



THURSDAY, JUNE 20, 2019

GILFORD, N.H.

Speakers share life lessons with GHS graduates

BY ERIN PLUMMER
mnews@salmonpress.news

Finding life lessons in real experiences, learning from mistakes, and finding opportunities to grow were some of the lessons shared to Gilford High School's Class of 2019 at their graduation.

On Sunday morning members of the class gathered onstage at Bank of New Hampshire Pavilion in front of a big audience of family, friends, and supporters.

"You're here, you made it, and I couldn't be more proud to share this special day with all of you," said GHS Principal Anthony Sperazzo.

Sperazzo said while the students have the tools they need now to make it in the world, what they will really need is perseverance and grit or otherwise just give up.

"Knowing who you are, I know you're not going to give up," Sperazzo



Members of the Gilford High School Class of 2019 throw their caps at the end of graduation.

ERIN PLUMMER

Empowerment, education Manager at Patrick's Pub & Eatery Raises Awareness About Alopecia

GILFORD—Every single day, people ask Patrick's manager Leah Nelson difficult questions.

"How come you don't have any hair?"

"Do you have cancer?"

Or, from children, "Are you a boy or a girl?"

Nelson fields these queries with patience and grace, seeing them as an opportunity to educate people about alopecia totalis, an autoimmune disorder that causes people to lose all the hair on their bodies. Basically, the body attacks the hair, and it falls out.

"The awareness of alopecia is slim," Nelson explained.



COURTESY PHOTO

Leah Nelson

"When men are bald, people don't give it a second thought, but when you're a woman, and you're bald, it's completely different. That's just the way our society is. I want my story to empower people to just be who they are."

Nelson is a 31-year-old Gilford Village resident. She came to Patrick's Pub & Eatery in a management role just over a year ago with a background in art education and an extensive resume in the hospitality industry.

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said.

Sperazzo asked the students to thank their parents and families for all they did for them. He said they can still call on their parents for advice and help.

Senior class president Maggie McNeil said one word that describes the class is "persistent" and members of the class show great persistence

in every activity they're passionate about.

She said this class has never won Winter Carnival, though so many members of the class have put in hard work and effort to get as many points as possible. At the same time, they have had a lot of victories and members of the class were there to support each other.

"The journey to getting there is just as rewarding as the title of the champion," McNeil said.

She wished her classmates luck on their own journeys after high school.

Salutatorian Greg Madore talked about learning, in this case real life learning. He talked about the trip he took to France

SEE GRADUATION PAGE A10

Freedom Ride puts spotlight on POW/MIAs

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Despite some rain, supporters of POW/MIA's still rode their bikes from Gilford to Meredith for the 26th annual Freedom Ride ending with the 31st annual vigil at Hesky Park.

The Northeast POW/MIA Network organized the ride and vigil that has become a long Bike Week tradition and part of the organization's Thursday night vigils by "The Rock," New Hampshire's Original POW/MIA Memorial. The ride started



ERIN PLUMMER

Retired Brigadier General Don Bolduc, joined by his service dog Victor, speaks during the 31st annual Freedom Ride vigil.

at Winnepesaukee Commons in Gilford and went down Route 3 through the Weirs, ending right at Hesky Park.

Due to steady rains throughout the day numbers were significantly smaller, though many riders and supporters still took part and listened to a number of guest speakers.

Hiram Sasser, General Counsel from the legal organization First Liberty Institute, talked about an ongoing controversy and legal action regarding the Bible on the Northeast POW/MIA network's Missing Man Table at the VA Medical Center in Manchester. First Liberty Institute is representing the Northeast POW/MIA Network in a law-

suit that had been filed calling for the removal of a Bible that Herman "Herk" Streitburger carried while held prisoner by the Germans during World War II. Earlier this year the Military Religious Freedom Foundation called for the Bible to be removed. The VA center initially removed it, but after an outpouring of protests the Bible was put back on. The MRFF is filing suit on behalf of veteran James Chamberlain against the director of the Manchester VA to have the Bible removed, saying it promotes one religion over others.

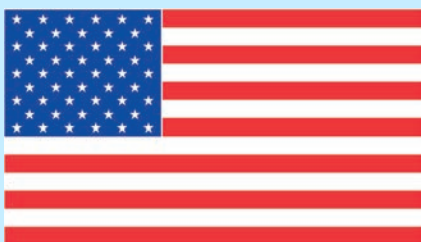
Sasser said this suit could go on for a long time and he said they are prepared to take it all

SEE FREEDOM RIDE PAGE A10

Early deadlines for the 4th

With Independence Day falling on a Thursday this year, that week's edition of the Gilford Steamer will be arriving in subscribers' mail boxes a day earlier than usual, on Wednesday, July 3.

In order to accommodate our accelerated press deadline that week, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication on the 3rd is being moved up from the usual Monday afternoon to Friday, June 28 at 4 p.m. As always, submissions may be dropped off in person at our offices, located at 5 Water St. in



Meredith, or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

Please note that any submissions received after 4 p.m. on the 28th will be held for publication on July 11. For information on the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Gilford Steamer thanks our readers for their cooperation with these changes in our normal schedule and wishes the community a safe and happy Fourth of July.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

SUMMER READING! It's back--the best time of the year. Yet another summer for us to play, learn, and earn at the Library. Summer reading gets little improvements from year to year, but the major change is the theme. This year, the theme is 'A Universe of Stories'--which is to say we're celebrating outer space, science, and the vast diversity of books available in the world today. This summer is going to be stellar.

If you listened to NHPR's "The Exchange" on June 11, you heard them discuss "Averting The Summer Slide: Schools Aim To Keep Students Learning Over Summer Vacation." It's available on their website and most podcast apps if you missed it. One of the most frequently cited methods for keeping the mind active during summer is to participate in library programming--Summer Reading most of all! We've got unbelievable programs and jaw-dropping incentives this summer, making reading with the whole family more

fun than ever. It's all possible thanks to the support of the Friends of the Gilford Public Library, who sponsor the entire program, and the local businesses that donate incentives.

This year's blast off party is on June 25th from 3:30-5pm for all ages. Yes, children, teens, adults, we're all partying together with music, ice cream, books, food, and excitement. We're going to get hyped for a summer full of reading and programming. We'll look forward to performances like Hokuto Taiko Dojo Japanese Drumming, an 'Out of this World' escape room, the Hampstead Theater performance of 'Jungle Book', a full Planetarium experience from the McAuliffe Shepard Discovery Center right here in town, musical performances, lectures, and much more. Get all the information at the blast-off party, stop-in, or take a look at our online calendar to learn more.

Reading is mission critical. For all three Summer Reading Programs, children, teen, and adult, you earn rewards for reading. They are awesome in-

centives, but the real reward is the benefit of being a reader. Study after study has shown that summer reading reduces or eliminates the loss of school learning progress. It encourages a culture of life-long learning, which improves quality of life in all stages. That's why this year we are introducing the Family Reading Challenge, which offers a special prize raffle for families that participate together.

The Summer Reading Program is all about sharing the benefits of reading with loved ones, library visitors, and the community as a whole. Let's explore 'A Universe of Stories' together!

Classes & Special Events
June 20-27

Thursday, June 20
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! Lunchtime Book Discussion, 12:30-1:30 p.m.

This month's book is Rise of the Rocket Girls by Nathalia Holt, described as "...intriguing account of the young, female 'human computers'...". Copies are available at the front desk, and the discussion will be led

by Molly Harper.

Conversational French, 4-5 p.m.
Evening Book Discussion, 6-7 p.m.
See 'Lunchtime Book Discussion' above.

Friday, June 21
Geri Fit Classic, 9-10 a.m.
Social Bridge, 10:30 a.m.-12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, June 24
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.

CPR for Babysitters, 10 a.m.-2 p.m.
Learn to perform CPR with Instructor Cassidy Clairmont. The class will cover the basics of CPR and is designed with babysitters in mind. Cassidy is a National Safety Council Instructor and mother of two. She will highlight child and infant CPR and care along with adult procedures. Tuition is \$40 per person, which includes a training booklet and certification card (mailed after completion of the program). Registration required. Please pack a lunch.

Walk With Ease, 11 a.m.-noon
No matter if you need relief from arthritis pain or just

want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Brenda Carey of UNH Cooperative Extension will lead this twice a week, six week course. Call the library to sign up and for more information.

Geri Fit Classic, 11 a.m.-noon
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.

Mahjong, 12:30-3 p.m.

Tuesday, June 25
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.
Social Bridge, 10:30 a.m.-12:30 p.m.
Summer Reading Kick-Off Party, 3:30-5 p.m.

Summer is finally here! Come sign up for summer reading and stay for live music, ice cream, and games! All ages are welcome.

ting Class, 10 a.m.-2 p.m.

Planning to babysit this summer? Come to the library to get CPR certified and learn about babysitting safety. Be sure to pack a lunch! Ages 11 - 16, sign up online. \$60 per person. Instructor: Sean Madden, CPR Safe Program Manager, McGregor Memorial EMS. Limit: 16

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

Storytime at the Beach, noon-12:30 p.m.

Meet us at the beach for stories and fun!

Thursday, June 27
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!

Walk With Ease, 11 a.m.-noon
See 'Walk With Ease' above.

Conversational French, 4-5 p.m.
Historic Armchair Tour of New England, 6:30-7:30 p.m.

Our Armchair Tour is a great way to find out about our regional organization, stories of New England home-life, and the many varied architectural and landscape features of their properties and collections--and Gwendolyn Smith of Historic New England will reveal many wonderful gems to visit in New England.

