GMS students headed to NYC theatre camp

BY ERIN PLUMMER

mnews@salmonpress.news

A group of Gilford Middle School students will get a real life Broadway experience after being accepted to a theater camp in New York City for kids across the coun-

Hunter Bell, Carter Laliberte, Sydney Eastman, Brenna O'Connor, Ella DeCarli, Maria Uicker, Ella Denney, Addy Wernig, and Christina Pingle recently traveled to New York City to audition for the "Broadway, Jr." theater camp. The annual camp in tests shows written for Broadway, Jr. shows, which will be performed by students across the country. Most of the Broadway, Jr. shows are existing productions adapted for a younger audience.

Theater teacher Matt Demko nominated students to go to New York for the audition, joining other students from



These Gilford Middle School theater students will be going back to New York City this summer to take part in Broadway, Jr. From left to right: back row: Ella DeCarli, Maria Uicker, Brenna O'Connor, and Sydney Eastman. Front row: Ella Denney, Carter Laliberte, Addy Wernig, and Hunter Bell. Not pictured is Christina Pingle.

Cruise night, yard sale, and more coming to the GYC

BY ERIN PLUMMER

mnews@salmonpress.news

A cruise night, a community yard sale, and some new sports activities for kids are some of the events scheduled at the Gilford Youth Center going into the summer months.

GYC

host the annual Gilford Cruise Night on Wednesday, May 15. The owners of classic vehicles are invited to park their cars in the GYC's lot to show them to visitors. The lot will open at 4 p.m. and the event will take place from 5 p.m. until dark. across the US.

Most of the GMS students who auditioned have done this before though a number hadn't.

Denney said when she first got there she was really nervous, though when she got into the

audition she felt more relaxed than she usually does in a school audition.

the experience, but she relaxed once she was there.She said it was one of the best auditions she's had.

"I realized all the kids were in the same situ-Bell also said she was ation as us so it kind of intimidated coming into comforted me," DeCarli

Laliberte said it was comforting going down there with familiar peo-

"Being near new people auditioning, it was weird but it was definitely nice," Laliberte said.

O'Connor has done this before and said she was nervous coming in.

"Once we got downstairs and we started warming up with everyone, that went away," she said.

She said it was calming watching others from Gilford taking part.

"It's also nice when you're with new people because you don't know what you're getting into, you don't really know anything about them," Uicker said.

O'Connor said it was overall nice to be back in New York City and going back to the building she has gone to before.

"I remember how nervous I was for my first year, so I liked giving advice to them like, 'Its okay you'll be great,"" O'Connor said.

Out of the students who had never done Broadway, Jr. before, it was the first time in new York City for a few of them as well.

Laliberte said he was scared of getting mugged, SEE NYC TRIP PAGE A11

Leadership recognition and transition at Hillside Surgery Center

After 18 years of outstanding leadership, John Grobman, MD, will be passing the

tor of Hillside Surgery

Center. Dr. Grobman was the appointed providministrative Oversight inated as a department (MAO) of the Ambulatory Surgery Center (ASC) in 2001 when the

spend the money.

Board member Lau-

ra Brusseau said

they would like to

get pictures and a

report of what they

used the money for.

excited to hear about

things we're going to

ner Harlow Jordan

of Gilford Village

Preschool wanted to

donate to Cereal He-

Dunn of Pleasant

donate some of the

money to New Be-

ginnings and Cereal

Heroes among oth-

Street School

Laconia wants

Finalist Connor

do," Brusseau said.

Preschool

"We were super

the amazing

of LRGHealthcare. In 2009, a key and pivotal transition time within our community, the Surgery Center became a for-profit, joint venture between LRGHealthcare physician owners to be known as Hillside Surgery Center. At that time, Dr. Grobman was appointed to the position of Medical Director where he has since governed medical staff and collaborated on all operational decisions. Dr. Grobman is widely regarded for his dedication to assuring the highest quality of clinical care and patient experience and under his leadership, both remain a top priority at

Hillside. Hillside Surgery Center is pleased to announce Alexander Hennig, MD, as the new Medical Director beginning April 1. Dr. Hennig has been an active member of the Joint Operations Committee of Hillside Surgery Center since 2009 and former ASC

Finalist Parker SEE AWARDS PAGE A11



BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA - The winners and finalists for the Spirit of Hope and Kindness Awards received their checks, which will be used for nucharitable merous purposes around the Lakes Region.

The awards were handed out on April 7 and winners and finalists received their checks during a presentation at Wayfarer Coffee in Laconia on Wednesday.

A total of \$5,350 been raised through contributions by businesses and individuals, a big boost from the \$3,000 raised the first year. Because of all the money raised, finalists received and winners



Andrea Condodemetraky and Laura Brusseau from the Spirit of Hope and Kindness Awards present a check to High School winner Mackenzie Roys of Gilford High School.

received \$700. The be spent for a charitapreschool winner re-

The money has to

ble purpose including a donation to an organization, planning a charitable event, or doing a random act of kindness. They have until Jan. 1, 2020 to

Ashton of Pleasant Street School in La-

SEE **HILLSIDE** PAGE A11

A2 THE GILFORD STEAMER THURSDAY, MAY 9, 2019

AMERICAN RED CROSS BLOOD DRIVES

RED CROSS URGES BLOOD DONATIONS TO HELP TRAUMA PATIENTS

MANCHESTER, NH (April 25, 2019) — There's no way to predict when or where an accident will happen. That's why the American Red Cross needs donors to give blood and platelets during Trauma Awareness Month this May and throughout the year to help ensure that trauma centers are prepared the moment an injured patient arrives.

In December 2017, Jeff Gosliga was rushed to the hospital following a car accident. To treat his serious injuries, he needed 11 units of blood about the amount of blood in an average adult's body.

"I never had reason to think a lot about blood, where it came from or how it arrived at hospitals; my accident changed all of that," said Gosliga. "It was touch-and-go for a while, and because the blood that I needed was available, I'm here today. I am so grateful to all of the volunteer blood donors who give of themselves so generously. I will never forget them or take blood donation for granted again."

Donors of all blood types are urged to give now to help meet the needs of trauma patients and others with serious medical conditions. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

In thanks, all those who come to donate blood, platelets or plasma with the Red Cross now through June 10, 2019, will receive a \$5 Amazon.com Gift Card via email. (Restrictions apply; see amazon.com/gc-legal. More information and details are available at RedCrossBlood.org/Together.)

UPCOMING BLOOD DONATION OPPORTUNITIES MAY 1-23

BELKNAP

5/9/2019: 1 p.m. - 6 p.m., Saint Katharine Drexel Church, 40 Hidden Springs Road

Belmont

5/21/2019: 1 p.m. - 6 p.m., St. Joseph Church, 96 Main Street

Meredith

5/17/2019: 12 p.m. - 5 p.m., Interlakes High School, 1 Laker Lane

5/18/2019: 10 a.m. - 3 p.m., **Tanger Outlet Center,** 120 Laconia Road

MERRIMACK

5/14/2019: 1 p.m. - 6 p.m., Bow Old Town Hall, 91 Bow Center Road

Contoocook

5/17/2019: 1 p.m. - 6 p.m., Hopkinton Town Library, **61 Houston Drive**

Hooksett

5/15/2019: 1 p.m. - 6 p.m., Hooksett Safety Center, 15 Legends Dr.

5/17/2019: 1 p.m. - 6 p.m., United Church of Warner, 45 East Main Street

Concord

5/10/2019: 10 a.m. - 3 p.m., Concord Red Cross Office, 2 Maitland St

5/2/2019: 12 p.m. - 5 p.m., NHHEAF, 4 Barrell Court

5/11/2019: 9 a.m. - 2 p.m., **Wesley United Methodist Church. 79 Clinton Street**

5/20/2019: 9 a.m. - 2 p.m., **Concord Heights Recreation Center,** 14 Canterbury Road

5/2/2019: 10 a.m. - 4 p.m., NHTI, Goldie Crocker Wellness Center, 31 College Drive

> 5/23/2019: 9 a.m. - 2 p.m., BW Design Group, **5 Chenell Drive**

About the American Red Cross

The American Red Cross shelters, and supports military members org or cruzrojaamericana.org, or supplies about 40

support to victims of disasters; is a not-for-profit organization that percent depends on volunteers and the of the nation's blood; teaches generosity of the American public skills that save lives; provides to perform its mission. For more international humanitarian aid; information, please visit redcross.

feeds and provides emotional and their families. The Red Cross visit us on Twitter at @RedCross.

GIVE A LITTLE, SAVE A LIFE



FOR ADVERTISING QUESTIONS PLEASE CONTACT Beth or Cathy at 603-279-4516 beth@salmonpress.news Salmon or cathy@salmonpress.news

1-800-RED CROSS



Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

Have you heard the birds outside? They are making a ruckus, apparently undeterred by the rain we've been enjoying. Depending on how rain and mud resistant you are, the hiking has been good! Plenty of blooming life and birds to see, and the trails are not yet crowded with summer folk. Amateurs, like myself, hear birds chattering away in nearby trees and we squint, clueless as to where the bird actually is. If we're lucky enough to stumble upon it with our eyes, we don't know it from a bat. If that's true for you too, then there's plenty for us to learn.

Steve Hale of Open World Explorers is coming to the Library to help us out. He'll present 'Birds of the White Mountains' on Thursday, May 16 from

6:30-7:30 p.m. It will be like a virtual, guided tour of hiking in the White Mountains with vivid pictures of birds both common and uncommon. We'll learn about how to recognize particular birds from lookalikes, their common stomping grounds, and even the birds that live at or near the high elevation tree line. Finally, you'll know where to look for those wild sounds, and even know which bird it is from the call alone. This is yet another program at our library that is educational, entertaining, and free for everyone.

