

Gilford Steamer

THURSDAY, AUGUST 10, 2017

GILFORD, N.H. - FREE

Gilford community gathers for National Night Out

BY ERIN PLUMMER

mnews@salmonpress.news

Members of the community got a chance to hang out with police officers, firefighters, and other people who serve the area during Gilford's first ever National Night Out.

On Tuesday night police and fire vehicles were parked by Gilford town hall alongside a grill, booths for local organizations, and a face painting table for the event that brought out a lot of visitors.

National Night Out has been an annual event in over 16,000 communities across the country for a number of years. This year was the first time Gilford has held a National Night Out event. Police Chief Anthony Bean Burpee said a lot of communities in Belknap County do this event and they decided to start it in Gilford.



ERIN PLUMMER

Kayson and Kainan Sanville, ages 3 and 6, sit in the cab of a Gilford Fire Department engine during National Night Out.

"This year was an opportunity for us to look at something easy to do," Bean Burpee said.

Bean Burpee said this was an opportunity for people to get out for a night and interact with their local first responders as well as "mingle and have a good time."

Bean Burpee said they wanted to get people out in a relaxed environment and build

some community connections in an informal setting.

Lt. Jeff Madon of the Gilford Fire Department said the departments like to do as much community outreach as possible, including talking with local organizations and beyond.

"I think it's a successful first annual event that gives us some great turnout, a great collab-



ERIN PLUMMER

Makayla Bennett, 6, takes a seat on a Gilford Police Department motorcycle.

oration between the police and fire departments," Madon said.

The fire department displayed its pumper Engine 4, off road vehi-

cles, the off road search and rescue truck, both forestry truck, and one of their smaller rescue boats.

"The kids just love climbing on trucks," Madon said said.

People could also ride around the parking lot in a special vehicle from the Belknap Regional Special Operations Group with lights on. Lakes Region Mutual Fire Aid and Marine Patrol also had vehicles and equipment set up.

A number of local organizations set up SEE **NIGHT OUT** PAGE A12

Town reports strong revenues, investment returns

BY ERIN PLUMMER

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Revenues are steady and the town has seen some extra money from investments, according to a report from the town's Finance Director.

Finance Director Glenn Waring gave the board of selectmen an update on the town's financial state and the goings on of his department during the June 26 selectmen's meeting. According to a recording of the meeting, Waring reported that revenues are in line and on pace through the half a year.

Motor vehicle registrations are up around 114 percent over what was anticipated. He said the only revenue lines that aren't at 50 percent collected are large, onetime receipts like Payment in Lieu of Taxes, Rooms and Meals revenue, and administrative fees from Gunstock Acres.

Information technology is one item that is slightly over 50 percent spent because of the annual replacement program. The program replaces 20 percent of their technology equipment every year with the aim to have everything replaced in a five-year cycle. Waring said 18 systems have been purchased though the state and he said they were able

to save 40 to 50 percent per system than what they were quoted. He said the systems were awaiting deployment.

Tax bills went out in May with a July 1 due date, so far taxes are 74.4 percent collected, which Waring said helps with their cash flow and short term investments.

Through June the town will earn an additional \$3,100 in investment income. Waring said the town has reached the height of its investments and

there will be downward slide until the next tax collection.

"We've been able to really take advantage of that," Waring said.

One of their goals for this year was consolidating bank investments.

"We've done that and we've certainly seen the efficiencies and been able to earn \$3,100 of additional interest," Waring said.

In the department report, Waring said he and the part time SEE **FINANCE** PAGE A11

BY ERIN PLUMMER

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Some unwanted items, clothing, furniture, and beyond meant big gains for Gilford High School's Robotics Team during a special fundraiser over the weekend.

On Saturday and Sunday members of the Screaming Eagles Robotics Team set up a tent outside the high school where they collected items from people. The students then loaded the items into a truck and on Sunday took them to Savers in Manchester with proceeds received going toward the club.

"It's pretty much all the stuff you'd get at a yard sale," said member Christian Weimann. "It's a nice way for our team to earn some money."

Members of the



ERIN PLUMMER

Members of the Screaming Eagles Robotics team Christian Weimann, Katrina Boucher, Angie Bonnell, and Hunter Davies (not pictured) loaded donated items into a truck to take to Savers in Manchester.

team said First Robotics suggested doing a fundraiser like this.

Members of the team said they didn't know if they would gather any items, though by the end of Sunday the truck was almost filled.

Club activities from building the bots to registering for events,

getting hotels, transportation, and more are all expensive and fundraising and sponsorship is essential.

Last year the GHS Robotics Team placed 76 out of 196 teams in the New England District.

Shortly after school SEE **ROBOTICS** PAGE A11

Annual golf, disc golf tourneys coming at Bolduc Park

BY ERIN PLUMMER

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Golfers and disc golfers of all ages can have a shot at some big cash prizes with fun guaranteed during two upcoming tournaments at Bolduc Park.

The Third Annual Chris Daigle Disc Golf Tournament will take place on Sunday, Aug. 13, and the Bolduc Park Association's 24th annual Golf Tournament will run for three days from Friday Aug. 18 through Sunday, Aug. 20.

Participants in both tournaments can enter different age groups separate for boys and girls and men and women un-



ERIN PLUMMER

From left to right: Back row: Bolduc Park volunteer Jeff Moses; Eric Petell, Assistant President, Branch and Business Development Manager at Meredith Village Savings Bank; John Bil, AM2 Disc Golfer; Bob Holt, Bolduc Park Volunteer; Joan Leroux, Office Manager at Bank of New Hampshire; Bill Kosla, volunteer and member of the maintenance crew at Bolduc Park; and Bolduc Park founder Bob Bolduc.

Front row: Bolduc Park annual member Don McKlun, Bolduc Park volunteer Clare Bolster, and Bolduc Park volunteer and secretary Elaine Holt.

der 15, ages 16 to 59, and over 60.

The Disc Golf Tournament will take place

on the Chris Daigle Memorial Disc Golf

Course.

During the one-day disc golf tourney cash prizes are available for those who get Close to the Basket, Shootout, and the Putting Contest.

There will be a barbecue feast at 4 p.m. catered by Patrick's Pub and Eatery.

The first 25 people who sign up will get a free t-shirt.

One of the expert disc golfers participating in the tournament is John Bil, who comes from Laconia and currently lives in Florida. Bil said he played in the tournament last year and came in third overall.

SEE **GOLF** PAGE A11

Smith named 'Lion of the Year'

LACONIA – Earlier in August, the Laconia/Gilford Lions Club made special recognition of merit in a member. Here Club President/King Lion Allyn Bridge presents Lion Lois Smith as the Club's 2017 "Lion of the

Year."

"Lois has been a Lion since 1998 and has served as Club Secretary since 2012," explained King Lion Allyn Bridge. "This award is bestowed for 'dedication and diligence,' which is certainly true



COURTESY PHOTO
(Left) Earlier in August, the Laconia/Gilford Lions Club made special recognition of merit in a member. Here Club President/King Lion Allyn Bridge presents Lion Lois Smith as the Club's 2017 "Lion of the Year."

of Lois. She is an outstanding example of the type of extraordinary dedication to duty which has enabled the Laconia/Gilford Lions to mark their 70th anniversary this year, as well as aided the over-

SEE SMITH PAGE A11

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Mission Accomplished at ACE Academies

“Romeo Lima niner six two six, this is Tower, you are clear for takeoff, Runway 28.” With that call, Reed Lambert, aka, Romeo Lima niner six two six, reached back and let his balsa glider fly above the tarmac. Lambert is a second year participant at WinnAero’s elementary Aerospace Career Education (ACE) Academies. Why did he return for a second year?

“Aviation is the best and I wanted to go back for many reasons,” explains Lambert. “I liked the simulator and I love flying! When I am at aviation camp I feel ready to do anything and I am very excited to go back next year because I want to



Reed Lambert (left) and Mario Brooks (right) try out the cockpit of a Cessna Citation flown into Laconia Airport by pilot and ACE academy guest speaker Steve Lundquist from Elbit Systems in Merrimack.

fly an airplane.” Lambert’s mom Trisha, is happy to see her son exploring aero-

space careers. “Participation in WinnAero’s ACE Academy provides an exceptional and invaluable experience giving hands on access to many different types of aviation activities and careers, including flying an aircraft!” Trisha Lambert said. “Every student that participates in the program will graduate from the program

with at least one memory that will last a lifetime.” In July, 49 students from grades 3-12 converged on Laconia Airport for a week of aviation or space activities. Students flew a single engine Piper and the Army National Guard provided the second week students with a tour of Lake Winnepesaukee from the back

seat of a Blackhawk helicopter. Unique to WinnAero’s ACE Academies is the ability of participants to select the career strand that most interests them. Career strands include Space Exploration, Emergency Services, Engineering/Manufacturing, Airframe & Powerplant, and Air Traffic Control. All groups have an opportunity for an orientation flight, and simulator lab time, but many of the speakers and field trips depend on the career strand selected. “Dividing into career strands was the best thing we’ve ever done,” said ACE Director, Dan Caron. “When we show up to a field trip site, the tour guide always asks the group how many are interested in a career that is highlighted at that site, and every student raises their hands. That’s very powerful!” Over the two-week period, students visited 17 different field trip locations around SEE ACE PAGE A11

Partial solar eclipse visible on Aug. 21

BY DONNA RHODES
dhrhodes@salmonpress.news
REGION – On Monday, Aug. 21, New Hampshire will be treated to a rare meteorological event when the moon will cross in front of the sun, causing a partial solar eclipse throughout most of New England. Gene Bank is a local amateur weather buff from Bridgewater who keeps a close eye on the sky year round, and he is excited about the upcoming eclipse. “This is much rarer than a lunar eclipse (when the earth shadows the moon),” Banks said. “We’ll have a partial solar eclipse here in New England, where about 60-percent of the sun will be covered. About a 70-mile wide swath from Oregon to North Carolina will see the total eclipse however.” This time the real East Coast show, he said, will be in the southern states, but even a par-

tial eclipse is still a most unusual and interesting sight to behold. On March 7, 1970, a total solar eclipse on the East Coast was memorialized in the Carly Simon song “You’re So Vain,” when she sang about a former wealthy lover who flew to Nova Scotia to see the total eclipse of the sun. The last solar eclipse of any kind in New England however, was a partial eclipse, sometimes technically called an annular eclipse, which occurred in May of 1994. At that time the moon didn’t block the entire sun but passed before it, leaving a “halo” of light around the perimeter. “As luck will have it, we’ll get to enjoy another solar eclipse in April of 2024 though. This time we’ll be very close to the path of totality, which will pass northeast from Texas and reach across northern Vermont and New Hampshire. That’s

going to be huge,” said Bank. This year’s solar event will begin at about 1:45 p.m. on Aug. 21, and peak at approximately 2:45 p.m.. If skies are fair in the northeast, residents may notice sunlight dwindling during that one-hour period, but as a partial eclipse for the region in 2017, the sky will not become completely dark this time around. While Bank strongly cautions that people not stare directly at the sun, there are ways people can observe this unique solar eclipse Welders’ goggles are one safe means to look at the sun for more than a few moments, but special solar glasses are also being sold for a low cost at local businesses and Walmart stores. The glasses provide the proper protection for a good look at the sun as the moon moves slowly across it.