Gilford Public Library
Top Ten Requests

1. "Unsolved" by James Patterson
2. "Where the Crawdads Sing" by Delia Owens
3. "The Den" by Abi Maxwell
4. "Redemption" by David Baldacci
5. "The 18th Abduction" by James Patterson and Maxine Paetro
6. "The Friends We Keep" by Jane Green
7. "Sunset Beach" by Mary Kay Andrews
8. "The Mueller Report" by Robert Mueller
9. "The Daughter's Tale" by Armando Lucas Correa
10. "The Moment of Lift" by Melinda Gates

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Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Hearing scheduled to lower vendors' fees

BY ERIN PLUMMER
mnews@salmonpress.news

A public hearing has been scheduled to significantly lower the town's vendor fees after concerns that the current fees might be restricting certain businesses.

The board of select-

men will hold a public hearing on June 26 during its 7 p.m. meeting to revise the Outdoor Vendor and Transient Sales Fee Schedule, adopting much lower fees. Currently the town charges \$50-65 a day, \$400 a week, \$1,500 a month,

and \$2,500 annually for vendors.

Resident Joe Wernig brought up the issue at a previous meeting, considering some friends who have a food truck they want to set up in places like Village Field. Selectman Chan Eddy

asked Town Administrator Scott Dunn to examine the possibility of lowering the fees.

During Wednesday's selectmen's meeting Dunn said he looked into 20 different New Hampshire communities to see what others were

charging for their fees. Of those 20, Gilford had the third highest with two other communities charging more than Gilford did. Dunn said the board might want to examine lowering the fees.

Eddy said when the subject came up the first time he was aggravated to learn that the fees were so high to support preexisting businesses.

ions of his fellow board members.

"I've always said that the board of selectmen should never be a hindrance to business, but rather help," said selectman Gus Benavides. "But at the same time, I understand why we did this, why we created these fees to also be able to support our local businesses who have invested in here and I think its important for us to do that."

Benavides said he did agree with Eddy's concept that business and a capitalistic society is one of supply and demand. He didn't agree with Eddy's suggestion that the rates be even lower than Dunn's proposal, saying the rates Dunn proposed were reasonable and cost around \$10 a week.

The selectmen agreed by consensus to schedule a public hearing on changing the vendor fees.

Public Works embarks on busy spring season

BY ERIN PLUMMER
mnews@salmonpress.news

Public Works went through a long winter and has been able to finally undertake their spring and summer, according to an update from the department's Director.

Public Works Director Jason Hayden

gave the board of selectmen an update on his department during Wednesday.

This past winter was a harsh one and meant a lot of work and a lot of material used by the department.

Hayden said around 70 inches of snow fell

on the town, not including other forms of winter weather such as ice accumulation. Hayden said they responded to 40 winter weather events, using 1,900 tons of salt and 620 tons of sand on the roads. This year they started using a brine solution to pretreat the

roads before storms.

The wet weather, frost, heaving, and other conditions led to a prevalence of potholes. Hayden said the department used 48 tons of cold patch on the roads over the winter.

The long winter also meant a delayed

SEE **PUBLIC WORKS** PAGE A9

Meridian Construction leverages new partnership

Lining up subcontractors and skilled craftsmen is a major challenge these days, especially if you want to grow your construction business. It's also hard to find and keep skilled, reliable people fulltime in this labor market, especially while the economy continues to grow with record low unemployment.

For the construction industry to satisfy continued high demand, having enough people to fill crews is among the biggest challenges. Meridian Construction's core team of project managers, tradespeople and dedicated subcontractors have always served clients reliably, but there comes a point when you need to think outside the box concerning how to maintain a growth strategy in a tight labor market.

If there aren't enough available workers, what can you do? For Meridian Construction, needs and mutual opportunity intersected at the right time.

In January, Meridian Construction announced plans for a management agreement with Mark Carrier Construction, Inc. (MCCI) in Manchester. They are excited to provide an update to the New Hampshire business community.

The management partnership between



COURTESY
Kyle Long (pointing), Meridian Project Manager, working alongside his colleagues at Mark Carrier Construction.

these two firms has given each the ability to cast a wider net, not only geographically but also in terms of contractor, vendor and client relationships. MCCI has built strong business relationships throughout Southern New Hampshire and into Massachusetts while Meridian's highly established net-

SEE **PARTNERSHIP** PAGE A9



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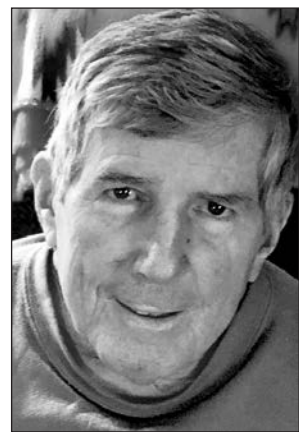
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OPINION

NORTH COUNTRY NOTEBOOK

In the crosshairs, all right, but no torpedoes to shoot



By JOHN HARRIGAN
COLUMNIST

“I’m pretty weak on my birds,” longtime friend Bunny (Earl) Bunnell said to me one day back in the late 1960s, and then proceeded to educate himself on all things avian. In his later life he became one of the go-to guys for any questions I might have on birds of northern New England.

I’ve decided to make snakes my late-life educational cause, because (a) most people have an instinctive aversion to them, and as a result (b) know very little about them.

For instance, did you know that we have this multi-colored snake that can milk a cow and then form itself into a tail-to-mouth hoop to make a speed-rolling escape? (No? That’s because we don’t.) What we do have is a milk snake that’s just multi-colored enough to look like a coral snake with enough venom to kill King Kong (yes, a very pretty snake, but nope--no venom).

+++++

Much of New Hampshire’s written history is what the experts call anecdotal history, basically meaning “It makes a good story, but...” This works well if a peer-reviewed paper is about, say, ice-out, because almost all big bodies of water have official ice-out dates going to way back when. But then there are the anecdotal stories: “Old Pete’s horse took him to the absolute worst house anyone should find him in.”

Much of this anecdotal history is in diaries and journals. Devastating fires have done much damage to more traditional sources over the years (the original Coös County records, kept in the county seat of Lancaster ever since first European contact, exploration, and settlement, went up in flames in

1886; Fish and Game’s headquarters in Concord, ditto, 1984), so there is a paucity of original material. As a result, historians have had to base their work on often inferior resources.

When the Europeans got here and got serious about settlements, towns, and land grants to somehow make it all seem legal, they were denied what historians had come to expect. The tribes and nations depended on oral tradition to link present to past and speculate on the future. Drawings and maps on cured hides helped carry codes of social behavior and wisdom from one generation to the next, as did intricate beadwork and, in some regions, petroglyphs, pottery, and earthen mounds.

In our little pocket of the continent in the Northeast, there was the least of the least. Our acidic soils doomed anything made of hides or wood, the chief means of generational connection. Oral tradition--songs, sermons, sagas, and stories bordering on the Homeric--but-tressed the few relics protected from time and the elements. Even these were often lost to civilization’s age-old enemy of connectivity, fire.

+++++

Two books I will never give away are the hard and soft-cover editions of Helenette Silver’s landmark book, “History of New Hampshire Game and Furbearers.” Helenette, with whom I had considerable correspondence and a nodding acquaintance, stood out for many reasons, not the least because she read every town history she could get her hands on and searched many settlement-era deeds back to the original King’s Grants.

Insects are not even listed in her index, and I can remember no mention of them in the general text, except the usual observation that the Indians used bear fat or any similar substance on hand to smear on exposed portions of their bodies for protection against insects, chiefly black flies, deer flies, nos-eums and mosquitos, all of which were at the height of ferocity



COURTESY FISH & GAME PHOTO BY BRENDAN CLIFFORD

A black racer snake, exploring its territory somewhere in New Hampshire. High on its diet are mice, which spread Lyme and other diseases.

in May and June.

It should be no surprise, then, that Helenette left no room for snakes. Little was known in settlement times about their species, origins, or ranges, and thus imagination ran rampant, just as it did with many aspects of science before the appearance of, well, science.

+++++

The correct thing to say about me regarding snakes would be “ambivalent.” I harbor no fundamental

fear of them, but not a lot of affection, either. Respect, yes. In this vein, I loved the photos of timber rattlers in the spring issue of Northern Woodlands magazine, and New Hampshire Fish and Game’s Wildlife Journal as well, and will tack one onto a wall.

I once had an encounter with a southern racing snake in Florida. It periscoped about a quarter of its body out of an old box on the ground, and regarded me, I thought, like a U-boat

commander with a fat freighter in his sights.

This snake followed me along for a little while (they can go up to 20 mph, the literature says. Being relatively ignorant about snakes, I carved another “We don’t have these in New Hampshire” notch in my mental gunstock.

But oh yes, we do--and like all snakes, it is not threatening and simply deserves (and wants) to be left alone. Its tiny backward-facing teeth are for swallowing prey, the big item on their diet be-

ing mice, voles, and moles. Mice are a key link in the cycle that gives us Lyme Disease and a host of lesser-known afflictions.

Even though I’ve been writing for newspapers since 1968, a good deal of it outdoor-oriented, there undoubtedly are snake experts at various universities and in the private sector I’ve never even heard of. In increasing my own knowledge on snakes, I’ll undoubtedly bump into them, New Hampshire still being a relatively small state (around 1.3 million).

But I already have a message to readers about snakes: Leave them alone. We’ve already brought some species (New Hampshire has 11) to the brink of extirpation (meaning gone from this state but still existing elsewhere) through habitat destruction/conversion and knee-jerk killing, all based on the assumption that all snakes are bad.