Take it a step further with some of our books on birding and identification, or even take out the birding kit, which includes books and binoculars--everything you need to get out there (except hiking equipment... or food

GILFORD PARKS AND

RECREATION NEWS

and water). We've just put all of our hiking books into its own section near the Classics Section. It's right below the large Belknap range map, you can't miss it!

> Classes & Special **Events** May 9-May 16

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

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.

Mother's Day Craft: Box of Kisses <3, 11-11:30

Come and make a box of kisses for your favorite gal in life, the one that kisses your booboos, reads, and hugs you good night. Ages 2-6.

Teen Game Club, 2:30-

Conversational French, 4-5 p.m.

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

Come read. 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

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

Monday, May 13 T'ai Chi Chih, 9:45-

10:45 a.m.

Nancy Frost, a Tai Chi Chih certified teacher, will lead an eight week course at the Gilford Library. With 19 stand-alone movements and one pose, T'ai Chi Chi is beneficial to all, and easy to learn. Join us for the T'ai Chi Chih 8 week course to focus on the development of intrinsic energy (Chi), increase your energy, balance, flexibility and

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

stamina.

Come read, sing, and play with your baby and/or toddler. Ages two and a half and younger. Mahjong, 12:30-3 p.m.

Geri Fit Classic, 4-5

Join us for a video-led fitness class for adults over 65. Twice a week, work on your strength,

following exercises from a video, all while seated in a chair.

Tuesday, May 14 Geri Fit: Hop & a Skip,

Proprioceptive exer-

cises 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, 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

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.

Nightly Knitting, 6-8

Clickers Photography Club, 6:30-7:30 p.m.

Wednesday, May 15 Trustee Meeting, 8:30-

Line Dancing, 9-10:30

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

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

Geri Fit Classic, 4-5

See 'Geri Fit Classic' above.

Thursday, May 16

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

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.

Birds of the White Mountains, 6:30-7:30 p.m.

See description in 'Notes from the Gilford Library' above.

Gilford Public Library Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens

- 2. "The 18th Abduction" by James Patterson and MaxinePaetro
- 3. "Redemption" by David Baldacci
- 4. "The Silent Patient" by Alex Michaelides 5. "The 13-Minute Murder" by James Patterson
- 6. "The Miracle at St. Andrews" by James Patterson
- 7. "The Cornwalls Are Gone" by James Patterson
- 8. "Becoming" by Michelle Obama
- 9. "Wolf Pack" by C.J. Box
- stamina, and balance, 10. "The Den" by Abi Maxwell

dessert, we'll be having BY HERB GREENE baked crescent churros! Gilford Parks and Recreation Coffee, tea and "Faux **Adult Spring Hiking** Margaritas" will also **Program Continues** be provide. Cost for the

on Tuesday Mornings The Gilford Parks and Recreation Department is sponsoring a series

of spring hikes for any adults looking for fresh air, fun and exercise. The hikes will be held on Tuesday mornings throughout the spring. Participants will gather at 9:00 a.m. in the Gilford Town Hall before departing for the hike. There is no cost for this program, but all interested participants are asked to RSVP at least one day in advance to each trip.

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

Senior Moment-um Taco Party on Monday, May 13

The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, May 13. We will meet in the Gilford Community Church's Fellowship Hall at noon as we serve up taco shells (hard and soft) with all the fixings - and for

lunch is \$4.00 per participant. Participants must RSVP by Thursday, May

To RSVP or for more information, please contact the Gilford Parks and Rec. Department at 527-4722.

Archery Lessons

The Gilford Parks and Recreation Department is sponsoring a fourweek session of Archery instruction, to be led by certified archery Art of Archery. This program will be held on Tuesday afternoon/evenings from July 9 - July 30 at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4:00-5:00 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages 7 years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department website at www.gilfordrec.com<http://www. gilfordrec.com>. Cost: \$70 per person,

and includes all necessary equipment.

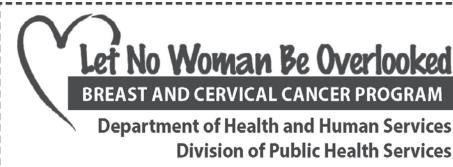
For more information, please contact the Parks and Recreation Department at 527-4722.

Challenger British Soccer Camp

The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 15 - July 19 at the Gilford Village Field. This camp offers a 3-hour program for children ages 6-14 and a 1 ½-hour program for children ages three to five. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www.challengersports.com.

Cost: \$132 for ages 6-12 and \$97 for ages 3-5

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



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USPS 024967

The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.









603-271-4886



OPINION

Big changes

Local business advertising has taken an amazing number of twists and turns in the past 20 years. Technology we could not have foreseen or even dreamed of in the 1990s has caused majors changes in nearly every aspect of our daily lives, including how and where businesses choose to advertise.

In 1999, the "go-to" print advertising choices were obvious and simple: the daily newspaper and the phone book. Placing an ad in the local weekly community newspaper was a sort of enhancement to both of those. It was important, but not the focus. It was "extra."

By 2009, Facebook, which was then a relatively new and rapidly growing social media site, gained popularity as a place to advertise. The Yellow Pages - both print and the new online version – remained a strong presence. Local, weekly newspapers remained relevant, but still as an "add on" to most advertisers. Daily newspapers had already fallen out favor.

In 2019, some of what is old is new again, some of what was once popular is obsolete, and trust issues have clouded the former favorite. When was the last time anyone picked up a phone book? And daily newspapers have had issues with readership for years. Facebook has experienced serious identity-theft and security breaches, and is no longer the trusted platform it was five years ago. What is the new front-runner for local business advertising? You're reading it. Local, weekly hometown newspapers have survived the many, many changes in print and digital media and are emerging as the preferred advertising method.

Sometimes, in looking for the best version of something, it makes sense to look at what has lasted. Web sites come and go; blogs are followed and then forgotten; apps are replaced by better apps; social media sites are subject to suspicion. So, what remains? Community newspapers.

Our long-established local paper, in keeping with the 21st century, exists not only in print versions, but also on our Web site. Our advertisers know and trust us. We provide a consistently hometown-focused weekly newspaper with the emphasis on local news, local sports, local businesses and local residents.

Our newspaper reflects the vibrant, thriving communities we serve. Our ad-cietal barometer, but through town, taking Main Street bridge, by vertisers are part of those communities. there are three things all of our young people kids who'd plunged We work hard for you and for them, to earn your trust and your loyalty, by providing a quality product printed right in our own printing plant, and always accessible online. We are constantly learning how to be better and how to roll with the big changes in media. We will continue to embrace change without giving up quality and hard work. Our readers and advertisers deserve nothing less.



Festival of Dance celebrating 20 years

Please join the students of Edgewater Academy of Dance on Saturday, May 18 for our year end recital at the Gilford High School auditorium at 1 and 6 p.m. You are sure to enjoy our talented performers from all over the Lakes Region celebrating 20 years of Edgewater. Both two and a half hour performances will feature dancers of all ages performing ballet, pointe, jazz, tap, modern, theatre, acro and hip-hop dance. Two lucky ticket holders will win either two tickets to any show at Meadowbrook or a beautifully handcrafted crystal creation by Hermann Defregger. Must be present to win. Tickets are available at the door or prior to the shows by calling Edgewater Academy of Dance at 293-0366.

NORTH COUNTRY NOTEBOOK

As Mother's Day nears, where did all the kids go?



By John Harrigan **COLUMNIST**

Not necessarily that it's all that big a so-I don't see many kids doing much anymore: playing pickup ball (usually baseball or soccer), riding bikes around town, or going fishing.

In fact, I don't see kids outside much at all, anywhere, unless they're playing organized sports or helping their Mom and Dad work up the woodpile.

It's as is something has sucked all our young people right out of the neighborhoods---off the sidewalks, off the lawns front and back, off your porch and mine, off the main bridge carrying the main river through town.

with him.

But this time, the Piper didn't offer just smooth talk and lies. Instead, the lure and the allure was a handheld black box that one youngster told me, "Does stuff."

There is a little alder-lined, mud-banked brook that winds its way into town from higher country to the east. Fishing there is reserved for kids 12 and younger, and it has been so posted--meaning that signs are tacked up---for as long as I can remember.

Not long ago, maybe a generation or so, It's as if the Pied I used to see bicycles Piper has come back left near the bridge on through time, back Hughes Road, or at the into swamp and water, rods and worms in hand, to go fishing. "No better place for a boy than a brook," Bert Bryant used to say to my Mom, who already believed it anyway.

She would me up to the Hughes Road bridge right after school. My worms were all dug and housed in a flat tobacco can, and I was ready to go---telescoping rod (the very best for fishing in thick places), my grandfather's old wicker creel and all.

"Off you go, sweetie," she'd say as she turned the Jeep around and headed back. "Be home in time for sup-

This is the season of cowslips, coming right up, right now. Walk the whole state at a fairly brisk pace and you can see cowslips and hear peepers, all the way from the seacoast to southern Quebec.

SEE **NOTEBOOK** PAGE A10

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

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Our fax number is 279 3331. E-mail us at brendan@salmonpress.news. We're looking forward to hearing from you!



MARK ON THE MARKETS



BY MARK PATTERSON

Oftentimes, I have mentioned that I do not care for bond funds, and would much prefer to ladder a bond portfolio to the client's needs and wants. Bond funds are perpetual, which means they really have no maturity date. The problem with not having a maturity date is that you are at interest rate risk that you as the fund participant can't control. If you owned individual bonds, bills, notes, agency paper, zero coupons or even CD's then you have the ability to sell the bond for profit or loss, or hold to maturity or if called by a provision in the bond that makes it callable. You do not defer the decision regarding tax consequenc-

Bond Basics

es to the fund manager. He or she doesn't know your particular situation and really does not care.

