

## Gunstock enters summer season with big accolades

BY ERIN PLUMMER  
mnews@salmonpress.news

After a successful winter, Gunstock is going into a busy sum-

mer season with some accolades. Gunstock General Manager Greg Goddard gave the board of

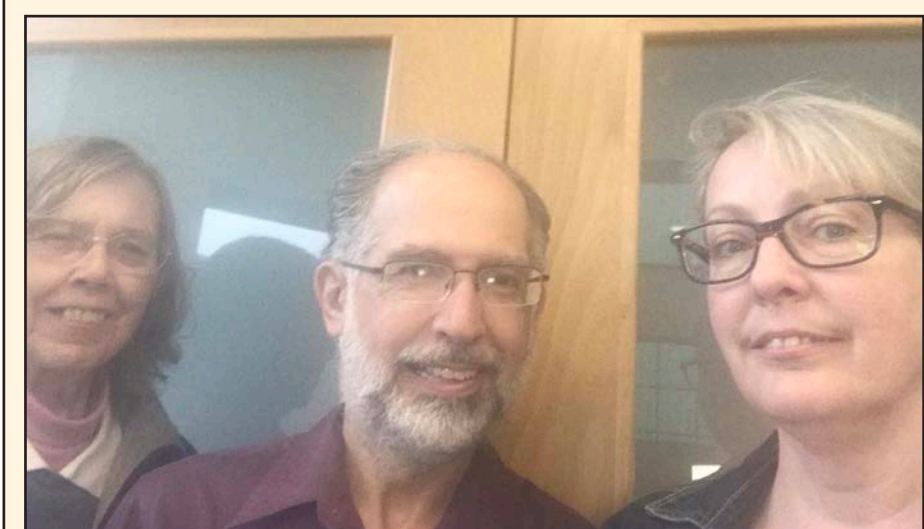
selectmen an update on the resort during Wednesday's meeting. Gunstock was SEE **GUNTOCK** PAGE A9



COURTESY

### "TIME" to dance

Frates Dance Studio presents its 2019 Dance Recital, "TIME," Saturday, May 25 at 2 and 7 p.m. at Gilford Middle High School. Tickets can be purchased at the door. Dance Class shown: Keeping TIME With The Music "Hand Clap" (Back Row) Amelia Clark, Elizabeth Tower, Alyxandra Dardinski, Morgan Daley. (Middle Row) Kaleigh Trudeau, Cora Takantjas, Olivia Adkins, Graci Darling, Rebecca Von George. (Front Row) Elizabeth Kiefer, Ava Zegarelli, Sophie Prescott, and Gracie Makely.



COURTESY

### Lions hold Zone Meeting

Recently, the Laconia/Gilford Lions Club hosted a Club Zone Meeting at the Main Conference Room of the Lakes Region Mental Health building in downtown Laconia. Members of several clubs in the Zone region attended. Various topics were addressed including the club's internet presence and vision/hearing programs. "Our thanks to Lakes Region Mental Health for allowing us the use of their excellent conference facility," stated Club President Matt Soza (also a member of LRMH's Board of Directors). "We hope to partner further with them in various ways in the future." For information about the Laconia-Gilford Lions Club, visit our Facebook page or call 528-2663. Pictured, from left: Club member Lois Smith, Club President Matt Soza, Club Membership Chair Lori Chandler.

## Public Works moves toward digitized work orders

BY ERIN PLUMMER  
mnews@salmonpress.news

The Department of Public Works is changing to an electronic sys-

tem for orders which could leave room for possibly more digital service for the staff and public in the future.

On Wednesday the board of selectmen unanimously approved a motion to purchase SEE **PUBLIC WORKS** PAGE A9

### Early deadlines for Memorial Day

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

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

or by e-mail to Editor Brendan Berube at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).

Please note that any submissions received after 4 p.m. on the 24th will be held for publication on June 6.

For information on the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or [beth@salmonpress.news](mailto:beth@salmonpress.news).

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

## Robotics team shows off creation

BY ERIN PLUMMER  
mnews@salmonpress.news

Children at the Gilford Public Library got an up close look at what a robotics team can accomplish during a presentation by members of the Gilford High School Robotics Team.

Last Wednesday, Gilford High School students Angie Bonnell, Ryan Witham, and Katrina Boucher demonstrated last year's competition robot and explained the robot and the work of the Robotics Team.

Teen / Emerging Technologies Librarian SEE **ROBOTICS** PAGE A10



ERIN PLUMMER

Angie Bonnell and Ryan Witham of the GHS Robotics team demonstrate last year's competition robot to a group of students at the Gilford Public Library.

## IMPORTANT INFORMATION ABOUT YOUR GILFORD STEAMER

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

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

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

You can still read the paper online for free.

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

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Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

You can't escape your body (not yet anyway). We all have medical issues to contend with. This means that we all should probably know at least a little bit about the care and keeping of our bodies. The more we know, the more we can avoid or treat medical conditions. There's no substitute for a good doctor, but we can certainly learn from quality books and other media from the Library!

Now, there are many places where you can find medical facts, but the real interesting reads combine facts with entertainment. Reading about doctors, treatments, misguided medicine, and healthy eating is relevant to all of us, so these books are gold. One section that has grown recently is the Medical Biography section. The books you'll find there, often memoirs, tell true stories of illness, recovery, perseverance, and death.

"The Perfect Predator: A scientist's race to save her husband from a deadly superbug" by Steffanie Strathdee, for example, reads like a Dan Brown

novel. It is urgent, and the whole time you're reading it you feel the race against time. "Sick" by Porchisa Khakpour is a more pensieve account of a lifetime of sickness. Khakpour writes candidly about regular ER visits, prescription drug addiction, misdiagnosis, and not being able to remember ever being well. It's a relatable read for anyone struggling with chronic pain or illness. "Cancerland" by David Scadden stands out as a memoir of a doctor who has lived on the cutting edge of cancer treatment.

Books are only the beginning of health and medicine interest at the library. We also have a healthy number of programs, like CPR and babysitter training, and one-off interest presentations like the upcoming showing of the Netflix original documentary "My Beautiful Broken Brain." It covered the true events of Lotje Sodderland's rehabilitation and recovery from a traumatic hemorrhagic stroke. Ultimately, the documentary attempts to understand the question, "If the physical

body - the brain, is damaged, does this extend to damage to the self?" It will be shown here at the Library on May 21 from noon-1:30 p.m. and light lunch will be served. This program is free and open to the public!

So, think of the library next time you want to learn about health and medicine. There is so much for us to learn and share.

Classes & Special Events  
May 16-May 23

Thursday, May 16

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

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

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

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

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

Conversational French, 4-5 p.m.

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

Take a virtual tour of a hiking trail in the White Mountains of

New Hampshire with Steve Hale of Open World Explorers. We'll be looking at common and uncommon birds, living in the valleys, streams, hardwood forests, wetlands and more. Journey into the uppermost boreal forest zone to see some birds reserved for only the most hearty of hikers. Free and open to the public.

Friday, May 17

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

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

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

Teen and Elementary Early Release: Block Party, 12:30-2:30 p.m.

Unwind with some games, music, and snacks! Ages K-12, younger kids with caregiver.

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

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

Monday, May 20

T'ai Chi Chih, 9:45-10:45 a.m.

Nancy Frost, a T'ai 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 stamina.

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

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

Mahjong, 12:30-3 p.m.

Geri Fit Classic, 4-5 p.m.

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

strength, stamina, and balance, following exercises from a video, all while seated in a chair.

Tuesday, May 21

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

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

Hook Nook, 10-11 a.m.

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

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

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

Lunchtime Documentary: Mental Health Month, noon-2 p.m.

See description in article above.

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

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

Book Bites, 4-5:30 p.m.

Join us for Book Bites Cookbook Club. This month's theme is Salads! Sign up at the library, cost is \$5.

Wednesday, May 22

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

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

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

Volunteer Training: Shelving, 2:30-3:30pm

Interested in learning more about shelving? Or maybe you've seen the changes we've made in the library shelves and you want to know more? Veteran volunteers and newbies alike can join Kayleigh and Sue to learn more about shelving. Sign up at the library.

Geri Fit Classic, 4-5 p.m.

See 'Geri Fit Classic' above.

Thursday, May 23

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

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

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

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

Lunchtime Book Discussion, 12:30-1:30 p.m.

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

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

Conversational French, 4-5 p.m.

Evening Book Discussion, 6-7 p.m.

See description in 'Lunchtime Book Discussion' above.

Gilford Public Library  
Top Ten Requests

1. "Where the Crawdads Sing" by Delia Owens
2. "Redemption" by David Baldacci
3. "The 18th Abduction" by James Patterson and MaxinePaetro
4. "The Silent Patient" by Alex Michaelides
5. "The 13-Minute Murder" by James Patterson
6. "The Den" by Abi Maxwell
7. "Neon Prey" by John Sandford
8. "The Mother-In-Law" by Sally Hepworth
9. "The Woman in the Blue Cloak" by Dron Meyer
10. "The Miracle at St. Andrews" by James Patterson

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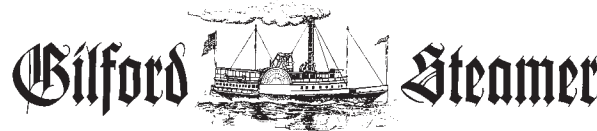
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# MARK ON THE MARKETS

## New Math of planning



BY MARK PATTERSON

The “new math” in distribution planning isn’t a new concept or even new at all. What it is really referring to is the math used in the accumulation phase of your life vs the distribution phase. Average returns in your investment portfolio, which are useful in accumulation- phase planning, are less meaningful when cash outflows become a key model assumption. The math changes at the beginning of the distribution phase.

Asset diversification is a very important part of successful investment planning for the accumulation and distribution period. During the accumulation phase a well- rounded diverse portfolio mix, modern portfolio theory, will increase gains while reducing volatility. During the accumulation phase, you typically have time to ride out the market corrections and periods of volatility that is just how markets behave.