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

MARK ON THE MARKETS

Risk assessments



BY MARK PATTERSON

if you are meeting with a broker, financial advisor, financial planner or investment advisor, you have likely been through an investment risk questionnaire. As a registered investment advisor, I used several risk assessment questionnaires and even post one on my Web site, MHP-asset.com that anyone can access and get a risk score. It is only my opinion that many of these risk tolerance questionnaires are a means for the broker, advisor or planner to plug-in an investment mix predetermined by your risk tolerance ac-

cording to their questionnaire, while not addressing the real needs of the client.

MHP asset management is just that, an asset management firm. MHP’s policy is to assume that our client is risk adverse until proven otherwise. I created that policy based on my 24 years in this business of good, flat and bad equity markets. When the markets have been good for extended period, like now, many investors feel as though they can handle a lot of volatility. Those same investors are often the first to call, nervous about their accounts when we have tough times in the equity markets.

There is a second, and I believe larger reason why you can’t just plug in the investment portfolio based on a risk assessment. When reviewing prospective new family accounts held at other firms, there’s a common flaw with many of these portfolios,

because I believe the financial advisor really didn’t ask enough questions to find out what the true needs of the client are, but were only concerned with matching a predetermined portfolio with a risk assessment.

I use the risk questionnaire early in the risk assessment process, but that really does not address the needs of the client. For instance, the risk assessment states that a client may be able to handle moderate risk. What the assessment does not tell me is their need for income. So, this prospective family’s portfolio may be suited for their risk tolerance but not their needs. If this prospective family tells me that they need a good portion of these assets for income in the next two years but are still invested for growth, then what good at all was the risk tolerance questionnaire? Once we get beyond the basic questionnaire, I believe we must go to

the next level and find out what those assets are intended for and when.

MHP asset management has software that does a very good job of “forensic analysis” on your current portfolio. It will not only tell us how you are position from a risk standpoint, but it will tell you all the internal expense in the funds that you may be invested in.

For many of our families, there comes a time when the assets that we accumulate must be adjusted for the distribution of those assets as steady, sustainable, reliable income. Because we create your portfolios using low or no cost stocks, bonds or funds at MHP, we only charge a fee to manage your assets, you never pay us a “relationship fee.”

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

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Child Car Safety

Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

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 4:00-5:00 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages 7 years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department website at www.gilfordrec.com.
Cost: \$70 per person and includes all necessary equipment.

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

LEtGO YOUR MIND Robotics Camps
The Gilford Parks and Recreation Department is sponsoring two one-week LEGO robotics camps the week of June 24 - June 28, 2019. The camps will take place at the Gilford Middle School from 9 a.m. - 3:00 p.m. The "Amusement Park Thrill Rides & Stop Motion Animation" is open to children ages 6-9 years of age and the "EV3 Robotic Amusement Thrill Rides & Stop Animation/Minecraft" is open to children ages 9-14 years of age. Participants can register on-line at www.letgoyourmind.com <<http://www.letgoyourmind.com>> .
Cost: \$325

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

Shooter's Gold Basketball Camp
The Gilford Parks and Recreation Department is once again inviting the Shooter's Gold Basketball Camp to come to Gilford this summer! The camp will be held in the Gilford Middle School Gym from June 25 - June 28, 2019. Session 1 for children entering grades one through four will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 8 a.m. - 1:00 p.m. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at www.hogancamps.com.
Cost: \$95 for Session I and \$140 for Session II

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

Tennis Programs.
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 <<http://www.gilfordrec.com>> .

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

Challenger British Soccer Camp
The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 15 - July 19 at the Gilford Village Field. This camp offers a 3-hour program for children ages 6-14 and SEE REC NEWS PAGE A9

Tour Smith Meetinghouse Cemetery with Gilmanton Historical Society June 25

GILMANTON — Join the Gilmanton Historical Society on Tuesday evening, June 25, beginning at 6 p.m. for a walking tour of the historic cemetery at Smith Meetinghouse. The tour will be led by Fred Buchholz,



COURTESY PHOTO

Gilmanton Historical Society offers a tour of historic Smith Meetinghouse Cemetery, Tuesday, June 25, 6 p.m.

long time sexton of the cemetery. The earliest burials in this historic and beautiful cemetery in the center of Gilmanton date to the 1770s. Buchholz is an excellent story teller, and in addition to leading us on a pleasant walk, will have some interesting stories to tell. Smith Meetinghouse is on Meetinghouse Road, off Route 140 east of Gilmanton Corners. Wear good walking

shoes and meet at 6pm at the main gate to the cemetery. Please park along the edge of Meetinghouse Road. Tour will be held rain or shine. The Society's 2019 program series continues on the fourth Tuesday of each month, through September, with programs featuring Gilmanton history: Doug Towle's Antique Gilmanton Homes on July 23rd; The 12th New Hampshire

Regiment During the Civil War on Aug. 27; and A Brief History of Gilmanton's Churches on Sept. 24. The Society's museum in Old Town Hall in Gilmanton Iron Works is open every Saturday morning, 10 a.m. to noon, June, July and August. The programs are free and open to the public. Donations to support the work of the Society are always welcome.



COURTESY

In what's become an annual tradition, Gilford High School students delivered their latest batch of ceremonial flag cases to residents of the New Hampshire Veterans Home on Friday, June 14, an event made more special this year by occurring on Flag Day, birthday of the American Flag.

Gilford students bring flag cases to Veterans Home

TILTON — In what's become an annual tradition, Gilford High School students delivered their latest batch of ceremonial flag cases to residents of the New Hampshire Veterans Home on Friday, June 14, an event made more special this year by occurring on Flag Day, birthday of the American Flag. The students brought 65 of the triangular wood cases, which are used to contain the ceremonially folded American Flag after it has been used to drape a veteran's casket at their funeral. The cases are the product of a yearlong joint community service project, where GHS business teacher Steve O'Riordan's classes raise money for ma-

terials and technology and engineering teacher Dan Caron's students build the boxes, with a little adult help. Over the course of a year, NHVH residents sand and stain the cases during activity periods. The Home provides them free of charge to the families of deceased residents. The school first stepped up in 2015 after O'Riordan heard that the Home had lost its previous supplier of the cases. The Home's thanks were offered by Commandant Margaret "Peggy" LaBrecque and Bill Bertholdt, president of the Resident Council, during the event commemorating official adoption of the flag by

the Second Continental Congress in 1777.

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Fassett's PHOTOGRAPHY

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Photos are also welcome, but must be submitted in jpeg format.
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Winnepesaukee Clean Up brings in eight yards of debris

REGION — The Second Annual Lake Winnepesaukee Community Clean Up, spearheaded by Rob Janes, Aimee Janes, and Joyce Murphy, kicked off on June 1.

The goal of this group is to gather a community of lake lovers willing to come together annually to help clear the debris in, on, and around the lake. Motivated by the overwhelming success of last year's first event, teams and local businesses gathered to clean areas around Alton Bay, Wolfeboro, Meredith, Laconia, Center Harbor, Moultonborough and Tuftonboro. Volunteers met at each primary location on the lake to "team up to clean up" and gathered more than eight yards of debris.



COURTESY PHOTO

The 2019 Winnepesaukee Clean Up Crew.

This community event has really taken off, successfully raising awareness of how much debris and trash is left on the ground and found in the lake. We encourage people to pick it up 24/7, 365 days. We want future generations to enjoy the lake as much as we

do and for many years are, that will not happen. Think back to the Iron Eyes Cody com-

mercial from the '70s. We all have to do our part to "Keep America

Beautiful."

Thank you to all our volunteers and our sponsors: Lake Winnepesaukee Association, No Limits Metalworks, Lake Life Brand, Sports and Marine Parafunalia, Roche Realty Group, New Hampshire Boat Museum, and Shep Browns Boat Basin. To stay connected and for information about future clean up events, follow us on Facebook at Lake Winnepesaukee Community Clean Up, or contact Rob Janes at winnicleanup@gmail.com.

Mitchell Juneau named to Spring 2019 Dean's List at Stonehill College

EASTON, Mass. — Mitchell Juneau, of Gilmanston, a member of the Class of 2022, has been named to the Spring 2019 Dean's List at Stonehill College.

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Stonehill is a Catholic college located near

Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

Catherine McLaughlin named College Scholar at Middlebury

MIDDLEBURY, Vt. — Catherine H. McLaughlin, daughter of Ruth and Hayden McLaughlin of Gilford, was named a College Scholar for the 2019 spring term at Middlebury College.

The rank of College Scholar is the highest recognition for academic achievement at the liberal arts institution in Vermont. To be named a College Scholar, students must carry a full course load of four or more classes during the semester,

achieve a grade point average of 3.6 (on a 4.0 scale) or higher and earn no grade lower than a B minus.

Ms. McLaughlin was also employed spring semester by the Middlebury Snow Bowl Ski Club as a ski coach.

Located in Vermont's Champlain Valley with the Green Mountains to the East and the Adirondacks to the West, Middlebury is a top-tier liberal arts college. From the sciences

and humanities to social sciences and the arts, Middlebury offers intensive programming across multiple fields and disciplines to its 2,500 undergraduates. Numerous students participate in research, engaged learning, and culturally immersive study abroad.

Middlebury College is distinct among its peer institutions as it provides an international network of additional undergraduate and graduate resources and pro-

grams, including Middlebury C.V. Starr Schools Abroad, Middlebury School of the Environment, Middlebury Institute of International Studies at Monterey, Middlebury Language Schools, Middlebury Bread Loaf School of English, and the Middlebury Bread Loaf Conferences.

For more information about Middlebury College, visit www.middlebury.edu.

Local students named to Dean's List for Spring 2019 Semester

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2018-2019 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.2 or better in the semes-

ter with at least 12 credits of study which award a letter grade. A total of 706 students representing 23 states and 3 countries received this honor.