So, if you are going to manage a fixed income portfolio or have an asset manager handle it, then you should know something about bonds. Corporate bonds are typically a good blend of yield and reasonable safety. Beware that there are junk bonds in almost all classes of bonds, but typically found in corporate issuance or municipal.

A typical bond offering may look like this: Bristol-Meyers Squibb Co bond 3.250 11/1/2023 A2 A+ 101.434- 101.733 3.011

This offering is pretty straight forward, not callable, just a typical corporate bond. The first section simply tells us who is offering the bond and what the coupon or yield is. Then it shows the date of maturity followed by two rating agencies grading. These are good quality bonds. Then the

bid price for the bond followed by the ask price. Then the yield to maturity. You would notice that the yield to maturity is not as high as the coupon. The reason is that we would pay a premium for this bond which lowers the yield that we receive. Par is considered 100, and if we were buying a lesser quality bond we may get a discount like 960 that would increase yield to maturity.

When I refer to laddering, I am simply structuring the portfolio so that we have maturities that are spread across a time horizon designed for your needs. Bond prices will fluctuate with changes in interest rates or risks, but if you hold your bond or bonds until maturity you should get exactly what we bargained for in the beginning. Sometimes you may get the opportunity to sell early for capital appreciation or loss but the point is that it is a choice you maintain,

not a fund managers. You are also not at as much interest rate risk because you simply can reinvest the maturing bonds at the current higher or lower

So, if you have bond funds, I encourage you to manage or have an asset manager design and manage your own personal portfolio that just for you and your special situation. Many people are suspicious of bonds because of potentially rising rates. A well-constructed bond ladder can mitigate some of this interest rate risk by having the bonds mature at specific intervals, thus allowing the portfolio manager to reinvest at current rates. This is referred to as "immunizing" the portfolio against rising interest rates.

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

Daniels Electric a presenting sponsor for WOW Sweepstakes Ball

LACONIA — Daniels Electric Corporation is the presenting sponsor for the 2019 WOW Sweepstakes Ball, which will be held at Gunstock Mountain Resort on Saturday. May 18.

"We are really excited about the WOW Trail project," said Daniels Corporation's Tom Milligan. "The opportunity to support the trail and help throw a party with a sweepstakes jackpot at the end of the night is something that we couldn't pass up. We're looking forward to another great event."

"We're thrilled to partner with Daniels Electric Corporation again this year," added WOW Trail



RE/MAX Bayside welcomes new associate

MEREDITH — Kelly and Rob Wichland, Owners of RE/MAX Bayside, are pleased to announce that Larissa Bones is the newest member of this growing energetic sales team.

Born and raised in New England, Bones states, "I have an affinity for the great outdoors and a passion for all that the Lakes Region has to offer. My enthusiasm for this beautiful area, along with my expertise in customer service helps me to connect with clients and provide them with the best service possible. As a Realtor, my first priority is to ensure that my clients have a successful and positive experience. I will do the work so lax and prepare to just move!"

Chris Kelly, Co-Owner of RE/MAX Bayside, states, "It is our privilege to welcome Larissa to our company. She has the motivation, drive and



COURTESY PHOTO (Left) Larissa Bones

natural ability to become a leader in this industry."

Bones can reached at 413-557-8371, at Larissabonesrealtor@gmail.com or simply stop by our Laconia office at 604 Main St. in Laconia. She is just a phone call away and looks forward to assisting you with all your real estate needs.

WOW Trail Board Member Jennifer Beetle thanks the **Daniels Electric Corporation** for their \$5,000 Presenting Sponsorship of WOW Sweepstakes Ball. Representing DEC are (left) Jim McDonald, Keith Gandini, Arthur Kimball, Richard Milligan, Thomas Milligan, Steve Berthiaume & Ryan McGarghan. Tickets for WOW Ball are \$100 (admits two) and can be purchased at Patrick's Pub & Eatery or online at www.banknhpavilion.com.

Board President Allan Beetle. "The Milligans are a generous, community-minded family who have created a very successful New Hampshire based business. We couldn't be more excited to once again welcome them as presenting sponsors of this event."

The WOW Sweepstakes Ball is a key annual fundraiser for the WOW Trail and has helped raise nearly \$500,000 for construction and maintenance of the WOW Trail. This year's attendees will enjoy dinner, dancing, a silent and live auction with auctioneer extraordinaire Jesse Thompson, and the chance to win one of 10 cash prizes, including a \$10,000 grand prize.

Each \$100 ticket includes admission for two and one sweepstakes entry. Tickets are on sale now and available for purchase at Patrick's Pub & Eatery or online at www.banknhpavilion. com. Ticketholders do not need to be present to win. For more information, please call 630-4468 or email info@wowtrail.

Currently 4.25 miles in length, the WOW Trail and Belmont's Winnisquam Scenic Trail are a part of a growing regional rail trail effort in the Lakes Region that will one day connect Meredith, Weirs Beach, Downtown Laconia, Belmont, Tilton and Franklin to New Hampshire's Northern Rail Trail.

Danielle Dean a candidate for graduation from Emporia State University

candidates for May graduation at Emporia State University.

Danielle Dean of Gilford will graduate with a Master of Science degree in Health. Physical Education, & Recreation.

The ceremony will be 6 p.m. Friday, May 10, at White Auditorium, 111 E. Sixth Ave., in Empo-

For those unable to attend, the ceremony

for the live stream as well as other information can be found online at www.emporia.edu/ commencement.

About Emporia State University

Emporia State University offers over 200 academic programs in the School of Business, College of Liberal Arts and Sciences, School of Library and Information Management and

years, ESU is the only public university in Kansas to have earned national recognition as a College of Distinction, an honor for universities that demonstrate innovative application of high-impact education. In addition, U.S. News and World Report data shows ESU students have the lowest student debt of all Kansas public universities. U.S. News also cited ESU's School

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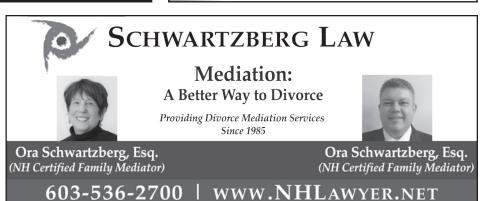
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Walton Earl Thompson, 96

Walton "Gup" Earl Thompson, 96, died on the evening of Wednesday, April 24, 2019 at the New Hampshire Veteran's home in Tilton, following a brief illness.

Walton was born in Winchester on Sept. 29, 1922, to Marguerite and Alexander Thompson. He attended Winchester's Thayer High School where he met Betty Stone, who behis lifelong came sweetheart.

August 1943, Walt enlisted in the United States Marine Corps Reserve, training to fly the Douglas SBD Dauntless dive bomber. A few months later, Betty travelled cross-country by train to meet Walt in California and the young couple married at a seaside church in Laguna Beach before Walt returned to active duty. His squadron, Marine Scout Bomber Squadron 341, was based on Bougainville Island in the South Pacific and Walt ultimately flew more than 60 missions over the Solomon Islands. His war citations included the Distinguished Flying Cross and Air Medal, with two gold stars for "heroism and extraordinary and meritorious achievements in aerial flights during operations against the enemy in the South-West Pacific Area."

After the war, Walton returned to Winchester and for many years he and Betty ran the Sheomet Farm, a dairy farm with sixty registered Jersey cows and a 2,000 bucket maple syrup operation. In 1958, seeking a respite from the farm life, Walton and Bettv moved with their two young sons, Brad and Brian, to beautiful Lake Winnipesaukee and bought the Bright Horizons cabin complex on Dockham Shore Road. The spot, where the family had earlier vacationed, was renamed the Thompson Cottages and Walt and Betty



ran the cabin complex for close to 15 years.

Walton loved the outdoors, and was an avid hunter and fisherman. Ice-out on Winnipesaukee was always met with anticipation so he could launch the boat and get on the lake to troll for salmon. With his sons and a few friends he built a cozy hunting camp in Clarksville in the early 1970s. The camp was the site of countless hunting trips with close buddies from the Gilford area and Gup loved the early-morning deer hunts, the evening poker games, and "running rabs" with the series of beagles he kept over the years, including one Snoopy and several Winnies. Gup's affection for Coös County, and beagles, was passed on to certain of his children and grandchildren.

As a devoted gardener, Walton often had beans, peas, and tomatoes to share from his bounteous beds at the home he and Betty shared in later years, their second on Dockham Shore. He kept a meticulous yard, tending flower beds and berry bushes. He brought his grandchildren ice fishing across the street on the frozen lake and for excursions in the nearby fields and woods, where he taught them to tread silently, listening for deer, rabbits and other wildlife. He always had an Oreo or two ready for young visitors and liked to relax with a ritual "snap" and Busch beer in the early afternoon.

Walt spent the last four years of his life at the New Hampshire



Veterans Home, where he received attentive care and enjoyed regular outings as well as ample meals, as he frequently told visitors.

He was predeceased by his wife, Betty, who died in 2011, to whom he was a loving and devoted husband, as well as by his older sister, Evelyn. A younger sister, Caroline, died in childhood. He was also predeceased by a dear great-grandson, John Bradley Thompson, who died in 2014.

He is survived by his two sons and daughters-in-law, Brian and Diane Thompson of Deerfield and Brad and Daryl Thompson of Gilford and Stewartstown. Also mourning Gup are Cassie Thompson and Todd Flemings and great-granddaugh-Claire Flemings Hampton; Berin Thompson of Deerfield; Kalee Thompson and Dan Koeppel and great-grandsons Otto and Laszlo Koeppel of Sandwich; Becky and Pete Doherty of Gilford; Jesse and Alison Thompson and great-granddaughters Clara and Elizabeth Thompson of Gilford; and Abby and Jason Fopiano and great-granddaughter Roslyn Fopiano, also of Gilford.

