid-September. The Conservation District Chairman, Donna Hepp, says “We are very grateful for the support of people purchasing plaques through the Buy a Board program in addition to larger local donations along with three grants to allow this project to proceed.” The grant funds are from: Recreational Trails Program from



COURTESY

New boardwalk supports are being installed for the Wetlands Walk at Gunstock.

LRCS Family Resource Center strengthening families, communities through parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia, is offering a wide variety of parenting programs this fall for parents of children of all ages. Most classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance. Advance registration is requested for each program as space is limited. Assistance with transportation may be available with advance notice and approval.

Parenting classes scheduled for this fall include the following:

- Sober Parenting Journey (14 weeks beginning Sept. 10): For parents who are in recovery from addiction, this class provides a valuable source of fellowship and support, and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, and parenting challenges are only some of the topics discussed by group members. Participants should have at least 90 days of sobriety prior to the start of class
- Parenting the Second Time Around (8 weeks beginning Sept. 10) offers support to grandparents and other relatives who are parenting again, covering topics such as child development, discipline, caring for yourself as a caregiver, rebuilding a family, and legal issues
- Positive Solutions for Families (6 weeks beginning Sept. 19) Designed for parents of

preschool-aged children (two and-a-half to five years), participants will learn how to promote children’s social & emotional skills, understand children’s problem behavior, and use positive approaches to help children learn appropriate behavior. Topics include: building relationships, play, clear expectations, managing emotions, promoting positive behavior, & building routines. Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lracs.org for more information or visit our Web site at www.lracs.org and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by LRCS’ Family Resource Center of Central New Hampshire. For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities. Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or ac-

quired brain disorders, and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS’ work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Jim Hamel at 524-8811 or visit www.lracs.org.

the New Hampshire Division of Natural and Cultural Resources, NH Mooseplate, and National Fish & Wildlife Foundation’s New England Forests

and Rivers Fund. Opportunities to help with the Wetlands Walk include participating in United Way’s Day of Caring on Sept. 25, Buying a Board or

making a donation. More information is at www.belknapccd.org or by emailing WetlandsWalk@myfairpoint.net.

Laconia couple arrested for trafficking in Fentanyl

LACONIA — After a four-month investigation, the Belknap County Drug Task Force concluded a criminal investigation last week involving the illegal sales of Heroin/Fentanyl in and around the Lakes Region. On Friday August 30, 2019 members from the Belknap County Drug Task Force located and arrested Nicholas Rae, age 31, and Jocelyn Dubois, age 27, both of Laconia. Both were charged with multiple Sales of a Controlled Drug (Fentanyl) and Conspiracy to Commit Sales of a Controlled Drugs.

During the arrest, Law Enforcement Officers seized more than 70 grams of Heroin/Fentanyl, miscellaneous pharmaceutical drugs, scales, US Currency and other drug manufacturing/distribution items. Both face additional charges of Possession of Controlled Drugs with the Intent to Sell. Both were arrested without incident. They were released on bail and will be arraigned in the Belknap County Superior Court on Sept. 12 at 1:30 p.m. The Belknap County Drug Task Force is comprised of area law

enforcement agencies, which include members from the Belmont, Center Harbor, New Hampton and Tilton Police Departments and Belknap County Sheriff’s Office. They cannot be successful without the assistance and support of the citizens. We welcome information as it relates to illicit drug dealing and criminal offenses and will continue to follow up on leads/tips as they are developed. For additional information please contact Belknap County Drug Task Force Commander Sgt. William Wright at 729-1259.



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New Hampshire FAIR DAYS

Lancaster Fair

August 29 to September 2, 2019

Location: 516 Main Street, Lancaster

Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult

Online: www.lancasterfair.com

Hopkinton State Fair

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook

Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.

Four day passes are also available.

Online: www.hsfair.org

Rochester Fair

September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867

Tickets: \$9 general admin., children under 8 are free

Online: www.rochesterfair.com

Hillsborough County Agricultural Fair

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston

Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free

Online: www.hcafair.com

Deerfield Fair

September 26 to 29, 2019

Deerfield Fairgrounds

Route 43, Deerfield

Tickets: \$10 for ages 13+;

ages 12 and younger are free

Online: www.deerfieldfair.com

Sandwich Fair

October 12 to 14, 2019

Sandwich Fairgrounds

Route 109 North, Center Sandwich

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ages 8-12 are \$3 and children under 7 are free

Online: www.thesandwichfair.com

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Successful year for Belknap County Conservation District

REGION — 2019 has been a banner year for the Belknap County Conservation District (BCCD). Recent successes include \$229,114 in major grant awards for conservation projects, 110 volunteers contributing time valued at \$55,946, seven workshops and an upcoming Stream Restoration Conference on Oct. 17 at Gunstock Mountain Resort and statewide meeting for New Hampshire Association of Conservation Districts on Oct. 18 at the Margate Inn in Laconia.

