

# Gilford Steamer

THURSDAY, AUGUST 15, 2019

GILFORD, N.H.

## National Night Out connects community with first responders

BY ERIN PLUMMER  
mnews@salmonpress.news

Members of the community had the opportunity to meet their local first responders and see their tools of the trade while enjoying a night of food and fun.

The Gilford Police and Fire Departments hosted the town's National Night Out event on Tuesday night at the Village Field. Families were invited to see some police and rescue vehicles, meet local first responders, and have a night of meeting neighbors.

National Night Out is a nationwide program encouraging positive interaction between law enforcement and the public. This is the third year



ERIN PLUMMER

Different regional first responders displayed their vehicles at National Night Out.

Gilford has hosted its own National Night Out event.

First responder vehi-

cles were parked along Village Field for people to get a closer look. Agencies that displayed

their vehicles included the Gilford Police and Fire Departments, and Belknap Regional Special

Operations. The Dartmouth-Hitchcock Air Rescue Team (DHART) helicopter also landed in

the field and was open for people to get a better look. Officer Chris Mailloux SEE NIGHT OUT PAGE A10

## Rotarian shares story of Rowe House project

BY ERIN PLUMMER  
mnews@salmonpress.news

Last year, the ell section of the Benjamin Rowe House went from falling apart to a beautiful space thanks to the efforts of the Gilford Rotary and many other volunteers. The Rotarian who started this effort shared its history and process with guests of the Thompson-Ames Historical Society along with photos.

On Monday night Rotarian Sandy McGonagle talked during a Historical Society meeting about the efforts to restore a section of the historic house and some stories on why she offered to take on this project.

The ell section was closed off for a long time because it was in significant disrepair. The Thompson-Ames Historical Society has been working to renovate the house in phases, the first being to redo the roof. The next focus was the ell, which at the time was storing furniture and artifacts they had no place to display.

In 1830, Benjamin Rowe bought land and built his family's home and the family owned it for over a century. In the 1940's, the home was sold to Ernest Sawyer, who had a dairy farm on the property until 1947. It changed hands to Alvah and Ruth (Sawyer) Wilson in the 1960's and became known as the Wilson House. The town purchased the Wilsons' property in 1969, building the three schools while keeping the old home standing.

"For me, this building holds a special place in my heart," McGonagle said.

It stood outside her classroom when she taught at Gilford Elementary School and provided a learning opportunity. She frequently brought kids to the Rowe House and the town's other historic buildings in town.

When she served on the board of selectmen from 1978 to 1987, the house was a town building housing the selectmen, town administrator, and town appraiser's office. Selectmen's meetings took place in the kitchen. She said she initially bristled at the proposal to change the name of the building from the Wilson House to the Rowe House, but reversed that view when considering that Benjamin Rowe was the one who built the house.

McGonagle said she also connects the house with her old friend Arthur Tilton, who passed away in 2003. Tilton encouraged her to run for selectmen when she would have been the first woman to ever hold that office. When Tilton died his collection of historic furniture went to the Thompson-Ames Society, who put it in the Rowe House as part of the farm museum.

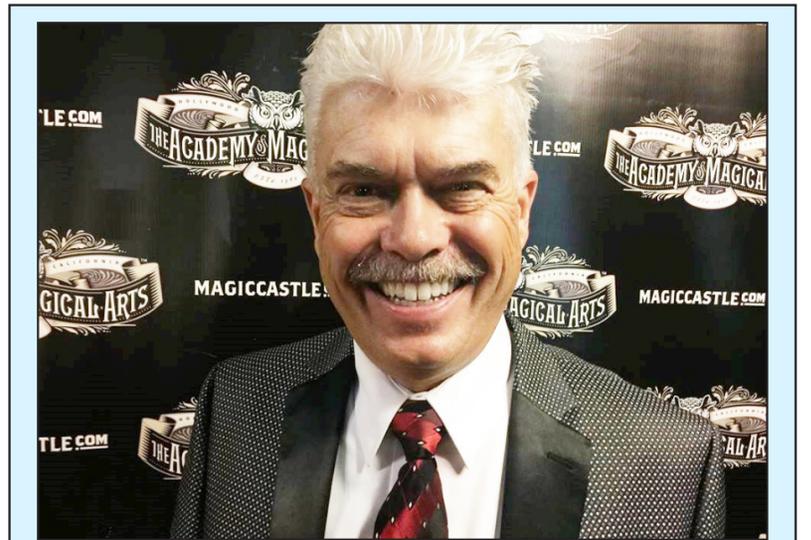
McGonagle said she heard of the Thompson-Ames' plan to renovate the ell and turn it into a hands-on educational space. She talked with the Rotary about the project.

"I think the Rotary knew...it was going to

be a great project for us," McGonagle said.

She then approached the Historical Society offering the Rotary's services in restoring the ell.

McGonagle explained how the ell was in a significant state of disrepair with a presentation of photos. Wooden laths on the ceiling and walls were broken or missing. The windows and window frames were falling apart and the window frames were covered in lead paint. The walls and flooring were in overall bad shape and had holes in them. The electrical system needed SEE ROWE HOUSE PAGE A8



COURTESY PHOTO

B.J. Hickman

### Magician B.J. Hickman headlines at GCC Old Home Day Fair

The Gilford Community Church & Youth Center is presenting a performance of "The BJ Hickman Magic Show" during Gilford Old Home Day, Saturday, Aug. 24 at 11:30 a.m. & 12:15 p.m. Both magic SEE HICKMAN PAGE A8

## Swimming pair takes on Winnepesaukee islands

BY ERIN PLUMMER  
mnews@salmonpress.news

MOULTONBOROUGH — Two local women recently finished swimming around 247 miles of Lake Winnepesaukee over a two year period, raising money to help protect New Hampshire's loons and the lake they grew up loving.

For the past two years, Pam Halsey and Brenda Gallagher have been swimming around the majority of Lake Winnepesaukee's islands in different stages as a personal challenge with the added motivation to raise money for the Loon Preservation Committee. Last Thursday, they led the second annual Winni Swim, a community swim around Ragged Island in Moultonborough to raise money for loons.

The swim culminated two years of swimming around the lake's



ERIN PLUMMER

Bev LaFoley of the Loon Preservation Committee with swimmers Brenda Gallagher and Pam Halsey a few days after the Winni Swim.

islands, an experience that tested their skills and made for a lot of great stories.

Halsey and Gallagher are lifelong swimmers; both having been raised on Winnepesaukee and

live around Meredith Neck. Halsey did triathlons until a cycling accident and now focuses on swimming. Gallagher also swam competitively her first year of college. The two met through

Gallagher's cousin Bill Irwin, the Vice President of Sales/Marketing for Irwin Marine.

Around 2016 They came up with the idea of doing a swim around SEE SWIM PAGE A8

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

We've heard enough about beach reads, but what about off the beach reads? I don't just mean books with substance; I mean books about the sea, the sky, about getting up and moving. Unless you're listening to audiobooks while backpacking, reading is something we often do seated in a comfortable, quiet place. The inherent contrast of reading a story about explorers, survivors, and extreme places is so interesting.

One of the most quintessential adventure writers is Clive Cussler. He is wildly prolific, especially when writing with other authors--he's released three new books this year already, with two more yet to come. His newest book, "The Oracle," takes Sam and Remi Fargo, trea-

sure hunting couple, on a danger strewn chase. "Celtic Empire" sees Dirk Pitt hopping around the globe staying just ahead of contemporary and ancient threats alike. The frequent jokes, capers, and ridiculous scenarios give his books a playful quality. If you haven't read him in a while, his off the beach reads might be worth a look.

For those who want the action without the ridiculousness, you could try Brad Taylor's new "Daughter of War." It comes in heavy with play on contemporary international tensions and fear. If you like to hear about frantic attempts to prevent worst case scenarios, Brad Taylor is the author for you.

Let's step back from apocalypse events for a moment. "The Unlikely Adventures of the Shergill Sisters"

by Balli Kaur Jaswal is about three sisters in the US who obey a mother's dying wish to have them conduct her last rites at a temple in India. With their individual kinds of baggage coming with, the sisters relearn about the siblings they thought they knew, and try to discover what they should do with their uncertain futures.

Sometimes, you just want a read that broods a bit. You want something that calls out the flaws of humanity, and does so poetically to both make the read easier, but also cut a little deeper. Max Porter's "Lanny" is a read like that. In a tiny village near London, a family moves in to find that the cute town has a long history, a long memory, and an inescapable connection with the natural world around it. Some readers will roll their eyes, but others will find the pithy lines to have wisdom.

To close out these off the beach reads, we have a particularly wacky graphic novel series by the McElroy Brothers. This comedy trio are famous for many creative endeavors, including a role playing podcast they made with their father. "The Adventure Zone" graphic novels visualize the hijinks of these comedians in a not so classic fanta-

sy setting. Get up, get moving, and try something new!

### Classes & Special Events Aug. 15-22

**Thursday, Aug. 15**  
Geri Fit, 9-10 a.m.  
Conversational French, 4-5 p.m.

Ask A Muslim with Robert Azzi, 6-8 p.m.

Robert Azzi is a photojournalist, columnist and public speaker, and Arab-American Muslim. He has worked to engage everyone, even those critical of Islam and Muslims, and speaks as a neighbor, fellow citizen and person of faith. Robert will speak about his life, what it's like to be Muslim in America, how he came to convert to Islam, about

the religion of Islam and its history – especially in America – and about the Middle East, terrorism and associated political and social issues.

**Friday, Aug. 16**  
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, Aug. 19**  
Mahjong, 12:30-3 p.m.

**Tuesday, Aug. 20**  
Hook Nook, 10-11 a.m.

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

Beekeeping with Imagine that Honey, 6:30-7:30 p.m.

Jodi Turner of Imagine that Honey has kept bees and of-

fered local beekeeping instruction for over 20 years, and it's becoming more important that we treat the environment with respect, and that means learning to care for our pollinators like bees!