Mark W. Cronin, Dean of the College, announced that the following students have been named to the Dean's List

for the spring 2019 semester at Saint Anselm College, Manchester, New Hampshire.

Gilford: Dawson Ellis, Communication, 2021

About Saint Anselm College

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in

the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

Farmington School District
Payroll Clerk-35 Hours per week

The Farmington School District has an opening for a Payroll Clerk. We are seeking a candidate with at least one (1) year of payroll processing experience to join our team. This position requires bookkeeping and/or accounting experience with an emphasis in payroll processing. The ideal candidate will be capable of working independently, adjusting to changing situations, working with set deadlines and possess a friendly personality and professional demeanor. Responsibilities include setting up new employees in the payroll system, processing payroll, tax and NHRS reporting, W-2 preparation and 941 quarterly reporting.

Associates degree, Bachelor's degree and/or prior experience in a school business office preferred but not required. Position includes full benefits package.
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For questions contact:
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The Farmington School District has an immediate opening for a part-time, year-round IT Support Associate. We are seeking a candidate with excellent people skills and the ability to work independently in a fast-paced environment. Responsibilities include basic hardware, software and end user support in a school setting. Preferred qualifications: experience with technology support, cloud-based technology, training and/or education in a Technology field. Work schedule 14 -18 hours per week, but can be flexible based on a candidate's schedule.

Apply at: <https://www.applitrack.com/sau61/onlineapp/>

For questions contact:
Jennifer Lowton, IT Director
603-817-3342
jlowton@sau61.org
Deadline: June 24, 2019 or until filled.
EOE

Farmington School District
Anticipated Opening
Federal Programs and General Bookkeeper

The Farmington School District has an anticipated opening for a full-time Federal Programs and General Bookkeeper. We are seeking a candidate with at least two (2) years of accounting/bookkeeping experience to join our team. The ideal candidate will be capable of working independently, adjusting to changing situations and possess a friendly personality and professional demeanor. Responsibilities include general bookkeeping, accounting, Federal Grant fiscal administration and business office support. Associates degree, Bachelor's degree and/or prior experience in a school business office preferred but not required. Position includes full benefits package.

Apply at: <https://www.applitrack.com/sau61/onlineapp/>

For questions contact:
Janna Mellon, Business Administrator
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PET OF THE WEEK
JETT

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Jett came to us in our most recent southern cat transport. Being the oldest in the group, he is very mellow and doesn't seek too much attention. He enjoys the occasional head and chin rub, and would enjoy a nice comfy lap to sit on. We have done some work on his teeth since he has been here, so he prefers to eat a wet food only diet. Come meet Jett!

Jett is Pet of the Week!

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Farmington School District
Immediate Opening
Network and Information Technology Associate

The Farmington School District has an immediate opening for a full-time, year-round Network and IT Associate. We are seeking a candidate with excellent people skills and the ability to work independently in a fast-paced environment. Responsibilities include maintaining the core network computer system and providing operational and technical support for the school district. Preferred qualifications: 1+ years network/infrastructure support, experience with cloud-based technology / Virtual Environments, and experience and/or training with network switch configuration. Full benefits package including paid holidays, vacation and sick time.

Apply at: <https://www.applitrack.com/sau61/onlineapp/>

For questions contact:
Jennifer Lowton, IT Director
603-817-3342
jlowton@sau61.org
Deadline: June 24, 2019 or until filled.
EOE

Tall Granite Big Band returns to Pitman's

LACONIA — Saturday, June 22 at 7 p.m., Pitman's Freight Room will host a Swing Dance with the Tall Granite Big Band. From the synco-pated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! This 18-member band has its roots in Texas with music collected over seven decades by the late Houston band-leader Johnny Dyson. The Dyson band's early repertoire included

classics from Glenn Miller, Count Basie, Perez Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked closely with Texas ar-rangers including Don Elam and Fred Baet-ge, and over time his bands acquired unique material reflecting the vital "Third Coast" culture and its Blues and Latin influences, which help distinguish Tall Granite today. To-day, our members are drawn from around the Granite State and



Swing dance lesson from area instructors to help everyone ac-quire or brush up their moves! So if you're done with dueling banjos or screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pitman's Freight Room and swing and sway or just relax to the Tall Gran-ite Big Band's smokey horns and unique sound! Free Dance Lesson before the show from 7 – 8 p.m. Doors open at 6 p.m., and we are a BYO Venue. For reser-vations, call 527-0043.

Yzabelle Mitchell fulfills Colby-Sawyer College Internship Requirement

NEW LONDON — Yzabelle Mitchell of Gilford is completing Colby-Sawyer's internship require-ment this summer with Julie Balaban, M.D. in Lebanon. Mitchell is ma-joring in self-designed and is a member of the class of 2021. Internships are field experiences designed to provide a student learn-ing opportunity under collaborative supervision between Colby-Sawyer College faculty, staff, and work site professionals. Internships offer the op-portunity for students to enhance their academic programs with work ex-perience related to career interests in all industry areas in national and in-ternational settings.

ty that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communica-tion, Colby-Sawyer pre-pares students to thrive post-graduation and

make a positive impact upon a dynamic, diverse and interdependent world. Founded in 1837, Col-by-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vi-brant teaching and learn-ing community at www.colby-sawyer.edu.

Kianna Olson named to Dean's List at Bethel University

ST. PAUL, Minn. — Kianna Olson, a Senior at Bethel Uni-versity in St. Paul, has been named to the Dean's List for ac-ademic excellence for

the spring 2019 semes-ter. She is the daugh-ter of Paul and Vickie Olson from Gilford. The Dean's List honors students who SEE OLSON PAGE A9

our focus – as it was in Dyson's day -- remains on dancing! Our Pit-

man's Dance Nights typically are prefaced with a complimentary

URI students named to the Spring 2019 Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to an-nounce the Spring 2019 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New En-land states, New York and New Jersey, and many other states and countries. To be included on the Dean's List, full-time stu-dents must have com-pleted 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time stu-dents qualify with the ac-

cumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average. Note: Students who qualified for the Dean's List, but have restricted access to their informa-tion under the Family Education Rights and Pri-vacy Act (FERPA) guide-lines, are not included on this public listing. Stu-dents may adjust these restrictions on eCampus. James Buckley of Gilford Jordan Dean of Gilford Anne Dionne of Laconia Johanna Morris of Gilford Kaylee Robbs of Gilford

Kaitlyn VanBenne-kum of Gilford The University of Rhode Island's pione-ering research extends the University's influence well beyond its coastal borders, while its unique interdisciplinary courses provide its 16,637 under-graduate and graduate students with global opportunities in an in-timate environment. In May 2019, more than 3,300 undergraduate and about 700 graduate degrees were awarded. The University now has more than 120,000 alumni worldwide.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning communi-

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TCRHCC is a Navajo/Indian preference employer. Final candidates selected will be subject to a favorable adjudicated background investigation.

Taylor Community breaks ground on new gathering place

LACONIA — The groundbreaking for a long anticipated area for Taylor Community residents took place recently. The Woodside Pavilion’s two-year project will feature a vast array of amenities when complete.

Taylor Board Chairman David Pearlman said along with the wonderful lifestyle Taylor offers, including events and activities, the community was ramping up people’s expectations with this newest addition to the campus.

“Thank you to Bank of New Hampshire for helping finance the project,” he said.

“It’s rare people are



Left to right: Taylor Board of Trustee Members Chris Volpe, Ron Baker (also a Taylor resident), David Lynch, Mitchell Jean and Board Chairman David Pearlman. Taylor President/CEO Michael Flaherty; Kirk Beswick, VP, Facilities Management; Ed Soucy, VP, Finance; Scott Myers, Laconia City Manager; Chris Walkley, Vice President, Commercial Loan Officer, Bank of New Hampshire; and Karmen Gifford, President of Lakes Region Chamber of Commerce.

who gave a generous donation toward the pavilion’s construction.

Besides the pavilion with seating, the area will consist of restrooms; a cooking area; gas fireplace; putting green; horse-shoes; shuffleboard; bocce ball; a walking trail; garden beds and beautiful landscaping.

Businesses involved in the project include David Laurin Architect, PLLC; Nutter Enterprises, Inc.; terrain planning & design, llc; and Turfpro Landscaping & Fertilization.

Follow us on Facebook, visit www.taylorcommunity.org, or call 366-1400 for more information about Taylor Community, the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

Winnepesaukee Wine Festival benefits campaign for domestic violence advocacy

MEREDITH — The Winnepesaukee Wine festival returns to Meredith for its 14th year, featuring samples of more than 100 wines, beers and spirits from around the world to benefit survivors of domestic violence through the New Hampshire Campaign for Legal Services (NHCLS).

A partnership between The Common



Man Family of Restaurants and Martignetti Companies of North-

The Winnepesaukee Wine festival returns to Meredith for its 14th year, featuring samples of more than 100 wines, beers and spirits from around the world to benefit survivors of domestic violence through the New Hampshire Campaign for Legal Services (NHCLS).

ern New England, the festival takes place on Thursday, June 27 from 5:30 – 8 p.m. in the Winnepesaukee Ballroom at Church Landing in Meredith. The event is sponsored by Donahue, Tucker & Ciandella, PLLC, with promotional support from Minute-man Press in Plymouth.

Featuring wine, craft beer and spirits from local, national and international producers, the event offers a VIP room

in the Carriage House at Church Landing with exclusive wines and a commemorative glass. Tickets to the VIP room are \$125, which also includes access to the Grand Tasting. Tickets to the Grand Tasting are \$75 in advance and \$85 at the door, while supplies last. Purchase tickets online at www.nh-cls.org, at Lakehouse Restaurant in Meredith, or by calling 968-9330. Space is limited and advanced tickets are suggested.