“Our Conservation District is making great strides--improving streams, fish and wildlife habitat and getting surplus produce from farmers to people in need. It is amazing what we're able to accomplish with a 1-person staff, dedicated volunteers and great partners,” said Donna Hepp, BCCD Board Chair.

“This success would not have been possible without County support to help cover part of our administrative costs where grants rarely help. The County also

provides space for our office and storage shed and assistance from County jail inmates on some projects,” added Hepp.

Belknap County Conservation District is partnering with the Carroll County Conservation District on a Lakes Region Stream Restoration Strategy to improve Eastern brook trout habitat and reduce sediment and nutrients deposited into lakes. The goal is to have demonstration projects on ten Lakes Region streams. Recent projects on Poorfarm Brook and the Gunstock River in Gilford and Allen Brook in Tamworth were completed working with local landowners who look forward to improved fishing in the future.

The Stream Conference at Gunstock in October offers information towns and landowners can use about practices to improve water quality and fish habitat on their property and local streams, and lakes.

Learn about local food networks at Oct. 18 meeting at the Margate.



COURTESY

Training on placing wood in stream to improve fish habitat.

Register for either of both on Eventbrite under 2019 Stream Conference-NHACD Meeting. <https://www.eventbrite.com/e/2019-stream-conference-nhacd-meeting-tickets-64006269475>

Recent Conservation District achievements include:

Awarded \$192,764 New England Forest and Rivers three-year grant for five stream restoration projects in Belknap and Carroll

Counties for projects in Sanbornton, Meredith, Alton, Eaton and Conway. The Conservation Districts will work with local towns, and willing landowners to improve water quality and habitat for Eastern brook trout by assessing streams and placing large wood in strategic locations. This work mimics natural processes to slow storm water, catch excess sediment and nutrients, and improve fish habitat. Grant funds creating a video to track the process from community workshop and stream selection to discussions with landowners and implementation and monitoring of stream work. Video will assist towns and land-

owners considering similar projects statewide.

Completed 2.2 mile stream restoration project in Gunstock River above Hoyt Road bridge in Gilford. Worked with four landowners and Trout Unlimited crew to install wood in stream to improve stream condition and habitat. Funding provided through a NH Association of Conservation Districts Demonstration grant and NH Mooseplate grant for a total of \$37,750.

Conducted community stream and water resiliency workshops in Meredith and Tilton. Also joined Carroll County in hosting three professional workshops for hands-on training in stream restoration techniques to foresters, loggers and conservation organizations.

Awarded \$67,164 State Recreation Trail grant to reconstruct sections of the Wetlands Walk, a quarter mile boardwalk at Gunstock. Work began last week and continues until mid-September with local contractor, Leslie Roberts LLC and a Student Conservation Association crew completing the work. \$28,844 in National Fish and Wildlife Funds and Moose Plate funds, and \$2000 in donations and volunteer time will pro-

vide match.

Volunteer Days on the Wetland Walk involved over 90 volunteers including 30 Laconia Kiwanis Club members this Spring assisting with repairs, clean up and planting projects. Another Work Day is planned on Sept. 25 for the Day of Caring.

On track with surplus produce donated local farmers through the NH Gleans Program to match or better the 12,000 pounds distributed to local food pantries and senior centers in spite of poor weather this spring. BCCD supports this program through a grant and donations.

Coordinated Farm to School Project in Laconia with assistance from \$3000 grant.

The Belknap County Conservation District provides key services to landowners, Towns, schools, and food pantries. For 74 years, the District has worked to conserve the natural resources essential for the quality of life and economy of the Lakes Region. Most grants BCCD receives fund only on-the-ground projects, so County funding to the Conservation District (\$60,000 in 2019) covers critical administrative costs that make this work possible.

MARK ON THE MARKETS



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states that up to 80% of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the most

Risk and You

common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is really not discussed as much as it should be which is; sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of.

Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment, go to my Web site, www.MHP-asset.com, go to tools and then risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

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

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PD UPDATE

(Continued from Page A1)

ly indicted. They have investigated two significant commercial burglaries, one involving three juveniles that is going through the juvenile justice process.

Lt. Dustin Parent and the patrol sergeants have been working on revamping the Full Time Officers manual, which Bean Burpee said was much needed. Because they have had a turnover in patrol, they revamped the program and implemented an in house academy.

“It really is a great catalyst at getting the new officers into the academy in that we actually do (police training) with them and give them a lot of hands on experience and in house training and prepare them for when they leave and go to the 16 week academy,” Bean Burpee said. “Some agencies might hire and their first introduction to law enforcement is showing up in Concord for 16 weeks. Here we have the ability to hire them and then put them into an FTO program and work three, four, five, six months and then go to the academy and come back and finish the process. When they get to the academy they have something

under their belt.”

They also offer sergeant training so officers so they can be ready for the position when they get the opportunity for a promotion.

“I like the way you think in advance as far as training people for potent sergeant positions and training people to go to the academy, which can be a culture shock,” said board Chair Richard Grenier.