The difference in the distribution phase is that regular portfolio withdrawals compound losses. The math of slow and steady gains during the accumulation period gives way to more complex calculations based on the compounding effects of negative cash flow.

All this leads to the “sequence of returns” that can have a dramatic effect on your retirement.

To put it in simple terms I will use an example of what sequence of returns means to the average investor. Mary and

John are getting ready to retire. They both have their retirement funds. John in an IRA and Mary in a 403b that is in stock based mutual funds. Their plan is to take out 4 percent per year, which is a common rule of thumb. The markets have sharp declines early in their distribution phase and is compounded by their 4 percent withdrawals. Within 11 to 13 years, they run out of money.

Conversely, if the markets do very well in the first decade of withdrawals their money increases over and beyond the withdrawals and may never run out of money.

Jack Bogle, the late founder and chairman of mutual-fund giant Vanguard group, a couple years ago stated that in the next decade he expected two 25-30 percent, even up to 50 percent declines in the markets.

Many planners, including myself, have software that can simulate market gyrations and the distribution of assets. If Jack is correct and you are planning on the 4% distribution rule for your retirement, it is not a pleasant picture that you will face.

It is unnecessary to take that risk when there are tools to take that market risk out of your retirement income picture. Because the markets have been good over the last 10 years, we often forget about 2001-2011 lost decade of minimal returns or the 2008-2009 correction. If you were in the accumulation phase they may have been painful, but if you are approaching distribution of assets, i.e. retirement, market corrections can be far more destructive. It is unrealistic to expect an investment portfolio designed for growth to provide steady, sustainable income throughout retirement.

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

## 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!

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Our fax number is 279 3331.  
E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We’re looking forward to hearing from you!



ERIN PLUMMER

## Ready to cruise

The M/S Mount Washington is now docked at the Weirs and getting ready for its coming season. Day cruises on the Mount start this Saturday, May 18. For more information, visit [cruisenh.com](http://cruisenh.com).

## NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN  
COLUMNIST

Cleaning up my computer desktop is almost as much fun as going through my pants pockets to catch those ubiquitous pieces of paper flagged with “Note to self” before they go through the wash. (Note to self: I have finally done it--used “ubiquitous,” even though I long ago vowed not to. There’s no logic to it-- I just hate the word. What does it mean? It’s all over the place. If memory serves me, Time Magazine began using the word about 40 years ago, and in a heartbeat it was here to stay.)

My computer guru says my machine boots up easier and runs better if I keep the desktop clean. This meshes perfectly with the ethic that should be followed with clothing. There’s nothing to provoke a string of bad words quite like discovering that you’ve overlooked two or

## Notes to self, rattlesnakes (yep), and “orphaned” wild creatures



PHOTO BY CASEY KANODE



COURTESY INSTAZU.COM

You don’t often get a snake out into good light, where you can see every stripe. This rattler seems at ease or drugged, or both.

three “notes to self” in a pants pocket that the washer and dryer have turned into a gazillion snowflakes--and now, they’re all over your clothes.

+++++

As I’ve written before and probably will again, Fish & Game’s publication “Wildlife Journal” is a good read every issue, and along with enjoyment you’re sure to pick up on something on wildlife or the outdoors

COURTESY CASEY KANODE, JAKEJARVIS.CLUB  
(Left) Snake experts generally hate this kind of photo because they want the public to get the message that snakes are fine if left alone, but newspapers really go for the attack shots (see?).

you didn’t know.

Although many people are unaware that New Hampshire has rattlesnakes, it’s a fact that we had them when the Europeans first stepped ashore, and have them now. Only two or three small populations remain, however, and Fish and Game protects them zealously, seldom even mentioning the towns.

Well, when Fish and Game was part of my beat 40-plus years ago, I hung out at the Game Division quite a bit, and one of the characters within was veteran wildlife biologist Henry Laramie. Henry was the go-to guy for anything at all about any of the 11 species of snakes found in New Hampshire. And by fiat he also became the official Keeper of the Rattlesnakes, protector for the two or three small but viable rattler populations that somehow have survived humanity’s ancient hatreds and sheer ignorance.

Over time, I wheeled and dealt. See **NOTEBOOK** PAGE A8

## FROM OUR READERS

### An opportunity for conversation

To the Editor:

In small communities such as Gilford and Gilmanton, news often travels fast, and often people are left with questions about the information they have heard. I hope to offer information to answer some of the questions people may have related to a medical event at Gilford High School on Tuesday, May 7.

EMS was called to Gilford High School in the morning of May 7 to respond to an overdose. Working with the Gilford Police Department, the Gilford School District is confident that opioids and / or drugs from the heroin family were not involved.

However, there was a child who had an adverse effect from a controlled drug and was transported to the hospital for a medical event related to a drug. This is a very serious matter that we do not take lightly, and has no place in our schools. This

safety matter was dealt with efficiently and effectively by the school administration, school nurse, school resource officer, EMS, and the Gilford Police Department.

As this event is fresh in our minds, I feel it is an opportunity for parents to discuss the dangers of drug use with their children. The schools work with children each day on these and similar issues. When something happens in our own community, it seems like a good time for all of us to have the conversation with our most precious resource, our children.

If I can be of any help, please do not hesitate contacting me at the Gilford SAU office.

Please be safe.  
Sincerely,

Kirk Beitler  
Superintendent  
Gilford School District



# Unified athletes dance the night away at regional prom

BY DONNA RHODES  
dhrhodes@salmonpress.news

BRISTOL – Many stars of Unified Sports teams from six local high schools had a special night to shine last week when they attended central New Hampshire’s first ever Unified Prom.

The idea for the prom came from Alex Sobolov, a Special Education Paraprofessional at Newfound Regional High, their Unified basketball coach and next year’s new Athletic Director. Sobolov said his father is the AD for Londonderry High School and a few years ago introduced that school’s Winter Ball for Unified Sports students; an idea Alex was proud to bring to the Lakes Region last Friday.

“I figured why not? We held it this weekend because the biggest benefit is that the school is holding their prom tomorrow night and they were generous enough to let us use the setting with all their decorations,” said Sobolov. “We all worked together to make this happen.”

Participants in the prom came from not only Newfound but other area high schools. Included were Unified teams from Belmont, Winnisquam, Gilford, Inter-Lakes and Plymouth who all enjoyed getting to see their seasonal competitors in a noncompetitive setting.

Arriving from Bel-



DONNA RHODES  
Gilford High School athlete Jennie Gannon pinned a corsage on her escort and fellow athlete Gerron Belanger as they prepared to walk the red carpet into the area’s first ever Unified Sports Prom in Bristol last Friday.

mont High School were not only Unified athletes but other students as well.

“We have a lot of people getting involved in our Best Buddies program at Belmont so there’s a lot of them here tonight, too,” said Victoria Riberirro. “This night is absolutely amazing. Keegan (Donovan, her escort) has never been to a prom before and we’re going to have a great time!”

The best part of the night, many said, was that there was no stress over who you were going with or how you would dress. Students arrived as couples, close friends, groups or even accompanied by a beloved broth-

GILFORD — Gilford is now home to a quarter of the Dry Stone Wall Association (DSWA) certified builders in the state. This past weekend DJ Doane, Ryan Grumbling, Tom Ryan and Taylor Sperry passed their certification exams at the Stone Trust in Dummerston Vt., giving Belknap Landscape Company four of only sixteen landscape professionals to have received this designation in New Hampshire.

“This was a huge commitment for us from a time and resources standpoint, but proper training and getting these guys



COURTESY

Back: DJ Doane. Front, Left to Right: Tom Ryan, Ryan Grumbling, and Taylor Sperry.

## ACE Academy students experience a historical search

GILFORD — Students enrolled in WinnAero’s ACE Academies this summer will participate in a unique aviation history opportunity. It involves the search, some 81 years later, for the underwater wreck of a famed Pan Am “Flying Clipper.” A live satellite feed of the search will be viewed by the ACE classes and the students will then have a 30 minute Q & A with the search team.

History buffs are well familiar with the story of the disappearance of aviation pioneer Amelia Earhart. Earhart was the most prominent female pilot in America during the ‘20’s and ‘30’s and had planned an around-the-World flight to prove her skills. She would be joined on the flight only by Navigator, Fred Noonan. They launched from Honolulu in July 1937 with a destination 2,200 miles away in the Pacific; Howland Island. They never made it. The celebrated lady simply



COURTESY

The Samoan Clipper at anchor in Auckland, New Zealand prior to its fatal flight.

vanished over the Pacific. Several months later, another lady also vanished flying over the Pacific and was never heard from again. This lady was the Samoan Clipper. Owned by Pan American Airways and piloted by their most experienced pilot, Captain Edwin Musick, the Clipper was one of ten “flying boats” built by Sikorsky Aircraft for Pan Am’s Pacific flights between tropical islands.

Capable of landing on the water, the Clipper departed Pago Pago for New Zealand

Jan. 11, 1938. An hour into the flight, the crew reported an oil leak in one of the four engines and shut it down. Captain Musick radioed he was dumping fuel to lighten the aircraft and return to Pago Pago. Shortly thereafter, native fishermen reported seeing smoke in the water off the Northwest Coast of Pago Pago. The Samoan Clipper apparently exploded at low

altitude and crashed in water where a depth of 6,000 feet precluded any meaningful recovery using 1938 technology. Now, the Air/Sea Heritage Foundation, using modern technology, hopes to find and map the final resting place of the Samoan Clipper. A research ship, The Nautilus, owned by famed underwater explorer Dr. Robert Ballard, has contracted with the Air/Sea Heritage Foundation to search for the Samoan Clipper this July.