Participating in the 14th Annual Winnepesaukee Wine Festival are WJ Deutsch & Sons Ltd, Tito’s Handmade Vodka, Treasury Wine Estates, J Lohr Winery, Palm Bay International, William Grant & Sons, Vintage Point, Vineyard Brands, Trinchero Family Estates, Michael David Winery, Bogle Vineyards, Vision Wine & Spirits, Remy Cointreau USA, St. Supery Winery, Hess Collection, Caymus Vineyards, Duckhorn Vineyards, Santa Mar-SEE **WINE TASTING** PAGE A9

M/S Mount Washington celebrates Independence Day with Fireworks Party Cruise

LACONIA — Celebrate Independence Day and enjoy a fireworks display over the lake during the M/S Mount Washington July 4th Fireworks Party Cruise. Every year, Lake Winnepesaukee community members create their own fireworks displays and M/S Mount Washington guests have the best vantage point to enjoy the fireworks show.

The Fireworks Party Cruise on Thursday, July 4, features a lavish dinner buffet, live entertainment with Club Soda, and a scenic three hour cruise. In the Flagship Lounge the entertainment will be hosted by Tom Paquette.

Tickets are \$59 per person, and guests under 21 are welcome, but must be accompanied by a parent or guardian. The ship departs Weirs Beach at 7 p.m. and returns around 10

p.m., after the Meredith fireworks. Advance tickets are recommended as this cruise usually sells out.

The official 2019 daily cruising season for the M/S Mount Washington, and her sister vessels, runs until October offering daily cruises from its summer port of Weirs Beach and servicing the other ports of Alton Bay, Center Harbor, Meredith and Wolfeboro. Cruising times and options vary depending on the season with July and August having the most cruises available. Options include daily scenic, sunset dinner dance and island mail delivery cruises.

To learn more about the fleet and view the complete schedule with cruise times and ticket prices, visit <http://www.cruisenh.com> or call 366-5531.

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Edward Jones: Financial Focus

Smart Financial Moves for ‘Gig’ Economy Workers

Not that long ago, most people worked for some type of an organization, such as a business or the government or a school district. But today, more and more workers are going their own way and joining what’s known as the “gig” economy. If you will be one of them, you’ll want to make the right moves to advance your financial goals in what can be a challenging work environment.

But first, you may find some comfort in knowing the prevalence of gig work. About 36 percent of U.S. workers are now gig workers, according to a study from the

Gallup organization, which defines the gig economy as one made up of a variety of arrangements – independent contractors, online platform workers, contract workers, on-call workers, temporary workers and freelancers. People join the gig economy for many reasons, but most of them, like you, could benefit by considering these actions:

Establish your own retirement plan. When you’re a full-time employee, your employer may offer a 401(k) or similar retirement plan. But as a gig worker, you need to save for your own retirement. Fortunately, you’ve got a lot of attractive options. Depending on your circumstances, you might be able to open a SEP-IRA or even a “solo” or “owner-only” 401(k), which offers many of the same features of an employer-sponsored 401(k). Both these plans allow you to make pre-tax contributions, which can lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawal, and any withdrawals you make before you turn 59 ½ may be subject to a 10% IRS penalty.)

Create an emergency fund. Working in the gig economy can bring rewards and risks. And one of those risks is unpredictable – and often uneven – cash flow. This can be a cause for concern during times when you face a large unexpected expense, such as a major car repair or medical bill. To avoid dipping in to your long-term investments to pay for these costs, you should establish an emergency fund containing at least six months’ worth of living expenses, with the money kept in a liquid, low-risk account.

Address your protection needs. Many companies provide some life insurance as a benefit to their employees, though the coverage is often inadequate. But, as is the case with your retirement plan, you will need to meet your own protection needs if you work in the gig economy. In addition to purchasing enough life insurance to protect your family, you also may want to consider disability insurance. A financial professional can help you determine what types of coverage, and how much, you require.

Keep track of your expenses. If you do your gig work out of your home, you may be able to deduct some of your expenses – phone lines, utilities, internet, newspapers, equipment, mileage and so on – from your taxes. Consequently, you will need to track all these costs. And you will need to consult with your tax advisor on what can, and can’t, be claimed as a business necessity. These aren’t the only moves you may need to make as a gig worker – but they can help provide you with a steady path in a world in which you can’t always tell what lies around the corner.

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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NELSON

(Continued from Page A1)

try. She’s become an integral part of the Patrick’s family.

“I feel there is a real sense of community here,” Nelson said. “I have a good time with the staff and the owners Jeff and Allan Beetle. And then there’s the regular customers who come in year-round, many of whom have been kind enough to invite me into their homes. Their loyalty is a testament to how Patrick’s is run.”

Though her fellow Patrick’s co-workers and customers have never known her with a full head of hair, Nelson had dark brown, shoulder-length locks until she was in her early 20s. She was a senior, studying ceramics at Plymouth State University and was bartending at The Common Man in Ashland when she noticed a bald spot on the back of her head.

After a friend confirmed what Nelson could feel with her fingers, Nelson called her aunt, who also has alopecia.

“I kind of knew what it was,” Nelson remembered. “I knew that my aunt was bald and that she even wore a wig during my childhood.”

“Your body is trying

to get rid of something it thinks is a threat,” she explained. “It was really driving me insane. It was worse to try to keep the hair I still had, so I eventually shaved what remained.”

In a matter of weeks, Nelson’s eyebrows, eyelashes, and the hair on her arms and legs also fell away. This was an indication that Nelson has alopecia totalis, the rarest form of the disorder, which involves loss of all hair.

“Losing my hair bothered me a bit, but the harder part was when I lost my eyelashes and eyebrows,” she said. “It changed the way I look. People I know from childhood don’t recognize me now when I run into them.”

Though Nelson tried a wig, she didn’t feel like herself. Instead, she embraces her look. And she educates people who find it a curiosity. She does, after all, have a degree in education.

After earning a Bachelor’s in ceramics from PSU, Nelson obtained a Master’s degree in art education, also from PSU, and then spent four years teaching at several different schools in

southern New Hampshire. She always held part-time roles in the restaurant industry as well.

“I was always working three or four jobs at a time,” Nelson recalled.

Eventually, she decided to give up the often-chaotic lifestyle of dual employment and pursue only restaurant work.

“I enjoyed being in the service industry more than teaching because it’s different every day, and it makes you think on your feet all the time,” she says. “I’m constantly problem-solving, so I never get bored.”

The restaurant industry is people-oriented, though, and that leaves Nelson open to the questioning. She wishes people wouldn’t leap to the conclusion that she has cancer.

“My situation doesn’t feel that serious,” she explained with a smile. “Some people have a really hard time with the hair loss, and the psychological effects can be damaging. I am lucky that, for me, it’s just hair.”

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

OLSON

(Continued from Page A7)

achieve an outstanding scholastic record during a semester with a grade point average of 3.6 or greater.

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Bethel offers bachelor's and advanced degrees in nearly 100 fields through classroom-based and online programs.

For further information on Bethel University, go to www.bethel.edu.

WINE TASTING

(Continued from Page A8)

gherita USA, Amoskeag Beverages and Cisco Brewery, among others. Triple Eight Distillery will serve custom martinis down a huge ice sculpture created by Jeff Day of Rumney.

The Common Man Ashland, Lakehouse Grille, Camp, Town Docks, Lago and Ben & Jerry’s of Meredith, and La Boca of Wolfeboro will provide hors d’oeuvres and sweets to accompany the wines. Guests will enjoy a bluegrass band, and a live auction will feature an overnight stay at Church Landing in Meredith, a getaway to an Adirondack-style cabin, and a concert and stay package from The Flying Monkey and The Common Man Inn & Spa in Plymouth. Raffle prizes and various silent auction items presented by NHCLS will also be up for bid.

Mill Falls at the Lake offers special festival overnight rates for standard rooms. They are \$149 for Mill Falls, Bay Point and Chase House are \$189, and \$219 for Church Landing. There is a \$50 upgrade fee for Jacuzzi rooms. Cottages and Lodges are discounted at 15 percent off. Book online at millfalls.com or call 1-800-622-6455 and mention you’re attending the Winnepesaukee Wine Festival. Room availability is limited and will be granted on a first come, first served

basis.

Since 2000, NHCLS has brought together New Hampshire’s business, legal and philanthropic communities to support civil legal aid provided by the Legal Advice & Referral Center and New Hampshire Legal Assistance. A crucial component of this civil legal aid work is the Domestic Violence Advocacy Project (DVAP), whose advocates provide crucial and free legal help from the moment a domestic violence survivor takes the first step to leave an abuser. Advocates assist with applications for protective orders and give legal advice, helping victims achieve an almost 80% success rate in having those orders granted. This essential first step builds the confidence of survivors, and helps them start their new lives in safety. Visit nh-cla.org for more information.

Founded in 1971, the Common Man family in New Hampshire is made up of 15 restaurants, two Inns, a Spa and Salon, Company Store, The Flying Monkey Movie House and Performance Center and The Barn on the Pemi wedding and event center. Locations include Common Man-named restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; Common Man Inn & Spa,

Foster’s Boiler Room, Italian Farmhouse, The Barn on the Pemi and The Flying Monkey in Plymouth; Common Man Inn & Restaurant in Claremont; Lakehouse Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt’n Diner in Tilton; Airport Diner in Man-

PUBLIC WORKS

(Continued from Page A1)

start of spring and a delayed start to the department’s routine for spring and summer. When the weather got better road maintenance resumed with projects including paving Alvah Wilson Road and the final section of Morrill Street as well as a temporary maintenance shim at the intersection of Morrill and Stark Streets. Other projects included striping the parking lots at town hall and the highway building, sweeping roads where salt is limited or restricted, cleaning catch basins, and oth-

er tasks.