Finishing touches are being out on the firing range at the transfer station. Bean Burpee said Solid Waste Superintendent Mike Donovan has been a big catalyst for getting this whole thing done. Bean Burpee said they are looking forward to using the range this fall.

In May the department met with the FBI Joint Terrorism Taskforce and had a conversation with the special agent in charge to see what safety resources they could offer for Bank of New Hampshire Pavilion. Bean Burpee said that is a 9,000 seat facility that can have more than 10,000 people, making it an area of concern in case of a mass incident. The FBI representatives went through their op-

erations manual and toured the facility as well as discussed what the FBI could provide for resources.

The police impound lot is almost completed. Bean Burpee said he saw the barbed wire had been installed around the fence.

The department hosted its second citizen's police academy and 11 students graduated in May. Two of those graduates joined the Volunteers In Police Service (VIPS) program. The department how has nine VIPS seven of which are part time. The volunteers do tasks such as shredding, digitizing documents, data entry, and many other tasks.

The department is continuing with the Highway Safety grants they received for 2019, which will run out at the end of September. The grants are for increased patrols and enforcement for DWI, distracted driving, speed enforcement, seatbelts, and others. They will start applying for the 2020 grants starting in October.

WOW TRAIL

(Continued from Page A1)

chief. “They have a vested interest in the city, building some of the strongest community relations in the state and serving as a model nationally.”

Allan Beetle, co-owner of Patrick's Pub & Eatery and president of the WOW Trail, has had many conversations with Canfield about maintaining safety on the trail.

“The chief is a big supporter of the WOW Trail, and he and his staff have been great to work with in helping to keep the trail a safe experience for the many users out there,” Allan said.

Becoming a police officer was not Canfield's first thought as he considered his career path as a teen. In high school, he had his eye on architecture. He signed up for his school's graphic arts program to gain the design experience he thought would give him a leg up.

Then DARE officer John Egan of the Meredith Police Department came looking for a student who could

help produce a brochure featuring that year's DARE graduates. Canfield volunteered, and Egan, now retired, unexpectedly became a mentor.

“I got to know John, and eventually he asked if I wanted a summer job,” Canfield recalled. “I met with the lieutenant, and the next thing I knew, I was a police cadet. I would walk around Main Street in Meredith and issue parking tickets, and ride with an officer in a cruiser in between.”

Canfield was certified as a part-time police officer in his senior year of high school, in 1993, and when he headed off to the University of New Hampshire in the fall, he changed his major from civil engineering to criminal justice.

Canfield said four certified mountain bike officers also have a presence in the city and on the WOW Trail, riding it periodically for part or all of a shift. The department is also poised to help make residents and tourists feel a degree safer by

installing technology along the WOW Trail.

The Laconia PD recently purchased three portable video cameras, giving staff the ability to stream video live to the dispatch center.

“We'll use these cameras throughout the city, typically for special events like the New Hampshire Pumpkin Festival,” Canfield said. “As part of that program, it's my intention to put cameras on the WOW Trail so we can monitor the spots in more remote locations.”

He notes that in a city with 20,000 permanent residents—and a population that swells to two or three times that amount in summer—there are bound to be isolated incidents.

“As a whole, all our streets are very safe, and the WOW Trail is no exception,” he said, adding, “I think it's a source of pride for our community.”

For information on Patrick's Pub, call 293-0841 or visit www.patrickspub.com.

CHURCH

(Continued from Page A3)

It will bring the many happenings and people who helped grow the Gilford Community Church to life once again, and the public is welcome to attend.

“The program will end with photos from the late 20th century and we hope to see everyone there to share their memories. I am always looking for more information!” concludes Buswell.

Tickets for a Peek at the Past event are \$12.00 per person and

can be purchased by stopping at the Gilford Community Church on Potter Hill Road in Gilford. Tickets must be purchased before the day of the event.

(Guys' Night Out takes place at the Gilford Community Church every other month with speakers and dinner; Gals' Night Out takes place every other month from September until May, and all are welcome. For information, call 524-6057.)

NOTEBOOK

(Continued from Page A4)

traffic than what was in the ditch. Still, I caught just a glimpse of a roundish sort of grey form alongside the road and thought “armadillo.”

No, please--not that. We've already been through enough. Let's hope it was a Fig Newton of my imagination.

+++++

Fish and Game's publication New Hampshire Wildlife Journal is something I watch for in

the mail, a magazine I've been reading for years. From butterflies to rattlesnakes--you never know.

This issue carried an interesting piece by Lindsay Webb titled “Intelligent Corvids,” featuring, of course, ravens and crows. We've had a pair of ravens hanging around this summer, and it's been the usual circus watching the kids grow up and learn to fly. The crows are--well, crows, to me an always

entertaining bird. People always seem to use “raucous” when they're writing about crows. Okay, indeed, raucous.

