

Gilford Steamer

THURSDAY, JULY 27, 2017

GILFORD, N.H. - FREE

Governor and Council visits the area, honors locals

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA — Local first responders and a few area legends were honored by the governor and Executive Council during their visit to the Lakes Region.

Last Wednesday, Gov. Chris Sununu and the members of the Executive Council paid a visit to Gilford and Laconia, holding an official business meeting after bestowing some commendations.

Each year the Governor and Council hold six meetings on the road in each of the councilors' districts.

"It's just a great opportunity to come out and kind of show the uniqueness of New Hampshire," Sununu said.

This week, the governor and council were in



ERIN PLUMMER

Capt. Tim Dunleavy of NH Marine Patrol gives members of the Executive Council a tour of their renovated headquarters in Gilford.

Councilor Joe Kenny's First District.

At the beginning of

the day, members of the Executive Council held a breakfast meeting at

NH Marine Patrol Headquarters in Gilford. The Governor and Council presented a commendation to Bruce Cheney of Laconia, the retired Director of Emergency Services and a Communicator.

They also had a presentation on FirstNet, a safety communication program being used in the state.

Later they toured the newly renovated building with Capt. Tim Dunleavy of NH Marine Pa-

trol. Dunleavy described the building's new features as well as the work of Marine Patrol.

"All the things that happen downtown happen on the islands," Dunleavy said. "All these things happen where people live."

The meeting reconvened up the road at Funspot in Laconia, where the councilors were joined by Gov. Chris Sununu. Former "American Idol" contestant Hallie Day of Pittsburg sang for the group and retired Meredith Police Chief John Curran led the Pledge of Allegiance.

The governor and council then presented numerous proclamations to state citizens who have made a significant difference.

Local first responders were honored for their work during the snow storm on March 14, which left 143,000 people without power, Carroll County the hardest hit.

SEE EXEC COUNCIL PAGE A14

Gilford School District working on goals

BY ERIN PLUMMER
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Ongoing curriculum work and forging community partnerships are some of the ways the Gilford School District is working towards the school board's goals.

Gilford Superintendent Kirk Beitler gave the board of selectmen an update on what is going on in the district during the board's meeting on July 12.

Beitler did a presentation to the selectmen on the goals the school board has worked on since last July that fall into four categories.

The first one is student learning. The district has worked on a writing curriculum including looking at what the goals are at the end of the unit and what assessments

will be needed to make sure the students have what they need. Beitler said the English staff has put in a lot of work through this process.

Another is implementing the Eureka Math program for grades K-8. Beitler said they have been working with teachers so they have the knowledge and skills to work with the students.

The second board goal is Family and Community; connecting with families and the community in general. Part of this has involved partnerships with groups and efforts such as the PTA, Gilford Together, Got Lunch, and the Gilford Educational Endowment Foundation (GEEF). They have also partnered with the

Parks and Recreation Department in using facilities and communicating with parents.

Beitler said in this spirit they have continued to work with Gilmanton, including comparing curriculum for the Gilmanton kids about to enter Gilford High School.

"We want to make certain that they're ready to go when they get to Gilford High School," Beitler said.

Resource Management is the school board's third goal. Beitler said they put together what they believed to be a fiscally responsible budget this year and negotiated a contract with the Gilford Educational Association, both approved by the voters.

Beitler said they SEE GSD PAGE A12



COURTESY LT. KRIS KELLEY

Bison are herded down the Route 3/11 bypass after breaking loose from Bolduc Farm.

Runaway bison returned safely

16 bison break loose, run through parts of town

BY ERIN PLUMMER
mnews@salmonpress.news

Several bison took

an unexpected stroll around town after breaking out of their field on Morrill Street, though were returned home without major incident.

On Tuesday morning, 16 bison broke from through the fence at Bolduc Farm and made their way down a number of back streets before ending up around the Route 3/11 bypass. After a the combined efforts of local police and workers at Bolduc Farm the animals were back in their field by the evening.

Bolduc Farm owner Armand Bolduc said he's not sure exactly what happened that caused the bison to break loose. He said the bison rally around a male leader, though

last year that leader was butchered. A female took the role of the leader, though he said the bison formed splintered groups.

Some possible explanations for the break out include the bison might have been looking for water or they were spooked by the sound of the construction equipment working on the road.