Gilmanton Summer Hotels at Historical Society Aug. 22

GILMANTON – Pat Clarke, Vice President of the Gilmanton Historical Society, will present a program on the numerous summer hotels and boarding houses that flourished in Gilmanton in the late 1800s and early 1900s. Both business travelers and vacation visitors were welcomed. It is reported that at least one hotel provided accommodation for women of the “oldest profession.” The illustrated talk will include photos of the hotels and boarding houses as well as key railroad stations and the first lake boats. The program, Tuesday evening Aug. 22 at Old Town Hall in Gilmanton Iron Works begins promptly at 7:30 p.m. Social hour and refreshments begin at 7 p.m. The Gilmanton Historical Society’s 2017 summer programs are offered on the fourth Tuesday of each month, May through September. The final program, Sept. 26, addresses the hurricane of 1938. The Society’s Museum in Old Town Hall is open Saturday mornings June, July, and August from 10 a.m. until noon. It is open every second and



The Pines at Crystal Lake was one of several summer hotels that welcomed visitors to Gilmanton in the 19th and 20th centuries. Gilmanton Historical Society’s Pat Clarke presents a program on the Hotels on Tuesday, Aug. 22, 7:30 p.m. at Old Town Hall, Gilmanton Iron Works.

fourth Saturday morning, 10 a.m. to noon, September through May. The programs are free and open to the public. Donations to support the work of the Society are always welcome.

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Gilford Farmers’ Market welcomes back some of community’s favorite vendors from 2016

The Gilford Farmer’s Market is located on the grounds of the historical 1838 Rowe House at 88 Belknap Mountain Road (right beside the elementary school) and is open every Saturday morning from 9 a.m. until noon. Joyce Keyser of the Shepherd’s Hut is located at the Ramblin’ View Sheep Farm at 637 Morrill Street in Gilford. She brings a freezer and sells fresh lamb. If a buyer would like a special cut to buy on Saturday, she can be contacted at (603) 393-4969 and she will bring it to the Market, or you can put in an order for the next week. She also has herbs specially created to use with lamb, plus recipes for cook-

ing lamb. At the farm they also boil down maple sap and sell their own maple syrup, plus maple candies. She helps out smaller farmers by selling other locally made products. Some of the specialty foods she sells are mustards made by Sunny Side Maples in Gilmanton, Pancake Mixes from Life’s Little Pleasures which is a Pittsfield vendor, plus soup mixes, sugar free jellies, and honey from Back Door Farm in Sanbornton. Aaron from Winnepesaukee Woods Farm is from Alton and he has greenhouses in Gilford. He is a certified organic producer so you know his produce is both fresh and safe to

eat. Right now he has a variety of greens, beets and beet greens, broccoli, radishes, cherry tomatoes, summer squash and flowers. As the season progresses he will have other produce. A person can also buy a CSA (Community Supported Agriculture) membership, either a vegetable share that is suitable for two to four people or a small share that is suitable for one to two people. What this means is that you pick up every week at the Market a box of fresh-in-season vegetables and farm products. This helps both the farmer and the customer, as he has the money to buy his seeds and the customer SEE FARMERS PAGE A11

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Pet of the Week: Bear



The sweetest, cuddliness and sheer playfulness five-month old Bear, handsome little black kitten, will melt your heart when you see him. Found wandering by himself, he was brought in by a concerned citizen.

Somehow little Bear had become separated from his family.

We've provided vaccines, neutered him, and during the veterinary process found him positive for the feline Leukemia Virus. We've sent his blood for special testing to be sure it is the virus and not vaccine antibodies.

Bear is healthy now. He does have a virus present in his blood which presents zero

health concern to humans. We strongly recommend that should he be adopted into a that already has cats, that they receive their leukemia vaccine as a precaution.

With a loving, indoor, safe home, we can expect Bear to lead a relatively normal life. It's true, he may not live to a ripe old age, but surely he can enjoy life to the fullest right now.

Bear would be happy in just about any home, friendly dogs, kind and respectful children, adults who can commit to an indoor only home, and yes, even other cats, as long as they are already vaccine against the virus.

Please come and visit this adorable fellow.

NORTH COUNTRY NOTEBOOK

From caves to billowing sheets, and the bliss of being an Elder



By JOHN HARRIGAN
COLUMNIST

New Hampshire is not exactly famous for caves. Oh, there are a handful of fairly well-known caves, but compared to other states, not many.

What brought this to mind was a conversation with a fellow heart-rehab participant who lives near a cave up back beyond Maidstone Lake, in nearby (as in "just across the river") Vermont. I've always wanted to visit that cave. It's on my Bucket List.

One of New Hampshire's more famous caves is the Paleo-Indian flint mine on Mt. Jasper in Berlin. Mined for 9,000 years or more, its signature material has been found in the Mississippi basin, evidence of the trade routes among the continent's first people so long ago.

There is a Cave Road in Stratford that makes



JOHN HARRIGAN
Both the bedding and Millie, the North Country's most-spoiled dog, were in danger of being blown off to Maine.



JOHN HARRIGAN
In just three weeks it'll be Labor Day weekend, and the Lancaster Fairgrounds will be full of parked vehicles, exhibits, the midway, 4-H-ers, and lots of people who just plain go to say hello.

me wonder, and there is a cave on the eastern slope of Magalloway Mountain, in eastern Hampshire, but most are quite shallow.

SEE **NOTEBOOK** PAGE A11

FROM OUR READERS

Update from the legislature

To the Editor:

With my first session as the Senator representing the people of District 7 behind me, I wanted to take a moment to thank the people who sent me to Concord to serve them.

The New Hampshire Legislature, working with Governor Chris Sununu, accomplished a great deal this year. We expanded programs to help fight the opioid crisis and mental health to establishing more educational choice for students and parents.

There were three key accomplishments that will impact the communities in District 7 most prominently.

Every two years our state is required to pass a balanced budget. The budget we passed this year cut taxes for small businesses and even repealed the electrical consumption tax. It increased funding to fight the opioid crisis and doubled the money going into our alcohol fund. A scholarship program was even established to not only encourage New Hampshire students to attend institutions of higher learning in our state but to also stay here putting their skills to work after they graduate.

Governor Sununu ran on establishing full day Kindergarten for every child in the state. This was a

promise he made and the legislature helped him keep this promise by delivering a bill for him to sign. Every child in New Hampshire will have greater access to educational opportunities because of this program.

Finally, the state has been trying to sell the old Laconia State School property for years with little success to show for it. This year, I worked with Senator Chuck Morse to develop a plan to establish a Lakeshore Redevelopment Planning Commission. This Commission will develop a plan to use the property, similar to the Pease Trade Port on the Seacoast. We expect this to bring greater economic development and jobs to the greater Laconia area and I look forward to working with the commission to ensure this project moves forward promptly.

Thank you for giving me the opportunity to serve you in Concord and I look forward to doing even more in the next session for my community.

Senator Harold French (R-Franklin) represents District 7 including the towns of Andover, Belmont, Boscawen, Canterbury, Franklin, Gilford, Northfield, Salisbury, Webster and Laconia. He also serves as the Vice-Chair for the Senate Commerce Committee and on the Senate Judiciary Committee.

Gilmanton Old Home Day Aug. 19

To the Editor:

The Ellis-Geddes-Levitt American Legion Auxiliary Unit 102 of Gilmanton will again be present at Gilmanton's Old Home Day celebration on Saturday,

Aug. 19, 2017 from 10 a.m.-3 p.m. on the grounds of the historic Smith Meeting House. Please stop by our home-baked goods table for a morning muffin or afternoon snack and everything in between. The Unit will also be raffling a Home Goods basket. One does not have to be present to win.

All proceeds help to support local veterans, their families and the community. Please plan to attend this family event to enjoy games, music, shows, fun and to catch up with friends, old and new. You may look for our table next to the Meeting House. In addition to our food and raffle basket, the Veterans At Rest project will be on display as well as information about our organization. For additional information, you may visit <http://www.alanh102.org>.

Hope to see you there and that you have a fun day.

Send us your letters!

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

Send your letters to:

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

*Raelyn Cottrell, President
American Legion Auxiliary
Gilmanton Ellis-Geddes-Levitt Unit #102*

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Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Strategies for Living



BY LARRY SCOTT
In the New Testament book of Hebrews, we read: “By faith Moses, when he had grown

up, refused to be known as the son of Pharaoh’s daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt.” Of Hebrew origin, he was the grandson of society’s most powerful and wealthy man ... and everything

life had to offer was available to him.
One cannot imagine the sumptuous lifestyle that was his to enjoy. The wealth, the power, a life of “wine, women and song” was his for the taking. But it was not to be. By the time we find him on Mt. Sinai in personal conversation with God, producing the Ten Commandments and the law that was to guide the nation

of Israel, Moses had gone through a traumatic and life-changing transition.
Despite the ease and comfort available to him as an Egyptian Prince, Moses chose instead to be identified with his Hebrew family. When he was 40 years old, things finally came to a head. He killed an Egyptian who was abusing one of the Hebrews and had to flee for his life. For the next 40 years, giving up on any dreams of greatness he might have had, he became a shepherd to his father-in-law in southern Arabia. The “pleasures of sin,” the sumptuous life-style, the educational opportunities, the benefits of power – all lay behind him.
But God had not abandoned him. At 80 years of age, God called on him to lead the He-

brew people out of Egypt into a 40-year journey through the wilderness of Arabia, to the land promised to Abraham centuries before. Moses, who had spent 40 years in Egypt thinking he was somebody, spent 40 years shepherding sheep thinking he was a nobody, only to discover that God can take a nobody and make a somebody out of him – so long as he is willing to pay the price for his success.
But that is God’s way. He is more than able – and willing – to take us as we are and where we are and help make us the best that we can be. That I believe to be true whether we acknowledge Him or not. But taking Him seriously and following the guidelines He has laid out for us, changes everything. A godly life may demand self-disci-

pline and surrender to His will, something that unfortunately most people do not find the least bit appetizing, but as Moses discovered for himself, it beats anything a self-centered and godless life has to offer.
God’s plan for our life, however, can only be discovered “from the inside out.” In Jesus Christ we find enough evidence to substantiate the fact that our faith in God is not misplaced. It is to our advantage, far above anything life without God has to offer, to take a step of faith, accept Jesus Christ as the Lord of our life, and discover for ourselves that the promises of God have not been exaggerated; God is as good as His word!
You want to talk about it? Hit me up at rlarryscott@gmail.com.