**Wednesday, Aug. 21**  
Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon  
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon

**Thursday, Aug. 22**  
Old Home Day Book Sale 9 a.m.-8 p.m.

Join the Friends of the Gilford Public Library for the annual Book Sale! Come browse the bargain books, and find a great read!

Conversational French 4-5 p.m.

## Gilford Public Library Top Ten Requests

1. "The Inn" by James Patterson
2. "Summer of '69" by Elin Hilderbrand
3. "Where the Crawdads Sing" by Delia Owens
4. "One Good Deed" by David Baldacci
5. "Sophia, Princess Among Beasts" by James Patterson
6. "Window on the Bay" by Debbie Macomber
7. "Educated" by Tara Westover
8. "Shamed" by Linda Castillo
9. "Almost Midnight" by Paul Doiron
10. "The City of Girls" by Elizabeth Gilbert

## St.-John's-on-the-Lake welcomes Hannah Scanlon to the pulpit

MEREDITH — On Sunday, Aug. 18, St. John's-on-the-Lake on Bear Island, Meredith, welcomes to the pulpit Hannah Scanlon, a native New Hampshire.

Scanlon spent the last year in Westchester County, N.Y., as a Pastoral Intern at Pleasantville Presbyterian Church, learning the ins and outs of church leadership and service in the PC(USA). She holds a BA from Calvin College, in Grand Rapids, Mich., and a Master's of Divinity from Princeton Theological Seminary. She looks forward to being fully ordained in the fall of 2021. Hannah will begin studying for a PhD in Theology this fall at the University of Toronto. Some of her favorite ac-

tivities include running in the woods, reading anything by Wendell Berry and listening to the Weepies. This summer, she is glad to be visiting her parents Tom and Nancy (and the dogs) in Meredith and to be back at the beautiful Lake Winnepesaukee - a place where she spent many happy childhood summers.

St. John's is a charming rustic chapel built in 1927 of local stone. An older observation tower (now closed to the public) is incorporated into the building. Stained glass windows honor

some of those who tirelessly served the chapel and leaded windows note the earliest donors. Originally an Episcopal church, it is now an ecumenical chapel. Services are held Sundays during the summer at 10 a.m. Access is by a footpath from the church docks in Deep Cove/Church Cove by Dolly Island. For boat taxi service from Cattle Landing or Brown's Boat Basin, email bear.island.church.ferry@gmail.com. For more information, check our Web site, www.stjohnsonthelake.com.

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# Area teens sought for fall Shakespeare program

BY ERIN PLUMMER  
mnews@salmopress.news

PLYMOUTH — A big production of “Romeo and Juliet” will be coming to the stage in Plymouth in November that will be put on by area high school students with the help of mentors.

Advice to the Players is hosting Fall Festival of Shakespeare, a nine-week program where high school students can learn theater skills and put on their own production.

The Sandwich-based Shakespeare company

is creating a pilot program later this year called Fall Festival of Shakespeare. High school students from around the state will be invited to apply for and participate in the nine-week program pairing teens with professional actors to create their own production of “Romeo and Juliet.” ATTP Executive Director Jessie Chapman said this is based on a similar program done by Shakespeare & Company in Massachusetts.

The directing team,

consisting of teacher artists, will work with students in language arts, acting, and tech and there will be classes in Clowning, Stage Combat, Movement, Performance, Technical Theater and many more topics. This will lead up to a performance of “Romeo and Juliet” at the Silver Center at PSU.

The program is free for students and will work with their after school schedules. Students who want to explore the technical aspects of the show

are welcome to participate as well. Ensemble auditions will be Sept. 4, 5, and 7, though every student who participates will have a part. Fall Festival of Shakespeare will run from Sept. 9-Nov. 9. Students have the option of doing the program for one day a week on Saturdays, two days a week on Tuesdays and Thursdays, and three days on Monday, Wednesday, and Saturday.

Chapman said they are looking for high schools that will par-

ticipate and so far one has expressed interest. For more information and for an application visit //www.advicetotheplayers.org/fall-festival-of-shakespeare.html.

## Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

**Youth Soccer registration deadline is Aug. 16**

The Gilford Parks and Recreation Department will be accepting Youth Soccer registrations through the registration deadline of Friday, August 16th! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After Aug. 5, the registration fee increases to \$35. Any registrations submitted after the Aug. 16 deadline will be accepted on an availability basis only.

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

**Gilford Old Home Day, Saturday, Aug. 24!**

The annual Gilford Old Home Day cele-

bration will be held on Saturday, Aug. 24. This year's theme is “A Century of Old Fashioned Family Fun!”. The festivities include; the Annual Parade at 10 a.m. (featuring bands and many traditional floats), musical entertainers including the “Bryan Contrary” and “The Honey Bees”, children's entertainer “Rockin' Ron the Friendly Pirate”, Community Band Concert, games for all ages, crafts, live music, great food, outstanding fireworks and a dance to wrap things up! The majority of activities take place at the Gilford Village Field. Parade applications are still being accepted and can be found at the Gilford Town Hall and on the Parks and Recreation Web site at www.gilfordrec.com.

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

## GILFORD POLICE LOG

The Gilford Police Department made the following arrests from July 17 to Aug. 8.

Editor's note: The department's arrest log for July 19-21 was unavailable as of our press deadline for this week's edition.

Jordan Ostrowski, age 29, of Bow was arrested on July 18 for Driving While Intoxicated.

Timothy L. Paradis, age 42, of Gilford was arrested on July 18 for Violation of a Protective Order.

David Phillip Witter, age 52, of Meredith was arrested on July 18 for Conduct After an Accident and Driving After Revocation or Suspension.

Stephen G. Cote, age 35, of Hill was arrested on July 22 for being a Felon in Possession of a Dangerous Weapon.

A 49-year-old male from Spring Grove, Pa. was taken into protective custody for intoxication on July 23.

A 26-year-old male from Gonic was taken into protective custody for intoxication on July 23.

Megan Mary Littlefield, age 20, of Tamworth was arrested on July 23 for Obstructing Government Administration.

Meya Minor, age 21, of Laconia was arrested on July 23 for Driving While Intoxicated.

A 35-year-old male from Haverhill, Mass. was taken into protective custody for intoxication on July 24.

A 47-year-old male and a 54-year-old female, both from Gilman Iron Works, were taken into protective custody for intoxication on July 24.

A 53-year-old male from Auburn was taken into protective custody for intoxication on July 24.

A 52-year-old male from Concord was taken into protective custody for intoxication on July 24.

A 54-year-old male from Rochester and a 50-year-old female from Somersworth were taken into protective custody for intoxication on July 24.

A 33-year-old female from Chelmsford, Mass.

and a 61-year-old female from Lawrence, Mass. were taken into protective custody for intoxication on July 24.

A 55-year-old female from Alton was taken into protective custody for intoxication on July 24.

Ellen Barrie Weinhold, age 57, of Methuen, Mass. was arrested on July 25 for Driving While Intoxicated.

A 59-year-old male and a 56-year-old female, both from Litchfield, were taken into protective custody for intoxication on July 25. Shaun Rafael Ortiz, age 30, of Laconia was arrested on July 26 for Violation of a Protective Order.

A 24-year-old male from McCalla, Ala. was taken into protective custody for intoxication on July 26.

A 43-year-old male from Manchester, Maine was taken into protective custody for intoxication on July 26.

A 31-year-old male from Danbury was taken into protective custody for intoxication on July 26.

A 45-year-old female from Kearsarge and a 28-year-old female from North Conway were taken into protective custody for intoxication on July 26.

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

A 40-year-old male from Bridgewater was taken into protective custody for intoxication on July 26.

A 36-year-old male from Effingham was taken into protective custody for intoxication on July 26.

A 41-year-old female from Goffstown and a 41-year-old female from Ludlow, Vt. were taken into protective custody for intoxication on July 26.

A 37-year-old male from Somerville, Mass. and a 41-year-old male from Hanson, Mass. were taken into protective custody for intoxication on July 26.

A 49-year-old female from Plymouth, Mass. was taken into protective custody for intoxication on July 26.

A 48-year-old male

from Pembroke was taken into protective custody for intoxication on July 26.

A 35-year-old female from Madison was taken into protective custody for intoxication on July 26.

A 55-year-old male from Milan was taken into protective custody for intoxication on July 26.

Donald L. Charest, age 22, and Madison T. Dimare, age 20, both of Nashua, were arrested on July 26 for Criminal Trespassing.

Jacob Vincent Lynch, age 43, of Manchester was arrested on July 27 in connection with a bench warrant.

Scott A. Minor, age 52, of Gilford was arrested on July 28 on two counts of Driving While Intoxicated.

A 29-year-old male and a 30-year-old female, both of Concord, were taken into protective custody for intoxication on July 28.

A 41-year-old male and a 38-year-old female, both of Portland, Maine, were taken into protective custody for intoxication on July 29.

Samantha Woods, age 40, of Laconia was arrested on July 29 for

Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Ryan L. Richard, age 41, of Gilford was arrested on July 29 for Driving While Intoxicated.

Trevor Robert Bond, age 35, of Gilford was arrested on July 31 in connection with a bench warrant.

Marc E. Brouillard, age 25, of Gilford was arrested on July 31 for Resisting Arrest or Detention.

Margaret E. Gile, age 48, of Montpelier, Vt. was arrested on July 31 for Driving While Intoxicated.

Chelsea M. Fournier, age 28, of Laconia was arrested on July 31 for Driving While Intoxicated.

A 60-year-old male from Laconia was taken into protective custody for intoxication on Aug. 1.

A 61-year-old male from Allenstown was taken into protective custody for intoxication on Aug. 1.

A 54-year-old male from Beverly, Mass. was taken into protective custody for intoxication on Aug. 1.

A 58-year-old male

SEE POLICE LOG PAGE A8

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1. Safely removing said stonewall and road (stone, pavement, cement)
2. Possible tree removal
3. Resloping of bank
4. Replanting of trees
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Contact Public Works Department @ 603-348-8783 to schedule a job viewing appointment.