The search will be well-documented with real time video and audio of the entire operation broadcast via satellite to a website where WinnAero students can access them. More than 7,000 nautical miles away from the crash site, WinnAero has signed on to receive the satellite

SEE SEARCH PAGE A8



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Dorothy A. Haskell, 99

LACONIA — Dorothy A. Haskell, 99, of Court Street, died Wednesday, Feb. 20, 2019 at the St. Francis Nursing and Rehabilitation Center.

Dorothy was born on Sept. 25, 1919 in Lynn, Mass., the daughter of the late Theodore and Marion (Wiggin) Dinsmoor. She had been a resident of Laconia for most of her life.

Dorothy is survived by a son, Walter A. Haskell and his wife, Patricia and her daughter, Carol A. Simes three grandchildren, Tina Gilbert, Tracie Osborne, and Dan Dearborn; six great-grandchildren; and two great-great



grandchildren. In addition to her parents she is predeceased by her husband, Arthur Haskell; her infant son, Arthur Haskell Jr.; her grandson, Brian Haskell; and her granddaughter, Holly Moody.

There will be no calling hours.

A Graveside Service will be held on Saturday, May 18, 2019 at 1 p.m. in Union Cemetery, Laconia.

For those who wish memorial contributions in Dorothy's name may be made to St. Francis Rehabilitation and Nursing Center, 406 Court St., Laconia, NH 03246.

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

BELMONT — Thomas Edward Robbs 77 of Belmont passed away on May 5, 2019 after a battle with cancer. He was born on June 13, 1941 to Henry and Sallie Robbs in Gaffney, S.C. He grew up in Gaffney and graduated from Gaffney High School.

He worked various jobs until he enlisted in the Navy in 1964. Tom served in Vietnam. He married Susan Bearse on March 4, 1967. They were married for 49 years until her death in 2016. Tom was a longtime resident of Gilmanton, Gilford and Belmont. He worked for the United States Postal Service



for 22 years and retired in 2001.

He enjoyed spending time at his camp in Vermont. Tom was an active member in several local snowmobile clubs. He liked camping, gardening and hanging out at the gym. Tom loved spending time with family and friends.

Tom is survived by his daughter, Cindy, and her husband Robert Femenella; his son Michael and his wife Christine Robbs; three grandchildren, Dylan, Kaylee and Libby; his sister, Betty; and his partner of two years, Susan Roache.

He was preceded in death by his parents, Henry and Sallie; his sister, Sarah; his brother John and his wife Susan.

A private ceremony will be held at the New Hampshire State Veterans Cemetery in Boscawen.

In lieu of flowers, donations can be made to Hospice Care (at [www.centralvna.org](http://www.centralvna.org)).

Patricia W. Sullivan, 91

MEREDITH — Patricia "Pat" W. Sullivan, 91, died on Friday, May 3, 2019 at the Golden view Nursing and Rehabilitation Center.

Pat was born on Feb. 10, 1928 in Lewiston, Maine the daughter of Gregory Weber and Helen (Brenner) Kendall. Pat worked as a manager for many years for American Mutual in Wakefield,



Mass.

Pat was a free spir-

it and would always do whatever it took to get a task done. She was good cook and enjoyed driving. Pat was known for her ability to find a good bargain. She had a creative mind and a passionate love for animals especially her cat, Hunter. Pat will be missed by her many friends and her family.

Pat is survived by her son, Michael "Jay" Sullivan; her daughter, Pamela Sullivan, and her husband, Lee Richmond; two brothers, Gregory Weber and Gary Weber; two step-grandchildren, Hondo Weiss-Richmond and Nicholas Weiss-Richmond; a step-great grandchild, Capel; a niece, Helen Durkin; and two nephews, Thomas Durkin and Larry Durkin.

In addition to her parents, she was predeceased by her husband, Kenneth T. Sullivan; and her sister, Pamela Durkin.

There will be no calling hours.

A celebration of Pat's life will be held at a later date.

For those who wish the family suggest memorial donations in Pat's name be made to the Canterbury Shaker Village, 288 Shaker Rd., Canterbury NH 03224.

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

BOSCAWEN — James "Jimmy" R. Vargus, 76, died on Wednesday, May 1, 2019 at the Merrimack County Nursing Home with family by his side.

Jimmy was born on Dec. 15, 1942 in Boston, Mass., the son of the late Tony and Ethel (Penque) Vargus. Jimmy owned and operated his own flooring company for many years.

Jimmy cherished time with his family, especially his grandchildren.

Jimmy is survived by his wife of 57 years, Mary LaMintina; two daughters, Rhonda



Richards and her husband, Paul and Renee Perron; five grandchildren (Amanda Chambers and her husband, Christopher, Alex Perron, Nicole Perron, Taylor Percy, and Alyson Fenney); and one great-grandchild, Christopher Cham-

bers.

Calling Hours will be held on Sunday, May 19, 2019 from 1 – 3 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, using the Carriage House entrance.

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

Patricia Ann Webster, 85

LACONIA — Patricia Ann (Hikel) Webster, 85, of Laconia, NH, entered eternal life on Saturday, Jan. 19, 2019, with her family nearby.

Patricia was born April 18, 1933, Orange, N.J., to Col. Theodore R. Hikel and Alyce R. (Connelly) Hikel.

Pat was a retired educator in the Shaker Regional School District. She was involved in many community activities and also loved to crochet and play bridge.

She is survived by her loving husband of 63 years, Roger B. Webster; daughters Pamela Paquette and husband John of Gilford, Susan Morse of Alton, and Elizabeth (Betsy) Webster of Laconia; sons Mark Webster of New Bedford, Mass. and Pe-



ter Webster of York, Maine; four grandchildren (Andrew and Beth Morse and Kristin and Robyn Sarette); and one great grandson, Byron Hibbard. She also leaves one brother, Theodore R. Hikel, Jr., and one sister, Dr. Mary Lyn Hikel of Washington, and several cousins, nieces and nephews.

A Memorial Mass of Christian Burial will be held at St. Andre Bes-

sette Parish-St. Joseph Church, 30 Church St., Laconia, on Saturday, May 18, 2019 at 10 a.m.

A Celebration of Life will follow the Mass at the Beane Conference Center, 35 Blueberry Lane, Laconia.

For those who wish, memorial donations may be made to Lakes Region Scholarship, PO Box 7312, Gilford, NH 03247, for the Gilmanton American Auxiliary Stockwell Award or the Lois and Charles Plimpton Scholarship Fund.

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

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

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

### Wolfeboro Historical Society

## ANTIQUES & CRAFTS FAIR

**Saturday, May 18, 10:00 to 3:00**  
**Wolfeboro Town Hall Great Room**

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# Culinary student awarded People's Choice Award at Iron Chef Competition

LACONIA — It was a night to celebrate as Lakes Region Community College (LRCC) Culinary student Mitchell Testa helped LRCC secure the People's Choice Award at this year's Fifth Annual Iron Chef Competition, held at Tad's Place at Heritage Heights Senior Living Center in Concord. Testa, of Barrington competed against experienced executive chefs Dan St. Jean from the Common Man Family of Restaurants, and Jon Tuttle from Havenwood Heritage Heights. This year's theme was Pima-vera, and Testa created a pan-seared filet of salmon with artichoke fondue and spring vegetable couscous topped with a morel mushroom duxelles.

"It was great to see



Lakes Region Community College (LRCC) Culinary student Mitchell Testa helped LRCC secure the People's Choice Award at this year's Fifth Annual Iron Chef Competition.

Mitchell holding his own against two very well-known and respected chefs," said Pat Hall, Department Chair of the Culinary Arts program at LRCC. "The banter and mentorship was fantastic, and the mix of the three chefs were defi-

nately entertaining." He added, "the audience was entertained, and this whole event supported a great cause."

Testa is a senior in the Culinary Arts program, and will be graduating May 18. In fact, the competition was so successful for Testa, he landed a job with the Common Man Family of Restaurants as a result.

"After the event, Chef Dan reached out to me and offered me a job," said Testa. "I'll be training and working in the Common Man's Windham location as a sous chef and will also travel to other Common Man locations when needed."

Testa started his new job several weeks ago, and is loving it.

The Iron Chef competition is a fundraiser created by Heritage Heights Senior Living Center. All proceeds

from the event benefit Good Life programs and activities. This year's competition was emceed by Joe Kasper of Northeast Delta Dental, current Chairman of the Board for the Concord Chamber of Commerce and former Chairman of the Board at GoodLife. Judges included Jay Smith, Executive Chef of Copper Door, Chef Chris Normandeau of Granite Ledges of Concord (winner of the People's Choice Award in 2018), and Jim Bouley Mayor of Concord.

Lakes Region Community College is located in Laconia and offers more than 40 educational programs, as well as workforce training for business and industry. This year the college introduced a newly revised Hotel & Restaurant Operations program. Additionally, they also offer their signature Culinary Arts program, as well as a Pastry Arts program. They work closely with industry partners throughout New Hampshire to provide students trained in the latest techniques and methods. LRCC provides housing options for students and has transfer agreements with many four-year colleges. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit [www.lrcc.edu](http://www.lrcc.edu).

# Local artist to do presentation at Tilton gallery

TILTON — Artist Jessica Fligg will be the guest presenter for the Lakes Region Art Association's May Members Meeting on Monday, May 20, at the LRAA Gallery in Tanger Outlets. Jessica will provide the group with an update on her mobile art studio—a vintage 1969 camper that is now a fully functional studio on wheels. She travels with it throughout the northeast attending plein air events. She will also explain how she utilizes what she learns while plein air painting in her studio works and why plein air painting is so vital to her artistic process. Jessica will give an oil painting demo on how she starts a painting with a block in stage and how she works alla prima both in the studio and en plein air.