MARK ON THE MARKETS

Bond Basics



BY MARK PATTERSON

Oftentimes I have mentioned that I do not care for bond funds and would much prefer to ladder a bond portfolio to the client’s needs and wants. Bond funds are perpetual, which means they really have no maturity date. The problem with not having a maturity date is that you are at interest rate risk that you as the fund participant can’t control. If you owned individual bonds, bills, notes, agency paper, zero coupons or even CD’s then you have the ability to sell the bond for profit or loss, or hold to maturity or if called by a provision in the bond that makes it callable. You do not defer the decision regarding tax consequences to the fund manager. He or she doesn’t know your situation and really does not care. Bond mutual funds are investment vehicles used by many retail brokers who lack the ability or knowledge to construct an individualized fixed income portfolio. If you currently have “bond funds” in your portfolio, check to see if they have an “A” or “C” imbedded in the

ticker symbol. If so you should evaluate the commission and internal expense associated with these share classes.
So, if you are going to manage a fixed income portfolio or have an asset manager handle it, then you should know something about bonds. Corporate bonds are typically a good blend of yield and reasonable safety. Beware that there are junk bonds in almost all classes of bonds, but typically found in corporate issuance or municipal. A fixed income portfolio is not the place to take risk in my opinion.
A typical bond offering may look like this: Bristol-Meyers Squibb Co bond 3.250 11/1/2023 A2 A+ 101.434 101.733 3.011
This offering is pretty straight forward, not callable, just a typical corporate bond. The first section simply tells us who is offering the bond and what the coupon or yield is. Then it shows the date of maturity followed by two rating agencies grading. These are good quality bonds. Then the bid price for the bond followed by the ask price. Then the yield to maturity. You would notice that the yield to maturity is not as high as the coupon. The reason is that we would pay a premium for this bond which lowers the yield that we receive. Par is considered 100, and if we were buying a lesser quality bond we may get a discount like 960 that would increase yield to maturity.
When I refer to lad-

dering, I am simply structuring the portfolio so that we have maturities that are spread across a time horizon designed for your needs. Bond prices will fluctuate with changes in interest rates or risks, but if you hold your bond or bonds until maturity you should get exactly what we bargained for in the beginning. Sometimes you may get the opportunity to sell early for capital appreciation or loss but the point is that it is a choice you maintain, not a fund managers. You are also not at as much interest rate risk because you simply can reinvest the maturing bonds at the current higher or lower rate.
So, if you have bond funds, I encourage you to manage or have an asset manager design and manage your own personal portfolio that just for you and your special situation. Many people are suspicious of bonds because of potentially rising rates. A well-constructed bond ladder can mitigate some of this interest rate risk by having the bonds mature at specific intervals, thus allowing the portfolio manager to reinvest at current rates. This is referred to as “immunizing” the portfolio against rising interest rates.
Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or mark@mhp-asset.com
MHP Asset Management LLC custodies client funds with TD Ameritrade Institutional

Gilford Community Band last hurrah concert

The final Wednesday Gilford Community Band summer concert will be on Aug. 16 at 7:30 p.m. at the Weeks Bandstand in Gilford Village. As customary, inclement weather would move the concert to the Gilford Performing Arts Center at Gilford High School.
Director Lyvie Beyrent will once again conduct the band. The medley of selections will include “Three Ayres from Gloucester”, which was composed by Hugh M. Stuart (1917-2006). This “suite was written in the early English folk-song style.” It was de-

signed to capture the mood of the 10th century peasants of Wembley Castle in England. “The Syncopated Clock” is a silly melody written by Leroy Anderson in 1945. It is about a clock that goes “tock, tick, tock, tick” rather than the usually acceptable “tick, tock, tick, tock.” Even Albert Einstein could not solve the mystery of this silly clock’s behavior. The traditional march, “Stars and Stripes Forever,” was composed by John Philip Sousa(1854-1932), and became the National March of the U.S.A. in 1987 by an Act of Congress. It was also per-

formed by the Grateful Dead in a concert at Chicago’s Soldier Field in 2015.
The final concert of the summer will be on Saturday, Aug. 26, during the Gilford Old Home Day. The traditional morning parade will start off at 10 a.m., while the evening concert will occur at 8 p.m. and be followed by the always popular fireworks at 9 p.m. Be sure to participate in all of the activities for Old Home Day!
For further information about the Community Band, please contact Lyvie Beyrent at lbeyrent@sau73.org.



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Helen Denley

GILFORD – Helen Gestring Denley 94, of Morrill Street, died, Wednesday, July 26, 2017 surrounded by her loving family.

Helen was born in Columbus, Montana on July 19, 1923. She was the daughter of Col. John F. Gestring (US Army Retired) and Vera (Griffith) Gestring. She had one sister, Colleen Felch Gianella (Deceased).

Helen Graduated with the 1941 class of Pocatello High School, Pocatello, Idaho and was one of only two recipients of the National Honor Society. She completed one year at the University of Utah and then graduated from the University of California, Los Angeles, in 1946 with a degree in Liberal Arts. She was a lifelong member of the Pi Beta Phi Sorority. Being a “Military Brat,” Helen moved at least 16 times in her young life before meeting her husband, Gordon Palmer Denley of Saugus, Mass.

Helen relocated to the East Coast where she married Gordon on Sept. 7, 1946. The couple resided in Beverly, Mass., where they raised their children. During that time, Helen was actively involved in her church, the community and prided herself on being a Cub Scout den mother for 10



years. She was employed in the office of Kelleher Fuel Company. Together she and Gordon built a camp on Welch Island, Lake Winnepesaukee that was an anchor for the family then and still is today.

Helen and Gordon relocated to Gilford in 1991 to be closer to their camp and to start a new life in the community. Once again, Helen devoted much time to her church and her family. She and Gordon began traveling to Florida in the winter and taking extensive trips with the Appalachian Mountain Club, hiking in the US and abroad. They drove across the United States and back six times or more.

Helen was an avid reader, a passionate gardener, a forever-faithful fan of the Boston Red Sox and believed that jelly beans were a nutritional food source.

Helen is survived by

her devoted husband of seventy two years, Gordon P. Denley of Gilford, her three children and their families; John Denley, DMD, retired and his wife, Susan of Readsboro, VT, Diane Hebold and her husband, Walter of Casco, Maine and Attorney William Denley and his wife, Susan of Sanbornville. She is also survived by eight grandchildren, and five great-grandchildren scattered about the world from Costa Rica to North Carolina.

A memorial service will be held at 11 a.m. on the Friday of Labor Day Weekend, Sept. 1, 2017 at the Gilford Community Church, 19 Potter Hill Road, Gilford, NH.

In lieu of flowers, donations may be made to the memorial fund of the Gilford Community Church, 19 Potter Hill Road, Gilford, NH 03249 or the Shriners Hospital for Children, C/O Office of Development, 2900 Rocky Point Drive, Tampa, FL 33607.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant Street, Laconia, NH is assisting the family with the arrangements. For more information call the Funeral Home at 603.524.4300 or please visit www.wilkinsonbeane.com.

Donald Morin, 82



LACONIA – Donald R. Morin, 82, died unexpectedly at his home Friday, Aug. 4, 2017. He was born Aug. 6, 1934 in Laconia.

He was a graduate of the Laconia High School Class of 1952. After High School Don served in the US Navy as a Machinist Mate 1st Class aboard the USS Cadmus in the Caribbean during the Korean Conflict. Following his service in the Navy he devoted himself to the family business, JJ Morin, Inc. Wholesale Plumbing and Heating as Treasurer for 43 years until his retirement.

He was a communicant of St. Andre Bessette Catholic Church. He was a special officer of the Laconia Police Department and later became a Laconia Police Commissioner. He was also on the Board of Directors at the Taylor Home, was a member of the Laconia Elks Lodge #876, and the Director of the Union Cemetery Association.

Don was a loving husband, father and brother. As a young man he took pleasure in skiing and ski jumping. He also enjoyed hunting at

“camp” with his father and brothers, deep sea fishing with his twin brother, golf, mornings with his coffee group and most of all quality time with his family.

Don spent many winters in Titusville, Florida, and recently celebrated his 59th wedding anniversary on a special Caribbean Cruise with family and friends.

Don is survived by his loving wife, Joan (Lakeman) Morin, and his daughter Katherine Parmar and her husband, Bharat of Stoneham, Mass.; Kathleen Conway of Wakefield, Mass.; his twin brother, Ron Morin and his wife, Kathy of Wakefield; his sister-in-law, Jean Charron of Titusville, FL; his brother-

in-law, Gerald Lakeman and his wife, Dianne of Hernando, FL; close family, Gita Parmar, Joe and Roberta Croteau and many nieces and nephews.

Don is predeceased by his beloved daughter, Kimberly Morin, his father, JJ Morin, his mother, Leda Croteau and his, brother Vernon.

His firm hand shake and dry wit will be greatly missed by those who knew him well.

There will be no calling hours.

A Mass of Christian Burial was celebrated on Wednesday, Aug. 9, 2017 at 11 a.m. by Very Reverend Marc Drouin, dear family friend at St. Andre Bessette Parish - St. Joseph Church, 30 Church Street Laconia.

Burial will be in the family plot in Union Cemetery, Laconia.

For those who wish memorial contributions in his name can be made to the Kimberly Jean Morin Memorial Scholarship Foundation c/o The Lakes Region Scholarship Foundation, PO Box 7312, Gilford, NH 03247-7312.

Children’s Auction Finds New Home with Belknap Mall

BELMONT – The 2017 Greater Lakes Region Children’s Auction Board of Directors recently confirmed plans to move the Children’s Auction to the Belknap Mall in December.

With the closure of the Conference Center at Lake Opechee Inn and Spa, the Auction found a new location last year at Contigiani’s Conference and Event Center at Pheasant Ridge Golf Club in Gilford. Contigiani’s was able to meet the immediate needs of the Auction, however given the size of the Auction’s operation, space was a challenge.

“Jim and Bonnie Contigiani were great hosts for the Auction and we

can’t thank them enough for their partnership and hospitality for last year’s event,” stated Sandra Marshall, Children’s Auction Board Chair.

In considering a new space that would be large enough, Board leaders approached Paige Quigley, General Manager of Belknap Mall about the opportunity to host the 2017 Auction. Quigley has welcomed the Auction to take its operation to the Belknap Mall and will be donating the space to the nonprofit organization for the week-long event. “The Wilder Companies and the Belknap Mall are pleased to be a part of the Children’s Auction and are very happy to support


this great community cause,” Quigley commented. Belknap Mall offers a large, centrally located space that is already wired appropriately for the Auction’s needs. The space inside the mall that will house the Auction has yet to be determined.

“We are so excited to be at Belknap Mall for this year’s Auction and thank Paige for the opportunity,” Marshall commented. “And, in such a convenient location, it’ll be especially nice to see more folks joining in on the fun.”

The Board is looking forward to the continued growth and energy of the Auction. In its third year SEE AUCTION PAGE A11

myPatient Portal – Manage Your Health on Your Own Time

LACONIA – Patricia Rice, Communications Application Manager for LRG-Healthcare presents a program showing how you can securely access your health information 24/7 with the



Muscular Dystrophy Association
Jerry Lewis,
National Chairman
1-800-572-1717
www.mdausa.org

new myPatient Portal, Wednesday, Aug. 23 at 2 p.m. in Taylor Community’s Woodside Building. This free event is open to the public.