"They didn't know what to do other than just keep walking," Bolduc said.

Lt. Kris Kelley of the Gilford Police Department said they first heard reports of the break around 10 a.m. He said they first thought it was just a few bison loose, though learned the full scope SEE BISON PAGE A12

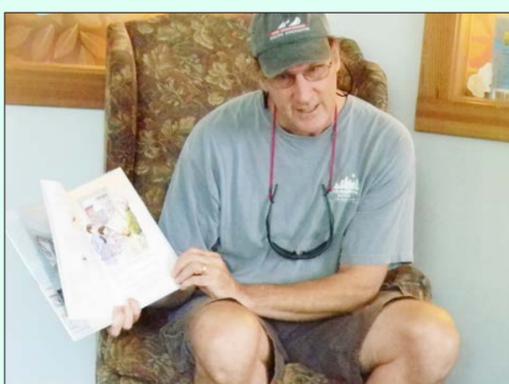
Local author's book shares winter magic on lake

BY ERIN PLUMMER
mnews@salmonpress.news

It may be the middle of summer, but young readers can still get a glimpse of life on the frozen lake in the latest book by an author with local ties.

Author Andy Opel has been reading his book "The Bobhouse: A Winnepesaukee Christmas" at local libraries, most recently at the Gilford Public Library.

"The Bobhouse," illustrated by Karel



ERIN PLUMMER

Author Andy Opel reads his latest book "The Bobhouse" at the Gilford Public Library.

Hayes and John Gorey, is a continuation of Opel's previous books centered on J.J., Jack, and Franny and their families on

the lake. In the book the family explores life on Winnepesaukee in the winter and Franny gets some fishing encouragement from a mysterious old man in a red and green bobhouse on Wolfeboro Bay.

The different books put each one of the kids in the spotlight, in this one Opel said he wanted Franny to be a central character.

"I wanted a story about girls being able SEE AUTHOR PAGE A12

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Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Alien migration is a blight on our landscape. These foreign species are traveling on vehicles, infesting our habitats, and they get away with it because there is nothing of their kind to fight them. It's been a problem for years, but only the carefully observant can see their influence for what it is. It's the Invasion of the Upland Plant Species!

The New Hampshire Division of Forests and Lands explains that invasive plants are 'a subset of non-native species whose introduction to an ecosystem has the potential to cause environmental harm.' They tend to be prolific and their propagation tends to be at the cost of local habitat diversity. Some examples of invasive upland species include honeysuckle, glossy buckthorn, autumn olive, and multiflora rose.

We need to defend our habitat from honeysuckle and we need to do it now. You can't fight a war without information, however, so we are bringing in an expert. Douglas Cygan can help educate us. He has been the Invasive Species Coordinator for the New Hampshire Department of Agri-

culture for the past 14-years as well as being a nursery inspector and an Authorized Certification Official for the USDA. Prior to this he was a Wetlands Permitting Officer for the New Hampshire Department of Environmental Services (DES) for two years, and before that he was a Senior Environmental Manager for the New Hampshire Department of Transportation's (DOT) Bureau of Environment for seven years.

Douglas Cygan is going to visit the library on Aug. 1 from 6-7:30 p.m. He is going to identify some of the most critical invasive upland plant species in New Hampshire, many of which are relevant in Gilford. He will explain how each of these species impacts local habitat. He will also talk about New Hampshire rules and regulations, identification, and best management practices.

A lot of work is happening on the front, but many of us aren't aware of what's being done or how we can help in the war effort. By educating ourselves, we can help to preserve the New Hampshire habitat of yore. There are many simple tips for New Hampshire residents to

help reduce the spread of invasive species. I'm excited to learn them from Douglas Cygan on Aug. 1!

Classes & Special Events July 27 to Aug. 2

Thursday, July 27
Conversational French, 3:30-4:30 p.m.
Family Magic Show, 6-7 p.m.

Have you ever seen a caged bird disappear in a flash? Or how about seeing your best friend's head vanish in a snap? Join us for magician Bob Riordan's Wonder Show! Recommended for families with children ages four and up.

Friday, July 28
Social Bridge, 10:30 a.m.-12:30 p.m.

Build a Better World Playground, 10:30-11:30 a.m.

Join us for this weekly drop-in playgroup. We'll provide toys, art materials, stories, and more. Ages newborn to five, no sign up necessary.