*Town of Woodstock Board of Selectmen reserves the right to accept or reject proposals in the best interest of the Town.*

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## STRATEGIES FOR LIVING

### *By divine appointment*

BY LARRY SCOTT

Mark Batterson was visiting the Galapagos Islands with a team from his church. He prayed for what he termed “a divine appointment,” hoping for an opportunity to share his faith. It wasn’t until the last day that something happened that was nothing short of amazing.

“On our last day we got up early for a 45-minute bus trip across the island of Santa Cruz to catch an airport ferry to a neighboring island. There was only one paved road between the port city and the ferry, with virtually no civilization in between. In the middle of the island, in the middle of nowhere, we were surprised to see a hitchhiker standing by the side of the road. ... Our bus driver pulled over and picked up a middle-aged islander named Raul. He was unshaven. It looked as if he had been walking for hours. And it was obvious he hadn’t gotten much sleep the night before.”

“Raul could have taken a seat anywhere on the bus, but God sat him right next to Adam. Adam is one of the friendliest and most caring people I know. He was also one of the few people on our team who spoke fluent Spanish. And despite his own pain due to a C11 compression fracture from cliff jumping the day before, Adam sensed a divine appointment.

“In the course of their conversation, Raul told Adam that he had tried to commit suicide the day before. He tied cinder blocks around his ankles and planned on throwing himself into the ocean because his wife of thirty years had left him. Adam didn’t just understand what he said; he understood how he felt. Only a few

years before, Adam’s wife of fifteen years had left him and he too had been suicidal.

“Raul told Adam that he felt like God was never there for him, but he had to admit that God was looking out for him on August 12, 2006. Raul finally found the God who had been chasing him his entire life” (Mark Batterson, “Wild Goose Chase,” pp. 130-131).

I often wonder how many of the people to whom I write are also in line for a divine appointment of their own. We serve a loving God, one who is open and eager to make himself known to every willing heart. I know.

He touched my life, half-way across the state of Texas, while heading east in the cab of my long-haul truck. My life was in shambles; in despair, I shouted, “God, what do you want me to do?!” I heard no audible voice, but a distinct thought crossed my mind that was too real to be ignored. “All I want from you is the gift of a holy life.” And then, silence.

But it marked a turning point in my life, a divine encounter of my own. God, I discovered, was about to bring order out of my chaos. Within months I found a new sense of direction. It was for me a defining moment, the beginning of a series of events that brought me to where I am today.

Perhaps God has a divine appointment set for you too. Could it be that you are only a prayer away from an encounter that could revolutionize your life? It begins with you, however, for God reveals himself only by invitation.

For more thoughts like these, follow me on [indefenseoftruth.net](http://indefenseoftruth.net).

### *Send us your letters!*

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

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Our fax number is 279 3331.

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

### 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

COURTESY



**Project Pencil**

Sue Page, Project Pencil coordinator for St. Vincent de Paul Children’s Foundation, and Bert Couture, volunteer, review the list of deliveries to be made to the local schools. Parents should check with their local school to see when pick up times are available.

## NORTH COUNTRY NOTEBOOK

### *Dirt roads, gravel, pitch and yaw, and a word from the guru (not)*



By JOHN HARRIGAN  
COLUMNIST

“What makes washboard appear on a dirt road every year in the same place?” someone asked me the other day. (Truth alert: This is actually a composite quote, meaning that it consists of several quotes I saved up. This means that this “someone” is the writing equivalent of, oh, triplets.)

Before town road crews and D.O.T. staffers race for their keyboards, yes, I’m at risk for calling it a “dirt road.” To some, this implies unsanitary conditions (no). To others, it implies that dirt roads, and the rules, are different (yes).

Anyway, those whose job descriptions include the care and feeding of dirt roads sometimes admonish me for not using the official bureaucratese term, which is “gravel road.” This makes me wonder about the definition of gravel, like how much clay, for instance, it’s supposed to include.

Disclaimer: The care and feeding of my own most personal dirt road (sorry---gravel) is just fine, thank you, and this is not only because I don’t want the town road crew mad at me. It really is fine. In fact, beyond fine.

Oh, yeah? So what about the snow months, huh? Come on---fess up, or I’ll fetch that tall guy over there to club you. (To me, lifetime experience and long mem-



As they say about dirt roads (and many a job), “Ya gotta love it.” This dirt road (and this job) are no different.

ory and all, “snow months” means all of the months, barely excluding July.) Snow always seems to be the first question on everyone’s lips, right after someone mentions that you live on a dirt road, and the person with the alarmed look (that would be everyone) says, “Oh?” and then they all run away, leaving cocktail napkins floating in the air, and dotted lines where they (the people) used to be, like in the cartoons.

In answer to this, before they come to get me, I’m way more concerned about negotiating my driveway, especially the parts that Bob and I and, in a way, Millie are responsible for, than I am about the status of my road, which I know will always be, as they say in court, beyond the aforementioned fine.

The question(s) real and imagined made me wonder why people ask me this kind

of stuff. I mean, what am I supposed to be? A dirt road guru?

“They know you’re from the country,” Fritz Wetherbee once explained it. Fritz is the guy on Public Television (state and local translation: Channel 11) with the bowtie and beard. And he should be, and is, well known for a whole lot of other things. “So they figure you automatically know about such things,” he continued, and then wanted to tell me the entire history of Sandwich (the town), focusing on the notch road and its cellarholes, but I had sudden business in Binghamton.

Well, I’m no guru, but I know that washboard has everything to do with angle, pitch, steepness, and sunshine. Wait, I forgot “yaw.” You’re never supposed to use “pitch” without “yaw” in a sentence unless you’ve passed “Go.” And lest anyone’s feelings be hurt, I’m not in the least forgetting “camber,” which is pretty important but

not important enough to explain, and other friends and relations too numerous to mention (or remember).

+++++

Despite the best efforts of successive grader operators, the washboard reappears at certain places along my road and others, just as it has, I suppose, from the days of early grading, when a huge hunk of iron with a blade amidst (kind of like today, minus the diesel) was towed by horses or oxen.

And here I’m reminded that the entire theme of this piece is built on the assumption that people will automatically know what I’m talking about when I say “washboard.” Let’s just say that people once beat clothes on rocks in rivers to get them clean (the clothes, not the rivers), leaving no wonder why clothing didn’t last very long back then (back when?) or was seldom

# "Saturday Night Fever" comes to Interlakes for one week only!

MEREDITH — With a score featuring hit songs like "Stayin' Alive," "If I Can't Have You," "How Deep is Your Love," "Boogie Shoes," and "Disco Inferno" join Interlakes Summer Theatre for the thrilling, disco journey of "Saturday Night Fever."

"Saturday Night Fever" follows the story of Tony Manero, a teenager in Brooklyn with a bleak family life. Living with overbearing parents, Tony works at a dead-end job in a paint store. While the daytime isn't so bright for Tony, he finds solace dancing at the disco at night.

After the disco announces a competition, he partners with Stephanie Mangano. As Tony and Stephanie prepare for the competition, Tony can't



COURTESY

help but try to gain her affection. But, it is an unrequited love

as Stephanie has other plans to move across the river and pursue

greater things. With the competition heating up, will

With a score featuring hit songs like "Stayin' Alive," "If I Can't Have You," "How Deep is Your Love," "Boogie Shoes," and "Disco Inferno" join Interlakes Summer Theatre for the thrilling, disco journey of "Saturday Night Fever."

Tony and Stephanie have what it takes to blow the competition away?

"Saturday Night Fever" is directed by Craig D'Amicoand, choreographed by Gustavo Wons, and Adam Rineer is the music director. Molly Farrell-Savage is designing costumes for the show. Set Designer is Josh Iacovelli and Lighting Designer is Kelly Gibson. Sound Designer is Samuel Hayes.

The show only runs one week from August 15th to August 18th! Performances are on Wednesday through Saturday at 7:30 p.m., matinees on Wednesday & Thursday at 2 p.m. and Sunday at 5 p.m. at the Inter-Lakes Auditorium, One Laker Lane, Meredith. Tickets are on sale online at interlakestheatre.com or at the box office, 707-6035. Book now as seats are selling fast!

## LRPA's salute to Hitchcock continues

LACONIA— Alfred Hitchcock enjoyed a 50-plus-year career as one of cinema's most intriguing and successful directors. LRPA After Dark is celebrating "The Master of Suspense" during his birthday month of August with a festival of some of his early works, plus three episodes of vintage, Hitchcock-related television! Join us each Friday and Saturday night at 10:30 p.m. for a thrilling good time. Join us this weekend (Aug. 16 & 17) as we show three entries from Hitchcock's career in television: two episodes of the popular anthology series Alfred Hitchcock Presents (1955's "The Cheney Vase" and "1962's "The Sorcerer's Apprentice"), and one Hitchcock-directed episode of the series Suspicion ("Four O'Clock," 1957).

We open Friday with a bang, starting with the most notorious episode of Alfred Hitchcock Presents: "The Sorcerer's Apprentice," starring Diana Dors and Brendan De Wilde. De Wilde plays Hugo, a troubled youth who is discovered, cold and starving, outside a traveling circus. He's rescued by Sadini the Great (David Stuart), who is married to the voluptuous Irene (Dors). Hugo becomes infatuated with Irene. She realizes that Hugo can't distinguish reality from the fantastical world of the circus, and so decides to use this to her advantage — with disastrous results. The show's sponsor, cosmetics giant Revlon, found the episode too gruesome for 1960's sensibilities, and so the episode, which was to be the finale of the seventh season, was never aired

during the show's prime-time run.

Next up is "The Cheney Vase" (1955), a typical "Alfred Hitchcock Presents" episode with a twist and starring many familiar faces from the Golden Age of Television. It stars Darren McGavin as Lyle Endicott, a sleazy opportunist who has lost his job at a museum. His girlfriend Pamela (Carolyn Jones) writes him a letter of recommendation to work for wheelchair-bound Martha Cheney (Patricia Collinge), a sweet little old lady who happens to be rich. She is in possession of the Cheney vase, a very valuable piece that Lyle would like to get his hand on. Lyle soon takes over Martha's house, making her a prisoner in her own home — but Martha may have one last trick up

her sleeve ...