One source for medical office and hospital information, the electronic health record via myPatient Portal includes your medical history, medications, allergies, immunizations, lab results, office notes, radiology reports and much more. MyPatient Portal is offered through a com-

munity health partnership between LRG-Healthcare and Speare Memorial Health networks.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.

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Pitmans welcomes double headliner comics

LACONIA - The Summer Comedy Series at Pitman's Freight Room (94 New Salem Street) comes to a close with a double headliner event Saturday, Aug. 12 at 9 p.m. starring Boston favorites Artie "The Mad Pharmacist" Januario and Dan Crohn. Tickets are \$20 and Pitman's is bring your own food and drinks venue.

Pitman's returns to its 8 p.m. comedy start time, Sept. 9, with another legend as Tony V headlines a show which features Jimmy "PJ" Walsh who will be up from Florida making a New England swing.

"The summer comedy shows have done very well," said Pitman's owner Dick Mitchell. "We are getting a good mix of regulars and people who are up for the

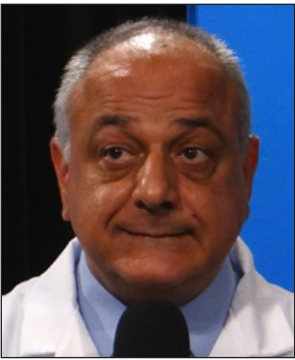
summer and coming to Pitman's for the first time."

As for the Aug. 12 show, Januario's appearance will be his first show at Pitman's in two and a half years as the New England favorite, has been busy working not only the top rooms in New England but clubs across the country.

Januario is a regular in Las Vegas and Atlan-

tic City as well as having been seen on Comedy Central and he has hosted the prestigious Comics Come Home at the TD Garden in Boston, a show which is an honor bestowed upon only the best in Boston comedy.

The other high level act that night will be Crohn, making this a true double headliner event. Crohn has been seen on Comedy Central



COURTESY PHOTO
ARTIE "THE MAD PHARMACIST" JANUARIO



COURTESY PHOTO
DAN CROHN

and Last Comic Standing, as well as headlining many rooms in an around Boston. Crohn was recently voted one

of the top 100 comedians in America.

To reserve seats call Pitman's at (603) 527-0043.

Saturday Worship continues at FUMC

The First United Methodist Church of Gilford is holding Saturday evening worship services this week at 5 p.m. in the church's Fireside Room. Please come in through the back door of the church.

This informal service will last about 45 minutes. This coming Saturday, Aug. 12, Rev. Dick Swan will be leading worship with a discussion "Alive?" using John 10:1-15 as the scripture.

The Rev. Dr. Richard Swan has been a United Methodist Pastor for 50 years, serving in a variety of capacities within the New England Conference. He is a graduate of the State University in Salem, Mass.; and holds both a Master and Doctoral degree from Boston University School of Theology. He has served as Adjunct Faculty at both Boston University School of Theology and Harvard Divinity School in the area of

Pastoral Psychology and Pastoral Leadership. He has served churches in Massachusetts and Maine. Following retirement he served the Weirs Church in Laconia and served two separate stints as Chaplain at LRGH. He continues to work with the Pastoral Staff at First Church in Gilford. Dr. Swan has been one of the primary leaders in the United Methodist Church's efforts to open its doors to all persons regardless of

race, sexuality, or marital status both regionally and nationally. He and his wife, Cindi, reside in Gilford.

The church is located at 18 Wesley Way (off Route 11A near the 3/11 bypass). If you need directions, please call the church office Monday-Friday 8:30 a.m.-noon, at (603) 524-3289. Come join the fellowship and share in this unique worship experience with your family and friends.

Music on the Lawn at Gilmanton Year-Round Library Aug. 10

GILMANTON — The Gilmanton Year-Round Library invites patrons and friends to enjoy an evening of Music on the Lawn with Boston based artist Katie Dobbins on Friday evening, Aug. 10, beginning at 7 p.m. Bring your own lawn chairs or blankets and snacks.

Katie Dobbins draws from a music palette of contemporary folk and new country. With the heart of a poet and a mastery of storytelling, her songs touch on elements of life and relationships in ways that lift spirits and challenge the soul. Dobbins' compelling by her acoustic guitar or piano keyboard,

paint her lyrical truths into images that stay with you. Dobbins is currently embarking on a mini New England tour and movement. This tour is different than many others in the music scene today, in that it is revolves around the theme "Let The Music Set You Free," where Dobbins teams up with various artists to share songs and stories of personal freedom, self empowerment, and love.

The Library is located on NH Route 140 in Gilmanton Iron Works, opposite the Gilmanton School. The event is free and open to the public. In the event of rain, it will be held in the Library



COURTESY
Gilmanton Year-Round Library presents Music on the Lawn with artist Katie Dobbins on Friday, Aug. 10, 7 p.m.



COURTESY

Laconia Pet Center donates June Round Up proceeds to Humane Society

Lissa Mascio, Development Director at the New Hampshire Humane Society, gratefully accepted the proceeds of Laconia Pet Center's June Round Up from owners Bethany Stockman and Brett Varnum, along with much needed food supplies for the Humane Society's Pet Pantry. The Laconia Pet Center features a different animal-based non-profit each month for its successful Round Up Program – July is for the Conway Humane Society, which was the recipient of nine of the Great Danes from Wolfeboro. The New Hampshire Humane Society will benefit again in September and December.

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The salon is currently employed with 5 certified professionals, including the current owner who hopes to retire her duties as head of the salon and continue working as a stylist at the salon if the new owner wishes. The owner is also willing to help with the transition of ownership if desired.

With an asking price of \$150,000 the salon would be an investment and consist of overseeing all business operations with room to work in the salon as well.

For more information contact Alicia Kalil with **Allied Business Consulting and Beauty Business Brokers** at 603-793-9866 or contactus@alliedbelle.com.

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First United Methodist Church Community Yard Sale, Aug. 19

The Missions Committee of the First United Methodist Church of Gilford-Laconia is hosting a Community Yard Sale on Saturday, Aug. 19 from 9 a.m.–1 p.m. This will be held

rain or shine! This sale is being done to provide funds for the church’s many mission projects. Inside space with tables provided, is available for \$20. Items may be brought in and set

up on Aug. 18. Outside space, about 8-feet by 10feet is available for \$10. No RSVP needed; just come and check in that morning and pay the rent. There will also be a bake sale and

refreshments will be available during the yard sale.

The church is locat-

ed at 18 Wesley Way (off Route 11A, near the 3/11 bypass). For more information or to reserve

a space, please call the office at (603) 524-3289 or e-mail: office@nhlakesumchurch.org.

What is hospice care?

BY LESLIE T. ARI
Central NH VNA & Hospice

In a recent Dear Annie piece, “Death With Dignity My Way” wondered about choices in end-of-life care and hospice care in particular. She asked “When the obituaries say the person died surrounded by family, did that person have a choice?”

This seems like a good opportunity to talk about Hospice Care – what it is and certainly what it is not. Let’s start with what it is.

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice care involves a team-oriented approach to expert medical care, pain management and emotional or spiritual support expressly tailored to the patient’s needs and wishes. Support is provided to the patient’s loved ones as well. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with dignity and that our families will receive the necessary support to allow us to do so. Though care is primarily based in the home, enabling family members to remain together in peace, comfort, privacy and dignity, care may also be provided in a group home, nursing home or, yes, even in a hospital.

Hospice focuses on caring, not curing. A hospice team includes a Medical Director, skilled nurses, nursing assistants, social workers, spiritual counsel, a bereavement coordinator and volunteers. In many cases, additional disciplines may be added to the patient’s team. The hospice team develops a care plan that meets each patient’s individual needs for pain management and symptom control. Care also includes assisting the patient with the emotional, psychosocial and spiritual aspects of dying, provides hospice care related drugs, medical supplies and equipment, coaches the family on how to care for the patient and provides bereavement care and counseling to surviving family and friends for up to 13 months.

Hospice is not a new idea or a fad. In fact, the term “hospice” (from the same linguistic root as the word “hospitality”) can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travelers on a long journey. The name was first applied to specialized care for dying patients by physician Dame Cicely Saunders, who began her work with the terminally ill in 1948 and eventually went on to create the first modern hospice - St. Christopher’s Hospice - in a residential suburb of London.

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Hospice is not for everyone – it must be entered with the full consent and understanding of both the patient and his/her network of support. Hospice is not rigid and does not preach – it allows each patient to define his or her own experience. Hospice is not a “cure” – it is concerned with relieving pain, providing a quality end of life experience and providing support.

It is indeed sad that “Death With Dignity” (wherever she lives in the United States) did not seem to receive these services to aid her in the loss of her father, mother and husband. Her grief must be substantial. However, should she choose Hospice Care for herself when the time comes, she should feel assured that the choices are hers and hers alone. A good resource for those seeking information about hospice care is The National Hospice and Palliative Care Organization found on the Web at www.nhpco.org.

Locally, Central New Hampshire VNA & Hospice has been providing hospice care for the NH Lakes Region communities for more than 37 years and is able to answer all your hospice related questions as well as direct you to other resources available in the community. You may find them at www.centralvna.org or by calling 524-8444.

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Interlakes Summer Theatre presents ‘Gypsy’

MEREDITH – The Interlakes Summer Theatre will finish off it’s 10th Anniversary season with a one week performance of “Gypsy.” The musical based on the memoris of Gypsy Rose Lee, has a score by Jule Styne and will feature Producnng Artistic Director Nancy Barry.

The artistic team includes Clayton Phillips as Director, Gerald Goldstein as Music Director, Gustavo Wons as Choreographer, Josh Iacovelli as Scenic Designer, Thom Beaulieu as Lighting Designer with Nathan Sullivan as Sound Designer.

Joining Ms. Barry on the stage is Rebecca Tucker as Louise, Emma Flynn as June, Tom Hallett as Herbie, with Zofia Weretka, Tiffany Stoker and Haley Jones as the “You Gotta Get a Gimmick” trio of strippers. There will also be special appearances by Joe Casey



COURTESY PHOTO

Rebecca Tucker and Emma Flynn Star as the legendary Gypsy Rose Lee and June (Havoc) in the musical “Gypsy” Aug 16-20 at the Interlakes Summer Theatre, 603 707-6035.

of Plymouth, Tyler Mell and Nick Berninger.