Knit Wits, 1:30-2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, July 31
Fiber Friends, 10 a.m.-12:15 p.m.
Mahjong, 12:30-3 p.m.

Tuesday, Aug. 1
Teen Maker Camp #2, 10 a.m.-1 p.m.

Make stuff at the second Teen Maker Camp! For three days we will make, craft, code, and play in whatever ways interest us. We will work with everything from Youtube to paint to Raspberry Pi's. Sign up required with a \$15 charge per person.

Beginner Line Dancing Lessons, 10:30-11:30 a.m.

Bonnie Deutch will be teaching Beginner Line Dancing in a private setting. Small classes and chance to learn a fantastic and fun exercise program! Irish, Oldies, Waltzes and more to dance to. Sign up at the circulation desk at least 24 hours ahead, cost is \$10 a person per session. Session is one hour.

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

Lindsay and Her Puppet Pals, 3-4 p.m.

Join us for one of our summertime favorites, Lindsay and Her Puppet Pals! Preschool - 4th grade, no sign up necessary.

Beginner Line Dancing Lessons, 5:30-6:30 p.m.

See Beginner Line Dancing Lessons Above

Invasive Upland Plant Species of New Hampshire, 6-7:30 p.m.

Douglas Cygan will

present an in-depth look at upland invasive plant species of New Hampshire. Attendees will learn about the various issues, New Hampshire rules and regulations, characteristics, identifying features and control measures of some of the most aggressive non-native plants here in the Granite State. Douglas Cygan has been the Invasive Species Coordinator for the NH Department of Agriculture for the past 14-years as well as

being a nursery inspector and an Authorized Certification Official for the USDA.

Wednesday, Aug. 2
Line Dancing, 9-10:30 a.m.

Teen Maker Camp #2, 10 a.m.-1 p.m.

See 'Teen Maker Camp #2' under Tuesday above.

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

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

All ages, no sign-up required.

Gilford Public Library Top Ten Requests

1. "Camino Island" by John Grisham
2. "The Women in the Castle" by Jessica Shattuck
3. "The Identicals" by Elin Hilderbrand
4. "The Late Show" by Michael Connelly
5. "Murder Games" by James Patterson
6. "Lilac Girls" by Martha Hall Kelly
7. "A Gentleman in Moscow" by Amor Towles
8. "No Middle Name" by Lee Child
9. "Same Beach, Next Year" by Dorothea Benton Frank
10. "Knife Creek" by Paul Doiron

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GILFORD POLICE LOG

The Gilford Police Department responded to 261 calls for service and made the following arrests during the week of July 17-23. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

A 35-year-old male from Hinsdale was taken into protective custody for intoxication on July 18.

Alexander K. Ashman, age 19, of Londonderry was arrested on July 18 for Unlawful Possession of Alcohol.

A 25-year-old female from Plymouth was taken into protective custody for intoxication on July 18.

A 29-year-old male from Intervale was taken into protective custody for intoxication on July 18.

Brian R. Laflamme, age 43, of Chicopee, Mass. was arrested on

July 18 for Resisting Arrest or Detention and Disorderly Conduct.

A 45-year-old male from Amherst and a 35-year-old male from Thornton were taken into protective custody for intoxication on July 18.

A 47-year-old male from Lincoln and a 26-year-old male from Veazie, Maine were taken into protective custody for intoxication on July 18.

A 29-year-old male from Bethlehem and a 26-year-old from Colebrook were taken into protective custody for

intoxication on July 18.

James Raymond Armstrong, age 31, of Lowell, Mass. was arrested on July 18 for Driving While Intoxicated.

A 43-year-old female from Enfield was taken into protective custody for intoxication on July 19.

A 31-year-old male with no known address was taken into protective custody for drug-related behavior on July 22.

Amanda Mullen, age 26, no known address, was arrested on July 22 for Theft by Unauthorized Taking in an

amount less than \$1,000.

Micaela Jordan McIntyre, age 18, of Concord was arrested on July 22 for Unlawful Possession of Alcohol.

Alexandra Zing Brocroum, age 20, of Boston, Mass. was arrested on July 22 for the Manufacture and/or Possession of a False ID.

Rebecca Chase, age 35, of Gilford was arrested on July 22 for Unlawful Possession/Intoxication.