When I was a kid, just a moment ago, crows were migratory, and first showed up in the spring up around Polard's slaughterhouse, finding easy pickings off offal in the melting snow.

The ravens make great fun out of cruising by in the morning, setting off a chorus of

startled and irritated faux-panic cawing by the half-dozen resident crows. The two species are cousins, in a distant sort of way, but close enough to carry out this little charade with no harm but to the early morning quiet.

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

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Laconia Adult Education Fall 2019 Enrichment Catalog

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
Arts & Crafts							
Water Color Painting Workshop	Mon	9/23/2019	6:00-8:30	6 weeks	*70.00*	LHS-514	Mary Lou John
Cooking							
Authentic Thai Cooking	Tues	9/24/2019	6:00-8:30	5 weeks	*60.00*	ctc-H220	Sophie Wentworth
Authentic Thai Cooking	Wed	9/25/2019	6:00-8:30	5 weeks	*60.00*	ctc-H220	Sophie Wentworth
Chinese Cooking	Thurs	9/26/2019	6:00-8:30	5 weeks	*\$60.00*	ctc-H220	Yan Li
Health & Wellness							
Abundance and the Law of Attraction!	Tues	9/24/2019	6:30-8:00	1 week	Free	LHS-603	Celeste Lovett
Acupuncture, Herbs, & Holistic Medicine	Tues	9/24/2019	7:00-8:30	1 week	Free	LHS-605	Brian Paterson, ND
Better Posture Better Life	Mon	10/7/2019	5:30-6:15	4 weeks	\$45.00	Downtown Gym	Janine Page
Freedom Through Forgiveness	Thurs	11/14/2019	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Holistic Roots to Healthy Living & Life Style Choices	Tues	10/1/2019	7:00-8:30	6 week	Free	LHS-605	Brian Paterson, ND
Introduction to Spiritual Energies	Thurs	9/26/2019	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Line Dancing	Thurs	9/26/2019	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
Mah Jongg Made Easy and Fun	Wed	9/25/2019	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleischman
Meditation 101	Thurs	10/24/2019	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Mindful Movement and Meditation	Mon	9/23/2019	6:00-7:30	6 weeks	\$50.00	ctc-H235	Rick Hochsprung
T'ai Chi Chih	Wed	9/25/2019	5:30-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
What are Angels & How to Communicate with them	Thurs	10/10/2019	6:30-8:30	1 week	\$45.00	LHS-615	Brenda Paquette
Yoga for Everyone: Beginning	Tues	9/24/2019	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Thurs	9/26/2019	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Tues&Thurs	9/24/2019	5:00-6:15	8 weeks	*\$85.00*	ctc-H225	Bonnie Morin
Informational Classes/Seminars							
1st Time Homebuyer Seminar	Thurs	10/10/2019	6:00-8:00	1 week	Free	LHS-613	Donald McLelland
CERT Training (Community Emergency Response Team)	Tues	10/1/2019	6:00-8:30	9 weeks	Free	LHS-615	John Beland, CPM
Estate, Wills, Trusts & Guardianship Planning	Tues	10/1/2019	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
Estate, Wills, Trusts & Guardianship Planning	Tues	10/22/2019	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
Open discussion on Start up Business ideas	Tues	9/24/2019	6:00-7:30	6 weeks	\$35.00	LHS-614	Sylvia Pierce
Savvy Social Security & Medicare Planning	Wed	9/25/2019	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
Smart Retirement Strategies	Wed	10/2/2019	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
Taxes Made Simple	Wed	11/14/2019	5:00-8:00	3 weeks	Free	LHS-614	Cary Gladstone
Wealth Planning 101	Wed	10/9/2019	6:30-8:30	1 week	Free	LHS-613	Greg Cauffied
Language							
French for Beginners (Conversation & Culture)	Mon	9/23/2019	7:00-8:15	10 weeks	*\$50.00*	LHS-201	Marta Burke
Spanish for Beginners	Mon	9/23/2019	6:00-7:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level I	Mon	9/23/2019	7:00-8:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level II	Mon	9/23/2019	8:00-9:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Learning a skill							
Basic Home Maintenance & Repair	Mon&Tues	9/23/2019	6:00-9:00	6 weeks	\$375.00	LHS-517 & 828	Michael Pace
Dog Obedience: Advanced	Wed	9/25/2019	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: AKC Citizen, Community, & Urban Certifications	Wed	9/25/2019	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Beginning	Wed	9/25/2019	7:00-8:00	8 weeks	*\$75.00*	WHS	Carolyn Bancroft
Dog Obedience: Trick Dog	Wed	9/25/2019	7:00-8:00	8 weeks	*\$75.00*	WHS	Carolyn Bancroft
Welding Basics: ARC, GAS, MIG & TIG	Tues	9/24/2019	5:30-8:30	10 weeks	*\$350.00*	LHS- Welding Lab	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	9/25/2019	5:30-8:30	10 weeks	*\$350.00*	LHS- Welding Lab	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Thurs	9/26/2019	5:30-8:30	10 weeks	*\$350.00*	LHS- Welding Lab	Rick Hewitt
Basic Woodworking	Tues	9/24/2019	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Pilpot

* * Additional Supply/book fee or pre-class requirement is additional in this course.