There are also several local youths being featured. Young Louise is being played by Holderness, Catriona (Kitty) Stewart of Holderness, Baby June by Laura Schwarz of Meredith, and the young newsboys by Conor Farah, Chance Dawson of Moultonborough, Adam Watson of Moultonborough, and Andrew Decker of Meredith. The grown up newsboys will be played

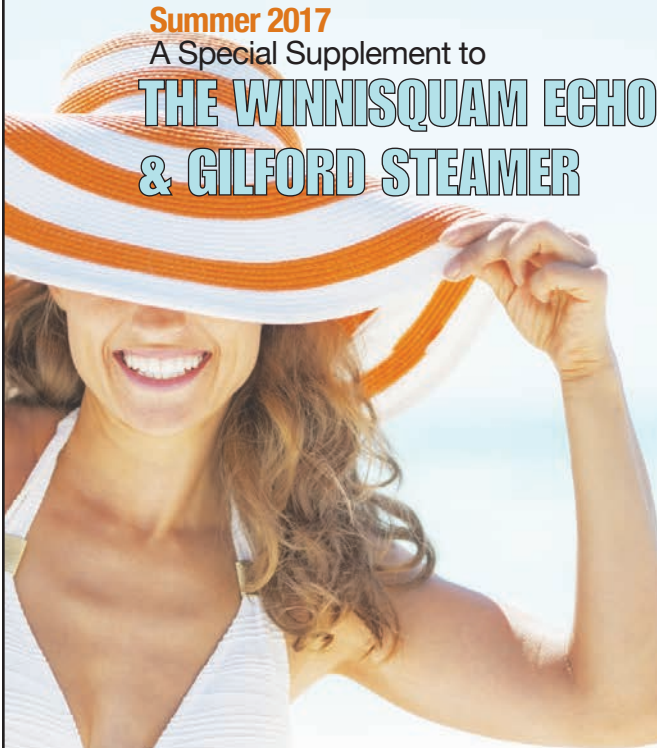
by members of the pro company Ian Connor, Jacen Ziev, Trent Soyster with Austin Carroll as Tulsa.

Toreadorables will be played by featured pro actors Irene Schultz, Rachel Wirtz, Jessica Schwartz, Brooke Banister, and Alicia Edgar.

Tickets are going fast for this on week run, so call now for seats to see Gypsy, Wednesday Aug. 16 thru Sunday Aug. 20. 603 707-6035 or interlakestheatre.com.

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Safety Starts With You!

Bank of New Hampshire announces promotions

LACONIA — Bank of New Hampshire is proud to announce that Jared Price, Lisa Byars, Elizabeth Brothers and David Howes have recently been promoted.

Jared Price has been promoted to Vice President – Loan Operations Manager. Jared joined Bank of New Hampshire in February 2012 as a Loan Servicing Specialist. He was promoted in January 2014 as Operations Officer and again in January 2016 to Assistant Vice President – Loan Operations Manager. Price holds a Bachelor’s degree in Economics and an MBA from the University of New Hampshire. Jared is also a 2013 graduate of the Northern New England School of Banking, a 2015 graduate of Leadership Lakes Region, a 2016 graduate of the

New England School of Financial Studies, and is currently enrolled in the ABA Stonier Graduate School of Banking. He is active in the community and serves as the President of the Central New Hampshire VNA and Hospice and is Co-chair of the bank’s United Way Committee.

Lisa Byars has been promoted to Assistant Vice President - Human Resources Officer. Byars joined the bank in March 2014 as Human Resources Operations Supervisor and was promoted to Human Resources Officer in January 2016. Her experience in Human Resources spans over 25 years in manufacturing and banking, serving as a generalist and manager for large companies. Lisa graduated from the Northern New England School of Banking in the



Jared Price, Vice President – Loan Operations Manager; Lisa Byars, Assistant Vice President - Human Resources Officer; Elizabeth Brothers, Assistant Vice President - Retail Lending Officer; David Howes, Commercial Analyst Officer.

COURTESY

fall of 2015 and holds a Human Resources Management Certification from Southern New Hampshire University. Byars is currently enrolled in Granite State College to complete her Bachelor of Science Degree in Human Resource Administration. Lisa is an active volunteer with in the Gilford school system and youth sports

programs.

Elizabeth Brothers has been promoted to Assistant Vice President - Retail Lending Officer. Joining the bank in April 2010, Brothers started her banking career as a Mortgage Loan Processor and Closer. She quickly became a systems expert within the department and in April, 2012 added the responsibility of Assistant Systems Administrator. She was promoted in March, 2015 to Retail Loan Processing Supervisor & Assistant Systems Administrator and then to Retail Lending Officer in January 2016. Brothers is currently enrolled in Granite State College to complete her degree in Business Science. She serves on the board of the Santa Fund

which is a non-profit organization that has committed to provide community assistance to needy and under privileged children of the Lakes Region. Elizabeth is also an active volunteer at Pleasant Street School.

David Howes has been promoted to Commercial Analyst Officer. David joined Bank of New Hampshire in January of 2016 as a Credit Analyst. Howes has more than 20 years of experience starting his commercial banking career in Australia in 1996. Howes holds an Associate’s degree in Business Accounting from TAFE College in Australia, and has participated in numerous banking/finance courses during his career. He is active

in the community and currently serves on a finance committee for a non-profit charter school in Conway.

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COURTESY

Martin, Lord and Osman, PA donates to Colonial Theater restoration

Martin, Lord, and Osman, PA has pledged \$5,000 toward the Colonial Theater project. Seeing the economic and community development potential for a completed Colonial Theater in Laconia, the law firm generously voted to support the project. Bud Martin, President, stated, “As a long standing business supporting the Laconia community, the law firm is proud to support the Colonial Theater Project. It is exciting to see the theater re-emerging as an anchor to our community.” In accepting the donation, Justin Slattery, Executive Director of the Belknap EDC, stated, “We are honored to receive a donation from the Martin, Lord, and Osman, PA law firm. The firm has a long history of supporting community projects in Laconia and we appreciate their support of the Colonial Theater project.” Any business or resident interested in learning more about the Colonial Theater capital campaign is encouraged to contact us at 524-3057 or 609MainStreet.org.

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NH Dance Movement preparing for annual show

MEREDITH – As the summer days continue to roll by, local dancers from all across the state are dedicating hours to giving back to their local community as the annual Dance to Make a Difference put on by New Hampshire Dance Movement is quickly approaching. Saturday Aug. 26 at 7 p.m., at the Inter-Lakes Community Auditorium, dancers of all ages will be performing to raise funds for The Faith Hope and Love Foundation.

Kelsey Piper and Suzanna Derynorski are the visionaries behind the movement and when asked what motivates them they share that they love getting a chance to perform in the summer. Kelsey and Suzanna also shared, “It also



COURTESY PHOTO

NH Dance Movement's Kelsey Piper (left) and Suzanna Derynorski (right).

allows us to learn and work with new peo-

ple, which is always important for dancers to grow. Another motivation is giving young people a chance to give back to their community. It's really cool to see how excited the dancers get for the show.”

Kelsey and Suzanna lead by example when it comes to giving back to their community as this year's show is the sixth year in a row facilitating the family friendly event to raise funds for NH youth.

“We continue to support to work of FHL because we love their mission of bringing relief to children and youth to help them reach their dreams and goals,” Piper and Derynorski stated. “With both of us being dance teachers, we work with a lot of children and want them all to succeed in everything they want to do. Working with FHL has allowed us to make an impact on a demo-

graphic that is near and dear to us”

“The Faith Hope and Love Foundation is incredibly grateful to Kelsey and Suzanna, along with all of the dancers in New Hampshire Dance Movement, as they continue to not only raise funds for FHL, but also provide a positive example to students throughout the state,” expressed FHL President, Lara Gruner.

Tickets for the Aug. 26 show will be sold at the door and can be reserved by emailing nhdancemovement@gmail.com. Community members can find more information by visiting NH Dance Movement's Facebook for more information., pictures of the show, choreographers and more. For information on The Faith Hope and Love Foundation, readers can visit them online at www.faithhopeandlovefoundation.org or on Facebook.

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Edward Jones: Financial Focus

How Can You Leave the Legacy You Desire?

You may not see it in the greeting card section of your local drugstore, but August is “What Will Be Your Legacy Month.” So it's a good time to think about the type of legacy you'd like to leave.

Of course, “legacy” can mean many things. In the broadest sense, your legacy is how you will be remembered by your loved ones, friends and the communities to which you belong. On a practical level, establishing your legacy means providing your family and the charitable organizations you support with the resources you'd like them to have.

And that means you may need to take the following actions: create your plans, communicate your wishes and review and update your documents. Let's take a quick look at all these steps:

- Create your plans. You will want to work with your legal professional, and possibly your tax and financial professionals, too, to draft the plans needed to fulfill your legacy wishes. These plans may include drafting a will, living trust, health care directive, power of attorney and other documents. Ideally, you want these plans to do more than just convey where you want your money to go – you want to impart, to the next generation, a sense of the effort that went into building the wealth they receive. Without such an appreciation, your heirs may be less than rigorous in retaining the tangible legacies you've left them.
- Communicate your wishes. It's important to communicate your legacy-related wishes to your family members as early as possible. By doing so, you can hopefully avoid unpleasant surprises and hurt feelings when it's time for your estate to be settled – and you'll also

let people know what tasks, if any, they need to perform. For example, if you're choosing a family member to be the executor of your estate, or if you're giving someone power of attorney over your financial or health-related matters, they should be prepared.

- Update your documents. During your life, you may well experience any number of changes – new marriage, new children, opening a family business, and so on. You need to make sure your legal documents and financial accounts reflect these changes. For example, if you've remarried, you may want to change the beneficiary designations on your IRA, 401(k) and other retirement accounts – if left untouched, these designations may even supersede the instructions left in your will. And the directions in life chosen by your grown children may also dictate changes in your will or living trust. In any case, it's a good idea to review all your legacy-related documents periodically, and update them as needed. In addition to taking the above steps, you also need to protect the financial resources that go into your legacy. So, when you retire and begin taking funds from your IRA, 401(k) and other retirement accounts, make sure your withdrawal rate is sufficient for your living expenses, but not so high that it eventually jeopardizes the amounts you planned to leave to your family or to your preferred charities. A financial professional can help you determine the withdrawal rate appropriate for your situation.

With careful planning, and by making the right moves, you can create the type of legacy you desire – one that can benefit your loved ones far into the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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Member SIPC

Dr. Julie Furlan joins the LRVNA

New Hospice Program underway at the Lakes Region Visiting Nurse Association

REGION — The Lakes Region Visiting Nurse Association is pleased to announce that Dr. Julie Furlan, DO joins the team as Hospice Medical

Director and Medical Director. Dr. Furlan brings over six years of experience at Huggins Hospital, providing holistic care within the

scope of outpatient family medicine to rural communities.

“We are thrilled to have Dr. Furlan join our team. We have been working on creating our hospice program for some time now, and she provides the special caring and expertise needed to accomplish this much needed service for our patients,” states Cheryl Gonzalo, Executive Director of the LRVNA.

Dr. Furlan is a resident of Sandwich, and received her Bachelor of Science summa cum laude, from Valparaiso University, Indiana, and her PHD of Osteopathic Medicine from Ohio University College of Osteopathic Medicine. Her focused research paper investigating end of life care discussions in the outpatient setting for elderly patients was presented in 2010 at the annual Family Medicine Quality Improvement Research Symposium in Spartanburg, SC. She is a member of the American Academy on Hospice and Palliative Care.