Our final episode, directed (and executive produced) by Hitchcock himself, is from the rarely-seen anthology series "Suspicion." Entitled "Four O'Clock," it was the premiere episode of the series. It stars E.G. Marshall as Paul Steppe, a watchmaker who suspects that his wife Fran (Nancy Kelly) is cheating on him with Dave (Richard Long). To reveal much more of the plot would spoil the details — fans of Hitchcock's suspense will not want to miss it. This episode is considered to be one of the best of the series, and was so popular that it was adapted for the 1986 reboot of "Alfred Hitchcock Presents."

All three of these thrillers bear the unmistakable influence of "Hitch" — even those episodes that he himself didn't direct. The original "Alfred Hitchcock Presents" series won a Golden Globe in 1958

SEE HITCHCOCK PAGE A9

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## Ann B. Hinman, 96

PLYMOUTH — Ann B. Hinman, 96, passed away at her home in Plymouth on Aug. 6, 2019.

Ann was born on Feb. 8, 1923 in Providence, R.I. to Wilbur R. Walsh and Rachel Hughes Walsh.

She was predeceased by her husband of 48 years, Clarence A. Haskell of Center Harbor; her second husband of five years, George W. (Bill) Hinman of Durham; and a son, Leighton S. Haskell of Belmont.

Ann grew up in the Merrymount area of Quincy, Mass. and graduated from Thayer Academy in 1941. She attended Tufts University for two years, then entered the Massachusetts General School of Nursing, graduating in 1947, and after received a Master's degree in Health Education from



Boston University in 1969.

Ann was an instructor in Nursing at North Shore Children's Hospital School of Nursing in Salem, Mass., and served as the Community Health Educator for the Merrimack Valley Regional Family Planning Program of Lowell, Mass.

After moving to Meredith, Ann was associated for 25 years with Hospice of the Lakes Region Community Health Agency, and served in many capacities, including

patient care volunteer, volunteer coordinator, and community educator. Ann was a contributor to Hospice public relations through speaking engagements and newspaper articles and parades. In 1993, Ann was honored with the Volunteer of the Year award from the New Hampshire Governor's Office on Volunteerism.

Ann is survived by her son, Philip Haskell; daughter-in-law Terri Johnson of Holderness; daughter Trish Driscoll of Sandwich; grandchildren Tyler Driscoll and his wife Alice Field of Center Harbor, Ann Galindo and husband Isaac of Lakeland, Fla., and Kevin Driscoll of New Hampton; great grandchildren Lucia, James and Logan; nieces and nephews.

Services will be private.

## James Lewis Leggett, Jr., 80

James "Jim" Lewis Leggett, Jr., 80, of Gilford died on Thursday, Aug. 1, 2019.

Jim was born in Hudson, N.Y. in 1939, the son of the late Lewis and Evelyn Dunham Leggett. He grew up on a farm with his younger brother Gary in Kinderhook, N.Y. with his grandparents living next door. His family had lived in the Kinderhook area since the late 1600s.

After graduating from Ichabod Crane Central High School in Kinderhook, Jim joined the United States Navy for a two-year tour, which allowed him to travel to sites throughout the Mediterranean, including Beirut, Athens, Rome, and northern Africa. He then studied at the University of Bridgeport, where he received a bachelor's degree in accounting, and at Penn State University, where he received a master's degree in economics.

Jim began his career as an accountant for Rohm and Haas Company in Philadelphia, Pa. The corporate life didn't quite suit Jim,



and in 1970, he and his family moved to Gilford, New Hampshire. He had a long, successful career as a REALTOR in Gilford. He was named Lakes Region REALTOR of the Year in 1979, was President of the Lakes Region Board of REALTORS in 1984, and continued as a very active member of the Board for several decades. When the residential real estate market collapsed in the early 1990s, Jim founded Consolidated Mortgage Buyers which he operated while continuing to sell real estate. Jim served on the Gilford Budget Committee from 1973 to 1977 and he served on the board of trustees for Gilford Village Knolls from 2005 to 2019.

In his free time, Jim loved boating, grilling, relaxing with family and friends, playing

hearts and scrabble, watching NASCAR races, and attending his grandchildren's sporting events and plays. When his children were young, he enjoyed taking them on early-morning trips to towns throughout New England for Nordic skiing competitions. Jim was a man of few words, a creative thinker, fiercely independent, and perfectly suited to life in the live-free-or-die state.

Jim is survived by his sons, James (and Amy) of Mechanicville, N.Y. and Christopher (and Sydney) of Woodstock, Vt.; his grandchildren, Madison, Taylor, Connor, Sophie, and Samuel; and his partner, Catherine Gagnon (and her son Christopher, daughter-in-law Jennifer, and grandchildren Nolan and Katie). A memorial service will be held at Gilford Community Church on Saturday, Sept. 14, at 11 a.m. Memorial donations in memory of Jim may be made to the Gilford Community Church, 19 Potter Hill Rd., Gilford, NH 03249.

## MARK ON THE MARKETS

### It's just math



BY MARK PATTERSON

Why does risk matter? The risk that I am referring to is investment risk made up primarily of market risk when dealing with equities or stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concepts that I've expressed in previous articles are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility

and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation (more risk and potential return) and portfolio two has a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60 percent.

The second-year portfolio one sustained a minus 40 percent loss. The average return for this portfolio over two years is 10 percent. Not a bad return!

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10 percent second year loss. Again, a 10 percent average return over the two-year span; again, not a bad return!

But let's look at the compounded annual growth which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to

\$160,000, 40% loss of \$60,000 brings our dollars down to \$96,000!

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss, or \$117,000.

I prefer portfolio number two, how about you?

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these assets for income.

What these numbers illustrate is a simple concept of avoiding big losses which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange traded funds or individual stocks and bonds, you can assume they are probably working for

SEE **MARKETS** PAGE A9

## Comfort Keepers

### Managing Parkinson's disease symptoms

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Parkinson's disease is the second most common neurodegenerative disease in the U.S. after Alzheimer's disease, and the number of people affected by Parkinson's is increasing as the population ages.

Parkinson's disease can manifest in the following ways:

Tremors  
Balance problems  
Cognitive impairment

Mood disorders  
Short steps and slowed movement (bradykinesia)

Speech and writing changes

While there is no known cure for Parkinson's, taking steps to manage the disease can increase a senior's quality of life and help to reduce the impact of symptoms.

Those that have been diagnosed with Parkinson's should

discuss management strategies with a healthcare professional. There are a variety of medications and therapies that a doctor can recommend.

Everyday symptom management strategies can include:

Finding ways to relieve stress: There is ample evidence that stress can make symptoms worse. However, they usually return to normal levels once the cause of stress is removed. Activities that can help reduce stress include meditation, yoga, deep breathing, getting outside, spending time with loved ones, participating in hobbies or physical activity approved by a physician.

Maintaining a good diet: For those with Parkinson's, proper nutrition will not only help manage symptoms, but can help slow the progression of the disease in some seniors. In addition to healthy, nutritious

food, it's important to prevent dehydration too.

Adapting your home: Depending on the Parkinson's symptoms that someone is experiencing, there are a variety of ways to improve everyday life with a few adjustments to living space. For those with trouble walking, or those that needs a wheelchair, wide walkways help manage mobility. Mattresses with adjustable features can be helpful for anyone with difficulty getting in and out of bed, and grab bars may be helpful for those with balance issues.

Preventing falls: Having trouble walking is a common Parkinson's disease symptom. Minimizing fall risk is an important safety management strategy that is easy to execute. Wearing proper footwear, making sure rooms are properly lit and re-

SEE **COMFORT** PAGE A9



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# LRMHC to take part in Dartmouth Hitchcock's "99 Faces Project Series"

LACONIA — New Hampshire's 10 non-profit community mental health centers provide care for more than 10,000 children, adults and families across the state. Making sure this system is strong, and ensuring access to care, are key goals of the state's new 10-Year Mental Health Plan and the topics

of discussion at the next program of the 99 Faces Project series at Dartmouth-Hitchcock Medical Center (DHMC).

On Aug. 14 from 5-7:30 p.m. in Auditorium H at DHMC, a panel of mental health professionals will explore how community mental health providers are working to

meet the needs of New Hampshire families with speakers from the NH Department of Health & Human Services, the NH Community Behavioral Health Association, and the National Alliance on Mental Illness (NAMI) NH. This event is co-hosted by Dartmouth Hitchcock Health and West

Central Behavioral Health.

"Psychiatric illnesses are common, painful, often disabling and sometimes deadly — but these illnesses are also very treatable," said event moderator Will Torrey, MD, Vice

Chair for Clinical Services in Psychiatry at Dartmouth-Hitchcock and a Professor at Dartmouth's Geisel School of Medicine. "How can our society turn directly towards this challenge to relieve suffering, pro-

mote recovery, and save lives? The community mental health system plays a crucial role. We invite the community to join us at this event to discuss the path forward."

The event will open SEE 99 FACES PAGE A9

## Meredith considers supporting Gilford proposal for disbursement WRBP funds

BY ERIN PLUMMER  
mnews@salmonpress.news

REGION — Gilford has proposed a change to how funds are dispersed from the Winnepesaukee River Basin's replacement fund, and Meredith will decide if it will get on board with the proposal.

The replacement fund is used to fund repairs made to sewer infrastructure connected to the Winnepesaukee River Basin Project that are not directly owned by the WRBP.

Meredith Town Manager Phil Warren said the WRBP treats infrastructure outside of its plan as community infrastructure though it's still tied into the system. If a community requests money from the replacement fund for urgent repairs it will only receive the money it has already contributed to the fund.

One example was a force main belonging to the WRBP that broke by the Meredith town docks. Meredith asked for money from the replacement fund and received the money it had already contributed.

"It's easy to envision if a community runs out of money they would be held on the hook for that repair," Warren said.

Gilford Town Administrator Scott Dunn proposed a resolution

for money to come out of the replacement fund collectively with monies contributed by each community available for all the communities in the WRBP.