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Pet of the Week: Dodger

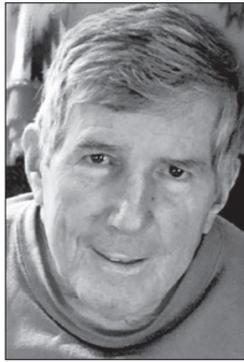


YOUNG, inquisitive and born with approximately 220 million olfactory receptors – we humans have a puny 5 million – and are blissfully unaware of the natural world that is a cacophony of scent to this handsome hound. Hounds have either a HOT NOSE; meaning they can tract a fresh trial or a COLD NOSE; able to follow an old or cold trail with no problem. Needless to say, when you meet Dodger he's a dog on the go, reacting to the bombardment of fresh trail information at New

Hampshire Humane Society! If you are as energetic as he (there will be no lollygagging on the couch) then it will be a match made in heaven. Dodger will do well in a home with older children, and he craves the company of another, good natured dog, but will prove his worth in a hound-savvy cat free environment. Join us for the Antique & Classic Car Show in Bridgewater, NH Saturday August 5! Check www.nhhumane.org for more details.

NORTH COUNTRY NOTEBOOK

An old road and old ways stand fast, in the face of an international scheme



By JOHN HARRIGAN
COLUMNIST

Route 145, which twists its way along the so-called "back way" from Colebrook to Pittsburg, is one of New Hampshire's more sought-after roads. Motorcycle riders and sports car drivers seek it out for the very reasons that it makes highway designers groan. It takes a certain amount of skill with steering wheel, brakes, and gas pedal to drive Route 145, even at the posted speed limit of 40. Some who have to drive the road every day might be less enthralled. Nonetheless, the road is a designated Scenic Byway, and so far is one of the few New Hampshire roads spared from the Goddess of Progress. Route 145 reminds me of Route 113 around the north end of Win-



JOHN HARRIGAN

The replacement of a bridge between Colebrook and Pittsburg means that state decision-makers are getting a look at a slice of North Country life they might otherwise have missed.



JOHN HARRIGAN

Rod McAllister interrupted his chores to be a gracious barnyard host to a New Republic reporter (center) and a visitor from Yale.

nipesaukee, and down into the relative sanity of the eastern shore. Sorry, west shore denizens--blame it on being in reach of 75 million people. Roads like 145 and 113 exist because (a) they were laid out along Indian trails SEE **NOTEBOOK** PAGE A12

Strategies for Living

BY LARRY SCOTT

It was in the mid-1990's that I had opportunity to visit the Shaker Village in Canterbury and meet Ethel Hudson, the final resident. I was given the opportunity to visit with her and for me it was a moving experience. Ethel Hudson personified the dedication and commitment

to an ideal that had lasted over 200 years; I was impressed. Never designated as an endeavor to establish a utopian enclave, Shaker Village nevertheless "challenged almost every mainstream ideal of American society during their time. Shakers believed in community ownership, pacifism, dancing

in worship, equality of the sexes, celibacy and living simply." (From Canterbury Shaker Village – Official Site). Man, it seems, has forever dreamed of a society without conflict, where men and women share a common world-view, establish the rules, work together in harmony, and enjoy peace and

good-will. Those who would dominate, who would subjugate the weak, who would challenge the harmony, would be ejected. This was meant to be utopia - or so the dream went - and those who would disrupt the unity would not be welcome. The church also has not been immune to SEE **STRATEGIES** PAGE A12

FROM OUR READERS

Obesity has its roots in our cultural attitude toward food

To the Editor:

I live in Gilford, and throughout every level in all the schools I have attended, fellow students have been ridiculed or complimented based solely on the shape of their body. The American culture places an emphasis on physical appearance to support the idea that "thin" is "beautiful." However, this creates a disconnect between the emphasis put on junk food and the image of an ideal body. In a society where finding natural foods is becoming more difficult every day, consumer products encourage people of all ages to eat foods that can lead to obesity. Obesity, in turn, often leads them to become social outcasts based on their size. In an effort to combat this pattern that has emerged, I have undertaken the project to discover how America's food culture influences the intake of food and possible development of binge eating and obesity.

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!