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A.D.D.- Free for Adults with Developmental Disabilities Tuesday & Thursday nights 6:00-8:30

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)

REGISTER AND PAY ONLINE at: **adultedlaconia.weebly.com**

Still have questions? Call Laconia Adult Education at 524-5712

HASSAN

(Continued from Page A1)



ERIN PLUMMER

Sen. Hassan watches Morgan Schneider take off in her car.

defect. He has had 23 different surgeries, including brain surgery at six months and a colostomy bag at 2. He has spent a lot of time at Dartmouth-Hitchcock Medical center and Boston Children's Hospital.

"He's doing really good, thank God for good hospitals," said his dad Steve Gard.

George is an active little boy, but some days he has a harder time.

"His core strength is poor, so it helps on the days when he has trouble," said his mom Kendra Gard.

George said he liked his car and he rides in

it a lot.

Morgan Schneider has Down syndrome and visual impairments. Her mom Amy Schneider said Morgan has problems with following directions and the car helps with following directions and practicing control.

"Giving her some freedom in a nice, safe, controlled environment," Amy said.

Student Connor Sullivan said there were a few challenges at the beginning because it was their first time doing anything like this.

They measured the kids and talked to their families and teachers.

From that information they started putting together the project. Sullivan said they found different modifications to each of the cars depending on the kids' needs.

The headrests were made from PVC pipe covered in pool noodles. Both the cars were from the show "Paw Patrol."

"We did 'Paw Patrol' as a theme because they seemed to really like the show," Sullivan said. "We just wanted to show the car would be safe and comfortable and fun for all those little kids."

Senior Ken Garden-



ERIN PLUMMER

George Gard and Morgan Schneider use their cars in front of the Intro to Engineering class and Sen. Hassan.

er was one of the students who worked on the project.

"It was a lot different than normal projects we do," Gardener said. "We were given a lot of freedom to make our decisions. That allowed us to learn very quickly."

Gardener said they learned a lot through the process and it felt really good.

"Obviously it was really rewarding to do stuff that actually helps your community," Gardener said. George and Morgan's parents all

said they are grateful for the work the students did. Kendra said it's heartwarming that they live in a town with people who have provided this much help.

"It made them feel special for sure," Kendra said.

STUDENTS

(Continued from Page A1)



ERIN PLUMMER

Host families line up with signs to greet students coming to the school from Bilbao, Spain.

school in Bilbao, Spain. Stowell said they additionally speak English, French, and their regional language Basque.

Stowell said in the 12 years that the pro-

gram has been going on the experience has been all positive.

"I have never had a any problem," Stowell said. "The (GHS) kids all make lifetime relationships with the

friends that they make in Spain."

Students from Gilford have traveled to Spain and stayed with Spanish families twice.

Modern language teacher Melissa Otis said it's amazing to have people from this different culture come to their school.

"It's always a special experience when you can learn with the students too, learning in action," Otis said.

The exchange ends next week with a cook-out with all the kids.

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SPORTS

THURSDAY
SEPTEMBER 12, 2019

Gilford's Gandini takes Early Bird title

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School cross country team hosted the Early Bird Invita-

tional last week and the season started well for the Golden Eagles, with freshman Patrick Gandini taking the win for the boys' race.

Gandini had a time of 17:27 and blew away the competition, which involved more than 100 runners from schools around the state. The

next closest runner was Riley Mann of Winnisquam, clocking in at 19:00.

Harrison Laflamme was 20th with a time

of 20:43 in an impressive start to the season. Mitchell Townsend was right behind him in 23rd with a time of 21:03. Ryan Hamel was 42nd

with a time of 22:34.

Landon Lewis was 59th with a time of 23:36; Eddie Demers had a time of 23:51 for 63rd place and Jordan Witham was 80th with a time of 25:44.

The Gilford High School boys' cross country team was third overall, behind Hopkinton and Winnisquam.

The girls' team was led by Vanessa Genakos, who came in 11th with a time of 22:51; Catherine Stow was 19th with a time of 24:14 and Bethany Tanner was 34th with a time of 26:12.

This year's team is being coached by Kathleen Aldridge, who is a familiar face to many in the Gilford running community as she coached from 2001 to 2015 with the Golden Eagles. The team has six girls and 10 boys on the roster.

"The team has lots of young talent and is very eager to get the season under way," Aldridge said.

Next up is a meet at Kearsarge High School today at 4 p.m.



BOB MARTIN

Freshman Patrick Gandini runs through the finish line for the win at the Early Bird Invitational.



BOB MARTIN

Vanessa Genakos was 11th in the Early Bird Invitational this year.



BOB MARTIN

Harry Laflamme races toward the finish for Gilford in the first cross country meet of the season.