Jessica Fligg is an award winning artist primarily working in oils. Jessica studied painting at the New



Hampshire Institute of Art in Manchester. She works from her studio in Ashland, and paints extensively en plein air. She started drawing at a very young age with her Great Grandmother and her interest and passion for the arts has grown over the years. Jessica studies how lines, positive and negative spaces, lights and shadows work together to create space and visual pathways. She is currently working on another round of "A Year In Plein Air Painting." She paints at least one plein air painting a week throughout the year. In this series Jessica captures the world around her through each of the changing seasons. Jessica also enjoys working on still life paintings and mixed

media pieces in her studio. She takes great care in seeing each piece from start to finish by hand crafting her own paint panels and building many of her own frames. Jessica also draws inspiration from day-to-day life to write and illustrate children's stories that are available for purchase at [www.lulu.com](http://www.lulu.com). To learn more about Jessica and her art please visit her Web page at: [www.jessica-fligg-artist.weebly.com](http://www.jessica-fligg-artist.weebly.com)

The meeting, which starts at 7 p.m., is free and open to the public; Fligg's presentation will follow a brief meeting of the Association.

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# 2019 Graduation Pages

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NOTEBOOK

(Continued from Page A4)

dled the rattlesnake locations out of Henry, because he knew I'd never tell. The snakes gather and form a big ball when they den up for winter, and one person with one stick of dynamite could wipe out an entire population.

By the by, Mike Marchand had a fine photograph on the cover of Wildlife Journal's spring issue--a mother timber rattler with her young, known as a neonate. The little one is coiled within its Mom's coils--a protective enclave if ever there was one.

+++++

One dry spring a brush fire broke out in a town in the greater Manchester area, and I was sent to cover it. By the time I got there, another call had gone out, and two line-crews were busily spraying water and digging fire-breaks.

I asked the guy running the pump that was sending water from a nearby beaver

pond up the hill if he could tell me where the worst of the fire was, because I knew the country. "Just follow the hose," he said.

A few minutes later I was clambering over stone outcroppings and tumbled slabs. The strong sunlight was warming the rocks. "Perfect place for a snake," I began thinking, and a sudden rasping, buzzing sound erupted from where I had just thrust my uphill arm for a new grip.

I threw myself backward, not caring where I landed, and was thankful for a clump of alders. And up on top of the ridge was a fire-fighting line crew, all of them pointing and laughing at me, because they knew very well that there was a small hole in the hose right there, perfect for making just the right sound.

+++++

There's usually a director's message in each issue of Wildlife

Journal, and Glenn Normandeau's was particularly appropriate for its May/June issue date: Leave wild animals alone. Even in situations that look for all the world as though the mother has abandoned her young, it's also an almost certain bet that Mom is hiding nearby, waiting until it's safe to come back for her young.

Every spring I'm sure to get calls on this, as in "What do I do with this orphaned baby robin I found on my front porch?"

The answer is "Leave it alone, unless your cat is right there too, licking its lips, in which case you put the chick where it can be seen and heard, grab the cat, and go inside to watch a baseball game or something, anything to get the real problem--you--out of the equation.

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

PROM

(Continued from Page A5)

"We love them and wanted to be here with them tonight to show our support," said Aubrey King. "The prom walk along the red carpet with them was awesome."

Sobolov said the ultimate purpose of the prom was to create a social environment where students in Unified Sports could meet up with their peers in other area high schools.

Like Keegan, it was the first prom for many of the athletes and that just made the evening all the more special.

"There was no charge for the prom, everything was done through donations. Even the DJ (Tilton Police Chief Bob Cormier) was free and Special Olympics New Hampshire donated all the drinks," he said. "A lot of kudos go to Pete

Cofran though (Newfound's retiring AD). I came up with the idea but he did all the behind the scenes work to make it happen."

Besides the music and the magical "A Midsummer Night's Dream" décor, there was also a free buffet dinner, snack bar and an ice cream bar that everyone enjoyed as they danced the night away.

ROCK WALL

(Continued from Page A5)

**Certification makes a difference**

Building a high quality rock wall is deceptively challenging. While some may believe the process is straight forward, knowledge of materials, construction techniques, environment, and aesthetics is necessary to build a wall that is both beautiful and durable. Certification through the DSWA is an assurance that the builder is qualified to deliver such a wall.

"As I drive around the Lakes Region, I see so many once beautiful rock walls that are now

tumbled over. Winter weather, especially frost, is so hard on these structures. It's good to know we're building them to last," Continued Smith.

Celebrating 30 years in business, Belknap Landscape has a track record of utilizing certifications to ensure quality of construction and service. In partnership with the Stone Trust, the leadership at Belknap Landscape was looking for a way to build upon the professional capabilities of their hardscape crews. That's when DSWA certification was introduced to the company.

"DSWA's certifications have become the worldwide standard for evaluating wallers' proficiency and quality," as referenced on theStoneTrust.org. "The certifications began in 1968 in Great Britain as a way to evaluate a waller's skill, promote correct structural techniques, and help clients determine the capabilities of prospective wallers."

Moving forward, Belknap Landscape Company intends to continue partnering with organizations to maintain a leadership role in demonstrating a commitment to professionalism and certification in the landscape industry. This not only benefits customers and the company, but also gives employees a more definite career path.

As Smith concludes, "It's crucial to Belknap Landscape to make sure our team members are given the opportunity to further their education in the green industry as it helps provide a vision and reality into their personal career paths. The Stone Trust Certification process has proven to be a valuable resource to provide them the chance to hone their artistic and structural skills in the hardscape arena. All said and done, these efforts and opportunities help to strengthen the quality of services we provide our clients and the efficiency in which they're performed. To witness the excitement and success Taylor, DJ, Tom and Ryan have demonstrated through this process has left me with a yet another level of pride in them and the role we play in raising the standard in the Green Industry!"

SEARCH

(Continued from Page A5)

imaging and narration from the scene. This will permit students attending the July WinnAero ACE Academies at the Laconia Airport to see an actu-

al underwater search for an aircraft missing for more than 81 years.

"Dan Caron, our ACE Education Director, has done a great job making this very

unique opportunity available to our ACE students," said WinnAero President Karen Mitchell.

"Our goal in ACE is to inform, educate and enlighten our students about STEM and aviation/aerospace ca-

reers" said Mitchell.

"This link to a historical search will bring all the factors together for our ACE students; technology, engineering, math, planning and flying safety" she added.

Some spaces are

still available for youth to register for the ACE Academies. For more information about WinnAero and the ACE Academies, contact Dan Caron at dwcaron@hotmail.com.



## Mill Falls

### 28th Annual

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# CRAFT FAIR

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Edward Jones: Financial Focus

Why Should Recent Graduates Care About Retirement Planning?

If you've graduated from college in the past year or so and started your first job, you're no doubt learning a lot about establishing yourself as an adult and being responsible for your own finances. So thoughts of your retirement are probably far away. And yet you have several good reasons to invest in your 401(k) or similar employer-sponsored retirement plan. First of all, by contributing to your 401(k), you can get into the habit of regular investing. And since you invest in your 401(k) through regular payroll deductions, it's an easy way to invest.

Furthermore, your 401(k) or similar plan is an excellent retirement-savings vehicle. You generally contribute pre-tax dollars to your 401(k), so the more you put in, the lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. Your employer might also offer a Roth 401(k), which is funded with after-tax dollars; although you can't deduct your contributions, your earnings can grow tax-free, provided you meet certain conditions. And with either a traditional or Roth 401(k), you generally have a wide array of invest-

ment options. But perhaps the main reason to start investing right away in your 401(k) is that, at this point of your life, you have access to the greatest and most irreplaceable asset of all - time. The more time you have on your side, the greater the growth potential for your investments. And by starting to invest early in your plan, you can put in smaller amounts without having to play catch-up later. Suppose, for example, you begin investing in your 401(k) or similar plan when you're 25. For the sake of simplicity, let's say you put

in \$100 a month, and you keep investing that same amount for 40 years, earning a hypothetical 7 percent rate of return. When you reach 65, you will have accumulated about \$256,000. (Your withdrawals will then be taxable, unless you chose the Roth 401(k) option.) But if you waited until you were 45 before you started investing in your 401(k), again earning that hypothetical 7 percent, you'd have to put in almost \$500 per month - about five times the monthly amount you could have invested when you were 25 - to ar-

rive at the same \$256,000 when you turn 65. Clearly, the expression "time is money" applies when it comes to funding your 401(k) - there's just no benefit in waiting to contribute to your retirement plan. This isn't to say that you have a lot of disposable income, especially as you may be paying off thousands of dollars in student loans. But, as mentioned above, the money for your 401(k) is taken before you even see it, so, in a sense, you won't miss it. And you can certainly start out with small amounts, though

you'll at least want to put in enough to earn your employer's matching contribution, if one is offered. As your career progresses and your salary goes up, you can steadily increase the amount you put into your 401(k) or other retirement plan. When retirement is decades away, it can seem like more of an abstract concept than something that will one day define your reality. But, as we've seen, you have plenty of incentives to contribute to your 401(k) or similar plan - so, if you haven't already done so, get started soon.

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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PUBLIC WORKS

(Continued from Page A1)

PubWorks software for \$5,500.

Public Works Director Jason Hayden said they want to transition from doing work orders by paper to digitally.

“Everything now is handwritten, single copy; takes up a lot of room for filing, takes a lot of time to file it away,” Hayden said. “This is going to clean up and kind of streamline how we prepare work orders and delegate workflow to the workers.”

Selectman Chan Eddy if this software can transmit work orders to staff members through their smartphones. Hayden said there are different modules that can be added to PubWorks to offer this capability in the future.

Hayden said one of the biggest reasons they

went with PubWorks was that other services were subscription based and this one was more cost effective. PubWorks does offer upgrades they can consider down the line.

Hayden said one thing that would be nice to add is a feature where residents can put in requests electronically and get a notification that it has been assigned to the respective department, such as Highway, Wastewater, Parks and Recreation, or another. This way, the residents can interact with the department directly. Currently everything is based over the phone and Hayden said staff members can miss messages or call back too late. This is all something the town can look into for the future once the PubWorks soft-

ware is in place.