Dunn told the Gilford board of selectmen during its July 24 meeting that Gilford has "come up on the short end of the stick" with that fund system. When towns were asked to weigh in, the WRBP administration board expressed unanimous support of going back to the system of distributing funds collectively.

"Let's change the rules so we're all in this together," Dunn said.

He said this will require a change in legislation as long as the attorney general is overseeing the process.

The Gilford board of selectmen unanimously voted in favor of the resolution.

Warren brought the resolution to the attention of the Meredith board of selectmen during its workshop on Monday.

Warren said Gilford so far is the only community signed on for this proposal and he has heard no opposition to it from other communities. Warren said he wanted to put an action on the next agenda for Meredith to make the same resolu-

tion.

"We've gone round and round on this process before, I think some things need to get straightened out at the Winnepesaukee Basin Project and I think this would be a step forward to go into the right direction," said selectman Nate Torr.

Selectman Jeanie Forrester asked if there was another incident like one in Laconia that required a huge amount of money to repair if Meredith and the other communities could be hit by this. Warren said that is a possibility.

"What I personally would like to see are the operations and maintenance efforts of that collective system are stepped up," Warren said. "Right now it's run to fail."

Board chair Ray Moritz also suggested putting this on the next agenda.

"(It) gives us several weeks at least to do our homework and find out the full implications for that," Moritz said.



COURTESY

### Laconia Rod & Gun Club supports WildQuest Camp

The Laconia Rod & Gun Club and Women's Auxiliary donated \$5,161.50 to WildQuest Camp, a nature-based day camp at Prescott Farm Environmental Education Center. The funds provide camp opportunities for 31 campers. Pictured at Prescott Farm are (L to R) Lisa Piper and Lisa Judd (Rod & Gun Women's Auxiliary), Jacob Newcomb (WildQuest Camp Director), Ron Judd and Ron Blackey (Rod and Gun Club). This is the Rod & Gun Club and Women's Auxiliary's third consecutive year donating to the scholarship fund.

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## PET OF THE WEEK MITCHELL AKA "PEPPERONI"

Mitchell is a very sweet but strong 3 year old terrier mix who found his way to the NHHS through southern transport. Back in Georgia, his original name was "Pepperoni" as he had been abandoned outside of a pizza place and survived off of the american delight for roughly 11 days. He was adopted out, and returned with the name Mitchell. Currently he knows sit, down, stay, come, and drop it! Mitchell is extremely food motivated, and thrives off positive energy! There is no doubt that this lovebug will learn quickly in the right environment. Mitchell would do best in an active, adult only home, with potentially the right doggy friend. Mitchell may chase cats and may not flourish around small animals.



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### Edward Jones: Financial Focus

Business Owners: You Need Your Own Retirement Plan

As a business owner, you can't afford to ignore your competition. You can't afford to miss out on the trends affecting your industry. You can't afford to alienate customers. And here's one more item to add to the list: You can't afford not to create a retirement plan for yourself.

Of course, you might think that, one day, you'll simply sell your business and live off the proceeds. But selling a business isn't always simple, and there's no guarantee you'll receive enough to pay for a comfortable retirement — which is why you should strongly consider creating a retirement plan now.

Here are some of the most widely used plans:

**SEP-IRA:** You can contribute up to 25 percent of your compensation — as much as \$56,000 in 2019 — to a SEP-IRA. Your contributions are tax deductible and your earnings grow tax-deferred

until withdrawn. This plan offers you significant flexibility in making contributions for yourself and your employees. Plus, as an employer, you can generally deduct, as business expenses, any contributions you make on behalf of your plan participants.

**SIMPLE IRA:** In 2019, you can put in up to \$13,000 — or \$16,000 if you're 50 or older — to a SIMPLE IRA. As is the case with the SEP-IRA, your earnings grow tax deferred. You can match your employees' contributions dollar for dollar, up to 3 percent of compensation. If you work for yourself, you can combine employee and employer contributions, so if you use the 3 percent matching rule, and you earn enough to fully match employee contributions, you can put in up to \$26,000 per year (or \$32,000 if you're 50 or older). Alternatively, you

could contribute 2 percent of each eligible employee's compensation each year, up to a maximum of \$5,600, regardless of whether the employee contributes. Contributions to your employees are tax deductible.

**"Owner-only" 401(k) plan:** If you have no employees other than your spouse, you can establish an "owner-only" 401(k) plan, which functions similarly to a 401(k) plan offered by a large employer. Between salary deferral and profit sharing, you can contribute up to \$56,000, in pre-tax dollars, to your owner-only 401(k), or \$62,000 if you're 50 or older. Like a SEP-IRA and SIMPLE IRA, a 401(k) provides the potential to accumulate tax-deferred earnings. However, you could choose to open a Roth 401(k), which can be funded with after-tax dollars. With a Roth 401(k), your earn-

ings can grow tax-free, provided you've had your account at least five years and you don't start taking withdrawals until you're at least 59-1/2.

Which plan is right for you? The answer depends on several factors, such as whether you have any employees and how much money you can contribute each year. But all the plans mentioned above are generally easy to establish, and the administrative costs are usually minimal. Most important, any one of them can help you build some of the resources you'll need to enjoy the retirement lifestyle you've envisioned. To select an appropriate plan, you may want to consult with your tax and financial advisors.

In any case, don't wait too long. Time goes by quickly, and when you reach that day when you're a "former" business owner, you'll want to be prepared.

**Devon Sullivan**  
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Meredith NH 03253  
603-279-3284  
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Member SIPC

**SWIM**

(Continued from Page A1)

all of the islands on Winnepesaukee. Halsey said they had swum around a dozen of them by that point and decided to do all of them. This endeavor was inspired by the Appalachian Mountain Club's 4,000 Footers Club.

They used Bizer's list of islands to determine how many actual islands there were. Bizer's list has 264 islands, but the pair omitted islands with bridges and ones that they wouldn't be able to swim around. That left a list of 247 islands that they completed in sections according to the Regions A-E on the list, deciding to swim one region at a time.

Weather posed the biggest challenge to the swim. One especially challenging swim was around Varney Point

and Fay's Boat Yard in Gilford when the wind really picked up.

One major highlight of the swims was the support from islanders.

"We met so many people that lived on the islands, so many people invited us for lunch and a hot tub," Halsey said.

Gallagher said one person offered to let them have lunch on their rocks. Halsey said while swimming around Smith Point in Alton an elderly woman asked them to help move a big telephone pole that had gone into the water.

They also saw some animal activity of the canine variety. While swimming around Rattlesnake Island their kayak also carried Halsey's dog.

"Every dog came out on the docks," Halsey

said. "That dog starts barking, my dog's on the boat, we were in the middle of this cacophony of barks."

Some islands had to be completed in a few days, notably the eight miles of Bear Island.

This year they finished the final region, located in Moultonborough Bay. They took an hourlong jet ski ride to Green's Basin to do the section a piece at a time, completing it after three days.

"The last day was our toughest day, but we take our time," Halsey said. "That last day was push for sure."

Gallagher said the day was a lot winder than they expected.

They both said finishing the big swim felt like a huge accomplishment. "It's fun to go out on

the boat; everywhere you look, Brenda you swam those islands," Gallagher said.

They both said it was a great opportunity to get to know different parts of the lake.

Last year Bev LaFoley of the LPC asked if they would be interested in swimming to benefit the loons, saying it would make a good human interest story.

"We thought that was just a wonderful idea," Gallagher said. "We want to swim in healthy water, we want to see nature."

She then said to LaFoley, "It's just wonderful that you approached us."

Irwin's mother was

one of the founding members of the LPC and he has served on the LPC board himself.

The result was the Winni Swim where Halsey and Gallagher would swim around Ragged Island in Moultonborough. people could register to swim and kayak with them. The second annual swim took place Thursday around Ragged Island. While weather kept away a lot of swimmers, they still had a lot of support for the swim.

The swim was sponsored by the LPC, Lakes Region Conservation Trust, and Irwin Marine. Irwin provided a lot of assistance and Irwin Marine offered a

boat to transport swimmers and spectators.

This year the swim raised between \$4,000 and \$5,000.

"The awareness was more important, we really do need the dollars," LaFoley said. "We have no more storage for the biologists to do their work."

LaFoley said the biologists will stay in little huts and need a lot more room to do necropsies on loons and store failed eggs a key for research on threats to loons. She said one Loon Center staff member is keeping those eggs in her garage. This swim has the chance to raise a log of awareness for the LPC's

SEE **SWIM** PAGE A10

**ROWE HOUSE**

(Continued from Page A1)

ed to be completely replaced as did the horse-hair insulation. There was also a door with a huge hole in it that the police department was concerned was too easily accessible.

Over a three month period, Rotarians, contractors, and other volunteers worked to repair the ell. They received a lot of help from local contractors and volunteers. Carpenter and Rotarian Spencer Martin had a huge hand in the woodwork.

Lt. Rick Andrews and members of the Gilford Fire Department helped with the laths and insulation. Chris

Sherkanowski of Sherkanowski Drywall installed the sheetrock, which he donated.

McGonagle said there were discussions whether certain elements such as some doors and flooring should be replaced or repaired, receiving the answer from Historical Society President Karin Landry that these needed to be preserved. These elements were saved and redone to much better condition.

The ell section was opened to the public for the 2018 Candlelight Stroll, displaying the furniture that Tilton's family donated to

the society.

"You should have seen it, in the beginning it really was just a mess and now it looks so beautiful," said Kathy Lacroix of the Thompson-Ames Historical Society.

Landry and Lacroix said they are aiming for a Phase 3 of the project to renovate the attic, which is in bad condition. In the meantime they will get together cost estimates to tighten up the windows and repainting the exterior and bring them to the Budget Committee for consideration in the 2020 town budget.

**HICKMAN**

(Continued from Page A1)

shows will take place in the Gilford Youth Center.