Golden Eagles cruise in football opener

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford/Belmont football team started off its season in good form with a 40-0 lopsided victory over Pembroke Academy in the first game of the year for the Golden Eagles.

After a scoreless first quarter, quarterback Alex Cheek scored the first touchdown of the game with a quarterback sneak for the score. After an interception by Jackson Ruelke, Cheek used

the sneak play again to put the score at 14-0.

The defense then had two strong defensive stands, which were followed by a 45-yard touchdown pass by Cheek to Nick Arenstam to put the score at 20-0 going into halftime.

In the second half, Cheek continued his strong play with a 44-yard rushing touchdown. In the next series, Jack McLean intercepted the ball to give the Golden Eagles good field position. Cheek then hit

Curtis Nelson for a 46-yard touchdown pass. Nelson scored on a one-yard touchdown reception for the game's final score to secure the blow-out win.

Cheek was the star of the game with 233 yards in the air and 110 rushing yards. He had three passing touchdowns and three more scores on the ground. Nelson had a big opening game with six catches for 133 yards and

a pair of touchdowns. Brandon Gallagher had three catches for 50 yards in the win.

Coach Josh Marzahl admitted that the offense got off to a slow start, noting that Cheek came out a little too pumped up and was missing early on. However, the team got it together in the second and third quarters to put together the win.

"The fact he can not be at his best and still

help us score 40 points says a lot about his potential," Marzahl said.

Defensively, John Mitchell was forced with 17 tackles. He was dominant all last season and showed in the opening game that he will once again be tough for opposing offenses to deal with as he controlled the middle of the field all game. Also playing extremely well on defense was Darny Cameron, who had 15

tackles and three sacks.

"The defense did a great job, especially early on, and limited the Pembroke offense and giving us chances to score," said Marzahl. "Even though we were able to score, this win belongs to the defensive unit."

Next up for the Golden Eagles is a home game against Merrimack Valley starting at 1:30 p.m. on Saturday.

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Champs open with sweep of Pelham



Abby Warren sets up for a serve against Pelham.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School volleyball team started its Division 2 title defense last week with an opening night victory over Pel-

ham, where the Golden Eagles had a 3-0 sweep. The first set was a dominating win for Gil-

ford with the team up 15-1, before eventually winning 25-4. The match included some nice kills for Abby O'Connor. The second set started off close with the game led 12-10 at one point before Gilford pulled away and finished with a 25-15 win.

Pelham came out inspired in set three with two straight points to go up 2-0, but the Golden Eagles came back into form and ended up running away with a 25-12 win.



Reagan McIntire, left, and Abby O'Connor, right, go up for a block against Pelham in the opening night of volleyball for Gilford High School.

Coach Amy Tripp said it felt good to get back into a game scenario after two weeks of training and jamborees, and despite some tweaks that need to be made, she was pleased with the opening night win. She said the

Golden Eagles did show some weaknesses that need to be focused on, but the win allowed her to play her entire roster and show its depth.

“It’s nice early in the season to be able to do that but there is plenty of competition to come,” said Tripp. “All in all, I was pleased but we definitely have some things to work on. Our motto is ‘in the moment’ and I really want to make sure we keep to that theme. That’s what helped us do as well as we did last year by going game by game, match by match and point by point.”

Riley McDonough, a sophomore center hitter, had a great game and Tripp awarded her the team’s Eagle Award.

Tripp said it was impressive to see her play to her full potential right out of the gate.

Things the team needs to work on include cleaning things up to not settle for mediocre passes. Tripp also said there are teams that will be hitting hard on them and need to be ready for that. The Golden Eagles also did well with their blocking, she said.

“Yes we have some weaknesses, but I’m excited that we could come right out with a win and be able to test our depth,” said Tripp. “We lost some key seniors but I think these girls will be able to fill right in where they are needed.”



The Gilford High School volleyball team won its first game of the season in a home match against Pelham.

Field hockey Golden Eagles bounce back from opening loss

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Last week the Gilford High School field hockey team opened its season with a 2-0 loss to the defending Division 3 champion Mascoma Royals, but the Golden Eagles bounced back with a 2-1 win over rival Winnisquam to finish out the week with a split.

“Mascoma’s aggressive defense and transition game kept the Eagles from generating any type of offense,” said coach Dave Rogacki. “Jenna DeLucca had a good game in goal with double-digit saves.”

In the game against Winnisquam, the first five minutes Gilford had ample scoring opportunities with the ball bouncing around in front of the goal on several occasions. Things then flipped over as Winnisquam had scoring chances that Gilford managed to thwart. The two teams battled back-and-forth throughout the first half and showed that they were evenly matched with a 0-0 tie at halftime.

Gilford came out firing in the second half with multiple shots on net before Randi Byars scored the first goal of the season with 18:31 left on the clock. With about 14 minutes left, the Eagles scored again with Shea Brown knocking a shot in off the rebound.