The software comes with the option of \$1,000 a year for training. Hayden said the first six months of training is free while subsequent training costs \$1,000 a year. Hayden said the Public Works staff is generally proficient with technology and said it's likely the staff will be proficient with this software in a few months to a few years so they can opt out of this at some point.

Hayden said PubWorks has been really accommodating, including adding and taking out modules at their request. The department looked into this software about a year ago, though weren't able to get it until now. Hayden said the company let the department have it for the original quoted price last year.

GUNSTOCK

(Continued from Page A1)

named the best ski resort in the state by the readers of New Hampshire Magazine.

“That's not only good for us, it's good for the town of Gilford to be the host town of the best ski area in the state of New Hampshire,” Goddard said. “We're very proud of that.”

Gunstock was also voted the Best Summer Attraction in the Lakes Region.

Goddard said they had a great summer and winter season last year into this year. Last year, the resort had around 100,000 visitors for all their attractions including the campground with 51,000 visitors to the Adventure Park alone.

Last year, they had 162,000 visits by ski-

ers, which he said is up around 8.5 percent from the year before. Goddard said he had just come back from a national show and learned that this is the first year he ca remember that skiing was up nationwide, the Pacific Northwest had a 33 percent increase with all the snow that region received.

Selectman Gus Benavides asked if this increase can be attributed to an improving economy or to favorable weather. Goddard said it mostly reflects the weather. He said while an increase in discretionary income is a big help, there are people so passionate about snow sports they will find places in their budget to come up with the money no matter what.

He said this year they didn't have the freeze-thaw cycles they have seen in previous winters. While it was extremely cold over the holiday season last year, this year the temperatures were much more moderate.

Now the park is looking forward to the summer season. The first major event will be the WOW Ball this Saturday. Seasonal camping will be open the weekend before Memorial Day Weekend and everything else will be open Memorial Day Weekend.

Goddard said they added some new attractions to the Adventure Park to keep things fresh for visitors. A number of improvements have been made in the campground, including cutting down some problem trees, renovating campsites, installing tent platforms, and adding heat to swimming pools.

The Gunstock Hill Climb will return this year and years to come. Gunstock recently signed a five year agreement with Ridge Runner Promotions to hold the Hillclimb on the hill by the 70 meter jump on the Wednesday of Bike Week through the event's 100th anniversary.

The Brews and BBQ event will return this year, though will place on a different day from Old Home Day to avoid a conflict between the two events.

Gunstock is also aiming to have an Oktoberfest event with details coming later.

“We are looking to

have at least one major event every month during the spring, summer, and fall,” Goddard said.

One event that won't be returning, however, is Tough Mudder.

“We had a lot of difficulties with that event,” Goddard said.

He said while it's a great event in itself and for the people involved, the resort had a difficulty working with the event's organizers and getting compensation.

Gunstock had an agreement with Tough Mudder that they would be the only event of its kind at the resort for the next five years. Now that the agreement has lapsed Goddard said they are looking at bringing another event to the mountain. They are also organizing a lot of events in house and recently hired an outdoor event manager.

Last weekend Gunstock hosted the Muddy Puppy event, which was a big success. They will also be bringing back the popular Mountaintop Yoga.

“We're going to be doing a lot more of that kind of thing in house on a year round basis,” Goddard said.

Gunstock has had some management shifts after the passing of a longtime leader. Doug Irving, who had served as Operations Director for 45 years, suddenly passed away last year.

“Huge shoes to fill, he basically was the guy for just about everything and certainly (for) anybody that had worked with the town he was the go-to guy for all of that,” Goddard said.

Goddard said before his death Irving was close to retirement and the resort was talking about splitting his position between two people to make it less daunting for one person.

Gilford native Patrick McGonagle was appointed Director of Facility Operations. Iwan Fuchs, an engineer from Switzerland who had previously worked at a ski resort in Pennsylvania, was appointed Director of Snow Sports. McGonagle will oversee the general facilities while Fuchs will oversee the snow operations such as snowmaking, grooming, safety functions, racing, terrain, and the ski school.

REC NEWS

(Continued from Page A3)

the musical comedy, "Mama Mia" starring Meryl Streep and Pierce Bronson. The movie and coffee are free of charge. Breakfast will be available for anyone interested at \$3 per person and will include breakfast sandwiches, home fries and juice. Participants are asked to RSVP by Thursday, May 16.

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

**Adult Spring Hiking Program continues 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 partici-

pants 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.

**Archery Lessons**

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

www.gilfordrec.com.

Cost: \$70 per person and includes all necessary equipment.

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

**Tennis Lessons**

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

AVIATION

(Continued from Page A3)

able to fly the planes. All the girls kept the plane in level flight and completed some banking turns. The pilots took charge for the takeoffs and landings.”

Caron noted that there are currently thousands of career openings in aviation. He said the shortage of pilots, maintainers, airport operators, air traffic controllers, and more will only create a greater demand in the future.

“My students at Gilford High School, your (Girl) Scouts, Civil Air Patrol cadets, students who attend our ACE Academies, and others will be the ones to

fill these shortages, if they are aware of the careers available in aerospace. That is one of the reasons we do these events,” he said. “The second reason – it's a lot of fun!”

WinnAero's mission is to interest young people in science, technology, engineering and math (STEM) through aviation and aerospace programs and experiences, and to foster enthusiasm for flight in people of all ages. When Juliette Gordon Low founded Girl Scouts in 1912, she encouraged girls from the start to break barriers, even offering an

aviation badge from 1916 to 1920. Now Girl Scouts offers 82 different badges in the STEM fields.

Girl Scouts has long been committed to challenging stereotypes by providing girls of all ages with interactive and engaging programs that increase their interest in STEM. According to a Girl Scout Research Institute study, Girl Scouts are more likely than non-Girl Scouts to participate in STEM activities such as con-

ducting science experiments, designing video games, and building robots (60 percent versus 35 percent). The inclusive, all-female environment of a Girl Scout troop creates a safe space where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves. Girl Scouts unleashes the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ in every girl, preparing her for a lifetime of leadership.

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# PET OF THE WEEK

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!



Kane is Pet of The Week!



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ROBOTICS

(Continued from Page A1)

ian Mark Thompson said one of the team's mentors approached the library about hosting a presentation by the robotics team. The presentation was scheduled for the early release. Word was



ERIN PLUMMER  
Katrina Boucher drives the robot during a presentation at the library.

is given to how strong the piece needs to be and how long that will take to construct. A hollower piece won't be as strong, though it will take less time to construct than a solid piece that might be stronger.

The team members said they enjoyed presenting for the kids at the library

"I thought it was enjoyable to see how they reacted to the robot," Boucher said.

Bonnell said she hopes they can get more kids interested in doing robotics, whether Lego Robotics on the middle school or the high school robotics team. She said they are planning a STEAM camp for next year, they have received approval from the principal and have been in contact with Dean Kamen's company FIRST about contributing.

"I hope they realize that the robotics club is a fun organization that helps them to learn skills and it can be applied in many different fields and you don't have to be a technical savant to benefit," Thompson said.



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also put out to the Boy Scouts and the Homeschool Camp about the presentation.

Members said the team is a great way to learn team skills and said the experience has taught them a lot of skills for their future careers no matter what field they go into.

"It really gives you life skills for later," Bonnell said, saying she learned skills that will help with her plan to study International Banking.

Witham said being really technical isn't required. Boucher said there are so many different roles to play such as construction, design, programming, and more.

"You can come in here not even knowing how to use a basic tool," Boucher said.

Bonnell said when she first came in she didn't know how to build a robot.

The students do a lot of 3D printing to construct the robot.

"The more specialized the part the better it can do the action needed," Bonnell said.

When doing 3D printing consideration



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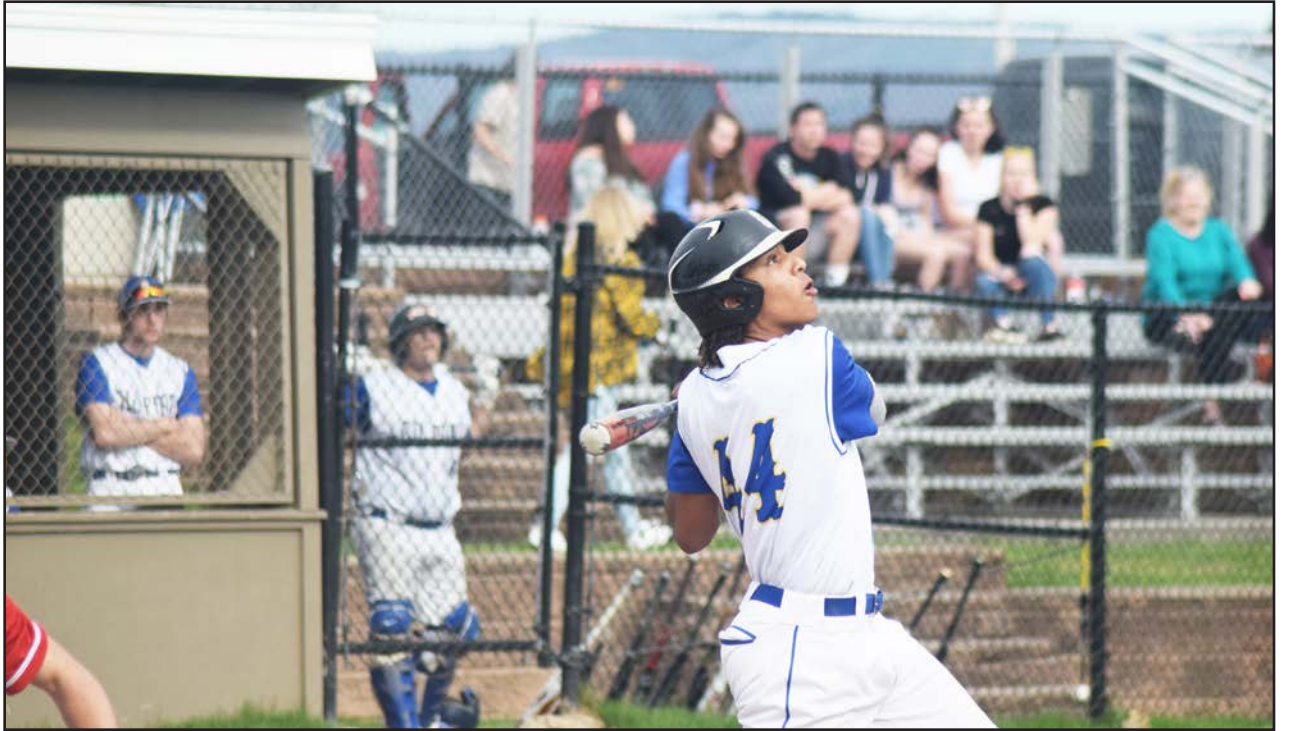


## SPORTS



BOB MARTIN

Alex Muthersbaugh pitched a gem against Laconia last week.