There will be no calling hours.

A Graveside Service will be held on Sunday, May 19, 2019 at noon at the Raymond

C. Wixon Memorial Garden, 19 Potter Hill Rd., Gilford, NH 03249.

In lieu of flowers, the family suggests that donations in Gup's memory be made to the Belknap County Sportsmen's Association, P.O. Box 214, Laconia, NH 03247.

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.

Pauline Anita Baker, 91

STURBRIDGE, Mass. — Pauline "Polly" Anita (Sinclair) Baker, 91, passed away on Saturday, April 27, 2019, at the Quaboag Rehabilitation & Skilled Care Center in West Brookfield,

Polly was born April 9, 1928 in Laconia, the daughter of Ernest H. and Mildred (Johnston) Sinclair.

Polly grew up in the Lakes Region in Laconia, and graduated from Laconia High School in 1946. Afterwards she attended the Plymouth State Teachers College, where she majored in Education and obtained her Bachelor's in Education Degree in 1953. She also attended Boston University and Rivier College for her graduate studies. Polly received her graduate Master of Education Majoring in Education from Rivier College, Nashua, on June 3, 1962

Interested in dance, Polly began studying Dance at the age of 15. During her second, third and fourth vear of college, she danced solo with the Plymouth A Cappella Choir. After



dance stints in most of the musicals at the Lakes Region Playhouse in the '50's, which was New Hampshire's foremost Summer Theater; as well she designed and sewed costumes for the star performers. She later taught dance and performed in the First Company of the Boston Ballet.

In 1965, a TV Series was created titled "Our New Hampshire" that featured Polly as the Host, and was broadcasted into 4th grade classrooms on WENH -TV Channel 11 for many years. Polly toured the State of New Hampshire, presenting reenacted events in history and talking with the Governor and many

other people of interest in the state.

Polly also taught 4th Grade History in Salem and Nashua, Bath, Maine and Southbridge, Mass., and eventually transitioned to Special Education, specializing in learning disabilities associated with Dyslex-

On April 24, 1960, Polly married Floyd Maurice Baker, who was the Nashua YMCA Youth Director. Although the marriage did not last, Polly had many great memories of traveling to Europe and Africa as a youth chaperone for the YMCA alongside Floyd. Her fondest trip was to Ireland, the home of her favorite musical "Brigadoon." Polly had performed in Brigadoon when it was featured at the Lakes Region Playhouse, and as a tribute, she hand carried a clover seedling back from her Ireland trip. That seedling became a massive clover plant that was in full bloom with beautiful white flowers a half century later and lay at her bedside at her time of passing

Polly is survived by her niece, Elizabeth Ann "Beth" Cheney of Concord and significant other, Dr. Gary E. Guzy of Contoocook, and her surrogate son, Paul E. Alger of Sturbridge, Mass. and many dear friends.

Polly was predeceased by her Mother, Mildred J Sinclair, who died 1996; her sister, Elaine S. Cheney, who died in 2003; her brother in law, Atty. Thomas P. Cheney, who died in 1970, and their daughter (her niece) Mary Ellen (Cheney) Peller, who died in 1997.

Family and friends are welcome to attend a Graveside Service which will be held on Saturday, May 11, 2019 at 11:30 a.m. at Union Cemetery, Academy Street, Laconia.

A private Celebration of Life will follow.

Wilkinson-Beane-Simoneau-Paquette Funeral Home, 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.

International Film Series continues with "A Better Life"

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "A Better Life," as the May selection for the International Film Series. The film will be shown on Monday, May 6 at 6:15 p.m.

Carlos Galindo and Luis, his son, are undocumented immigrants from Mexico. Carlos works as a gardener in Los Angeles. Luis is in high school. Luis' girlfriend is affiliated with gang members who pressure Luis to join them.

Carlos has many pressures besides keeping his son away from the police. He has a chance to buy a used truck from a fellow worker. His sister, Anita, lends \$12,000 from her family emergency fund for Carlos to buy the truck. However, it is stoCarlos hired to work ries shelf at the library with him. After looking for leads on where Santiago may be, Carlos and Luis begin their hunt for him. Life is deeply stressful for Carlos and Luis with disaster seemingly imminent.

This is another in the International Film Series shown monthly from September through June at the Laconia Public Library. Check the International Film Se-

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for this and other films 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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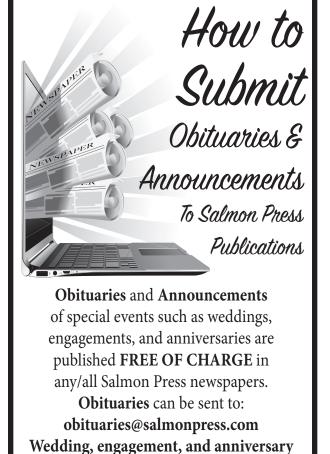
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Closed Memorial Day Weekend



announcements are welcome at:

weddings@salmonpress.com

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.

Humane Society welcomes new development director

LACONIA — The NH Humane Society is pleased to welcome Brooke Pearsall to the organization as development director. Pearsall joins the NH Humane Society with extensive experience in non-profit leadership and fundraising and strong connections within the region.

"We are thrilled to announce the addition of Brooke Pearsall to our team," said Tony Matos, president of the NH Humane Society Board of Directors. "We are confident that Brooke's background and passion for the well-being of animals will align seamlessly with the needs and vision of our organization and look forward to introducing her to our community."

Pearsall brings nearly two decades of experience in advancement and development to the position. Prior to joining the NH Humane So-

ciety, she served as the advancement director at Sant Bani School in Sanbornton for more than 11 years, as the annual giving director at New Hampton School in New Hampton, and as the membership manager at the Lakes Region Conservation Trust in Meredith. In those roles, Pearsall worked in a number of disciplines including fundraising, budgeting and event planning. She was also the special projects consultant to the president at Jubitz Corporation based in Portland, OR. Pearsall earned her Bachelor of Arts in Sociology and Human Relations from Connecticut College and her MBA from the University of New Hampshire's Whittemore School of Business and Economics.

To learn more about Pearsall and the NH Humane Society in Laconia, please visit nhhumane. org.



COURTESY BUOTS

Brooke Pearsall

About the NH Humane Society

Founded in 1900, the NH Humane Society (NHHS) is dedicated to finding responsible and caring forever homes and providing shelter for lost, abandoned and unwanted animals. The organization advocates for animals and speaks for those who cannot

speak for themselves. The NHHS implements educational programs and provides services to promote responsible pet ownership and the human-animal bond. And finally, the NHHS works tirelessly to prevent cruelty to animals. Located in Laconia, the NHHS has the fourth highest adoption rate in New England.



town Laconia, Saturday evening, May 11, at 7 p.m.

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!





NH Humane Society

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Financial Gifts Can Brighten Anyone's Mother's Day

Mother's Day is fast approaching. This special holiday reminds us of the joy we receive from the powerful bond between mother and child. To help mark the occasion, you may want to consider making certain financial gifts, including the

following: For your mother:

IRA contribution – If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it – so you may want to help. You can't contribute directly to your mother's IRA, but you can write her a check for that

purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)

Insurance premium – If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year? Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

Introduction to a financial professional – If your mother doesn't already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help your mother move toward her retirement goals – and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

For your children:

529 plan contribution – If your children are still of school age, you may want to contribute to a college savings vehicle. One popular choice is a 529 savings plan. When you invest in this plan, your earnings can grow taxfree, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as well as an additional 10% penalty.)

As the 529 plan owner, you have flexibility in using the money. For example, if you've designated one of your children as the 529 plan's beneficiary, and that child decides not to pursue any higher education, you can switch the

beneficiary designation to another child or to yourself. You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state's plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor. Shares of stocks - Giving stock shares to children is a good way to help them learn some of the basics of investing. You can track the progress of their stocks with them, and even do some research together about why prices may be going up or down. By getting children involved early,

you may help instill a lifelong interest in investing. Charitable gifts – Many children are now concerned about various social issues. You can help encourage this involvement – and possibly an appreciation of the value of philanthropy – by making a gift to a charitable group whose work aligns with your child's interests.

We don't need to exchange presents on Mother's Day to show our appreciation for one another, but certain financial gifts can help provide needed support – and even some valuable life lessons – for your loved ones

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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I walks of life

Mother's Day a celebration of women who devote so much of their effort and energy to their families. Celebrating Mom on Mother's Day lets her know all of her efforts haven't gone unnoticed.

Mothers may perform similar tasks, but no two moms are the same. Finding ways to celebrate Mom's uniqueness can make the day that much more meaningful and memorable.

The Crafter Mothers who are avid crafters may enjoy themed crafting can make for a is served.

is fun afternoon and produce memen- A tos that Mom will from the U.S. Bucherish for years reau to come. Dads and kids can plan the that women read project in advance without Mom's knowledge, ranging all of the materials ahead of time and setting up the crafting cused on Mom's station the night love of books an before or while Mom is relaxing on Mother's Day morning. Kids can even get a head start on the day by making their own them craft for Mom and giving it to her as a Mother's Day present. Dads can keep the craft theme favorite going at dinner that she might not and get a laugh find elsewhere. Moth- out of Mom by er's Day. A family pouring her a craft project beer when dinner

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The Reader 2017 survey of Labor Statistics found more than men. Women read an average of 19.8 minutes per day, which can make a Mother's Day foideal and unique to spend way the day. Kids can write Mom their own books, and Dad can help put together. Dads can visit rare bookstores and look for original copies of Mom's books

Lover er outdoor activities might have a hobbies, but studreally the case. A 2016 report from the Outdoor Foundation found that Mother's Day cel-46 percent of people who participated in outdoor activities were

The Nature

women. If Mom is a nature enthusiast, families can plan a Mother's Day enjoying the outdoors, great even giving Mom a new fishing pole, hiking gear or other items that align with her favorite nature activity.