With 1:22 left in the game, Emma Griffin scored for Winnisquam to make it 2-1 but it was too little, too late for Winnisquam as time expired.

Coach Rogacki was happy that DeLucca played well in back-to-back games with another double-digit save performance. He also commended Natalie



Dave Rogacki peps up his team during a timeout in a game against Winnisquam.

Fraser for her play on defense, as well as freshman Aly Pichette for making crisp passes that got the Eagle offense going.

Gilford hosted rival Laconia after deadline on Tuesday. Next up for the Golden Eagles is Littleton on Sept. 13 for a 4 p.m. matchup.



Randi Byars scored the first goal of the season for Gilford against Winnisquam last week.



Natalie Fraser played good defense against Winnisquam to help the Golden Eagles to a 2-1 victory.

Strong start for Gilford soccer boys

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School boys’ soccer team always seems to be in the running for one of the top teams in Division 3, and with three straight wins to start the season, the Golden Eagles appear to be right back in it again this fall.

The Golden Eagles started the season with an 8-0 win over Winnisquam at home, with Gilford scoring six times in the first half.

The first goal went to Colton Workman with an assist by Ben Gardiner. Sam Sawyer scored the next two goals with assists going to Daegan Boucher. Boucher then knocked in a goal on an assist by Sawyer.

The next two goals were scored by sophomore Riley Marsh, who is in his first year playing and coach Dave Pinkham sees big things from coming up.

“He is going to really be quite a player,” said Pinkham. “He has improved every single day.”

Marsh’s goals were assisted by Workman and Max Stephan. Sawyer then picked up the hat trick with his third goal, assisted by Gardiner. The last goal was by Andrew Flanders, assisted by freshman Alex Burnham. Freshman goalie Thomas Donnelly had two saves.



JOSHUA SPAULDING

The Gilford soccer boys picked up a 2-1 win over Prospect Mountain last week.

Gilford traveled to St. Thomas Aquinas on Sept. 3 and came away with a 3-0 victory. Boucher scored 27 minutes into the game to go up 1-0, with assists to Anthony Aguiar and Burnham. The second goal came on a penalty kick 67 minutes into the game, after he was tripped in the penalty area. The last goal was at 78 minutes and was by Sawyer, with an assist by Gardiner.

Donnelly had a pair of saves in the game.

On Sept. 6, the Golden Eagles traveled to Prospect Mountain and won 2-1. Sawyer scored at the 22-minute mark, with an assist credited to Burnham. Prospect Mountain scored 36 minutes into the game with a ball that deflected off a Gilford player in for a goal. Workman had the game winning goal on a penalty kick 15 minutes into

the second half. Donnelly had three saves, and one was a very important one late in the game.

Pinkham was happy to see the team start off well, saying they are doing a much better job getting shots on net and making scoring opportunities count.

“Offensively, we played these same three teams last year and at this point in the season I think we had six goals in

three games compared to 13 now,” said Pinkham.

Pinkham noted that Prospect Mountain is a very good, experienced team so that was a big win for the Golden Eagles. He said playing away against St. Thomas and picking up a victory was also huge. The biggest weakness he sees is that the team aren’t isn’t yet, and needs to play full 80 minute games to keep winning.

Overall, Pinkham was very pleased with the opening week of play for the Eagles.

“This has been an unbelievable start to the season with a great group of soccer players and young men,” said Pinkham.

Next is White Mountains on the road for a 4 p.m. game on Sept. 12.

Gilford soccer girls battle with Lakers

BY BOB MARTIN
Bob@Salmonpress.news

CONCORD – The Golden Eagle girls’ soccer team got off to a rough start but coach Rob Meyers is confident the team can turn things around after a little fine tuning.

On Aug. 30, the Golden Eagles traveled to Bishop Brady and were handed an 11-0 loss in Gilford’s season opener. The talented Bishop Brady squad scored seven goals in the first half and never looked back.

Bishop Brady had 27 shots and 17 that were on goal, displaying an offensive barrage that was too much for the Golden Eagles. The Giants also had two penalty kicks and scored both times.

Gilford had 10 shots and only five on goal.

Meyers admitted it was a tough first time out on the field for Gilford, but gave credit where it was due.

“Brady is a good team with a couple of dynamic players and moved the ball well,” Meyers recalled. “GHS started the game flat and allowed Brady to control play. In the second half there were times when GHS moved the ball well and created a few chances, but throughout most of the game were outplayed.”

Meyers said the Golden Eagles practiced well throughout the week, but it simply didn’t carry over to the game. Gilford has had to juggle its lineup leading up to the start of the season, but Meyers said this wasn’t an excuse and that the

team needs to build off this loss.

“We should have been able to adjust our play,” Meyers said. “Hopefully, with a young team, we will learn from the game and make some changes, and improve out play.”

Gilford traveled to Inter-Lakes on Sept. 3 for the Lakers’ season opener and Inter-Lakes came away with a 3-1 victory. The Lakers scored twice in the first half and Gilford and Inter-Lakes traded goals in the second half.