Magician BJ Hickman entertains family audiences with comedy magic, dazzling deceptions, and mind reading miracles. Hickman's audience participation magic shows are a popular favorite throughout New

England. Recently, he returned from performing seven nights at the famous Magic Castle in Hollywood, and various venues in Burbank and Beverly Hills, Calif. He also speaks nationally with his "PediaTRICKS.com" presentation, and performs in schools with pro-

grams on Reading, Recycling, and Conflict Resolution. BJ's book is titled Magic Speaks Louder than Words. The shows are open to the public and are free of charge.

More information is available by contacting Jessica Fleck at 728-5671.

**POLICE LOG**

(Continued from Page A3)

from Rowley, Mass. was taken into protective custody for intoxication on Aug. 1.

A 33-year-old male from Lebanon was taken into protective custody for intoxication on Aug. 2.

A 51-year-old female from Hudson was taken into protective custody for intoxication on Aug. 2.

Ralph P. Desjardins, age 47, of Biddeford, Maine was arrested on Aug. 3 for Conduct Af-

ter an Accident.

Suzanne L. Richards, age 36, of Ashland was arrested on Aug. 3 for Violation of a Protective Order.

A 27-year-old female from Manchester was taken into protective

custody for intoxication on Aug. 3.

Marc E. Brouillard, age 25, of Gilford was arrested on Aug. 7 for Burglary and Receiving Stolen Property valued at more than \$1,500.

**Summer Piano Concert**

Tuesday August 20, 2019 7:30 PM

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## NOTEBOOK

(Continued from Page A4)

washed, or both. A washboard was (and is--they're still made) a piece of wood or iron with ripples, or ruts, and a sturdy frame. Think "Ideal guy, at least on TV" here.

+++++

"I give up" department:

In the not so distant past, just one set of tire-marks would appear after a dirt (gravel) road got graded (it has always been in the passive voice, by the way, as if by magic). These were smack down the center, except for sudden hills and sharp corners.

"Take your half out of the middle" was no joke--it was standard dirt-road training. The thinking behind it (yes, there was actual thinking) was that in normal situations it allowed the driver the highest possible number of options (in case of something abnormal).

Of late, it has become common to see

people driving as far to the right as possible. "I mean, with one wheel practically in the ditch!" as a reader put it.

This is how everyone is taught today, after all. The rules of the road are forgotten, drivers expect their decisions to be made for them by signals and stop signs, and the world is all things urban.

And you know what? The great planners, if there are any out there, are right, because although about 15 percent of the people live on about 85 percent of the land, the reality is that 85 percent of the people (i.e., most of the voters) live on 15 percent of the land.

These figures, rough as they are, tell the story of a great chasm that began during and after the Civil War, when so many easterners discovered how much land there was west of the Appalachians, a scenario that has been playing out ever since.

+++++

About nine years ago, someone ran to the top of a ridge and blew a bugle, and little knots of people in Pittsburg and Stewartstown and Francoonia and Easton and even Concord heard it and came running, and they called some friends and kindred spirits, who called their friends--you know how it goes.

A great tree took shape across the land, branches spanning the aisles. It is still there, and firmly rooted, and it stands for many things, but here are a couple:

Never mind the naysayers--you can fight City Hall, and once in a while you win.

And, "Yay for the Hoi Polloi!"

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

## HITCHCOCK

(Continued from Page A5)

for Best Achievement in Television. "Suspicion" was Hitch's experiment in an even more thrilling hour of television. On Saturday evening, we'll run "Four O'Clock" first, followed immediately thereafter by "The Sorcerer's Apprentice" and "The Cheney Vase." Join us after dark for these bite-sized thrillers from the past!

**Mark your calendars for "Alfred in August," a month-long tribute to Alfred Hitchcock!**

August 16 & 17: Classic episodes of TV shows "Alfred Hitchcock Presents" & "Suspicion"

August 23 & 24: "The Lady Vanishes," 1939

Aug. 30 & 31: The Lodge - A Story of the London Fog, 1927

And coming next month: LRPC's Second Annual "Silent Septem-

ber" Film Festival!

You can't find television like this it anywhere but LRPC TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site ([www.lrpc.org](http://www.lrpc.org)), where you can catch all the fun.

### About Lakes Region Public Access

**Television (LRPA)** Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPC cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment)

and Channel 26 (government meetings) to more than 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPC's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPC's slogan: Community empowered by media. Visit us on the Web at [www.lrpc.org](http://www.lrpc.org).

## 99 FACES

(Continued from Page A7)

with a viewing of the "99 Faces Project: Portraits Without Labels." The exhibit, designed by Boston-based visual artist Lynda Michaud Cutrell, is a six-month art installation at DHMC, and aims to break down the stigma associated with mental illness by using unlabeled photographs, videos, paintings and sculptures of people who experience mental health challenges and their loved ones.

"When we don't know the cause or the cure of a condition, we fear it," said event panelist Dr. Diane Roston, Clinical Medical Director of West Central Behavioral Health, based in Lebanon. "When we gain understanding and improve treatments, we no longer hide these individuals away and they no longer feel as ashamed and stigmatized. We can continue to reduce stigma with more research, more services, more resources, more sharing of experience, not to mention more compassion and acceptance of the full range of human experience, including mental illness."

Rob Aitcheson, a

peer support specialist employed by the Lakes Region Mental Health Center (LRMHC) will join the five person panel that includes Jeffery Myers, Commissioner of the NH Dept. of Health and Human Services (DHHS) and Susan Sterns, Deputy Director of NAMI NH.

"I am honored that Catherine Hogan (Director of Development and Public Relations, West Central Behavioral Health) invited me to participate in this event. I have not only been the beneficiary of an effective community mental health center but have seen from the inside just how much effort LRMHC, its staff and clinicians do to help their patients" Aitcheson said.

Opening remarks will be made by John Broderick, Senior Director of External Affairs for Dartmouth-Hitchcock and former Chief Justice of the New Hampshire Supreme Court. Commissioner Jeffrey Meyers of the New Hampshire Department of Health & Human Services will be a featured speaker,

along with other panelists including Peter Evers, President NH Community Behavioral Health Association; Susan Stearns, Deputy Director of NAMI NH; Rob Aitcheson, peer support specialist, former client, and development associate at Lakes Region Mental Health Center in Laconia; Angela Montano, client, staff, and member of the board of directors at West Central Behavioral Health. The event as a whole will focus on the necessity for a strong and vibrant community mental health system in the scope of the State of New Hampshire's 10 Year Mental Health Plan.

Light refreshments will be served. There is no cost to attend, but registration is requested by visiting [go.d-h.org/99faces](http://go.d-h.org/99faces) or call 302-1633.

## MARKETS

(Continued from Page A6)

your best interest.

Risk management is only part of the story. The purpose of your money is more important than risk assessment in my opinion. It's very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income

is needed soon; your portfolio will not be designed what its purpose really is!

It is common for my client that is near or in retirement to reminisce about the returns of their investment portfolio 25 years ago, as a retail broker I was not really concerned about losses at that time either. I didn't really understand the concept of compounded annual

growth versus average returns.

Staying away from big losses in your investment portfolio not only maintains your monetary capital but preserves emotional capital!

*Mark Patterson advisor MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

## COMFORT

(Continued from Page A6)

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**NIGHT OUT**

(Continued from Page A1)



ERIN PLUMMER

The DHART helicopter flies away from Village Field after spending time at Gilford's National Night Out event.



ERIN PLUMMER

Gilford Police Chief Anthony Bean Burpee serves ice cream.



ERIN PLUMMER

Off. Chris Mailloux and K-9 Kai do a demonstration.

and K-9 officer Kai did a demonstration on the police dog's work and training.

Members of the police and fire departments cooked food. There were also games, crafts, and tables set up by a few area organizations.

Police Chief Anthony Bean Burpee said this was an opportunity for members of the community to get together, getting families to put down electronic devices get out to meet their neighbors.

It also gives the public an opportunity to meet first responders under positive circumstances.

"I like the fact I got to

meet people in the community a may never have met before," Bean Burpee said. "It gives us an opportunity to interact with people."

Deputy Fire Chief Brad Ober also said it was a great night to interact with the community.

"(I like) the way that the community comes out together and interacts with everybody," Ober said.

Ober said it was also a great opportunity for different public safety officials to come together and meet in a relaxed environment. He said police officers and firefighters don't do that a lot.

**SWIM**

(Continued from Page A8)

needs.

"What an incredible accomplishment and how great that they want to swim for a cause and how amazing that cause is us," said LPC Executive Director Harry Vogel.

The Winni Swim will be a yearly event. Gallagher said they will pick an island that people of different abilities can swim around and anyone will be welcome to join them in the water.

Donations are still open for the Winni Swim. For more information and to donate



COURTESY PHOTO

Halsey and Gallagher swimming around Bear Island with help from kayakers Robin Albanese and Marilyn Elsmore.

visit <https://www.loon.org/winni-swim-2019.php>.



COURTESY PHOTO

A scene from their Halsey and Gallagher's video of the swim showing them getting off a jet ski and into the water around Dollar Island.

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Korey Weston placed second in the javelin at the Down Under Games in Australia.



Korey Weston heaves a javelin at the Down Under Games.

# Korey Weston competes Down Under

BY BOB MARTIN

Bob@salmonpress.news

GILFORD — Korey Weston just wrapped up his Gilford High School track and field career on a high note as the state champion in javelin, but his achievements have continued post-graduation with Weston representing the United States and the Down Under Games on the Gold Coast of Australia.

Weston placed second in the javelin and tied

his personal record of 155 feet, which he originally set at the Division 3 state championship. He was also sixth in the long jump with a leap of just over 19 feet, which slightly less than his personal record jump of 20 feet.

The trip was a once in a lifetime experience, Weston said, and that it was impressive to not only be competing with top athletes from around the world but also to be in country across the world.

## Register now for fall sports at Gilford

GILFORD — Parents of Gilford High School and Middle School athletes, [www.familyid.com](http://www.familyid.com) is open for fall athletic registration. Please do this sooner than later.

Parents should be completing the registration, not students.

If it has been two years since a child had IMPACT testing done, it needs to be repeated prior to preseason. Athletes will need to connect with [racquilano@sau73.org](mailto:racquilano@sau73.org) in order to set up a time now that school is out.