> The Relaxation **Specialist**

Of course, some mothers may want to simply unwind with a relaxing morning at the spa on Mother's Day. In fact, the 2018 U.S. Spa Industry Study found that the spa industry has enjoyed sevconsecutive vears of consistent growth, with more than 187 billion spa visits Fishing and oth- in 2017 alone. A relaxing morning at the spa can be reputation as pre- the perfect way dominantly male for moms to begin Mother's Day ies show that's not before they enjoy a brunch of dinner out with their families.

> ebrations can be as unique as the women being celebrated.

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THE GILFORD STEAMER A9 THURSDAY, MAY 9, 2019

Celebrating



pack on the pressure.

raising children with the ego boost. many reasons why carefor socialization.

caregivers may be, they are care-related. Women whelming. should get out regularly so they can focus on friends can make it a bit themselves and enjoy their relationships with the responsibilities of befriends.

Have a reason to get both.

Caring for children re- dolled up. When other quires dedication and responsibilities take pripatience. Even though ority, putting on makeup infants and toddlers may or wearing nice clothexact the most attention ing can take a back seat. from mom, each stage of Girls' night out provides childhood presents new a reason to wear fancy challenges. Motherhood is clothes, do your hair and a task that demands much don a little mascara. Girlfrom women, and those friends tend to notice demands can certainly these beautifying changes and offer compliments Couple the pressure of — which can be a nice

growing trend of women • Girls' night out is a free serving as primary care- therapy session. It won't givers to aging parents, take the place of counseland it's no surprise many ing provided by a licensed women feel as though therapist, but a girls' night they need a respite. That's out offers a chance to get what makes nights out things off your chest and with friends so essential. seek advice from friends Here are just some of the who may be in similar situations.

givers need to make time • You can indulge a little and laugh along the • Caregiving can be alien- way. Loosening up with ating. No matter how a glass of wine can help well-meaning moms and the conversation flow. Nights out with friends may grow to resent the also will probably lead to work involved because a few laughs, which can the only interactions they certainly be helpful when may have on a daily basis life seems a tad over-

> Regular nights out with easier for moms to juggle ing a mom, a caregiver or

Surprise Mom with a special dessert in her honor

Mothers selflessly devote them- of nonstick parchment paper selves to their children from infancy into adulthood. A mother's love never wanes, and she's always ready and willing to step in and put her children first.

Mother's Day is a great chance for men, women and children to honor the special women in their lives. Delicious homemade treats can show mothers just how much they're appreciated and adored. Try this tasty recipe for "Cold Mango Soufflés Topped with Toasted Coconut" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli.

Cold Mango Soufflés Topped With Toasted Coconut (Makes 4)

small mangoes, peeled,

tablespoons water tablespoon powdered

1/2 cup superfine sugar

1/2 cup milk

11/4 cups heavy cream

pitted and chopped

gelatine

egg yolks

Grated rind of one or-

Toasted flaked or coarse-

Place a few pieces of mango in the base of each of four 2/3-cup ramekins. Wrap a creased collar

around the outside of each dish, extending well above the rim. Secure with adhesive tape, then tie tightly with string.

Pour the water into a small heatproof bowl and sprinkle the gelatine over the surface. Leave for 5 minutes or until spongy. Place the bowl in a pan of hot water, stirring occasionally, until the gelatine has dissolved.

Meanwhile, whisk the egg yolks with the superfine sugar and milk in another heatproof bowl. Place the bowl over a pan of simmering water and continue to whisk until the mixture is thick and frothy. Remove from the heat and continue whisking until the mixture cools. Whisk in the liquid gelatine.

Puree the remaining mango pieces in a food processor or blender, then fold the puree into the egg yolk mixture with the orange rind. Set the mixture aside until starting to thicken.

Whip the heavy cream to soft peaks. Reserve 4 tablespoons and fold the rest into the mango mixture. Spoon into the ramekins until the mixture is 1 inch above the rim of each dish. Chill for 3 to 4 hours, or until set.

Carefully remove the paper colly shredded coconut, to decorate lars from the soufflés. Spoon a little of the reserved cream on top of each soufflé and decorate with some toasted flaked or coarsely shredded coconut.



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Acclaimed a Capella group to perform benefit concert

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



COURTES)

Five O'Clock Shadow (focs.com), the Boston based award-winning vocal group, will perform their distinctive a Capella style to benefit the Lakes Region Visiting Nurse Association (Irvna.org) on Saturday, May 25 at the Inter-Lakes High School, 1 Laker lane in Meredith

Field of Flags planned to honor veterans' sacrifice

LACONIA — The Laconia Veterans of Foreign Wars (VFW), American Legion Post 1 (Legion) and Greater Laconia Ministerial Association (GLMA) are jointly sponsoring a Field of Flags. The Field, located on the lawns of the Congregational Church and around the flag pole in Veterans Square, will be on display from May 25 through May 27, in time for Laconia's Memorial Day Parade.

A total of 3,936 flags will be placed by volunteers on Saturday, May 25. The count for these 12"x18" flags was provided by the VFW, primarily derived from tallying names listed on Veterans Memorials in downtown Laconia. This includes people from Belknap County who fought in the Spanish American War, WWI, WWII, Korea and Vietnam.

There will be a Flag Dedication Ceremony at the Field on Sunday, May 26 at 2 p.m. The Parade will start at 10 a.m. on Monday, May 27. Before the Memorial Day Ceremony at Veterans Park, there will be a brief reflection, prayer and time of silence at the Field of Flags.

All flags will be removed Tuesday, May



28 and placed in storage for use again at future events.

To assist in commemorating those who have served since the Korean War, individuals or famiflags. People wanting to honor or remember someone who has served or is serving in the military, are asked to make a donation of any amount in his or her name. That person's name will be included on a list posted at the Field, and published in local media prior to the Parade on Monday. Deadline is Friday, May 17 to submit names in time to be included on Field display and published lists.

Local businesses and community groups are also invited to contribute to the funding of this project. Any organizations making a donation over \$150 will be noted as a supporting sponsor in local media as well, if they wish.

Once flag expenses

are met, remaining proceeds from donations will be divided between the Laconia VFW and American Legion. Donations may be sent to Congregational Church of Laconia UCC at 18 Veterans Square, Laconia, NH 03246. Please note on memo line "Field of Flags" and clearly print the name of the person to be listed. Questions about donations or other aspects of this event may be directed to Rev. Paula Gile, 524-0668 or paula@ laconiauccc.org.

joyed at 7 p.m., and the concert begins at 7:45 p.m. Tickets are available at WWW.TBINH. ORG, or at the Innisfree Bookshop in Meredith, Bayswater Books in Center Harbor and Greenlaws Music and Audio in Laconia.

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

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

Temple B'nai Isra-

el is proud to partner with The Lakes Region Visiting Nurse Association for the 11th We Care Benefit concert. LRVNA has been serving the Lakes Region area since 1923 offering a full range of home care and hospice services as well as rehabilitation services, personal care services and wellness and community programs which are designed to promote the health, safety, and mental well-being for their clients through numerous clinics and support groups. Each year the LRVNA provides approximately 10,000 annual visits to residents in the comfort of their home. Service areas include Alton, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Sandwich, Tuftonboro, Wolfeboro. For more information, their Web site, www. lrvna.org.

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

lies are invited to participate in providing these flags. Poople wanting

LACONIA — Join us on Monday, May 13, from 11:30 a.m.–6 p.m. at the Laconia Country Club for the inaugural Lakes Region Futures Golf Scramble and BBQ Social.

Teams of four will compete in a golf scramble format tournament – which means an emphasis on fun without the pressure of players keeping individual scores. Each player hits a tee shot on each hole, but everyone plays from the spot of the best shot. You'll enjoy an afternoon out on the green while golfing, networking, food, and prizes. This is a fun, laid-back outing offering opportunities to connect, to showcase the

Lakes Region and celebrate its future leaders.

Tee off will be at noon followed by a BBQ social to connect current and future leaders of the Lakes Region. Teams must include one member under 40. The registration fee of \$360 per team or \$90 for individual players includes the BBQ and golf cart. Priz-

es will be awarded to the first, second and third place teams.

Presented by BelknapEDC and Fusion NH, the Lakes Region Young Professionals Network. For more information, please contact Fusion NH via email at FusionNH603@gmail.com or visit www.FusionNH. org/events.

NOTEBOOK

They used to say the same thing about strawberries: Start picking wild strawberries at (where else?) Strawbery Banke in late May. Then jog west a bit until you hit what was until recent times called the Daniel Webster Highway.

This is the old Route 3, and by walking slowly and steadily northward all the way up to the Canadian line, you can pick ripening strawberries

++++

every single day.

My mother had that

kind of stuff in her head, knew its importance, knew the meaning of being able to drop a kid off at the edge of a swamp with nary a worry but "Be home for supper," a mother who threw us out to play in the rain when other kids got shut in, knew what mattered and what did not.

(Continued from Page A4)

Mom's not here any more to spoil for Mother's Day, but the thought, I hope, still counts. If I did have a Mom, and if I couldn't visit, and we couldn't meet for lunch, and if I even forgot to send a card--well, I'd just call her up. Simple as

And we'd have the nicest long visit, and I'd get her to laughing, of course, as we remembered the sweetness of the times.