One of the major road projects underway is the reconstruction of Liberty Hill Road, which Hayden said has been going well.

“Residents might not be very happy with the big hammer that’s going on up there with all the ledge under the road, but we’re gonna repair it and get it done right,” Hayden said.

The town created around 10,000 of its own aggregate at the recycling center for road projects.

“We’re able to pro-

duce this a lot more economically than to purchase it,” Hayden said.

Hayden said aggregate costs around \$11 a ton to buy, but the town has been making it for \$375 a ton, a 193 percent savings.

Public Works new software program from PubWorks came in this past week. Hayden said he and a few colleagues had been working with it on Monday to get familiar with it. The next week they would start formal training on it with a representative from PubWorks.

PARTNERSHIP

(Continued from Page A1)

work covers all of New Hampshire from Nashua to the North Country.

“We’re discovering that we’re stronger together,” said Meridian’s president, Tim Long, after a recent meeting at MCCI’s Manchester office. “Carrier’s people are great to work with... they’re starting to appreciate Meridian’s organizational skills and have come to value the

people we bring to the table. By the same token we’ve found some very talented men and women on their team who’ve been extremely helpful and welcoming to our management philosophy. It’s definitely a win-win situation.”

Tim Long wanted to address the challenges of growing within a tight labor market and the timing seemed right for both compa-

nies to try the partnership. He says it’s working well, stating, “Having Carrier’s people working with Meridian’s management team and our proven systems has given both companies extra leverage to take on more projects suited to our business model. From a few conversations I’ve had, it’s given our companies an even higher level of respect in the market.”

REC NEWS

(Continued from Page A5)

a 1 ½-hour program for children ages 3-5. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger website at www.challenger-sports.com <<http://www.challenger-sports.com>> .

Cost: \$132 for ages six to 12 and \$97 for

ages three to five

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

Sciensational Workshop for Kids! "Brick Building w/ Lights and Sound!"

The Gilford Parks and Recreation Department is Sponsoring a workshop through Sciensational Workshops for Kids for children ages 7-12, from 9 a.m. - 4:30 p.m. on Aug. 12 and 13. Have interest in becoming an architect and electronics scientist? This workshop combines everything into one. Make endless combinations of brick construction and electronics. How about building your own light post with

color effects. Build and design your own brick tower, light it up, play music, and turn on your LED’S. Build your own brick bridge with melody and sound. Construct a brick mammal, a three level house, and light house. Now it is your time to design, think, and use your inventor's skills. The sky is the limit! All of this you take home. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com

Cost: \$140 per participant

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



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GRADUATION

(Continued from Page A1)



Valedictorian Matt McDonough.

ERIN PLUMMER



Guest speaker Corey Nazer.

ERIN PLUMMER



Salutatorian Greg Madore.

ERIN PLUMMER

with other GHS students and said he had some amazing moments and “I grew as a person.” He will study to be a math teacher, though said he has had difficulties talking with people. “I was able to learn to be more outgoing and

present,” Madore said. “I’m hopeful that I’ll have better communication skills approaching a career where I’ll always need to be out there.” He said he also made a mistake while over there and said this taught him how to accept responsi-



ERIN PLUMMER

Seniors perform “Some Nights” during graduation.

bility. “It’s not just about those mistakes, but how you learn and grow from them,” Madore said. He advised his classmates to try to make different opportunities a learning experience and learn from their mistakes. Valedictorian Matthew McDonough said most of his focus throughout school was on keeping high grades and activities such as serving as a class officer and National Honor Society.

“Most of my peers came to think of me as a try-hard nerd,” McDonough said. “I was scared to put myself out there.” He went on a trip to Costa Rica with the Spanish Club, which changed so much of his outlook.

“Over the course of those days new friendships were born and old friendships were renewed,” McDonough said. He said he learned to enjoy himself, and in the process gave himself permission to focus on other things besides just grades and studying.

He said so many people have preconceived notions about their peers based on certain stereotypes. “Breaking these molds, it’s not easy in fact it’s terrifying,” McDonough said. “Everyone who does is better off for it. We all have this

fresh slate.” The keynote speaker was teacher Corey Nazer, who will be taking the position of Library Media Specialist soon. “I know the secret to a happy, fulfilling, and actualized life,” Nazer said, a secret he teased throughout is speech. Nazer said every level of life is like clearing the level of a video game and at the end thinking,

“Crushed it,” only to face another, more challenging level. He said the students have cleared this level, but this is still called “commencement.” At the same time so many sayings on life contradict each other such as “Better safe than sorry” and, “Nothing ventured, nothing gained.” He said every person is actually three people: their past self, their pres-

ent self, and their future self. The secret to a fulfilling life is for all three of those to work in harmony, with “future you” setting a goal that “past you” and “present you” tries to meet. Class treasurer Troy Gallagher announced the class gift will be an art case in memory of Ava Doris, a member of the Class of 2019 who died in a car accident in 2017.

FREEDOM RIDE

(Continued from Page A1)

the way to the Supreme Court. “We are going to be representing the folks here for free all the way through,” Sasser said. First Liberty is also involved in a case before the US Supreme Court defending a 40-foot 100-year-old World War I veteran’s memorial in Bladensburg, Maryland that was deemed unconstitutional because it was shaped like a cross.

“Hopefully, we’ll save that memorial and we’ll set a precedent to save the Bible in (Manchester),” Sasser said. Josh McElveen, a former reporter with WMUR who served in the Marines during Operation Desert Storm, spoke about his experiences and introduced a good friend of his. McElveen said when he was in high school he got in trouble before graduation and had to miss his prom. In protest he decided not to take his fi-



ERIN PLUMMER

Motorcycles pulled into the parking lot by the town docks underneath firetrucks bearing flags at the end of this year’s Freedom Ride.



ERIN PLUMMER

Advocates for POW/MIAs stand during the Freedom Ride vigil.

nals, which he soon realized was a huge mistake. He wanted to go to college and decided to join the Marines to get the GI Bill. Right when he entered the service Iraqi troops invaded Kuwait. He realized this might mean he would be sent to war. “The blood drained out of my body; this is my job now,” McElveen said. He served in Iraq and returned home after Desert Storm was over. “We were welcomed home like heroes,” McElveen said. He said he was a bit uneasy with this and being thanked for his service, especially considering veterans of the Vietnam War didn’t receive such a

warm welcome. He said he found in regards to veterans issues there were three kinds of people, the wolves, the sheep, and the sheepdogs who protect sheep against the wolves. He said one of the greatest sheepdog he has known is Brigadier Gen. Don Bolduc. Bolduc served in the military for 32 years, including 10 tours of duty in Afghanistan. “I realized when people thank me for my four years of service in the Gulf War they’re thanking him too,” McElveen said. Bolduc, a resident of Laconia, joins his service dog Victor in speaking for veterans.

“Veterans’ issues are America’s issues, period,” Bolduc said. “We need to get comfortable with that and we need to understand that.” Bolduc said when he sees that Bible on the Missing Man table at the VA he kneels and says a prayer. He said it is essential to understand the concept of service, saying this is embodied in the POW/MIA Memorial at Hesky Park and the work of Bob Jones and the Northeast POW/MIA Network. He said it is an honor to be from the Lakes Region. “The people that are special are the people who do the work every single day,” Bolduc said. “You have my utmost respect. I salute you, I serve you, you are what makes America great and I want to thank you very much for all that you do here.”

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Siravo named D3 Player of the Year

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Adrian Siravo was a force on the mound and at the plate for the Gilford High School baseball team this spring, and for the second straight year the hard throwing righty won Division 3 Player of the Year.

Achieving this honor once in a high school career is huge, but to do it twice is rare. The scary thing for teams in Division 3 is that Siravo just wrapped up his junior year so he will be back for his final season at Gilford in 2020.

This season Siravo hit .404 with six doubles, three home runs, 25 runs and 16 stolen bases. There are few around Division 3 who can rival the combination of power, speed and bat control that Siravo displayed this spring.

On the mound, his stuff was nasty, using a fastball that consistently stayed in the high 80s and also eclipsed the 90 mph mark at times. As the season wore on, Siravo used well placed breaking balls and off-speed pitches that had batters constantly off balance. He ended the season with a 6-2 record, 0.58 ERA and 92 strike-



BOB MARTIN

Adrian Siravo was named Division 3 Player of the Year for the second consecutive year.

outs over 48 innings.

“Adrian was even more dominant on the mound this year than last,” said coach Eric Duquette. “Adrian is a special talent and has had an already amazing career with another year still to go.”

Siravo had plenty of memorable performances this spring

for the Golden Eagles, starting off with a no-hitter over five innings to kick off the season against the Winnisquam Bears. He also had a no-hitter with 15 strikeouts in a five-inning game against Inter-Lakes. However, his best game on the mound was a seven-inning, complete game no-hitter where he struck out 10 Raymond batters. He was nearly perfect in a game where he didn't allow a baserunner until the top of the sixth inning when he walked a batter.

Siravo, who has al-

ready committed to the University of Connecticut to play baseball, was happy that he

was recognized for his strong play this spring. “It's an honor to be named player of the

year back-to-back,” said Siravo. “It truly is. But I couldn't have

SEE SIRAVO PAGE B8

Lakes Region hoop tournament at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are required, shorts and t-shirts are recommended. The camp will have warm up and group drills from 6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made payable to Joe Faragher, PayPal and/or Venmo are encouraged to secure early registration. Registration will be available at the door if space is available.

E-mail joeFaragher88@yahoo.com or call 440-821-1381 with any questions.