Incoming freshmen and new athletes must have a current physical on file. Please attach their most recent exam to FamilyID. If you cannot get into your PCP, an urgent care clinic is an option. They are done for \$25 on a walk-in basis.

You can email [mjenkins@sau73.org](mailto:mjenkins@sau73.org) if you have specific questions.



COURTESY

The Down Under Games had areas of downtime where Korey Weston took advantage of sky diving for the first time.

“Australia was everything I had hoped for and more,” said Weston. “Their optimism about life was inspiring and they just have a passion for fun and life down under.”

Weston's journey began on July 7 when he departed for the long flight to Australia. On July 9, there was a day of sightseeing and orientation, but otherwise it

was a free evening. There was another day of sightseeing and going to the wildlife sanctuary before competitions began on July 12 and ended on July 14. He was able to have another free day before leaving for Australia.

“My favorite parts were skydiving over Surfer's Paradise and landing on the beautiful beach, and visiting an animal sanctuary pet-

ting kangaroos,” said Weston.

He said competing across the world with some of the best track and field athletes was an experience he would recommend to any athlete.

“It was not only humbling to see so many elite athletes compete, but it was also motivational and made me want to work harder to improve,” Weston said.

Weston will be attending Lakes Region Community College for two years for business management and entrepreneurship, and then plans to transfer to get his bachelor's degree. He said he will be learning from his mother's business, the Gilford Guardians, which pairs and trains dogs with people with disabilities for a life of service.

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# McNeil to play volleyball at Norwich

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Maggie McNeil was a standout volleyball player at Gilford High School, and this fall she will bring these skills to the collegiate level at Norwich University in Vermont.

“I really wanted to find a school that I would be able to balance competitive athletics and challenging academics, and Norwich being Division 3 really understands the concept of being a student-athlete,” said McNeil. “I will be studying mechanical engineering starting



BOB MARTIN

Maggie McNeil is heading to Norwich University to play volleyball this fall.

## Boisvert heading to Keene State College for softball

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Throughout Lexi Boisvert's time at Gilford High School, she excelled in athletics, playing in all 12 seasons of high school through volleyball, basketball, swimming and softball. Now she will be taking her softball skills to the collegiate level where she will be playing for Keene State College.

Boisvert was a constant at the hot corner for the Golden Eagles under the helm of coach Joan Forge, who praised her for her “tremendous IQ” for the game that helped her make her teammates better. Forge described it like having another coach on the field.

The All-State third baseman was known for being a dependable fielder, but she was also the team's leader with two home runs and 16 RBIs. She batted .365 last season, but really made waves in the second half of the season batting .508. Boisvert said that as soon as she stepped foot on the Keene campus she felt welcome. She explained that she liked how the professors are in charge of smaller classes, but also that it was a perfect match with the softball coaching staff and team.

“I have had quite a few opportunities to meet the coaches and players, from the clinics to tours of the campus to my overnight visit with the team,” said Boisvert. “All of the players and coaches seem very eager to start right back up and continue to improve, which I am very much looking forward to.



BOB MARTIN

Lexi Boisvert will be playing softball at Keene State in the spring.

The feeling I get from the softball team in general is very welcoming and inviting, as well as super hardworking and dedicated. I'm really looking forward to continuing my career at Keene academically and athletically.”

Boisvert said her goals are to make an impact on the team in whatever way she can, whether it be at the plate or making plays in the infield. While she was recruited for softball she said everyone needs to try out at Keene State, whether they are an upperclassman or a freshman.

“My main focus is to contribute to the team in a positive way no matter what I am asked to do,” said Boisvert. “My main goal is to eventually be

a leader in the program and continue to improve my skills and my love of the game over the next four years.”

Boisvert said she will miss her days at Gilford High School, noting that it was like a family being with the same people since kindergarten. She said she would miss that aspect and will take what she learned in high school, and on the softball diamond, to use at Keene State. She said she will miss playing other sports like she did in high school, but looks forward to pushing herself in softball and in her studies.

“It has always been a dream to continue the success I've had throughout my life in sports and

academics in college, and I really look forward to doing that at Keene State,” said Boisvert.

Boisvert will be majoring in exercise science and business management this fall.

this fall. I also wanted to find a school that would allow me to travel through study abroad and Norwich University will allow me to do that.”

McNeil was recruited to play volleyball and has a spot on the team wearing the number 13 jersey this season. She is also considering trying out for the softball team in the spring.

McNeil was a first team All-State selection the past two years as an outside hitter and a three-year varsity player at Gilford High School. She led the team in kills with 208 on the season last year, which was an average of 10 kills per match. She had a career total of 446 kills and 623 digs.

“My goal is to be a supportive teammate, a leader and a steady asset to the offensive and defensive side of the game in my Norwich uniform,” said McNeil. “Long term as a team, I would love it to make it to playoffs at

least one year and personally I would like to accumulate a greater number of digs during my college career than during high school.

McNeil said there is plenty she will miss about her days playing for the Golden Eagles. She said the Gilford volleyball team family is one of a kind, and there is a winning drive that is hard to find other places.

“I have made so many amazing friendships and connections through high school volleyball and I am definitely going to miss my teammates and friends this season,” said McNeil. “The GVT program doesn't just build good volleyball players but it builds better people and there are too many life lessons I've learned from volleyball to share. But, I will be carrying them with me.”

The first game of the season for Norwich is on Nov. 30 against Castleton for the Vermont Volleyball Classic.

## PSU volleyball honored by AVCA

PLYMOUTH — The Plymouth State University women's volleyball team was one of a record 1,127 teams to earn the American Volleyball Coaches Association (AVCA) Team Academic Award for the 2018-19 season.

The award, which was established in the 1992-93 academic year, honors collegiate and high school volleyball teams that displayed excellence in the classroom during the school year by maintaining at least a 3.30 cumulative team grade point average on a 4.00 scale, or

a 4.10 cumulative team GPA on a 5.00 scale.

The team easily topped that mark, combining for better than a 3.50. Plymouth State was the lone Little East Conference (LEC) program to earn the recognition.

“We strive for excellence in both academics and athletics and we are proud to receive this prestigious award,” said head coach Joan Forge.

The 1,127 teams breaks the previous year's total of 977 to set an all-time record. Since the 2000-01 season, the number of re-

cipients has increased every single year but two, while more than doubling the total over the last eight academic years. Since the award's inception, the number of award winners has increased from 62 to its current 1,127.

The Panthers rallied for a thrilling 3-2 win over the University of Massachusetts Dartmouth in the regular season finale to earn a 23rd straight trip to the LEC Tournament, though PSU fell to rival Keene State in straight sets in the first round.

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# Sanborn bringing volleyball talents to Regis College

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Karly Sanborn of Gilford had quite the year as a student-athlete, as she was named All-State in softball and volleyball at Gilford High School in her senior year. Now graduated, Sanborn has her sights on the court at Regis College in Weston, Mass. where she will be playing volleyball this coming fall.

Sanborn said after visiting Regis she got in touch with her coach, Mark Turiano, and he told her he was also looking at seven other setters. She admitted it discouraged her, but she decided to send him her club team's schedule for the Boston Mizuno tournament and that she hoped to see him there. He came and watched and had the opportunity to talk to him about goals for the Regis volleyball team.

"We liked him immediately," said Sanborn. "His vision and goals for the Regis women's volleyball team were in line with goals I have for working within a team community. Our



BOB MARTIN

Karly Sanborn had an All-State volleyball season for Gilford last fall and will now take her skills to the next level at Regis College this fall.

relationship grew as he came to more tournament games. I was ecstatic when he offered me a spot on the team

and invited me to come to Regis and watch a couple of spring practices."

Sanborn will be

studying dental hygiene at Regis College and she said this and having volleyball played a major role in why she chose Regis. She also said when meeting her teammates the energy was contagious. She also had the chance to meet the other freshman recruits and there was good team chemistry right of the bat.

As an incoming freshman, Sanborn said her main goal is to gel with her teammates.

"Team chemistry and communication is beyond important for the sport," said Sanborn. "My goal as a setter is to click with every hitter. I want to give them their perfect

set every time, which isn't always easy since each hitter is unique in where they want their set. In the long term I hope to develop my skills and become an impact player for the team, with the hopes of moving into a leadership role."

Sanborn reflected back on her high school days, saying she will miss waking the hallways greeting people she bonded with. This has taught her that everyone has something valuable to offer, she said, and this went right along with the Gilford volleyball community.

"My time with Gilford volleyball truly taught me the importance of community,"

said Sanborn. "From this community I learned how important support is. The support started from our teammates who filled up our water bottles when they were empty. It continued with our coaches who gave constructive advice, parents who washed our smelly uniforms when we were too tired to, and our crazy fans chanting in the bleachers. This circle of community was the foundation of our success. I will bring all I've learned from this community with me next year to Regis."

Sanborn started practices this past week and her first game with Regis is on Sept. 4 against Dean College.

## PSU grad to be inducted into LEC Hall of Fame

PLYMOUTH — The Little East Conference (LEC) announced the 12 newest members of its Hall of Fame. Each of these outstanding former student-athletes and coaches will be honored on their respective campuses during the 2019-20 academic year.

First established in 2012, the LEC Hall of Fame now includes 69 members. The LEC's sixth Hall of Fame class includes:

Courtney (Albert) Baugher (Plymouth State) - women's basketball;

Julia Neilson (Eastern Connecticut) - softball, women's soccer;

Joe Branciforte (Keene State) - men's lacrosse;

Michelle Mason (Keene State) - women's lacrosse, women's soccer;

Stephanie Bagues (UMass Boston) - women's basketball;

Terry Condon (UMass Boston) - women's volleyball (coach);

Waldemar Sender (UMass Dartmouth) - men's basketball;

Bob Walsh (Rhode Island College) - men's basketball (coach);

Sinisa Bajic (Southern Maine) - men's soccer;

Jessie Superchi (Southern Maine) - field hockey;

Catherine Nathans

(Western Connecticut) - women's soccer;

Melissa Teel (Western Connecticut) - women's basketball.