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





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NYC TRIP

(Continued from Page A1)

though after spending some time in the city that fear relaxed. Some highlights included finding some great boba tea and a hotel elevator that scanned their keycards.

Eastman said so many people were there.

One common experience were seeing the people in character costumes in Times Square.

All of the students who auditioned got parts and will return to New York this summer. There are some nerves going into this summer.

"I'm scared to death," DeCarli said. "There are a lot of people I don't know and that's what scares me the most."

Bell said she's more nervous about being in New York in general.

Those who have done this before said they did make friends with other students. Uicker said going down with friends means they aren't really alone. She has made friends in different years of the camp. Eastman said she started this afraid she wasn't going to make friends.

"Suddenly in a snap you just make a friend," Eastman said.

O'Connor said she still has an online group chat with the friends she has made in previous years.

"Making friends is kind of hard but also really easy," O'Connor said.

Wernig said she is nervous, but excited for this experience. This show in New York will be her third ever time being in a show.

"It's going to be scary making new friends, but I'd definitely like to make some new friends especially in New York so I can't wait to be inside the show," Laliberte said.

GYC

According to the GYC website they have had sports cars, dragsters, hot rods, funny cars, Indianapolis race cars, fire engines, tractors, and much more.

Admission is free for both car owners and visitors. Participants are required to pre-register for the event on the GYC website or call 524-6978.

Food will be available and concessions will be sold with all proceeds supporting the GYC.

Gilford Cruise Night is sponsored by

(Continued from Page A1)

Bank of New Hampshire.

Community The Indoor Yard Sale will take place on Saturday, May 25. Those wishing to sell their items can rent an eight foot rectangular table. One table is \$15, two tables is \$25, and three tables are \$40. Space is limited and participants are asked to preregister on the GYC website. All proceeds go to the GYC.

The yard sale will go from 8 a.m.-noon, and admission is free.

The GYC will be starting a new sports program this year for kids. The Little Olympics will be open for kids ages three to five. Kids will take part in activities like long jump, high jump, discus throw, relay races, javelin, hurdles, beach volleyball, and gymnastics. Each activity will be age appropriate and be done with kid safe equipment. Every kid will go home with their own Olympic medal.

The dates for Little Olympics will be announced and will run from 1:30-2:30 p.m. The whole session will cost \$45. Olympians are asked to come with sneakers, athletic wear, and water.

(Continued from Page A1)

Splish Splash camp for kids ages three to six will start on June 11. Kids can have some summer fun with a Slip-N-Slide, balloon games, sprinklers, pools, and much more.

There will be five sessions on Tuesdays and Thursdays starting on Tuesday, June 11 and running Thursday. through June 20. The fee is \$60 for the whole session or \$100 for two siblings. Registration is open on the GYC Web site and space is limit-

These are some of the programs and events scheduled at the GYC. To register for activities and for more information, visit www.gilfordyouthcenter.com.

HILLSIDE

Board Chair. Hillside Surgery Center is confident this leadership hand off will be seamless and that Dr. Hennig will continue to advocate Hillside's mission to provide "care with you in mind."

About Hillside Surgery Center

Hillside Surgery Center is a free-standing facility where surgeries that do not require a hospital inpatient admission are performed. They provide a safe, cost-effective, caring and convenient environment that is less stressful than a large hospital environment. Hillside Surgery Center is proud to be affiliated with LR-GHealthcare.

LRGHealthcare a not-for-profit healthcare charitable trust

representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRG-Healthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

(Continued from Page A1)

money to Cereal He-

roes and help the San-

ta Fund among other

ford of Laconia Middle

School wants to help

provide snacks to el-

ementary school kids

in need, talking to ele-

mentary schools about

in Franklin said she

wants to use the money

High School catego-

ry winner Mackenzie

Roys of Gilford High School said wants to

start a Kindness in the

Classroom project at

SEE **AWARDS** PAGE A12

Finalist Emma Da-

Compass

Academy

how to help out.

to help veterans.

vidson of

Classical

Finalist Luke Staf-

ideas.

AWARDS

conia plans to plant flowers along the WOW Trail.

Finalist Lydia Pickowicz of the Gilmanton School wants to donate to Live and Let Live Farm Rescue.

"I think it's really cool that people take animals in that would be killed," Pickowicz said.

Finalist Eila Petty of Southwick Elementary School in Franklin was unable to attend the check presentation but said she wanted to donate to the Franklin Animal Shelter.

Nathan Hobby of Laconia Middle School won in the Middle School category. He said he plans to donate the money to Cereal Heroes and do things like make Christmas and Thanksgiving baskets and give Christmas presents to the less fortunate.

Finalist Matt Beaupre of Laconia Middle School said he also wants to donate



Jasmine Morrisette of Inter-Lakes High School receives a check as a finalist for the spirit of Jope and Kindness Awards from Andrea Condodemetraky and Laura Brusseau.



Cassie Caron of Winnisquam Regional High School receives a prize check as a finalist from the Spirit of Hope and Kindness Awards from Andrea Condodemetraky and Laura Brusseau.





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On Thursday, May 23rd The Plymouth Record Enterprise, Winnisquam Echo, Meredith News, Gilfor d Steamer, and Newfound Landing will be saluting our troops with a special Memorial Day page.

Business Card Signature Blocks are \$25 each Double Business Card Blocks are \$50 each

Deadline is May 17th at 3pm. Please contact Tracy at 616-7103 or email tracy@salmonpress.news Or Beth at 279-4516 ext.110 or email beth@salmonpress.com



AWARDS

(Continued from Page A11)



The winners and finalists of the Spirit of Hope and Kindness Awards received their checks at a presentation in Laconia. From left to right: Back row: Lydia Pickowicz, Lydia Taylor, Cassie Caron, Nathan Hobby, Matt Beaupre, Luke Stafford, Connor Dunn, Jasmine Morrisette,

Mackenzie Roys, and Emma Davidson. Front Row: Harlow Jordan and Parker Ashton. in Meredith said she

GHS, saying she has talked to the guidance department about this. She also wants to give money to New Beginnings.

Finalist Jasmine Morrisette of ter-Lakes High School wants to donate to Cedarcrest Center for Children with Disabilities, where her brother received services.

"They just need a lot of funding," Morrisette said.

Funding will help with services for families, such as gas cards, playground,

Finalist Lydia Tuck-

er of Laconia High School said she wants to do a random acts of kindness project.

Finalist Cassie Caron of Winnisquam Regional High School in Tilton said she wants to use the money toward a community service project for New Beginnings at her school to bring in used items and money for things like gas cards.



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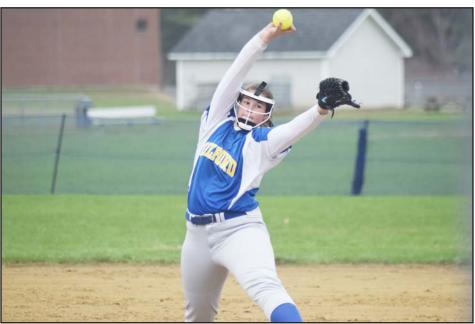


THURSDAY

MAY 9, 2019

SECTION

THE GILFORD STEAMER NewHampshireLakesAndMountains.com







had a double and a pair

of RBIs. Byars had two

runs and two steals in the

game. Sanborn had a hit

to go with two runs and a

team for strong defense,

highlighted by Sanborn's

outfield assist to throw

out a runner heading

for second and McNeil's

catch on a pop up over

record and next up for the

Golden Eagles is a match-

up against Laconia on the road on May 9 at 4 p.m.

Gilford now has a 2-4

her head at first base.

Forge commended the

steal.

Colby Butterfield had nine strikeouts in each game last week for Gilford.

Maggie McNeil high fives coach Joan Forge at third base.

Softball Golden Eagles bounce back to beat Pioneers

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD - The Gilford High School softball team has now won two of the last three games after starting off 0-3, which included last week's 3-1 loss to Berlin and 7-3 victory over Trinity.

On May 1, the Golden Eagles fell 3-1 to an always tough Berlin squad, in a game where Gilford had five hits by five different players. It was a 0-0 tie in the top of the fourth inning before Berlin scored on a sacrifice fly preceded by a Gilford error and a base hit. Gilford tied the game 1-1 in the sixth inning when Randi Byars doubled to lead off, advanced to third on a Karly Sanborn sacrifice bunt and then scored on an RBI single to left field by Lexi Boisvert. Berlin scored two runs in the top of the seventh inning to secure the win.

Colby Butterfield was in the circle for Gilford and took the loss in what was still an impressive performance. She pitched a complete game, allowed eight hits, walked three batters and struck out nine. Hits in the game were by Byars, Boisvert, Kim Daigneault, Maggie McNeil and Jaiden McKenna.

"Gilford and Berlin have been rivals for many years and this game was another exciting one," said coach Joan Forge. "It was Gilford's best defensive game of the season."

On May 2, Gilford won 7-3 with Butterfield picking up the win. Gilford went up 1-0 in the bottom of the first inning. Byars walked to lead off the game and then stole sec-



Kim Daigneault takes a cut

for Gilford in a win against Trinity last week.

ond, and then scored on a wild pitch.

Trinity went up 2-1 in the top of the second inning on a hit and a pair of Gilford errors. Trinity scored again in the top of the fifth inning on a fielder's choice that came after a single and a steal.

In the fifth inning, Gilford piled on four runs. Butterfield walked and Maura Hughes came in as a pinch runner. She stole second and then went to third on a wild pitch. Sanborn then laid down a nice bunt to rive Hughes. Boisvert reached base on a base hit and then scored on an Ella Harris double. Mc-Neil had a two-run double that scored Boisvert and Harris to go up 5-3.