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Gilford softball seniors named to All-State teams

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – A pair of Gilford High School softball seniors were recognized for their strong play on the diamond this spring, with Lexi Boisvert making first team All-State and Karly Sanborn being named second team All-State.

Boisvert batted .365 and led the team with a pair of homers and 16 RBIs. Her offense picked up in the second half of the season where she batted .508, but where she really shined was her defensive play at the hot corner.

Boisvert was a four-year starter at third base for Gilford, although she was injured her junior year during the second game of the season. She came back in prime form and was excellent for the Golden Eagles this spring. Boisvert is a four-sport athlete, playing softball, volleyball, basketball and swimming and she has played in all 12 seasons in high school. She is attending Keene State College in the fall where she will continue to play softball and major in exercise science and business administration.

“Lexi’s passion for softball was evident in her approach to practices and games,” said coach Joan Forge. “She has a tremendous IQ for the game and shared her expertise with her teammates. Lexi was like having another coach on the field. She was also a great demonstrator to our younger players. Lexi was known around the state for making some spectacular plays on defense at the third base position”

Forge felt her biggest moment this season was in the bottom of the seventh inning against undefeated Campbell when Gilford was down by two with one out. Lexi hit a two-run-homer to tie the game and Gilford sealed



BOB MARTIN

Lexi Boisvert was named first team All-State in softball this spring.

the win 8-7 in the bottom of the ninth inning.

“That hit gave me a great feeling and I was very proud of our team for pulling off that win,” said Boisvert.

Boisvert said being named All-State was a huge accomplishment as she has played year-round softball since fifth grade and it is a sport she

has loved since first put on a glove at five-years-old.

“It solidified my joy I get from playing the game and reassured me that I’m doing what I am supposed to be doing,” Boisvert said. “I take pride in being named All-State because it shows me that others recognize my dedication and effort



BOB MARTIN

Karly Sanborn was second team All-State in a season where she led Gilford in batting average and on base percentage.

I give to the game of softball.”

Sanborn was a four-year starter in the outfield and this year she played very well in centerfield, only committing one error but assisting on two outs. Like Boisvert, she played all 12 seasons in high school and is a four-sport athlete in volleyball, basketball, swim-

ming and softball.

This year she hit .448 with an on base percentage of .521 to go with 26 hits, four doubles and 11 steals. Her hitting has improved year by year, and by a large margin. In her freshman year she hit .179, sophomore at .188 and junior year at .255. Her best game was a 5/5 showing against

Franklin, which tied her for most hits in a game in Gilford history.

“Karly was the softball team recipient of the Eagle Award at the spring season sports awards ceremony,” Forge said. “Karly received this award for a multitude of reasons. Karly has an upbeat and friendly personality and always has a positive attitude. Karly is also kind, caring and considerate and goes out of her way to be helpful. I will always remember Karly for being the player who said ‘thank you’ to me after every single practice and game for four years. She had a tremendous softball season leading the team with her batting average and on base percentage.”

Sanborn is attending Regis College in the fall and will be playing volleyball while majoring in dental hygiene.

Pair of Golden Eagles earn lacrosse All-State

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School boys’ lacrosse team had a playoff berth this season as the nine seed, and much of the team’s success surrounded the great play of second team All-State defender Damon Shute and second team All-State midfielder Curtis Nelson.

Nelson had a 107 ground balls, 16 assists and 23 goals in his sophomore season, and is expected to once again be a big part of the Gilford offensive attack next season.

“He was an all around good player who was always 110 percent,” said coach Mike Robbs. “He’d play wherever we needed him and never said a word about it.”

Nelson felt that his best game of the season as an individual player came against Lebanon where he put four shots

in the net. He said he felt confident shooting and assisting teammates, something he feels are just as important as goals. As a team, he said despite a loss, Gilford played best against Pelham holding the team to only 10 goals. He also felt the team played well in a game against Hopkinton, but lost drive after half-time.

“I feel like if we play as a team consistently we will win some big games next year,” said Nelson.

Nelson said he was honored and did not expect to be named All-State as a sophomore.

“I am proud of the hard work and the ability to rise above the adversities like lack of field time, low numbers, and the simple fact that most of the team are sophomores,” said Nelson. “In the future I strongly believe that we will be a force on the field. Some of us have played



BOB MARTIN

Curtis Nelson (11) was a second team All-State for Gilford this season.



BOB MARTIN

Damon Shute was second team All-State in his senior year for Gilford.

together for six to seven years already. If we stay focused and stay together working hard we should represent Gilford well in the future. I believe a good goal for next season is to make playoffs and stay in it for more than just the first game. I strongly believe we have the skill. We just need the drive.”

Shute had 63 ground balls, six assists and three goals in what was a great senior season where he helped lead vocally and by example. Shute has been the team’s captain for the past two years and Robbs said he is the type of guy who has come to every practice “full boar.”

“He never let up at all,” said Robbs. “He has always been a big leader on our defense.”

Fortunately Shute has helped move along the process of several under-

classmen, and Robbs said there are a few who are more than capable to step up and fill the void that will be left after Shute graduates. Shute will be heading to Dean College to play lacrosse and is excited for the opportunity to play at the next level. He will be majoring in Criminal Justice and Homeland Security.

Shute was proud of the accomplishment in his senior season, saying that he felt his best game as a team and as a player was the first match ups against Inter-Lakes and Plymouth, which the team snuck by with a 10-8 and 10-9 win, respectively. He said these were games where the team was able to come together and realize their potential.

Shute said he expected much more from the team, and like Robbs, felt

that the team could have done a better job at practice to prepare for games.

“The problem with us was mainly weather, which every team had, and we just had game after game,” said Robbs. “So they would come to practice tired and that was taken as time off when they should have worked harder.”

Shute said the thing that did keep the team together was the leadership of the Gilford coaching staff, and he thanked them for their effort and support throughout the year.

Shute said he was proud to be recognized for his play this past spring.

“Being named All-State is something that everyone strives for and it really means a lot to receive that kind of mention as a player,” said Shute.

2019 Salmon Press

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JOSHUA SPAULDING
ERIC BLAKE runs to the finish line for his fourth win in the Northeast Delta Dental Mt. Washington Road Race.



JOSHUA SPAULDING
HEIDI CALDWELL (left) and **Brittni Hutton** run side by side in the final stretch of Saturday's race on Mount Washington. The two women finished in a tie.

History made on Mount Washington

Women's race ends in tie, Blake wins his fourth road race title

MOUNT WASHINGTON — The Northeast Delta Dental Mt. Washington Road Race on Saturday witnessed the first tie in its 59-year history, as Brittni Hutton of Lubbock, Texas, and Heidi Caldwell of Craftsbury Common, Vt., hit the finish-line tape in the same instant, in one hour, 16 minutes, 17 seconds. Forty-year-old Eric Blake of West Hartford, Conn. won the men's top prize in this race to Mt. Washington's 6,288-foot summit for the fourth time, finishing in 1:02:52, a minute ahead of Francis Kamiri of Kenya.

Listed as a resident of Lubbock but mostly living in her van as she travels to competitions, Hutton, 29, was seeing the ultra-steep Mt. Washington Auto Road for the first time. Taking the lead at the start, she ran alone for most of the race and was leading Caldwell by half a minute with the mountain's 6,288-foot summit in her sights. Caldwell, however, a two-time Ivy League 5,000-meter champion on the track at Brown University, used her speed to catch Hutton at the foot of the 22 percent grade in the final 50 yards.

"I had no idea she was that close until she was right there behind me," said Hutton, herself a former all-American at Oakland University in Michigan. "I saw her, and it was like lightning struck. I told myself I could do it."

She did – but so did Caldwell. The computer chip reading showed both women finishing in the same time, and a review of photos confirmed the tie. Kim Nedeau, 39, of Leverett, Mass., who had run much of the way with Caldwell, hung on strongly for

third, clocking 1:16:49. Behind her in fourth was Kassandra Marin, 29, of Merrimack in 1:18:54.

Kamiri, 32, currently training in Birmingham, Ala., went out quickly at the start and passed the one-mile mark in 6:41, a fast pace for this 7.6-mile all-uphill race. Blake followed 10 seconds behind Kamiri and just ahead of Lee Berube, 28, of Syracuse, N.Y., and Nadir Cavagna, 24, of San Pellegrino, Italy. By three miles, Kamiri was feeling a stitch in his side, and Blake moved ahead. He had no close challenger after the midway point in the race, where runners reach the treeline and face Mt. Washington's famously strong and unpredictable winds and cold air. The summit temperature as he finished was 45 degrees Fahrenheit.

"I went out slow today," said Blake, who won this race in 2006, 2008 and 2013 and was runner-up last year. "I wanted to be smart. I thought if (Kamiri) could run 61 minutes, he could win. When I passed him, he didn't give up, and you never count someone like that out."

Still, Blake was uncatchable. Kamiri, who like Hutton was seeing Mt. Washington for the first time, gave a thumbs up to spectators on the upper slopes as he held his pace and took the runner-up prize in 1:03:51. "I will come back next year," he said later.

Berube, who finished fourth here last year, and Cavagna, a Mt. Washington first-timer, traded places back and forth for five miles of the race before Berube passed Cavagna for the last time and ran on to third



JOSHUA SPAULDING
NICK AGUILA was the first New Hampshire resident to cross the finish line on Saturday, finishing fifth overall.

place in 1:05:44. Cavagna, fourth in 1:06:30, was well ahead of Nick Aguila, 29, of Manchester, who reached the summit in 1:09:41. Aguila and Marin won the Crossan Cup, awarded to the top male and female finishers from New Hampshire.

"It was a good Crossan Cup race today," said Aguila, who beat Brandon Newbould, 37, of Nottingham (sixth in 1:09:53). Last year, Newbould won the cup while Aguila was close behind him.