The nutrition facts stand as an indicator on the food culture of our society. Studies have shown that problematic eating attitudes among children especially have often led obesity and high systolic blood pressure to develop in adolescence. Furthermore, nearly two thirds of Americans are overweight and childhood obesity has tripled. Our food industry may blame inactivity as a major cause of this spike, but over the past few decades, levels of activity in America have increased. A better explanation of this nationwide epidemic is the increase of calories per person consumed. Children in America eat about 350 extra calories each day while adults eat roughly 500 extra calories per day. If the food industry's claims are true that we must simply be more active to cure obesity, the average person would have to walk two hours seven days a week just to burn off these extra calories.

The culture we live in encourages overeating but ridicules anyone who is overweight. I encourage people to not only eat healthier, but also be accepting of all body types. No one should feel guilty based on the shape of their body because body types are all different and should not be viewed as either good, bad, right, or wrong. I would encourage all readers to eat a balanced diet that includes aspects from each food group whenever they are able, and let the junk food be a treat, not a pillar in a diet. Instead of placing the blame of this nationwide problem on the consumers or the food companies, our energy would be better used in helping to find a healthy solution.

Claudia Cantin
Gilford



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Building wealth from the ground up

BY CHRISTOPHER LAUX, CFP, FIMA

As the next generation of wealth is busy building startups or running projects for major corporations they are also being confronted with new challenges. Explore several ways in which individuals coming into wealth from low- to middle-income backgrounds can take care of their own financial health and find balance.

During the day, the next generation of wealth is busy building startups or running projects for major corporations. If you

are an individual coming into wealth for the first time from a low- to middle-income background, a unique set of challenges presents itself as you attempt to both manage and enjoy your hard earned wealth.

One of these challenges may be student loan debt. Besides navigating yourself out of debt, it can be tough to navigate relationship dynamics and commitments when you are new to wealth. You may feel an understandable pull to give back to your family and community, but have a hard time bal-

ancing these commitments with those of your own self-care and personal investment.

As your financial position improves, it is common to experience guilt and overwhelming feelings as you notice your improved position relative to your family and friends. These feelings can have an impact on how you relate to your family and community and how you understand your role and function in those relationships.

Couple these feelings with others' new perception of you as a "wealthy" person, and it can be easy to fall prey

to a perceived responsibility for others that exhausts your emotional and financial resources.

Here are a few ways to take care of your own financial health as you navigate this exciting but challenging new position of wealth.

Start Saving Now

When we're young, it is easy to feel as if retirement is a lifetime away. We may spend very little time, if any, thinking about practical ways to prepare for our golden years. "I'll take care of that in a decade or two," one might think. But if anything teaches us that the time

to start saving is now, it is the importance of compound interest on your retirement contributions.

For an example of how compound interest can make a considerable difference, imagine this example of a 22-year-old who starts contributing 10 percent of his \$60,000 annual salary to his 401(k), with 2 percent added by his employer. By the time of his retirement, he could end up with over a million dollars as his nest egg. In comparison, imagine a 45-year-old who contributes \$1,000 per month, but over just a 20-year period. She will reach retirement with around 50 percent less than the 22-year-old, even though she contributed more monthly and more in total over the life of her contributions.

Compound interest is a perfect reason to start saving now, even if all you can afford at the moment is a modest monthly commitment of less than 10 percent of your monthly salary.

Build a Budget

Scrap the "entitlement gene" mentality that is all too common among millennials. This is a mentality that resists advice, especially when it comes to budgeting. Rather than focusing on near-term pleasures, build a concrete and coherent five-year plan to hunker down on short-term success.

In addition to the five-year plan, in the immediate term there are certain "rules of thumb" that may help to align you with smarter budgeting. For example, it is suggested

not to let your monthly rent exceed 30 percent of your gross monthly income. Relatedly, try not to let your vehicle expenses exceed 10 percent of your income. And while it can be hard to determine how much to spend on your wants unless you have concrete figures, consider working with a 30 percent-and-under after-tax allowance for discretionary expenses.

S.M.A.R.T.1 Investments

There are a number of different ways to invest your wealth for long-term benefit. You might finally make a go at that startup idea or invest in further education. Purchasing your first home is another great way to invest your new wealth and ensure that this wealth supports you in the longer term.

It is understandable and admirable to want to give back to your family and community, but you will be of more service over time if you take care of your own financial health first by investing in yourself.