The Golden Eagles had a pair of runs in the sixth inning to cap off come-from-behind win. Butterfield had nine strikeouts, five hits and no walks in her win.

Harris had two doubles and an RBI to lead of the offense. McNeil also

Gilford baseball snags pair of victories

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD - The Gilbest he has all year." ball team continued its strong play last week with a pair of 15-0 wins over Inter-Lakes on April 29 and Berlin on

May 1. Adrian Siravo was dominant in the win over Inter-Lakes, pitching five innings of no-hit baseball with 15 strikeouts. In his first start back to the mound since he left after an inning against Belmont before April vacation, Siravo only allowed one hit to the outfield on a line drive out to right field. He had two walks and a hit batter, while one other runner reached on a dropped third strike.

"He's feeling 100 percent and yes, was lights out," said coach Eric Duquette. "Both walks came early as he was feeling things out. Once in rhythm he looked the

ford High School base- Duquette said Siravo was hitting 88 to 90 mph consistently all game and is very happy that he was able to bounce back seamlessly. He was also a star at the plate going 2/5 with double and a homer over the 370 foot sign in centerfield with the wind blowing in. He had four RBIs and two runs scored in the game.

Back on the mound for the first time this season was Isaac Wallace, who had an inning of of scoreless baseball allowing one hit and striking out a batter. He also played first base and reached base on two walks.

"His velocity good," very Duquette. "His velocity was very good. Off speed pitches are not there yet because of the finger, but very encouraging."

Offensive leaders in-RBIs and a pair of doubles. T.J. Carmilia was 3/5 a double, a run and an RBI. Tim Stevens was 3/4 with a double, two runs and three RBIS.

"First game with a full roster and man, did it look different," said Duquette. "Very excited to see this team and what we can do moving forward with all 16 guys."

On May 1, Wallace threw four shutout innings in his first start back from his wrist injury. He allowed two hits, no walks and struck out four batters. Of his 46 pitches he threw 36 for strikes, displaying top notch command and efficiency.

The offense had 19 hits highlighted by Carmilia's 4/4 showing with

three doubles and five RBIs. Connor Sullivan cluded Cody Boucher was a last minute rewho was 2/5 with two placement in the lineup and it paid off with a 4/4 day with three RBIS. He was also perfect in one inning on the mound. Siravo's hot hitting continued with a 3/3 day including a double and

an RBI. "I was most pleased with our errorless baseball, and the fact that all 16 guys on the roster got into game and got an at bat, with Billy McKinney and Troy Gallagher picking up there first career varsity hits," said Duquette. "We are heading into a brutal schedule stretch with seven games in 10 days, and six of those are against teams in the top eight in the state, including defending champs White Mountains, and one loss teams Hopkinton, Bishop Brady and Laconia."





Gilford lax boys knock off Lakers and Giants

BY BOB MARTIN Bob@Salmonpress.news

GILFORD -The Gilford boys' lacrosse team started off slow but the team has turned things around with three straight wins, including two solid victories against Inter-Lakes/Moultonborough Academy

week. On April 29, the Golden Eagles took on IL/MA and won in a tight 10-8 game that was decided in the fourth period when Gilford scored two unanswered goals to take the win.

and Bishop Brady last

It was a 3-1 Laker lead in the first quarter and a 5-4 Laker lead at halftime. The two teams battled backand-forth and it was tied 8-8 in the third quarter.

"It was definitely an evenly matched game," said coach Mike Robbs.

Leading the scoring charge for the Golden Eagles were Colter DeHart and Jason Callahan with three goals apiece. Also scoring

was Cooper Blackey, Brandon Gallagher, Ian Sanville and Curtis Nelson. Nelson also had three assists in the win.

Colin McGreevy was in goal for the Golden Eagles and Robbs said he was once again impressive, knocking 22 Laker shots.

"He has been unbelievable for us this season," said Robbs.

Robbs admitted the team had its hands full with Laker first team All-Stater Liam Brown, but once they managed to slow him down, he said the team could play their game and were able to come away with the tough victory.

"Liam killed us but we pretty much doubled him and shut him down," said Robbs. "He was tough though. He got seven of the team's eight goals."

Nelson and Blake Descoteaux were excellent on loose ball controls with 13 and nine respectively.

Coach Dennis Chiasson was pleased with the way the defense played, saying the team switched between man and zone well. The Lakers were playing zone also, so it was fairly easy for the Golden Eagles to find ways to pick it apart.

Robbs gave credit where it was due, saying it was a great win against a great Laker

The next game was varsity goal.

a 19-5 lopsided win over Bishop Brady. DeHart had two goals, McGreevy had three goals, Max Bartlett had two goals, Callahan had four goals, Nelson had one goals, Gallagher had four goals, Sanville had one goal, Zoltan Stephan had one goal and Noah Presby had his first

Cooper Blackey was in net for this game and was impressive between the pipes. Stephan was a beast on face offs, winning five out of six.

Robbs was pleased with the overall play of the team and said it was nice to get to .500 and put together a winning streak.

"We're outside fi-

nally and we have three straight wins," said Robbs. "We are really moving the ball around well on offense now."

Gilford had games against Milford, Plymouth and Laconia after deadline. Next up is a home game against Kearsarge on May 9 at 4

Gilford lacrosse girls split a pair

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – At the halfway of the spring season, the Gilford field hockey team has a 3-4 record after playing five of its seven games on the road.

On April 29, the Golden Eagles beat Inter-Lakes 17-10, led by an 11-goal effort by Shelby Cole. Gilford had 12 assists in the game, with Rogacki saying the team's passing game has improved. Kolbi Plante had three goals and three assists in the win. Erin Hart had two goals and three assists, while Mollie McLean had three assists and a

The Golden Eagles had the first home game of the season and lost 11-10 to Bishop Brady, in what Rogacki called a "tale of two halves." He said the young Eagle squad

couldn't hold a halftime lead and fell in the tight battle.

"The offense was distributed among four players, which continues to be a growth sign for Gilford," said Rogacki.

Cole had four goals, McLean had two goals and Plante and Hart each had a goal.

The Golden Eagles point, with

then traveled to Plymouth in a similar scenario that had Gilford on the losing side of a 14-9 contest. Gilford was down by five to the Bobcats at halftime, but then Plymouth made a six-goal run to come away with the

Rogacki said the passing was a high Taryn

Fountain, Sophia Lehr and Hart having strong contributions on the defensive side. Plante led the way with five goals with Cole adding four goals in the loss.

Gilford faced Milford and Laconia after deadline. Next up for Gilford is an away game against St. Thomas Aquinas on May 13.

NHSOA seeking soccer officials

you like to earn extra fall. money and get some If you would like good exercise while participating, not just watching, the beautiful game of soccer? The New Hampshire Soccer Officials Association (NHSOA) is looking for people ages 18 and up to referee

REGION — Would high school soccer this

information, please contact Meyer through the NHSOA web site at www.nhsoa.net or go to www.nhiaa.org and click on links. Then click on become an of-

Smith River Canoe Race returns May 18

The 45th running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 18. It is a fourmile race that includes a quarter-mile of class two white water and two short portages. There are 19 classes, from novice to expert for both canoes and

starts race

Beach on Lake Wentworth and finishes at the town docks on Lake Winnipesaukee. There will be prizes for the first three finishers in each class. Registration is \$20 per paddler and there will be free t-shirts for the first 50 entrants. Entry forms are available in Wolfeboro at the Chamber of Commerce

WOLFEBORO — at 1:15 p.m. at Albee or by calling 569-5454.

Racers can also register the day of the race at Albee Beach between 10 a.m. and 12.45 p.m.

Proceeds from the race go to the Wolfeboro Lions Club and are used to support the club's scholarship fund. In conjunction with the race there will be a 50/50 raffle the day of the race.



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Stacey Burns Memorial Scholarship 5K is Saturday

WOLFEBORO The Stacey Burns Memorial Scholarship 5K Run/Walk will take place on Saturday, May 11, at 9 a.m. at the Carpenter School in Wolfeboro.

Same day registration will start at 8:30 a.m., with walkers taking off at 8:30 a.m. and runners following at 9 a.m. The course starts at the Carpenter School and makes its way up to

Crescent Lake School then returns to the Carpenter School. The awards ceremony will take place on the front lawn of the Carpenter School when the racers finish.

Burns was a mother of five who was killed on May 10, 2009 in her home in Wolfeboro. She had worked as a school nurse at Carpenter School and touched the lives of many people as she

was always willing to lend a hand. The scholarship award is given in her name to individuals pursuing a career in nursing who not only shows merit and need but also those that embody Burns' giving spirit and kind heart.

Register at Wolfeboro Parks and Recreation web site wolfeboronh.us/ parks-recreation.





Moritz Lietz won three of his four matches last week for Gilford High School.



Mikey Eisenmann serves a shot to Gable Busby of Inter-Lakes.

Busy week for Gilford tennis teams

BY BOB MARTIN

Bob@Salmonpress.news GILFORD – The Gilford High School girls' tennis team had a pair of wins in a doubleheader against Prospect Mountain last week, with the Golden Eagles improving to 5-1.

In the first match, five singles and one doubles pair competed with Gilford winning 5-1. Josey Curley beat Anna Francis 8-2; Olivia Comeau defeated Ava Misiaszek 8-2; Alyssa Craigie was victorious over Kurumi Sugawara 8-1; Madison Eastman beat Mary Gubitose 8-3 and the doubles combination of Curley and Craigie defeated Misiaszek and Sugawara 8-1.

The second match



was a 5-0 sweep for the Golden Eagles that was decided in singles matches. Reagan McIn-

tire beat Ava Blair 8-3; Curley won 8-1 over Francis: Comeau defeated Misiaszek 8-5;

BOB MARTIN (Left) Neal Miller returns a shot in a match last week against Inter-Lakes.