Sponsored by Northeast Delta Dental, the race awards \$1,000 apiece to the first male and female finishers, \$500 for second place, smaller cash prizes for the next four men and women and the top three male and female masters (over 40), and prizes for the Crossan Cup winners. This year, Caldwell and Hutton split the first and second place prizes, winning \$750 apiece.

Local competitors
A number of local runners tackled the climb to the Northeast's highest peak. Jason Lantz of Bethlelem led the local runners with a time of 1:16:36 for 25th place. Andrew Drummond of Madison ran to 37th place in a time of 1:18:19 and Jim Boule of Camp-ton finished in 1:20:52 for 44th place. Heath Brewer of Twin Mountain finished in 82nd place in 1:28:01.

Former Wolfeboro resident Haley Heinrich finished in 104th place in 1:31:05, with Leslie O'Dell of Albany in 1:32:08 for 117th place and Mark Richardson of Wolfeboro in 120th place in 1:32:40. Kevin Tilton of Conway was 143rd in a time of 1:34:06, Elizabeth Beeson of Holderness was 192nd in 1:30:02 and Dale Rivillas of Meredith placed 198th in 1:39:13.

Alton's Bill Tidd finished in 204th place in 1:39:49, Jason Denver of Sanbornville finished in 241st place in a time of 1:43:49, Chad Hayes of Barnstead placed 256th overall with a time of 1:45:03 and Kimberly Proulx of Conway finished in 1:46:00 for 268th place.

Kristine Reardon of Meredith finished in 1:50:09 for 316th place, Michael St. Hilaire of Freedom in 1:50:21 for 318th place, Andrew Lowe of Northfield placed 342nd in 1:51:53 and Michael Leafe of Eaton finished in 373rd place in 1:54:14.

Tilton's Sarah Szymkowski finished in 399th place in 1:56:25, Chris Logan of Gilford crossed in 1:57:28 for 414th place, Dennis Comeau of Gilmanton finished in 1:58:06 for 427th place and Geoff Wilson of North Woodstock ran to 431st place in 1:58:19.

Michael Sylvia of Belmont finished in 1:59:02 for 445th place, David Krause of North-

field placed 447th in 1:59:12, Ashley Benes of Moultonborough finished in 1:59:18 for 451st place and Susannah Boone of North Conway rounded out the local competitors finishing in less than two hours, crossing in 1:59:47 for 459th place.

Northfield's Rebecca Chase finished in 2:00:08 for 463rd place, Gene Fahey of Holderness placed 468th in 2:00:22, Paul Kirsch of Madison crossed in 2:02:02 for 486th place and Ian Hagan of Gilford finished in 2:02:25 for 495th place.

Glen's Victoria Weigold finished in 2:04:13 for 518th place, Marie Shay of Intervale was 554th in 2:07:01, Corrie Hempel of Meredith finished in 2:07:06 for 556th place, William Leonard of Brookfield was 641st in 2:12:56 and Amy Osetek of Conway was 677th in a time of 2:15:02.

Ginger Rober of Conway finished in 2:17:51 for 723rd place, Riley Gavett of Conway was 735th in 2:19:16, Josie Beattie of Conway finished in 2:21:12 for 759th place, Erin Perry of Conway was 761st in 2:21:12, Jim Hoburg of Moultonborough finished in 2:21:33 for 764th place and Gretchen Gandini of Giford placed 765th, also in a time of 2:21:33.

Glen's Brian Otis finished in 2:24:29 for 794th place, Stephen Gauthier of Chocorua was 816th in 2:26:21, Shane Gauthier of Chocorua was 817th in 2:26:22, Nicole Poland of Moultonborough placed 854th in 2:29:50, Kaylee Russell of Conway was 874th in 2:32:30 and Eugene Dixon of Lisbon finished in 889th in 2:34:26. Allan Aldrich of Jackson finished in 931st place in 2:41:34 and Kevin Flynn of Eaton finished in 988th place in 2:53:39.



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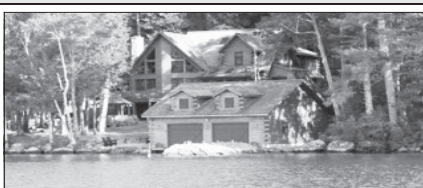
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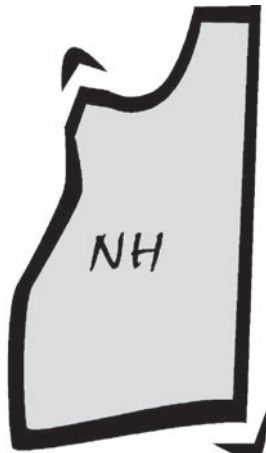


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THE PETALS OF THESE FLOWERS CAN BE TURNED INTO A SCENTED POTPOURRI.

ANSWER: ROSES

Crossword Puzzle

1				2			
						3	
4		5		6	7		
8							

ACROSS
1. Very sweet
4. Consume
6. To make into a shape
8. Hard sweet treats

DOWN
1. Desserts
2. Underwater rocky area
3. Delicious
7. Unit of measurement

1. Sweets
2. Reef
3. Yummy
7. Ounce

Down
8. Flowers
1. Sugary
4. Eat
6. Form
8. Candies

Answers:

THIS DAY IN... HISTORY

- **1775:** THE BATTLE OF BUNKER HILL TAKES PLACE DURING THE AMERICAN REVOLUTION.
- **1885:** THE STATUE OF LIBERTY ARRIVES IN NEW YORK HARBOR.
- **1944:** ICELAND DECLARES ITS INDEPENDENCE FROM DENMARK.

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a distinctive, typically pleasant smell

How they SAY that in...

ENGLISH: Thorn

SPANISH: Espina

ITALIAN: Spina

FRENCH: Épine

GERMAN: Dorn

Did you know?

ROSES ARE A WOOD PERENNIAL FLOWERING PLANT. THAT MEANS THE PLANT WILL GROW ANEW EVERY YEAR.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: ROSE PETALS

⓪ ** ☐ ☹️ ☼ ~ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊀ ㊁ ㊂ ㊃ ㊄ ㊅ ㊆ ㊇ ㊈ ㊉ ㊐ ㊑ ㊒ ㊓ ㊔ ㊕ ㊖ ㊗ ㊘ ㊙ ㊚ ㊛ ㊜ ㊝ ㊞ ㊟ ㊠ ㊡ ㊢ ㊣ ㊤ ㊥ ㊦ ㊧ ㊨ ㊩ ㊪ ㊫ ㊬ ㊭ ㊮ ㊯ ㊰ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐ ☹️ ☼ ☽ ☹️ ☼ ☹️ ☹️ ☹️ ☹️

Determine the code to reveal the answer!

Solve the code to discover words related to safety. Each number corresponds to a letter. (Hint: 3 = t)

A. 15 24 20 7 3 13
Clue: Practicing being safe

B. 23 24 11 3 8 5 18
Clue: Avoid danger

C. 2 17 5 3 7 23 3 8 5 18
Clue: Prevents someone from suffering

D. 9 24 18 25 7 17
Clue: Possibility of suffering

Answers: A. safety B. caution C. protection D. danger

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:

Panther Volleyball Camp coming in July

PLYMOUTH — Plymouth State University head women's volleyball coach Joan Forge and the PSU volleyball team will be hosting Panther Volleyball Day Camp July 22 - 25. This camp will

feature two sessions. Panther Camp One is 9 a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner to intermediate players. Players will have fun while learning the ba-

sic fundamental skills, rules and strategies to be successful playing the sport of volleyball. Panther Camp Two is 1-5 p.m. for girls entering ninth through 12th grade and is designed for beginner, inter-

mediate and advance players who want to play and excel at the high school level. The players will be challenged with improving

their basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transi-

tion and concepts of team play. For information, please contact Joan Forge at jcforge@plymouth.edu or call 387-1202.

Brewster basketball camp coming in July

WOLFEBORO — Brewster Academy Basketball Camp, directed by Max Hooper, will run July 26 and 27 at the Smith Center on the campus of Brewster Academy.

Boys and girls ages seven to 11 will meet

from 9 a.m. to noon and
ages 12 to 16 will meet
from 1 to 4 p.m.

After his collegiate and professional playing career, Hooper returned to Brewster to serve as an assistant

to come and learn from him as he coaches players through different drills and situations that will improve their game.

For more information on how to register, e-mail brewsterballcamp@gmail.com.

*Abenaki Attack featuring
plenty of racing*

WOLFEBORO — Bring the kids, bring the dogs and bring your friends, there's something for everyone at the Abenaki Attack, set for July 6 at Abenaki Ski Area in Wolfeboro.

Abenaki Attack is a day of racing to benefit Lakes Region Humane Society, Masons Morning Star Lodge 17 and

the Wolfeboro XC Ski Association.

The day will feature a trail race, a 5K, a 10K, a 5K canicross (bring the dogs) and a one-mile fun run/walk. There will also be a post-race picnic with plenty of food and water for humans and dogs.

This day of family-friendly, canine-friendly, competitive events will be taking place on Saturday, July 6 with a 9 a.m. start time at Abenaki Ski Area.

Visit rockhopper-races.com for more information.

SIRAVO

(Continued from Page B1)

done it without my coaches and the people of Gilford. It is very exciting to see what Gilford baseball has become. We had a terrific season. To go 34-4 in two years, that's a

very successful season. Even though we didn't meet our ultimate goal it was a successful season. We have young talent coming up to varsity and kids stepping up to the plate."

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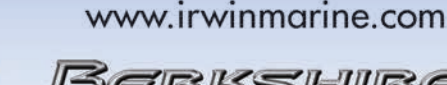










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