BOB MARTIN

Adrian Siravo skies a pitch over the right field fence against Laconia.

# Golden Eagles knock off defending champions

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford High School baseball team suffered a tight loss to Hopkinton to start last week, but the Golden Eagles turned things around and won in blowout fashion over Mascoma Valley and Laconia, and beat defending champion White Mountains to bring the team's record to 9-2 on the season.

On May 6, the Golden Eagles lost 4-3 to a tough Hopkinton squad that has not lost since the first game of the season. Gilford is usually very sound on defense, but in the bottom of the sixth two unearned runs erased a 3-2 lead and led to the loss.

The Golden Eagles had last ditch effort in the top of the seventh inning. Chandler Mead led off with a single and was bunted to second base by Cody Boucher. Gilford's top hitter Adrian Siravo came up to bat, but struck out. Isaac Wallace was then hit by a pitch and hot hitting T.J. Carmilia came up to bat, but he flew out to deep right field to end the game.

Siravo was on the mound for the Golden Eagles and pitched well in the game. He had 10 strikeouts and allowed only six hits and two earned runs.

Carmilia had two hits in the game and Alex Muthersbaugh had an RBI double.

On May 8, Gilford

beat Mascoma Valley 12-1 at home where Gilford piled on six runs in the sixth inning and never looked back. Isaac Wallace had two hits in the game and Sonnor Sullivan, Jack McLean and Tim Sullivan had two RBIs apiece.

Sullivan was on the mound and pitched four innings with seven strikeouts. Boucher came in for the final inning of scoreless relief with a strikeout.

The next day, Gilford traveled to Laconia's Robbie Mills Field and beat the local rival 10-0 in dominating fashion. Alex Muthersbaugh was on the hill for Gilford and was lights out going the distance with five strikeouts and two hits allowed over the five inning mercy rule shortened game.

Gilford threatened early with the bases loaded in the first but didn't manage to bring a run across the top of the second, where the Golden Eagles scored four times. This was highlighted by an opposite field two-run bomb by Siravo that made it 4-0. Siravo hit the ball high and deep out of the yard and was met by a mob of Gilford players to celebrate.

Mead ripped an RBI single in the top of the third to make it 5-0 and Wallace was hit by a pitch with the bases loaded to make it 6-0. Wallace stepped up next and sent one to right field for a base hit that

knocked in a pair of runs, and at the same at bat a passed ball sent Mead home, making it

9-0. Gilford scored one more run in the fifth inning, and the game ended after Laconia couldn't

score in the fifth inning. Siravo led the way with a pair of hits to go with three RBIs and a

homer. Carmilia had two hits and two RBIs.

On May 11, the Golden Eagles beat White Mountains 10-0. SEE **BASEBALL** PAGE B8



BOB MARTIN

Shelby Cole scored her 200th goal last week for the Gilford girls' lacrosse team.

## Cole notches her 200th goal

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Last week was a big week for Shelby Cole of the Gilford girls' lacrosse team, who scored 13 goals in two games and reached the 200-goal milestone against neighboring rival Laconia.

SEE **LACROSSE** PAGE B3

BOB MARTIN

(Right) Julia Spooner guards the net for Gilford High School.



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# Butterfield tosses no-hitter as Gilford beats Mascoma

**BY BOB MARTIN**  
Bob@Salmonpress.news

GILFORD – It was a solid week for the Gilford softball team, who bounced back from a Hopkinton loss with two big wins over Mascoma Valley and Laconia.

On May 6, the Golden Eagles fell 4-3 to undefeated Hopkinton in a 10-inning battle. Colby Butterfield pitched the whole game, striking

out 10, giving up eight hits and no walks.

Hopkinton scored a run in the third and two in the fourth to take a 3-0 lead that was taken into the sixth inning. Gilford then scored three runs to tie things up, thanks to some sloppy play in the field and a good job by Gilford to manufacture runs.

Jaiden McKenna

had a leadoff bunt single and scored when Lexi Boisvert reached on an error. Randi Byars then singled and scored on a Maggie McNeil RBI single. Boisvert scored the tying run on an error.

Butterfield kept the Hopkinton bats at bay until the bottom of the 10th inning when there were three singles in a row to score the winning run. Gilford had

runners in scoring position in the seventh, eighth and ninth inning but couldn't find a way to score.

Coach Joan Forge commended Gwen Knipping for her strong play at second base, where she had five putouts and two assists.

Two days Gilford lit up Mascoma Valley with a 9-1 win. Butterfield pitched her first

no-hitter of the season with 13 strikeouts and a walk. It was her first walk in the last 16 innings.

“Colby has had tremendous control and speed,” said Forge.

Mascoma struck first, but Gilford had three runs in the bottom of the second inning sparked by Butterfield's walk in a two out rally. Maura Hughes replaced her

and stole second, and then scored on a McKenna RBI single to tie the game. McKenna stole second and then scored when Byars reached on an error. Byars scored on a Karly Sanborn RBI single. Gilford then exploded for five runs in the sixth inning.

Sanborn had two hits, two RBIs, two steals and a run to lead the offense. Boisvert, McKenna and Maggie McNeil each had two hits. McNeil had an RBI and two runs scored.

“Karly Sanborn continues to have the hottest bat for Gilford going 2/3 against Mascoma and improves her batting average to .607 on the season,” said Forge.

# Gilford track gears up for Wilderness Championships

**BY BOB MARTIN**  
Bob@Salmonpress.news

BELMONT – The Gilford High School track and field team continued its strong season with two meets in Belmont, where the girls team came away with a pair of wins and the boys' team, despite not placing high as a team, had strong efforts from its athletes.

For the girls' team, Katiana Gamache led the way with wins in the shot put and discus with tosses of 27 feet, one inch and 68 feet, eight inches respectively. She was also second in javelin with a throw of 75 feet, 11 inches.

Laurel Gingrich won the 100 meters with a time of 13.24 and was third in high jump with a leap of four feet, four inches.

the 4X400-meter team included the Fraser sisters, Sydni Lehr and Reese Clark.

Brianna Fraser was second in the 100 meters with a time of 13.34. Lehr was second in the 400 meters with a time of 1:06.44 and third in long jump with a leap of 14 feet, four inches. Cat Stow was second in the 3,200 meters with a time of 13:21.64 while Vanessa Genakos was third in the 3,200 meters with a time of 13:22.54.

Reese Clark was third in the 100-meter hurdles with a time of 20.36 and the 300-meter hurdles with a time of 56.72.

Sam Holland was fourth in the 800 meters with a time of 2:42.74.

The boys' team was led by Korey Weston's first place javelin toss of 134 feet, six inches. He was also fourth in long jump with a distance of 18 feet, nine inches. Jonas Bilo-deau was third in the 300-meter hurdles with a time of 47.19. Max Stephan was fourth in the 110-meter hurdles

with a time of 24.74.

On Saturday, the girls' team edged out Belmont by a score of 100-90 to take the win, despite much of the Gilford athletes on a band/chorus trip to Washington D.C.

Leading the girls was Lehr, who won the long jump with a personal record leap of 15 feet, four inches. She was also on the first place 4X400-meter relay team with a time of 4:25.90.

Natalie Fraser, who was also on the relay team, won the 400 meters with a personal record time of 1:01.20.

Reese Clark won the 300-meter hurdles with a personal record time of 55.49 and was second in the 100 meter hurdles with a personal record time of 19.81.

The 4X800-meter

relay team consisting of Genakos, Stow, Holland and Lindsey Sanderson placed first with a season best time of 11:09.27.

Brianna Fraser was second in the 100 meters with a time of 13.55 and fourth in the 400 meters with a time of 1:05.69.

A highlight of the day for Gilford was the performance of senior Lara Davallee, who is a foreign exchange student from Argentina. She placed fourth in the long jump with a personal record of 14 feet, three inches, which qualified her for the Division 3 state championship meet.

The boys' team was led by Weston who won the long jump with a leap of 19 feet and the javelin with a throw of 133 feet,

seven inches. Steven MacDonald was sixth in the 800 meters and Matthew McDonough was sixth in the 1,600 meters with respective times of 2:33.94 and 5:20.45.

“Championship season starts next Saturday as we are off to Belmont for the Wilderness Championship, one of the oldest invitationals in the state,” said Wernig.

“It's a favorite of mine since I competed for Plymouth in the early 80s and participated in this meet along with former Gilford track stars Scott Clark and Aaron Hayward, now coaches in Belmont. Two coaches, Bernie Livingston from Kennett and Bob Lord from Berlin were coaching then and still are coaching.”

Gilford then beat Laconia 14-0 in the first shutout win of the season. Gilford was dominant in a game where the team had no defensive errors and no strikeouts. Butterfield was the winning pitcher with a complete game, allowing two hits, two walks and striking out nine batters.

Gilford's struck hard with six runs in the first inning and then seven more runs in the second inning to quickly put the game out of reach. The Golden Eagles had 10 hits led by Sanborn with three hits including a double and two RBIs. Byars and Boisvert each had two hits and two runs.