SEE FURLAN PAGE A11

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ROBOTICS

(Continued from Page A1)

starts members of the team will be back in action and taking part in the Battle of the Bay in Alton Bay on Nov. 11. The announcement for the next big tournament theme will be in early January. Weimann will be going into his senior year and said he got interested in robotics in fifth grade when his brother was on the team. “It’s a great team,” Weimann said. Weimann said they have been talking to a lot of younger students

to get them interested in taking part, including presentations to Gilford Elementary School and at the Gilford Public Library. Angie Bonnell is entering her freshman year and her first year in the GHS club. She said she learned about it when her mom read about the club in the newspaper. She said a lot of people in her class wanted to join the team. Incoming sophomore Katrina Boucher took part in Lego League in middle

school. “I joined it because I wanted to learn how I can build bots,” Boucher said. The team has been getting help from a lot of parent volunteers. “It’s a good project, it really is for these kids,” said parent volunteer Christine Smith. The team is in need of donations and more sponsors. Anyone interested in sponsoring or donating can contact Gilford High School at 524-7135.

SMITH

(Continued from Page A2)

all Lions Clubs organization, largest service organization in the

world, to mark its centennial this year. It’s no wonder her selec-

tion was received with roars of approval from her fellow Lions."

FARMERS

(Continued from Page A3)

gets more vegetables for less money. Andrea of Andres’s Quilted Kitchen Necessities has original quilted, insulated pot-holders and hotpads, placemats and table runners. You can buy items individually or in sets; if you see an item you like, she will take your order and make you a set. Her loon potholders have been a big seller this summer, she also has frogs in various yoga poses, cats and dogs, many designs to choose from. They make great hostess

gifts or Christmas gifts, unique that cannot be found in stores. Sally Bickford comes early and starts the Woodshed Coffee (which she donates) and there are Brothers’ Doughnuts for sale at the Historical Society’s table. The proceeds from the table and the vendors’ fees go into a special fund for the restoration of the 1838 Rowe House. One of the goals is to take off the old wood shake shingles and replace them and that is slated to be done in September. The next

goal is to raise the money to repoint the bricks of the chimneys and repair areas along the walls of the house. The Historical Society is fortunate to have sponsors who value the importance of keeping the 1838 Rowe House museum in good condition. They are: Belknap Landscape Company, Gilford True Value, McDonald’s Veterinary Services, and Patrick’s Pub and Eatery, plus Sally Bickford who donates and starts the coffee perking every morning.

FURLAN

(Continued from Page A10)

can Osteopathic Association, American College of Osteopathic Family Physicians, American Board of Integrative Holistic Medicine, and the Institute for Functional Medicine. The new hospice program will be available in the fall of 2017. The LRVNA is actively seeking

volunteers to join their caring team of hospice caregivers. Complete training is provided to new volunteers. If you would like to volunteer to help someone when they need it most, please call the LRVNA at 279-6611. To receive special health tips and notic-

es about flu clinics and health screenings, you are invited to sign-up for the free LRVNA “Nurses Care” email newsletter program by visiting www.LRVNA.org. The Lakes Region Visiting Nurse Association is located at 186 Waukewan St. in Meredith.

AUCTION

(Continued from Page A6)

as a standalone non-profit organization, the needs of the community continue to grow and the requests for support grow as well. The goal would be to be able to fund more and more of the community’s needs. In order to help the all-volunteer Board, the decision has been unanimously made to hire an independent contractor

to become the Executive Director/Event Coordinator of the Auction. “While we have always prided ourselves on our commitment to 100 percent in, 100 percent out, it has become clear that we need a dedicated person to help us grow and build our sponsorship, volunteer base and community involvement,” stated Marshall.

Please send resumes or inquiries to Sandra Marshall at smarshall@lrgh.org. The Auction will broadcast live from Belknap Mall December 5-9 on 104.9 the Hawk, 101.5 WZEI, MetroCast Channel 12, Lakes Region Public Access Television MetroCast Channel 25, or online at ChildrensAuction.com.

FINANCE

(Continued from Page A1)

accounting clerk are both approaching their one year anniversary, which has given them an opportunity to go through a full year budget cycle. Department staff have taken part in a number of training

sessions on the Family Medical Leave Act, NH Government Finance Office, labor law, tax and utility software, and ALICE training with the police department. Waring said they expect to go live with new

GOLF

(Continued from Page A1)

“It’s a challenging course, good shooting,” Bil said. Bil said he liked that there was a local disc golf course. “I think it’s great, all the other courses are at least an hour away,” Bil said. “It’s great to have something local.” For the golf tournament, Bolduc Park founder Bob Bolduc said they are expecting around 100 people to attend. Bolduc Park golf instructor Randy Annis and Ted Foster of Foster’s Golf Camp will run the tournament.

Kids from Foster’s Golf Camp will be coming up from the Manchester area to take part. The grand prize is \$10,000 for the the Hole in One contest off the 10th tee. This contest is only open to amateur golfers. Cash prizes will also be offered in each category for Closest to the Pin During Tournament Play, the Shootout, and the Putting Contest. Grand prize winners will receive a trophy handmade by Bob Holt with the heads of an-

tique golf clubs. A number of other prizes will be available during the tournament. People can pre-register for either tournament or sign up right at the events. Money raised during the tournament will go toward golf lessons at Bolduc Park. Major sponsors for this year’s tournaments include Coke, Pepsi, Bank of New Hampshire, and Meredith Village Savings Bank.

ACE

(Continued from Page A3)

NH and spoke with 21 different presenters. Students learned the basics of flight through experimentation with model rockets and plane models they built of balsa wood and styrofoam. WinnAero’s primary mission is to promote interest in young

people in Science, Technology, Engineering, and Mathematics (STEM) through aviation and aerospace learning based programs and experiences. The first ACE Academy was in 2011 when nine students met in the airport terminal conference room. In only sev-

en years, 194 students have attended ACE Academies at Laconia Airport and 52 of them have attended multiple times. For more information and to view photos of ACE students in action, visit WinnAero on Facebook or our web site at <http://www.winnaero.org/>.

NOTEBOOK

(Continued from Page A4)

Dave Cook and I were fishing Boundary Pond one afternoon a few decades ago when I got sick of it, and decided to explore the pickup-sticks of huge granite boulders on the pond’s eastern shore. I found plenty of caves, made so by the sheer jumble, and one in particular was quite deep, and featured scattered piles of animal bones around its entrance. It furthered my curiosity, but not enough to go spelunking.

because the East Coast and West Coast cousins have sprouted new generations, and we haven’t really been in good touch with the Littleton-area Harrigans. Susan couldn’t make it because of various ailments, and I barely did so, and was chagrined yet pleased to get treated with great deference as the eldest of the clan.

These great social events are in trouble in regions to the south, partly because of changing social attitudes and preferences, and relentless demographics. The Lancaster Fair (over the Labor Day weekend) has always been, to me, one great big family reunion. The main reason I go is because I’m likely to bump into people I haven’t seen for years – or fond faces from just the other day. I remember grubbing for dropped coins under the more violent rides like the Twister, 60 years ago. A quarter back then would get you a hotdog. These days I settle for just meandering around the midway, savoring the Fair Food and enjoying the 4-H kids and the pride they take in their projects.

+++++

One of the simple pleasures in life is to hang out wash, especially when a breeze is blowing, which is almost always. I was on the phone Sunday with my eldest sister Susan, who lives in Manhattan, and after exchanging news from a recent family reunion I said I had to go. I’d hung sheets around the rooftop deck, and they were at risk of blowing off to Bangor. There aren’t many Harrigans left, and so it was fun to get some of the remnants together at a rented house in Bartlett, although “remnants” is not fair,

Lameness aside, there’s something to be said about being the oldest at a family reunion. For instance, you can’t do a thing, not even dry a dish. “Oh no, Uncle John, you just sit down right here,” an impossibly young person says, proffering a chair. They even gave me a quiet bedroom on the ground floor, to spare me climbing the stairs (even though I’m quite able, thank you). The nice thing about the situation is that when you hold your hand up to speak, people go quiet because they think you might actually have something worthwhile to say. It’s almost Fair time.

+++++ *(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.*



Photo: Grant Delin

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NIGHT OUT

(Continued from Page A1)

tables and shared information about their work. Meg Jenkins represented Gilford Together, saying they wanted to get the word out about substance abuse prevention and show people in the community that they are there. She said they want to



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ERIN PLUMMER

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ERIN PLUMMER

Members of the Gilford Fire Department showed off their vehicles.

encourage people to attend their meetings and get involved with the group. “I think it’s awesome,” Jenkins said about the event. “Just to get out and see the right side of the police and fire (departments). It really reaffirms the message of community policing and our services.” Bean Burpee said they are looking to make this an annual event.

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On the water

Gilford teen qualifies for national water ski championships

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Since Olivia Morea was two years old she has been on water skis, and her love of the sport has propelled her to greatness as she recently placed second in the tricks competition at the Eastern Region Water Ski Championships in Monroe, N.Y. on the weekend of July 27.

Morea's performance qualified her for the 75th Goode Water Ski National Championships in a man-made lake at San Marcos River Ranch in Martindale, Texas from Aug. 9 through 12. This is the seventh tournament Morea has been a part of in the past three years, but only her first national competition.

The three-day tournament in New York had 200 of the top water skiers in the eastern United States competing in various events. According to www.twinlakeswaterski-club.com, the homepage for Twin Lakes Water Ski Club, which hosted the tournament, it is known as

the northeast's largest water ski tournament. There were between 300 and 400 spectators cheering on the athletes.

Morea, who is 16 and will be a senior at Gilford High School in the fall, rides a Quantum ski and competed against girls from 12 different states in the east. She completed two 20-second passes on one ski, a trick ski, and accumulated 820 points, which was good for second place.

"I did all the tricks that I knew and I finished in second," said Morea. "I did trick skiing, which means I did two passes behind the boat. There are different tricks worth certain points."

Morea can perform a variety of tricks. One is called the side slide, which is where she turns her ski 90 degrees to the back of the boat before returning to normal position. She can also pull a 180 degree turn, 360 degree turn, a back grab and her favorite, a "wake back-to-back."

The "wake back-to-back" involves Morea



COURTESY

Olivia Morea placed second in the Eastern Region Water Ski Championship in New York last month, and qualified for the national championship in Texas.

cutting over the wake to one side, and then jumping over the wake to the other side. She will be backwards, then come back in and jump over the wake, and finishing turning

forward.

Last week Morea and her family, as well as her waterskiing coach, were heading down to Florida to train before the finals in San Marcos, Texas.

Training will include fine tuning her tricks and getting comfortable behind a boat.

Morea explained that when she was only two-years-old her father started teaching her how to waterski on two skis. She learned quickly, and by six-years-old she learned how to trick ski.

"My dad has been jump skiing for a long time and he got me into this," said Morea.

One thing Morea loves is getting out on the water behind a boat and giving it her all. Morea also said it is fun to meet people from all over the world who are involved in waterskiing, and she called this the "best part." She loves waterskiing so much that she is looking to compete in college. She is currently looking at Florida Southern College and Rollins College in Winter Park, Fla.