Baugher '03 is one of the most decorated players in the history of the Plymouth State University women's basketball program, and led the Panthers to the most successful four-year run in program history.

The 1999-00 LEC Rookie of the Year was a three-time First Team All-Conference selection and was later named to the LEC's 25th Anniversary All-Star Team. She led the team in scoring in three of her four seasons, and to-date remains the Panthers' all-time leading scorer with 1,711 career points. She also holds the program records for field goals made in a career (667) and in a single season (206 in 2002-03).

In addition to her LEC honors, Albert was named an all-region selection by the Eastern College Athletic Conference (ECAC), New England Women's Basketball Association and D3hoops.com her junior and senior years. She received honorable mention to the 2002-03 Women's Basketball Coaches Association (WBCA) All-America Team after averaging

16.6 points and 8.3 rebounds per game, and totaling 78 assists and 56 steals in her final collegiate campaign. Her combined efforts on the court and in the classroom earned her First Team Academic All-District honors from the College Sports Information Directors of America (CoSIDA).

Plymouth State won 20 or more games in each of her four seasons, posting an overall record of 84-33 while making a pair of LEC championship final appearances. PSU won a program-record 23 games her senior campaign, which culminated with the program's second consecutive ECAC title. The Panthers qualified for the ECAC Tournament in each of her four seasons.

Albert earned her bachelor's degree in Physical Education (Teacher Certificate option) from Plymouth State in 2003. She was inducted into the Plymouth State Athletics Hall of Fame in 2008, her first year of eligibility, and was inducted into the New England Basketball Hall of Fame in 2015.

Albert will be recognized during the 2019 Plymouth State Athletics Hall of Fame ceremony on Saturday, Oct. 19.



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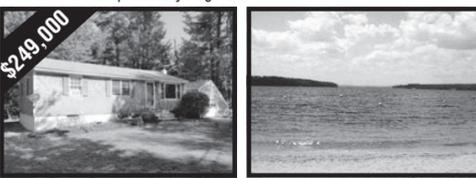
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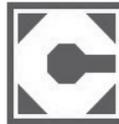


## Now Hiring!

Full Time Laborers  
Site Foreman  
Heavy Equipment Operators  
Truck Drivers

We offer Competitive Salary based on experience Health Insurance Benefits, Paid Vacation and Paid Holidays Must have Valid Driver's License and OSHA 10 Card Pre-Employment Physical and Drug Screen Required Call Us at (603)539-2333

Email Resume to info@integrityearthworks.com Or find our Application online at integrityearthworks.com



## Alvin J. COLEMAN & Son, Inc.

9 NH Route 113, Conway, NH 03818-9505  
Office (603) 447-5936 • Fax (603) 447-5839

## TRUCK DRIVERS WANTED

- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:  
**(603) 447-5936 Ext. 307**

Gorham, Conway, Ossipee, Concord, & Bethel Me

**The Town of Alton is accepting applications for Transfer Station Attendant II. Please go to www.alton.nh.gov for more information.**

## LICENSED INSURANCE AGENT

Central Insurance Associates in West Ossipee has an immediate opening for a licensed Personal Lines CSR, computer savvy, experienced with AMS360 a plus. Salary commensurate with experience. We are a growing, family-owned insurance agency serving central New Hampshire for 25 years.

Please contact Sarah Anderson at  
603-539-6700 or email  
sarahanderson@centralinsurancenh.com

## PROSPECT MOUNTAIN HIGH SCHOOL

Prospect Mountain High School is accepting applications for

### One to One & Mainstream Paraprofessionals

Come work with a fantastic team! We offer a competitive hourly rate and benefits. Interested persons should send an application to Human Resources

242 Suncook Valley Road  
Alton, NH 03809  
(603) 875-3800

Or electronically to spaterson@pmhschool.com  
Applications available at www.pmhschool.com

Position Open Until Filled

Prospect Mountain High School is an equal opportunity employer

## Farmington School District

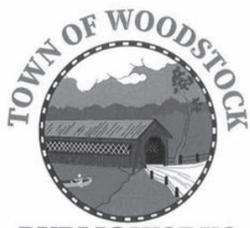
### Full-Time 1st and 2nd Shift Custodians

The Farmington School District has an immediate opening for 1st shift and 2nd shift full-time custodians (40 hours per week, 52 weeks per year). We are seeking a candidate with excellent people skills who is capable of working independently, adjusting to changing situations and interacting with members of the community in a professional manner. Responsibilities include general cleaning, trash removal, snow removal, floor and window care as well as function/event support. Experience preferred, but not required. Position includes benefits, including paid holidays and sick time, as well as 100% paid premiums for single plan health insurance.

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

For questions contact:  
**Larry Gordon, Facilities Director**  
603-396-5533

Deadline: August 23, 2019 or until filled.  
Equal Opportunity Employer



## PUBLIC WORKS DEPARTMENT

**OPENING: FULL-TIME LABORER- ENTRY LEVEL POSITION**

**PAY RATE: \$15.00/HR PLUS BENEFITS**

**APPLICATION DEADLINE: UNTIL FILLED**

**POSITION DESCRIPTION:** Woodstock Public Works is seeking applications for a Full-Time Laborer.

- Duties include laborer work for cemetery, parks, and highway maintenance, including winter operations
- 40 hours per week
- Must be 18 years of age and have a valid NH-CDL driver's license
- 6 - month probationary period
- Pre-employment drug/alcohol screening, physical, criminal background and DMV checks are a condition of employment.

Applications will be available at the Woodstock Town Office located at 165 Lost River Road or at the Public Works Garage located at 24 Kancamagus Highway.

The Town of Woodstock is an Equal Opportunity Employer.



## JOB OPPORTUNITIES

### \*SIGN ON BONUS!

Full-Time

\*RNs

with two years' experience

### Additional Full-Time Opportunities

Radiologic Technologist      Ultrasound / Echo Technologist

### Part-Time Opportunities

Hospital Information Clerk

### Per-Diem Opportunities

Certified Surgical Technician      LNA  
ED Technician      Unit Secretary  
RN      Perioperative RN

APPLY ONLINE  
WWW.UCVH.ORG

Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
ucvh-hr@ucvh.org

EOE

## VACANCY BUSINESS ADMINISTRATOR BERLIN PUBLIC SCHOOLS BERLIN, NH

Applicants must be NH certified or certifiable, Bachelor Degree required. MBA and experience preferred.

Individuals interested in this position should send a letter of interest, resume, transcripts, 3 letters of reference, and completed application (located at [www.sau3.org](http://www.sau3.org)) to

Julie King, Superintendent  
Berlin Public Schools  
183 Hillside Ave.  
Berlin, NH 03570  
or email [hr@sau3.org](mailto:hr@sau3.org)

EOE. Position open until filled.



# Register now for fall flag football

MEREDITH — Registration is open for the fall 2019 season of Lakes Region Flag Football. The LRFFL is a 100 percent non-contact NFL Flag youth

flag football program and is open to all boys and girls in the Lakes Region area in the following five age divisions: 6U, 8U, 10U, 12U and 14U, player's age

as of Sept. 1. The fee for the Fall 2019 season is \$85, with discounts for siblings. Each player will receive an NFL Flag reversible team jersey

and a set of NFL flags to keep. Register online at lrffl.com. Credit card payments are accepted online and checks are also accepted.

The fall 2019 season schedule is posted at lrffl.com. Team practices for the 8U, 10U and 12U divisions are one hour per week,

typically on Wednesday nights in Meredith, while the 6U and 15U divisions practice on game days. Games are one hour long and are played primarily on Sunday afternoons at Inter-Lakes High School.

The league will also be offering travel teams to boys and girls

age 7-12 with potential tournaments to be played across New England and potentially national tournaments in Florida. More information is available at lrffl.com.

Like the league on Facebook at lakesregionflagfootball.

Questions? E-mail lrffl@metrocast.net.



COURTESY PHOTO

TEEN MASTER TENNIS ACADEMY held a jamboree the first weekend in August at Wolfeboro Tennis Club.

## Teen Master Tennis athletes play in jamboree

WOLFEBORO — A recent gathering of Teen Master Tennis Academy donors and parents enjoyed a beautiful afternoon of tennis demonstration at the Wolfeboro Tennis Club. Members of the TMTA classes, graduates and Parks and Recreation players all competed for the grand prize of rides donated by the New Hampshire Boat Museum. The win-

ner of a competitive singles match on court one was Abbey Fleming, who edged Brooke Schroeck by a score of 6-4. The thrilling match featured many long, deep rallies as the girls demonstrated their skill sets.

Teen Master Tennis Academy is concluding two summer sessions and will begin winter sessions at Pick Point Lodge in November. In-

formation is available from USPTA Pro Phil Eisenmann at 267-7912.

TMTA is a 501c3 organization that makes professional, affordable tennis development possible for committed teens by subsidizing their tuition. Donations are accepted by mailing to TMTA, PO Box 118, Wolfeboro Falls, NH 03896. All donations are fully tax-deductible.

## Barnstead Firefighters Association 5K is Saturday

BARNSTEAD — The Barnstead Firefighters Association is pleased to announce its eighth annual 5K Road Race and Fun Walk to start at the Barnstead Parade grounds on Aug. 17 at 9 a.m.

The course is an "out and back" that follows the Suncook River from the Parade to the intersection with

Route 126 and then returns to the Parade along the same route for the finish. The race course is USATF certified for accuracy and is considered flat and fast. Refreshments will follow the race.

Proceeds from this year's race will benefit the Barnstead Firefighters Association.

Pre-registration

must be received by Aug 13 to receive a discount. Registration forms are available at www.bfr06.com, by e-mail at bfa5kroadrace@gmail.com or by calling 312-5648. Online registration is also available at www.running4free.com. Race day registration will also be available.

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THE DOORWAY

at Concord  
at LRGHealthcare

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visit [theDoorway.NH.gov](http://theDoorway.NH.gov) OR Call 2-1-1.

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