Much of the first half was a battle in the middle of the field, but Gilford appeared to have control of the ball keeping the Lakers from any viable scoring chances. This was until Makenna Edgar scored an unassisted goal for the Lakers with 13:30 remaining. With 9:50 left in the first half Rebecca Leberman knocked a shot in to the low left of the goalie to make it 2-0. The goal was assisted by Samantha Kern, who sent over a cross nice cross pass.

Gilford had trouble creating close opportunities throughout the first half. In the second half the Golden Eagles controlled the ball much of the time and sent long range shots on net, but struggled to set up quality shots. Scoring for Gilford was Maddi Rector with an assist by Shelby Cole.

The Lakers’ final goal was scored when Edgar challenged Gilford goalkeeper Jaylin Tully at the top of the box. Mollie Durand rebounded the deflection and launched



BOB MARTIN

Jaylin Tully makes a save for Gilford in a loss to Inter-Lakes last week.

a shot from the outside for the goal.

Gilford had 24 shots and 15 shots on goal. The Lakers had 12 shots and eight shots on goal. Tully had five saves.

After a blowout open-

ing day loss, Meyers liked that the team was able to bounce back and stay in the game with the Lakers despite the loss.

“The girls played a better game than they did at Bishop Brady last

week,” said Meyers. “We moved the ball well for long periods and did a better job communicating on the field. Shelby Cole, Gwen Knipping, and Jaiden McKenna played well and kept the

team in the game with their hustle and determination. As a team, we still need to work on controlling the midfield and closing in on the attack to create more opportunities closer to the net.”



BOB MARTIN

The Gilford girls’ soccer team played a hard game against Inter-Lakes but fell 3-1.



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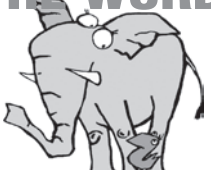
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Bolduc Park Golf Tournament winners crowned



COURTESY PHOTO

Winners of the 26th annual Bolduc Park Golf Tournament in Gilford.

GILFORD — The 26th annual Bolduc Park Golf Tournament was held in August to benefit the non-profit Bolduc Park Association. The association maintains a nine-hole golf course, disc golf course and cross-country ski and snowshoeing facility at 285 Gilford Avenue on the Gilford-Laconia town line. The course is open to the public for a donation and is appropriate for all ages.

Tournament winners include Judy Malonson, winner of the Women 80 and over division. Men 80 and over division winners were Bob Casey in first, Paul Rich in second and Perry Audley in third. Women 70 - 79 winners were Elaine Holt in first, Vivian Glass in second and Marilyn Bolduc in third. Bob Bolduc had the lowest score in the tournament with a 58 and was first in the Men's 70 – 79 Division. That division included second place finisher Tom Astaldi and in third place was Don McClung. Cindy Church placed first, Robin Mescon was second and Malou Lapointe was third in the Women 40 - 69 Division. The Men 40 - 69 Division was won by Ron Johnson with Peter Lapointe finishing second and Mike Horton in third.

Winners in the Men 16 - 39 Division were Nate Stevens in first, Jeremy Dry was second and Mike Pucci was third.

Nick Pucci won the 15 and under closest to the hole contest. Mary Vishton was closest to the pin for the women. The men's closest to the hole contest was won by Richard Berg and Joel Collie came in second.

Putting contest winners were Roland Bussiere in first, Peter Daniels in second and Paul Herman in third

BCSA chicken barbecue is Sept. 19.

GILFORD — The Belknap County Sportsmen's Association (BCSA) will be holding its annual barbecue chicken dinner on Thursday, Sept. 19, at the clubhouse on Lily Pond Road (Route 11C) in Gilford. The menu will consist of barbecued chicken, corn on the cob, homemade potato salad, and dessert. The BCSA is doing advanced ticket sales for this event. A maximum of 110 tickets will be sold on a first come, first served basis. Tickets can be obtained by contacting Kathy Denutte at 581-5062. Some tickets may be available at the door but it would be best to get them in advance.

The speaker for the evening will be Jeremy D'Entremont, who is the current president and historian of the American Lighthouse Foundation. His presentation will be on "New England Lighthouses and the People Who Kept Them" Everyone knows there's "something about lighthouses" that gives them broad appeal, but their vital role in our history and culture is little appreciated. The early nation was built on a maritime economy and lighthouses were part of a system that made that possible. Due to automation, traditional lighthouse keeping is a way of life that has faded into the past. D'Entremont tells the history of New England's historic and picturesque lighthouses, primarily focusing on the colorful and dramatic stories of lighthouse keepers and their families.

This event is open to all BCSA members as well as the entire Lakes Region community. Join in for some delicious barbecued chicken and listen to a talk that promises to be entertaining as well as informative.

The proceeds from the dinner will go to the Belknap County Sportsmen's Charitable Fund to help pay off their mortgage.

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