Next up for Gilford is a home game against Campbell at 4 p.m.

## BCSA hosting Italian Night tonight

GILFORD — Lisa Morin, the Belknap County Conservation District Program Manager, will be the

speaker at the Belknap County Sportsmen's Association Italian Night Dinner on May 16. The event will be held at the club house on Lily Pond Road (Route 11C) with doors open at 5 p.m. and dinner at 6 p.m. A variety of Italian dishes will be served as well as garlic bread and dessert, water and soda will also be available. Admission is open to all club members and the community at large.

Morin's topic will be restoring stream habitat. She will also share information on the conservation commission's mission, recent projects including three miles of restoration completed on Poor Farm Brook last summer, upcoming projects for 2019 and opportunities for attendees to participate as volunteers for the upcoming season's efforts.

Belknap County

Conservation District provides key services to landowners, towns, schools, food pantries, and seniors. For 73 years, the district has worked to conserve the natural resources essential for the quality of life and economy of the Lakes Region.

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# Smith River Canoe Race returns Saturday

WOLFEBORO — The 45th running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 18. It is a four-mile 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 kayaks.

The race starts

at 1:15 p.m. at Albee Beach on Lake Wentworth and finishes at the town docks on Lake Winnepesaukee. 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 Wolfboro at the Chamber of Commerce 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 Wolfboro 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.





Reagan McIntire lunges for a shot against Inter-Lakes last week.

BOB MARTIN



Josey Curley returns a shot against Inter-Lakes.

BOB MARTIN

# Tennis teams head to final week of season

**BY BOB MARTIN**  
Bob@Salmonpress.news

GILFORD – The Gilford girls' tennis team had a tough schedule last week and came out of it with two wins and three losses, putting the team's record at 8-4.

“A very long week with five away matches crammed into three days ended up being too much for us,” said coach Hermann Defregger. “We knew that St. Thomas was going to be challenging but we were hoping to compete with a full team verse Moultonborough but came up short again. In order to keep our playoff hopes alive we need at least one win out of undefeated Littleton on Monday and Berlin on Wednesday this coming week.”

On May 6, the Golden Eagles defeated White Mountains 7-2. Reagan McIntire won 8-3 over Catrina Boggess; Olivia Comeau won 8-2 over Ashleigh Eaton; Alyssa Crai-



BOB MARTIN

**Olivia Comeau sends a shot back in a match last week.**

gie had an 8-2 win over Alexis Hovland; Hannah Lord won 8-2 over Halle Glidden and Madison Eastman won 8-2 over Issy Gaetjews-Olson. McIntire/Comeau and Curly/Craigie won their doubles matches.

On May 8, the Golden Eagles won 5-2 over

Inter-Lakes. Comeau beat Alannah Ahlquist 8-2; Craigie won 8-5 over Maeve Torry; Lord won 8-1 over Raven Strother; Eastman won 8-2 over Caitlin Harris and Eastman/Lord won the lone doubles match against Strother/Harris.

The same day Gil-

ford faced Moultonborough and fell 5-3. Taking wins were McIntire over Jess Lear by a score of 8-3; Lord over Corrina Brennan by an 8-2 score and Eastman 8-2 over Olivia Watson.

On May 9, Gilford lost both sides of a doubleheader 5-1 and 7-2. In the first match, McIntire had the lone win over Katie Canganan by a score of 8-4. She also won in the second match by a score of 8-3. In the second match McIntire/Comeau won 8-3 over Alex Knox and Drakatos.

The boys' tennis team had five match-

es last week and went 3-2, which brings the Golden Eagles' overall record to 6-6. The team split with White Mountains with a 5-4 win and a 6-3 loss. Gilford beat Inter-Lakes 6-1 and Moultonborough 5-1, but then finished the week with a road loss to Profile by a score of 7-2.

Mikey Eisenmann won all five singles matches; Colton Workman won two matches; Bradley McIntire won two matches; Moritz Lietz won two matches; Neal Miller won one match; Adam Sikoski won four matches and Jack Christensen won his only two matches.

LACROSSE

(Continued from Page B1)

Gilford went 1-1 last week with a 13-4 win over Milford and a 17-10 loss to the Sachems. In the win over Milford, coach Dave Rogacki was very pleased with the team's effort, saying that the young Eagles put together two good halves on their way to the win.

Cole was the offensive leader in the game with seven goals and six draw controls. Kolbi Plante had two goals and Erin Hart, Mollie McLean, Taryn Fountain and Kyla Mercier rounded out the scoring with a goal apiece. Rogacki said the defense was a big factor in the win, with Gilford allowing only one second half goal. He commended the play of Abbie Warren, Sophia Lehr, Bethany Tanner, Ashley Hart

and Michelle Gallant in limiting Milford's scoring opportunities.

Gilford then took on the defending champion Laconia Sachems and couldn't keep up in a 17-10 loss. Cole scored her 200th goal in the game, including six goals total on the day. She also had two assists, as well. Rogacki pointed out that Plante has continuously improved her offense this season, and she finished with two goals. Mercier and Hart added a goal each for the Eagles.

Cole said she was very excited to reach the milestone, saying that this was among her goals this season.

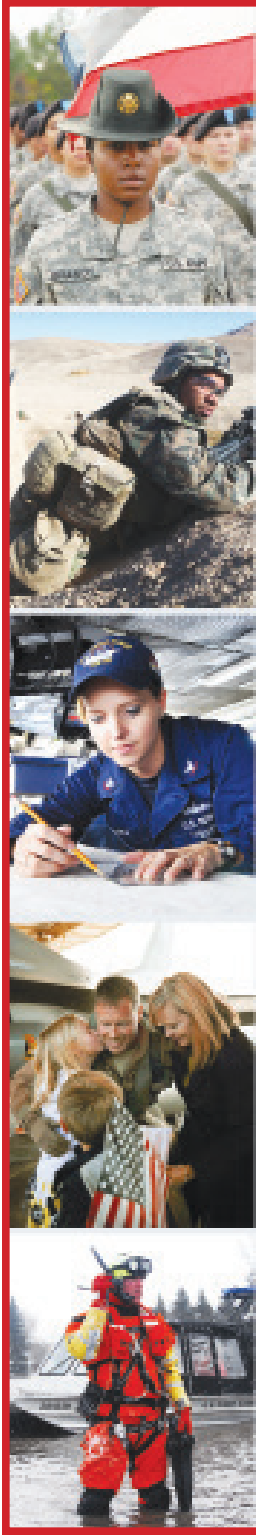
“I couldn't have done it without my teammates, coach and parents to push me to always be the best

player I can be,” said Cole.

Cole acknowledged that the road ahead for Gilford will be a tough one, and that the team needs to work hard to get enough wins to sneak into the playoffs. However, she has faith in her fellow Golden Eagles to make a strong push.

“It will definitely be a challenge to win enough games to reach the playoffs, but I have confidence in my team,” said Cole. “We just need to keep pushing forward and focus on the fundamentals to win.”

Gilford played St. Thomas Aquinas, Campbell and Pelham last week after deadline. Next up is an away game against Bow on May 22 at 4 p.m.



# MEMORIAL DAY

MAY 27, 2019

Please join us in honoring all the men and women who serve our country and remember those who have sacrificed their lives to help this country stay strong and secure.

On Thursday, May 23rd  
The Plymouth Record Enterprise,  
Winnisquam Echo, Meredith News,  
Gilford 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](mailto:tracy@salmonpress.news)  
Or Beth at 279-4516 ext.110  
or email [beth@salmonpress.com](mailto:beth@salmonpress.com)





# Town-to-Town CLASSIFIEDS

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POPUP barn/yard CONSIGNMENT SALE!!! May 25-26!!! 7am Don't miss: unique NO-JUNK EVENT: 1 of kind 628 S.Main St, Wolfeboro. Rustic to elegant-decorative, antiques, furniture, art books, Barnstormer posters, classics J.McLaughlin, ColeHaan Brooks Brothers, Burberry. Original art to nautical flags. Fun2 odd lil & Free stuff too! With luck, you will need a truck!

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All items priced to sell but any reasonable offer will be accepted.  
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Experience is not required, but a good work ethic and dependability are. Min age 18, must be willing and able to travel within NH. We offer excellent wages, benefits and advancement opportunities! For more information or to apply (603)536-4154, [jobs@rmpiper.com](mailto:jobs@rmpiper.com) All new hires are required to pass a physical and drug screen. EOE

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 <b>Gilford \$175,000</b> Fantastic location for this 2 BR, 1 BA home with detached garage. MLS #4749861 <b>Shelly Brewer</b> 603.677.2535	 <b>Meredith \$29,900</b> Move in ready, near everything Meredith has to offer. close to the Inter-lakes schools. Sunny open lot. MLS #4727288 <b>Richard Corso</b> 603.630.4934

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TOWN•TO•TOWN CLASSIFIEDS

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*2nd Shift Full-Time Custodian*

The Alton School District has an immediate opening for a 2nd shift full-time custodian (40 Hours per week, 52 weeks per year). We are seeking a candidate with excellent people skills, self-reliance, capable of adjusting to changing situations, and interacting with community members in a professional manner. Responsibilities include general cleaning, trash removal, floor and window care as well as function/event support, snow removal, alarm response and security of the facility. Experience is not required but preferred.

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

For questions contact:  
Sean Asdot, Buildings and Grounds Director, 603-875-7500, ext. 369  
Deadline: **May 28, 2019** or until filled  
EOE

**Gilford School District**  
**Accounts Payable (Part-Time)**

Position is responsible for processing all invoice and non-payroll payments. Experience with ADS Profund software preferred.