Ironically enough, Morea has never waterskied on Lake Winnepesaukee even though it is where her hometown resides. She does her training in Michigan and is on Team Pickos out of Florida. Team Pickos is named after 24-time world champion Cory Pickos.

For more information about the Goode Water Ski National Championships log onto http://www.usawaterski.org/nationals/index_nationals.html/.

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14U and 16U Nor’Easters wrap up the summer season

BY BOB MARTIN
Bob@Salmonpress.news

LAKES REGION — The Nor’Easters softball 14U team ended the season with a 4-12-1 record, and while the record didn’t stand out as a major achievement, Coach Bill Clary said summer softball is much more than a season of wins and losses.

Summer athletics are a great time for high school players to fine tune their skills, face teams and players they normally wouldn’t see and keep their bodies and minds in game shape. The Nor’Easters softball 14U team just wrapped up their summer season, with several Lakes Region girls contributing greatly.

Clary, who also coaches the Belmont High School softball team in the spring, explained that summer softball is a faster paced game with plays happening all the time.

“No matter what position you are playing, you could be involved in any play,” said Clary. “Summer ball is not only for the young girl that wants to play in college, but the girl that loves the game. It is an extremely technical sport. The age group really doesn’t change the game. I believe it is just played at a faster pace.”

Clary said the in-game situations are the same, and he tends to coach the same during the summer as if he were coaching at Belmont. What is interesting about summer teams, he said, is that they are usually composed of girls that get a chance to play with girls that are as good as

them, if not better.

It is also a chance for them to play alongside players that would normally be from rival towns, or even girls that they would never have faced because they are from a neighboring state.

This season Clary coached a number of girls that were 12-years-old for the first time in several years, and he said it brought him back to coaching basic fundamentals.

“I saw great improvements as the season went on and hope we can continue to build their skills as we go forward,” said Clary.

Clary went into the season worried about the team’s ability to hit, but instead it was the area where they hit the ground running. He said one thing they could have improved on was the ability to bunt. The Nor’Easter pitchers also need to work on their accuracy and consistency, he said.

Clary said the Nor’Easter program is so successful because they have volunteers to allow the athletes to play the sport they love at a good price while being close to home.

“Softball, as any sport, helps to mold young girls into young ladies,” said Clary. “Sports teaches hard work, sportsmanship, time management, team work and many other aspects that these young people will need to succeed as they go forward.”

Top performers:
Emma Cochran, Canterbury: .333 BA to lead

the team

Hannah Max, Winnisquam: .310 BA, six doubles, one triple

Becca Fleming, Belmont: four steals to lead the team

Gwen O’Keefe, Sugar Hill: four putouts and an assist from outfield off the bench

Nyla Dame of Laconia and Morgan Hall of Belmont: Led the team in innings pitched

Nora Dunleavy, Laconia: Led team in putouts at first base

Kara Stephens, Belmont: Led team in assists at third base

Jill Gagnon and Ashlyn Baron, Laconia : Team leaders in pinch hits

Nor’Easters 16U
The Nor’Easters 16U softball team ended their season with a 10-15 record, and while this wasn’t exactly where the team wanted to end up, coach Shawn Garrett said the important thing was that they were always enthusiastic and putting forth their best efforts on the diamond.

Garrett may have only been the head coach for the team for one season, but he said in that short time he already saw how valuable summer softball is for athletes.

“Something that is incredible about it is the dedication,” said Garrett. “Showing up to practices and games. We had two girls from Vermont and from winter ball on, they only missed one practice each. I will miss the passion about all this.”

Garrett said it was so much fun coaching this

group of girls, saying that it was incredible to see the local talent being exhibited from New

Hampshire and Vermont.

“These are going to be the stars of the future,”

said Garrett.

Individual statistics for the Nor’Easters 16U team were unavailable.

Gilford Old Home Day 5K kicks off on Aug. 26

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — Gilford Old Home Day is always a major event that attracts residents from all over, and one of the main traditions of the day is the annual road race to kick off the activities.

The 40th annual Gilford Old Home Day 5K will take place on Aug. 26 at 8 a.m., and the event will once again be hosted by the Gunstock Nordic Association. The race will begin at the Gilford High School fields in the area of the Gilford Village Store and the gazebo.

There will also be a kids’ fun run, which is about 800 meters, that is open to children 12-years-old and under. This is free of charge and there is no sign up needed. The Fun Run takes place at 5 p.m.

Gilford Nordic Association President Eliza Deery explained that the event was started by Piche’s to coincide with the annual Old Home Day. It used to be in the afternoon, but Deery said they switched it to morning to get the Old Home Day event started.

“Having this in the morning works out best for the runners so they can hit the course and then be able to eat and enjoy the day,” said Deery.

Deery said that while



COURTESY

The 40th annual Gunstock Nordic Association 5K will kick off Old Home Day Activities in Gilford on Aug. 26.

it is technically a fundraiser, she said it is more geared toward the tradition rather than raising funds. Any proceeds that are collected go toward the Gunstock Nordic Program.

“It’s just a fun race for people of all ages to enjoy,” said Deery. “It is a great tradition.”

The course is relatively flat and takes place on the roads surrounding Gilford High School. Unlike some 5Ks, this is not a grueling course.

“It’s flat if you are from Vermont and hilly if you are from Massachusetts,” Deery joked. “It goes along the highway down Route 11 for a little bit of it. It is mostly for fun. You can walk it, as well.”

Top runners will win prizes such as baked

goods. Deery said the event is officially sanctioned and all times will be posted at Active.com.

The 5K costs \$20 but after 11:59 a.m. the fee increases to \$25. Registration forms are available at Piche’s Ski and Sports Shop, the Gilford Village Store and the Gilford Library. Payment can be made to Gunstock Nordic Association, PO Box 7493, Gilford, N.H. 03247. Checks are made payable to Gunstock Nordic Association.

There will also be registration the night before, Aug. 25, from 6:30 to 8 p.m. or the day of the race from 6:30 to 7:30 a.m. at Gilford Elementary School.

For more information log onto <http://www.gunstocknordic.com/news/article.aspx?id=4>.

Dragons hosting tryouts on Sunday in Laconia

LACONIA — The Dragons USA Softball open tryouts are being held on Sunday, Aug. 13, at Woodland Heights Elementary School, located at 225 Winter St. in Laconia. A parent or guardian must be present to fill out the tryout packet. Tryouts are free.

Tryouts for 10U players will be from 9 to 10:30 a.m., 12U will try out from 10:30 a.m. to 12 p.m. and 14U will try out from 12 to 1:30 p.m. Any 16U player should

e-mail to schedule a tryout.

USA Softball, formerly ASA, gives players that love the game on opportunity to play longer in the summer and at a higher caliber of play on a travel team. USA also only allows certified coaches and patched umpires so it is the next level of play.

The Dragons believe at the 10U and 12U level, girls shouldn’t have to choose between playing for their local leagues or

USA. They went them on the field as much as possible to foster competitive future high school teams. Therefore, these teams will have tournaments after the closing of the local league season. They will have practices, however, will work closely with local leagues to avoid conflicts.

If you have any questions, e-mail dragonsasasoftball@gmail.com or kellisargent@outlook.com.

Carl Johnson Memorial Golf Tournament to benefit loons

MOULTONBOROUGH — On Monday, Aug. 14, the Loon Preservation Committee will host the seventh annual Carl Johnson Memorial Golf Tournament at Ridgewood Country Club in Moultonborough. Senator Johnson was a champion of many worthy causes, including the environment and loons, and an active member of the

Loon Preservation Committee Board from 1998 until his passing in 2010. Prime tournament sponsors are Mill Falls at the Lake, Overhead Door Options and Paugus Bay Marina.

The tournament is open to the public with pre-registration required by Aug. 7. A scramble format with teams of four and a shotgun start at 8 a.m. is followed by lunch and awards. Top prizes include \$10,000 for a hole-in-one, courtesy of Paugus Bay Marina. First, second and third

place team prizes will be awarded, as well as longest drive and closest to pin. An exclusive raffle will be held at the clubhouse the day of the tournament.

To pre-register, sponsor a hole, or learn more about the tournament, contact the Loon Preservation Committee at 476-5666, or visit www.loon.org.

All proceeds from the tournament benefit the Loon Preservation Committee and its work to protect loons and their habitats in New Hampshire.

Fit for a Cure 5K is Sept. 24

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Laconia Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race

t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22..

The race takes place Sunday, Sept. 24, at 8:30

a.m. at the Tanger Outlets at 120 Laconia Road in Tilton.

For more information or to register, visit www.tangeroutlets.com/race. If a business or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.

Register for flag football season

MEREDITH — Registration is open for the Fall 2017 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 five age divisions, 6U, 8U, 10U, 12U and 15U, player’s age as of Sept. 1.

The fee for the Fall

2017 season is \$75. Each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Credit card payments are accepted online, and checks are also accepted. Register online at lrffl.com.

The Fall 2017 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.

Like the league on Facebook at [lakesregionflagfootball](https://www.facebook.com/lakesregionflagfootball).

Questions? E-mail lrffl@metrocast.net.



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Think When You Drink

18U Nor'Easters enjoy strong summer season

BY BOB MARTIN
Bob@salmonpress.news

LAKES REGION — The Nor'Easters 18U team had a red hot summer that started right from the get go, which culminated in a Caroline Farley second place finish and an overall record of 20-8-5.

The record translates to an incredible .714 winning percentage, and four out of the six tournaments the team played in they were runner up or better.

“You couldn’t ask for a better year out of these special players,” said head coach Fern Beaudet.

The Lakes Region was well represented on the team this summer, which included Sarah Lachapelle and Jillian Lachapelle of Gilford. Sarah Lachapelle just finished her freshman year at the University of New England where she has been playing third base, while her sister is one of the leaders on the Gilford High School squad.

Sarah Lachapelle brought undoubted leadership to the team due to her collegiate experience and skills on the field. Her sister, while battling an ankle injury, provided plenty of spark at the

plate. Beaudet once described her as one of the most powerful hitters around.

Stevie Orton, who admittedly has a main focus on basketball as she will be attending Snow College on a full ride in the fall to play hoops, also was a limited, but solid contributor as catcher.

Other Lakes Region players include Cali Swormstedt of Laconia, who just finished her freshman season playing ball at Rivier College.

Dominique Bolduc represents the Tilton School, and Beaudet applauded her play throughout the season. She was in her first year as an 18U player, and was a key offensive contributor in the fifth and sixth slots in the batting order.

Amanda Johnston, one of Division 3’s top players, and Mackenzie Ryan represented Newfound Regional High School.

Other players on the team include Josie Bentlage of Hamden Conn., Brianna McGrath of Lisbon who has been playing at the University of Maine Farmington, Jacqui Hallisey of Gorham and Cait Malahan of Bishop Brady High



The Nor'Easters 18U team finished 20-8-5 in summer softball this season.

School.

The final weekend embodied much of the success and guts that the Nor'Easters displayed during the short season. They went all the way to the finals in the Caroline Farley Memorial Tour-

namment and lost 2-0.