Craigie beat Sugawara 8-0 and Eastman won 8-0 over Gubitose.

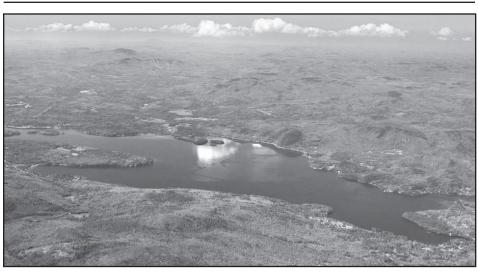
Gilford faced White Mountains and St. Thomas in a doubleheader, followed by Inter-Lakes and Moultonborough in the same day. Next is an away match against Profile at 4 p.m. today.

The boys' tennis team has had a tough start to the season, going 1-3 last week, which brings the team's record to 3-4. The Golden Eagles beat Littleton 6-3, but then lost to Inter-Lakes 6-3 and both

ends of a doubleheader with Prospect Mountain by scores of 5-1 and 7-2.

Mikey Eisenmann was solid for the Golden Eagles, going 3-1 and Moritz Lietz also won three of his four matches. Jack Christensen had his first varsity win against Littleton by a score of

This was a loaded week for the Golden Eagles, who after deadline faced White Mountains for a doubleheader, Moultonborough on Tuesday and Inter-Lakes on Wednesday. Next up is Profile today at 4 p.m.



The Newfound Lake watershed will be discussed at the next Trout Unlimited meeting.

Newfound watershed study to be discussed on May 21

PLYMOUTH — Ben Nugent, a biologist with New Hampshire Fish and Game Department, will present a project to study Newfound River watershed at the Pemigewasset Chapter of Trout Unlimited meeting. The study will evaluate stream-crossing structures at the watershed level, as well as going back to some of the locations that were electro fished in 2009. He hopes to create a working group consisting of the NH F&G, Pemi Chapter, NLRA and the Lakes Region Planning Commission and communities to address a non-profit organi-

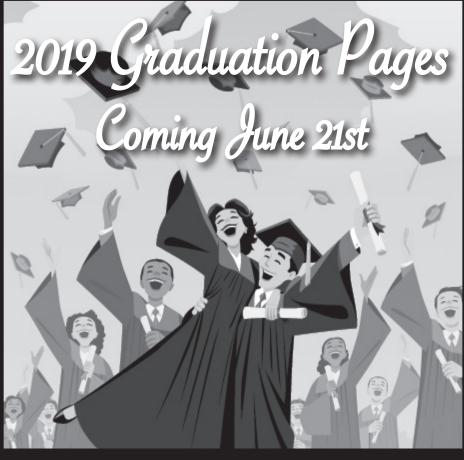
these priorities. The Pemigewasset Chapter of Trout Unlimited will meet on May 21, at 7 p.m. at the Common Man Inn in Plymouth. Come early

and meet Nugent and

fellow anglers. There

will be a raffle supporting sending a lucky boy or girl to the Barry Fishing Camp. Meetings are free and open to the public.

Trout Unlimited is zation with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit www.pemigewasset.tu.org and like the group on Facebook.



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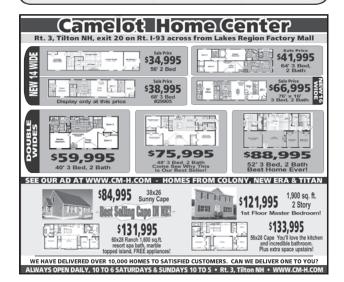


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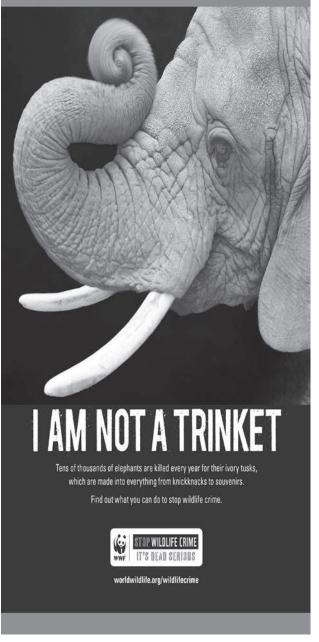
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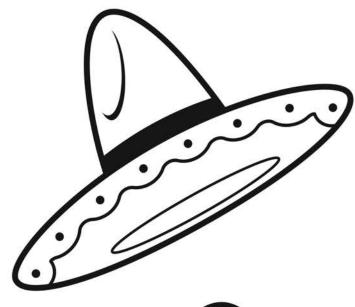


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an act of defeating an opponent in a battle or game



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Solve the code to discover words related to motorcycle safety. Each number corresponds to a letter. (Hint: 21 = e)

21 12 11 21 25 A.

Clue: Head gear

26 23 6 3 21 25 В.

Clue: Windbreaker

12 21 23 25 1 21 22

Clue: Clothing material

19 7 4 2 21 D.

Clue: Loud sounds

SUDOKU

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Level: Intermediate

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!

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:A3WSNA



Max Stephan ran the 400 meters for the Golden Eagles last week.



BOB MARTIN

The Gilford girls' track team has been on a roll this season, with three straight wins to start the spring. Pictured is Brianna Fraser running the 200 meters at a track meet at Inter-Lakes High School.

Gilford track girls win at Inter-Lakes, boys finish third

BY BOB MARTIN

Bob@Salmonpress.news

MEREDITH – The Gilford girls' track and field team remained undefeated with a win in an eight-team meet at Inter-Lakes High School, which was the third straight victory to start the season.

Natalie Fraser was first in the 100 meters with a time of 14.04 and in the 200 meters with a time of 27.74.

The 4X100-meter relay team consisting of Emma Ramsey, Laurel Gingrich, Jaylin Tully and Fraser won

with a time of 55.64. Fraser was also on the winning 4X400-meter relay team consisting of Lindsey Sanderson, Jennie Gannon and Sydni Lehr with a time of 4:40.

Lehr won the long long with a distance of 15 feet, and was fourth in the 200 meters. Katiana Gamache won javelin with a toss of 92 feet, two inches. Sanderson won the 800 meters with a time of 2:37.64 followed by Sam Holland in third with a time of 2:40.44. Laurel Gingrich was tied for



Lindsey Sanderson ran the 800 meters for Gilford last week at Inter-Lakes.

first in high jump at four feet, four inches. She was second in the 100 meters with a time of 14.24.

Catherine Stow was first in the 3,200 meters with a time of 13:25. Vanessa Genakos was second in the 3,200 meters with a time of 13:26 and third in the 1,600 meters with a time of 6:04.

Gannon was second in the 400 meters with a time of 1:15. Ramsev was second in the 100-meter hurdles with a time of 18.34. Reese Clark was second in the 300-meter hurdles with a time of 56.74. Brianna Fraser was second in the 200 meters with a time of 28.54.

Riley McDonough was fourth in javelin with a throw of 74 feet, eight inches.

Lara Davalle wa sixth in long jump with a distance of 13 feet, two inches.

There are now 11 girls from Gilford who have qualified for the Division 3 state meet in seven individual events and three re-

The boys' was third out of eight teams, led by Korey Weston, who was first in the javelin with a toss of 141 feet, four inches. He was also second in long jump with a leap of 18 feet, one inch, second in the 100 meters with a time of 12.34 and fourth in shot put with a throw of 36 feet, 11 inches.

Alex Cheek was third in the 100 meters with a time of 12.5. Jonas Bilodeau was fourth in the 1,600 meters with a time of 5:15.2 and Matthew McDonough was fifth with a time of 5:19.9.

Max Stephan was sixth in the 400 meters with a time of 59.0. He was also fifth in the triple jump with a distance of 33 feet, 2.5 inches.

The 4X100 meter relay team of Nick Arenstam, Max Stephan and Brian Tremblay and Cheek, was second with a time of 50.9.

The 4X400-meter relay team of Connor Guest, Brian Tremblay, Ramsey Landrey and McDonough was second with a time of 4:05.5.



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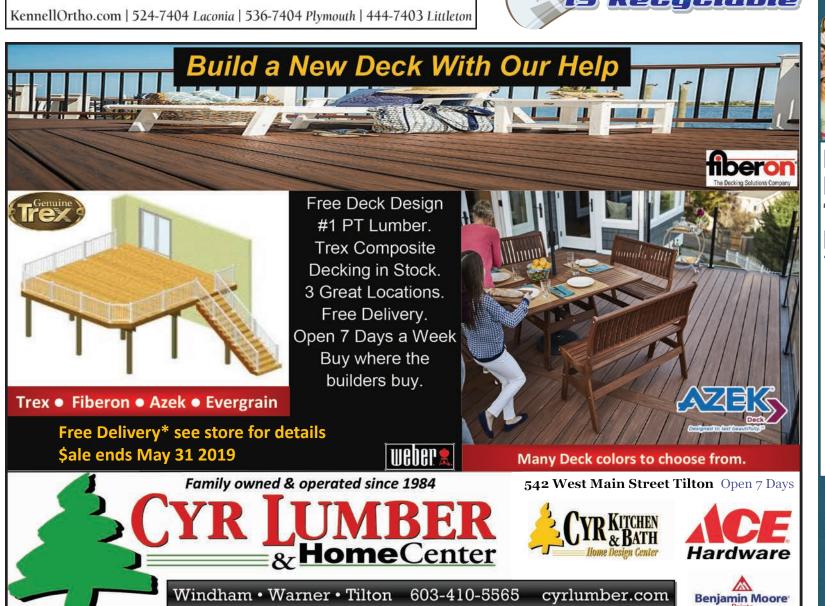
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