Apply on-line at [www.sau73.org](http://www.sau73.org)  
or Send letter of intent, resume, application and 3 letters of recommendation to:

Gilford School District, 2 Belknap Mountain Road  
Gilford, NH 03249

*Gilford School District is an Equal Opportunity Employer*

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**SAU #79**  
**GILMANTON SCHOOL DISTRICT**  
**GILMANTON SCHOOL**

Gilmanton School is a k-8 school of 400+ students. We offer competitive pay and strong school community.

**2019-2020 VACANCY**  
Certified Elementary Art Teacher  
(this is a full time position)

Please send a letter of intent, resume, certification and three letters of reference to:

**Paula Mercier, Principal**  
Gilmanton School  
1386 NH Rte. 140  
Gilmanton Iron Works, NH 03837

Deadline: May 24, 2019 or until filled.

**GILFORD SCHOOL DISTRICT**  
**District Maintenance Position**

The Gilford School District is accepting applications for a full time district maintenance position. The successful candidate will have a minimum of 5 years commercial construction and school facility maintenance experience.

Candidates should be familiar with computerized energy management systems, plumbing, heating, HVAC, carpentry and electrical systems. Ability to read blueprints is also required. Licenses in the construction trades such as electrical or plumbing are preferred. (This is not an entry level position)

Candidates must be available to respond to emergency calls after hours and on weekends.

Apply on-line at [www.sau73.org](http://www.sau73.org) or mail letter of interest, resume, copy of licenses/certifications, application and three current letters of recommendation to: Kenneth Mulleavy, Department of Buildings and Grounds, Gilford School District SAU #73, 2 Belknap Mountain Road, Gilford, NH 03249.

All questions should be directed to the Gilford School District Office at 527-9215 (Mon-Friday 8:00 a.m. to 2:30 p.m.) Please do not call the individual schools.

Application will be accepted until the position is filled.  
Gilford School District is an Equal Opportunity Employer.

**NCH**  **Upper Connecticut Valley Hospital**

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Phone: (603)388-4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)

**EOE**

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

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

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

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

**Maintenance** Part-time seasonal General Maintenance position, 30 hrs/week, Monday through Friday, May - November.

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

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What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



THIS DAY IN...



HISTORY

- **1804:** THE LEWIS AND CLARK EXPEDITION OFFICIALLY BEGINS.
- **1840:** THE PRACTICE OF TRANSPORTING BRITISH CONVICTS TO NEW SOUTH WALES IS ABOLISHED.
- **1942:** MEXICO ENTERS WORLD WAR II, JOINING FORCES WITH THE ALLIES.



CORNEA

transparent layer forming the front of the eye

HEALTH FACT:



WHICH PART OF THE EYES ENABLE PEOPLE TO SEE COLOR?

ANSWER: CONE CELLS

How they SAY that in...

- ENGLISH:** Eyelash
- SPANISH:** Pestaña
- ITALIAN:** Ciglio
- FRENCH:** Cil
- GERMAN:** Wimpern

Did you know?

EIGHTY PERCENT OF ALL VISION PROBLEMS WORLDWIDE ARE AVOIDABLE OR EVEN CURABLE.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: PHOROPTER TO MEASURE EYES

CRYPTO FUN

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to meditation.  
Each number corresponds to a letter.  
(Hint: 17 = e)

- A. 1 16 3 10**  
Clue: Peaceful
- B. 22 8 19 17 13**  
Clue: Void of noise
- C. 9 17 3 16 21 17 4**  
Clue: Feeling calm
- D. 10 19 11 4**  
Clue: Thinks and feels

Answers: A. calm B. quiet C. relaxed D. mind

SUDOKU

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

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!

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

ANSWER:





Max Bartlett makes a rush to the net against Kearsarge.

RC GREENWOOD



Curtis Nelson fires off a shot against Kearsarge last week.

RC GREENWOOD

# Gilford lacrosse boys push past Plymouth

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Gilford boys' lacrosse team went 1-3 last week, which brought the team's record to 4-6 on the season. On May 6, Gilford narrowly lost to Milford by a score of 10-9. Jason

Callahan led the way with three goals while Cooper Blackey and Maxwell Bartlett had two goals apiece. Brandon Gallagher and Noah Presby had a goal each as well. Colin McGreevy had another great night in net with 15 saves. Gilford then beat

Plymouth 10-9 the following day. Callahan had four goals while Curtis Nelson added two goals. Gallagher, Blackey, Bartlett and Cooper Dehart all had a goal apiece. The game against Plymouth was won in overtime with Galla-

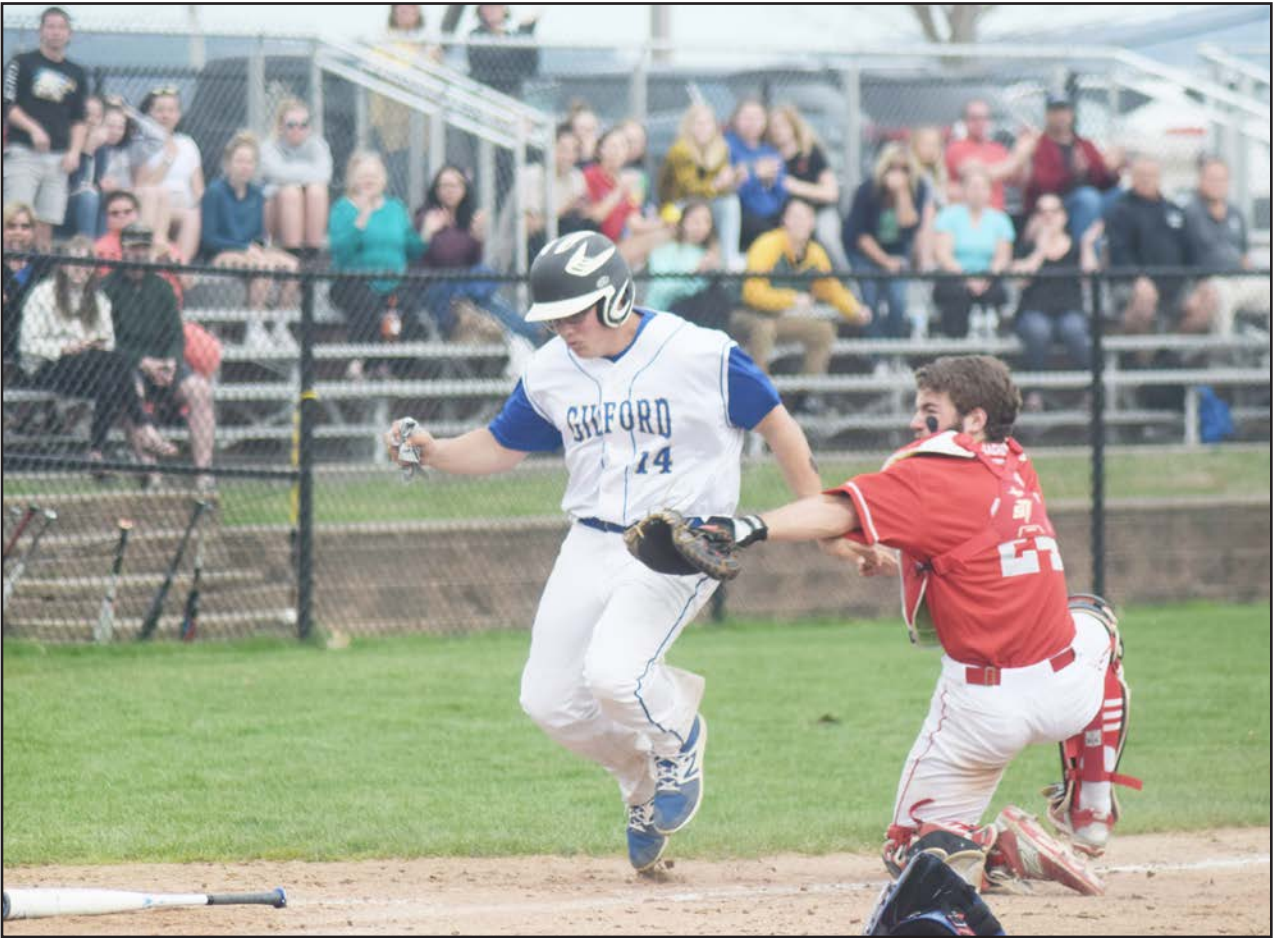
gher sending a pass to Nelson for the game winning goal. Defensive coach Dennis Chiasson said that this was the best game of the season played by senior captain Damon Shute and senior Ryan Ames. Gilford suffered a 13-5 loss to Laconia on May 8,

despite getting 41 shots on goal. Nelson was the scoring leader with two goals while Bartlett, Callahan and Presby all had a goal apiece. Coach Mike Robbs said that the team fell flat, as it was missing several

starters. On May 9, the Golden Eagles finished the week with an 8-5 loss to Kearsarge. Next up for Gilford is an away game against Pelham on May 15 at 4 p.m.

## BASEBALL

(Continued from Page B1)



T.J. Carmilia beats a throw home to score a run, en route to a 10-0 victory over Laconia.

BOB MARTIN

## Newfound watershed study to be discussed Tuesday

PLYMOUTH — Ben Nugent, a biologist with New Hampshire Fish and Game Department, will present a project to study the Newfound River watershed at the next 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 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 a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit [www.pemigewasset.tu.org](http://www.pemigewasset.tu.org) and like the group on Facebook.

en Eagles faced White Mountains and defeated the defending champions 7-3. It was a pitcher's duel between Siravo and Plymouth State bound pitcher Braxton Brown, but in the fourth inning the Golden Eagles took advantage of wildness by Brown. Gilford used aggressive base running and timely hits to put seven runs on the board, putting the game out of reach. Siravo pitched a complete game and struck out nine batters. "We have a brutal three game stretch in three days coming up this week," said coach Eric Duquette. "Tuesday home versus Somersworth, Wednesday at Brady and Thursday home versus Campbell, all teams with championship hopes." The Somersworth and Bishop Brady games were after deadline. Today's home game verse Campbell starts at 4 p.m.

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