The weekend started with the Nor'Easters going 2-0-1 in pool play on Friday and Saturday. They scored 18 total runs and only allowed four, which included two shutouts. Beaudet said the pitching and defense were “awesome.” They ended as a number three seed in the division with a first round bye on the final day.

There were 13 teams remaining and on Sunday their first game was against the Lady Cannons. This was a bit of redemption for the Nor'Easters, as it was a rematch of the State Finals where the Lady Cannons came away with a win.

This time would not be the case, with the Nor'Easters winning 3-1. Sarah Lachapelle had a masterful game on the circle, pitching a two-hitter with four strikeouts. Key offensive contributions came from Bentlage, Johnston and Bolduc.

The second game of the final day was a 13-7 win over the Diamond Gems. Brianna McGrath allowed four hits and four strikeouts in the win. Offense was the story here, with Jillian Lachapelle leading the way with a home run. Other stars included Sarah Lachapelle, Bolduc,



Jillian Lachapelle and Sarah Lachapelle, right, were two of the top performers on the Nor'Easters 18U softball team this summer.

Bentlage, Johnston, Malahan and Hallisey.

The Nor'Easters faced the New England Shockwaves in the final game and lost 2-0 despite another great pitching performance by Sarah Lachapelle. She gave up two hits and two runs in the first inning, but didn’t let up another run after.

“We just couldn’t get the offense started after playing in our third game on Sunday,” said Beaudet.

Beaudet noted that the team played well overall, and there were plenty of defensive stars over the weekend including Jillian Lachapelle, and Malahan. He added that Swormstedt also played great defense, and ended up with the Umpire’s Award for the tournament.

The pair of Newfound players, Johnston and Ryan, were praised for their quality pitching by Beaudet, as well.

Five of this year’s players will be beyond the age limit after this season, but he hopes there will be five returning.

“I am very privileged to have coached this awesome 18 U team,” said Beaudet. “All the players and parents were great all year, and I appreciate all their support in making this season a memo-

rable one.”

While the season just ended, Nor'Easters was back at it again with try outs at Belmont High School on Saturday.

“I look forward to next year,” Beaudet said.

Top offensive performers:

Dominique Bolduc, Laconia: .425 BA, five doubles, one homerun, 37 hits

Amanda Johnston, Newfound: .410 BA, six doubles, two triples 34 hits

Josie Bentlage, Laconia: .400 BA, one double, 25 hits

Jillian Lachapelle, Gilford: .365 BA, five doubles, one homerun 31 hits

Cali Swormstedt, Laconia: .301 BA, two doubles, 25 hits, 10 sacrifices, 11 base on balls

Top defensive performers:

Cali Swormstedt, Laconia (SS); Sara Lachapelle, Gilford (P) (3B); Jenn Lachapelle, Gilford (2B); Dominique Bolduc, Laconia (3B); Caitlin Malahan, Laconia (CF); Amanda Johnston, Newfound (1B) (P); Mackenzie Ryan, Newfound (LF) (P); Josie Bentlage, Laconia (LF)

For more information about the Nor'Easters log onto www.noreaster-softball.org.



COURTESY PHOTO

Tourney Proceeds

Each spring the annual Francoeur/Babcock Basketball Tournament is held in memory of Aaron Francoeur and Nate Babcock. The funds raised through the tournament are awarded to Gilford students pursuing secondary education. This past year, almost \$4,000 was raised to be awarded between the two funds. Pictured (l to r), Jim Babcock, Thom Francoeur, Ginny Babcock and Herb Greene – Gilford Parks and Recreation Director.

Register now for the new season of curling

WOLFEBORO — Do you love the Winter Olympics but find that you can’t make it to PyeongChang for the coming Olympiad? Then do the next best thing, play an Olympic sport right in the Lakes Region.

Curling, the sport that originated in medieval Scotland, will be getting big-time television coverage come February. When everyone else is talking about it, you can be playing as part of the Lakes Region Curling

Association.

LRCA leagues are for men and women of all ages and experience levels. Participants can join individually, as couples, or as entire teams.

The upcoming fall season runs for eight Sunday evenings from mid-October to mid-December at Pop Whalen Ice Arena in Wolfeboro. There’s no equipment to buy, and new members get an introduction to the basics of the game at a learn-to-curl session before the

season begins.

Registration for the fall season begins now. For more information about curling and the Lakes Region Curling Association, as well as access to downloadable registration forms, check out the LRCA’s web site at lakescurlingnh.org.

Visitors to the site can view informative videos, access information about curling rules and game play, and find the latest information about LRCA events and activities.

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Wolfeboro \$1,995,000 #4642119 Picturesque views from this beautiful new construction on a level waterfront lot that is private and beautifully landscaped. Susan Bradley 603-493-2873

Alton, \$999,000 #4650672 Lovely, gracious and turn-key home with desirable westerly exposure for beautiful sunsets. Large natural sand beach and boathouse with enormous rooftop deck. Susan Bradley 603-493-2873

Holderness, \$699,000 #4648650 Commanding mountain views will immediately grab your attention as you approach this beautiful upscale home located in this very desirable location. Situated on 5 private acres. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

Sanborn \$649,900 #4644262 Beautifully restored four bedroom 1790's Colonial on 6.77 acres with breathtaking views of two mountain ranges and Lake Winnisquam. One bedroom guest house. Three level newer barn. Barbara Mylonas 603-344-8197

Meredith, \$599,000 #4507727 Majestically located to take in awesome views of nearby mountains, nearly 6,000 sq. ft. of living space, great views, updated kitchen with eat in breakfast nook, formal dining, private office space, large first floor master with gorgeous master bath. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

Wolfeboro \$525,000 #4650468 Pristine three-level END unit in Pine Harbor Condo Assoc. This well-maintained condo has a master ensuite with two additional bedrooms and full bath. Located just three miles from downtown Wolfeboro. Kathryn Aitken 603-496-5989

Alton, \$429,000 #4649586 Jaw dropping mountain views from the deck of this 3 BR, 2 BA unique home with indoor Lap pool and sauna. Set on almost 6 acres there is plenty of room inside and out. Brenda Rowan 603-393-7713

Meredith, \$359,900 #4648917 Desirable Meredith location- Spacious colonial set on 1.6 acres beautifully landscaped, private and only a mile from downtown Meredith! 2 car garage, 3 bedrooms, 3 baths. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

Moultonboro, \$249,000 #4650099 Adorable cape situated on a level private lot in the low tax town of Moultonborough. Located only a few miles down Shaker Jerry. Clean and inviting with a great floor plan. Bob Williams 603-455-0275/Danielle McIntosh 603-393-5938

Tilton \$199,000 #4622243 Winnisquam access with this 4-6 BR home that is the main house in a waterfront condo group. The potential is endless! Nancy LeRoy 603-344-7554 & Kathy McLellan 603-455-9778

Sandwich \$189,000 #4647495 Built around 1860 on 15 acres this property has been used as a farm for many years. The property has fruit trees, many areas for gardens and 3 pastures with electric fencing. Three bedrooms, two baths. Ellen Karman 603-986-8556

Franklin, \$139,900 #4650085 Beautifully maintained 3 BR, 2 BA double wide with addition on its own private .67 acre lot. Jaynee Middlemiss 603-231-0637

Belmont \$125,000 #4649818 2 BR in Winnisquam Beach Resort, a 4-season getaway. The Northshore RV has 2 slideouts plus 10x19 addition. Enjoy great beach, day dock and playground. John Silva 603-387-0533 & Mary Seeger 603-630-8723

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BIG BARNDOR ISL. - ALTON // Spacious main cottage & tri-level guest house, 5BR/2BA Fieldstone FP, lg. living area, screen porch, expansive deck. 200' sandy frontage, loaded w/ blueberry bushes. Docking for 4 boats. (Two lots of record) \$1,200,000 (4644832) Call 569-3128

ALTON // Winnepesaukee dock & beach access, 14 room Contemporary on 6.3 acres. Great room w/fieldstone FP, 2-story vaulted ceiling, 1st flr MBR suite+3 BRs on 2nd level, 2 kitchens, LL family room w/fieldstone FP - A large home for a large family! \$670,000 (4628847) Call 875-3128

MOULTONBOROUGH // Picturesque property frames this charming contemporary cape featuring a large open Great Room, 2 master BRs on the 1st flr, 3 season room, modern kitchen/granite counter tops, 3 bay garage & shared, private access beach. \$497,500 (4645005) Call 253-9360

BRISTOL // GBeautiful, custom 3BD/3BA Deck House featuring post & beam construction, exposed massive beams. Extremely efficient w/passive solar energy & classic European ceramic tile woodstove. Zoned for retail. A must see! \$332,000 (4647455) Call 569-3128

ALTON // Lovely, completely remodeled New Englander. Wrap around deck, granite counters, hardwood floors, newer appliances included washer/dryer. Great location for your home business with large detached garage. \$285,500 (4639915) Call 875-3128

ALTON // Well maintained with private setting. Two levels finished including large family room with woodstove and office. Two car detached garage and additional shed. Located in West Alton. \$207,000 (4626127) Call 875-3128

BEAR ISL. - MEREDITH // Spacious 1.56 acre building lot on historic Bear Island. Electric installed at lot. Building area cleared. 126.50' of WF, partial sandy bottom. 180 degree view incl. 3 Mtn. ranges. It's time to build! \$182,000 (4627639) Call 569-3128

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MEREDITH // Build your dream home in this nicely maintained and mature development of high end, luxury homes offering views of Meredith Bay and the mountains. \$234,000 (4639490) Call 253-9360

MOULTONBOROUGH // Ideal location: on corner of Whittier Highway and Redding Lane. Fantastic visibility, high traffic count, next to established convenience store. Zoned Commercial "A". Great opportunity for developers. \$129,000 (4457800) Call 253-9360

GILMANTON // Located close to Gilmanton Corners, 9.57 wooded acres with potential views. \$69,500 (4640852) Call 875-3128

NEW DURHAM // Nice 2.1 acre building lot just minutes from Route 11 and Merrymeeting Lake town beach and boat launch. Lot was perked and has an expired septic design. Broker is owner. \$35,000 (4497574) Call 875-3128

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Gilford: Desirable location, directly across from Lake Winnepesaukee. This 2-car garage has efficient living space above and offers an affordable, four-season escape in the Lakes Region. 1.3 acres of privacy and room for expansion.
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Meredith: Virtually brand new condo at East Bluff Highlands! 2 BR, 2 BA and a study for a third bedroom. Freshly remodeled and newer appliances. Central, AC, spacious deck and great location near all Lakes Region attractions!
\$174,900 MLS# 4650179



Sanbornton: Executive-cape in excellent condition. 7.06 ac. with the stunning home set back from the road for exceptional privacy. 1st Floor master suite, solid oak wide planked floors, eat-in kitchen with quartz counter tops and more!
\$495,000 MLS# 4650160



Ossipee: High traffic count location with 5.93 acres of land on White Mtn. Highway. Terrific visibility, averaging 15,000 vehicles per day. Great location near many rivers, lakes, and the White Mountains. Will consider lease arrangement.
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