These three suggestions (saving for retirement, budgeting and investing) can help you to feel more grounded in your financial future, and also help to offset the stresses that come with new wealth.

Editor's note: Christopher Laux is a Financial Advisor, Senior Investment Management Consultant, and Financial Planning Specialist at the Gilford branch of Morgan Stanley Wealth Management. He resides in Hebron.

MARK ON THE MARKETS

Indexed or managed



BY MARK PATTERSON

The heyday of successful mutual fund managers started in the late '70's through the '80's. The great ones really earned the right to manage your money as opposed to using a low-cost index fund that is very popular now, those managers, like Peter Lynch at Fidelity were well worth it. What about current times? Why is it that low-cost index funds have been very difficult to beat in recent times?

Regulation G was enacted March 28, 2003 as part of the Sarbanes-Oxley act. Other than a lot of accounting regulations that I am not knowledgeable enough to speak of, I will give you the layman's terms, and my opinion of how it affected managed mutual funds.

After the fall of Enron, WorldCom and a

few other choice company failures, Reg G was enacted so that certain accounting standards and reporting of financial information had to be disseminated in a certain format simultaneously to all.

The hard-working, street-smart fund managers had forged working relationships with many company CFOs and CEOs that their fund had invested money.

I imagine a scenario to go something like this; fund manager walks in to a Costco in the early 1980s when there were not a whole lot of Costco's around. The fund manager buy's some freshly ground beef and some organic strawberries, and on his way out, he picks up some Kirkland brand vodka and tequila. He takes these items home, has a cook-out with the neighbors and is showered with compliments on the tastiness of the burgers the berries and the alcohol.

So, this fund manager makes an appointment with the home office and speaks to the CFO regarding investment into the company via a small-cap growth fund that he manages. During that meeting fund manager finds out

that the ground beef is sourced from local cattle farmers, the strawberries are sourced from privately owned strawberry farms, the vodka is bottled in the same distillery as Grey goose and the tequila from the same distillery as Patron. Excellent quality, half the price. The CFO obviously is interested in a big investment in the company's stock from this mutual fund company, so he supplies additional detail about Costco's pro forma numbers.

The fund manager likes what he sees and tastes, he begins to accumulate shares in Costco. The only thing that happened here is that the fund manager recognized the company that had potential, that he personally liked and proceeded with his due diligence on the company's financials. It was successful for the shareholders, the fund manager and the employees of Costco.

As the years go by, this fund manager continues to purchase shares Costco in other funds that he manages, because now Costco is no longer a small-cap company. Now of

course other fund managers are buying Costco because they realize it is a good holding for their mutual fund, however they do not get the personal attention that the original fund manager who believed in them and invested in them continues to receive.

Reg G changed all that. The original fund manager received all information at the same time as all the other managers, investment banking firms, and the public. The competitive advantage that the fund managers had in the past because of their hard work and willingness to forge relationships with the company's that their funds invested in, was gone. I'm sure there are situations in the small-cap arena or emerging markets where a good manager can disseminate information better than others, but in the large-cap arena, I do not believe a manager can consistently outperform an index.

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

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DiGiorgio Associates Inc./Monitor Builders Inc. support LRGHealthcare Golf Classic!

Come Golf LCC with us ~ Sponsorship and golf opportunities still available!

LACONIA — DiGiorgio Associates Inc. (DAI) & Monitor Builders Inc. (MBI) have signed-on once again as the Gold Sponsor of the LRGHealthcare Golf Classic, to be held on Aug. 14 at Laconia Country Club.

Over the years this tournament has raised more than \$1,056,000 to benefit patients at LRGHealthcare. Proceeds from the 2017 Golf Classic will be designated to much-needed renovations to the Emergency Department at Lakes Region General Hospital.

"We are honored to welcome DiGiorgio Associates Inc./Monitor Builders Inc. back as Gold Sponsor of the LRGHealthcare Golf Classic," states LRGHealth-

care President & CEO Kevin Donovan. "DAI & MBI have been a great partners and friends to our organization over the years. We appreciate their ongoing support of our events and the many important projects and programs which help to keep our community healthy."

Great sponsorship and golf opportunities are still available! Golfers will participate in a scramble format, choosing to golf in either the morning or afternoon round (shotgun starts at 8:30 a.m. and 2 p.m.). Each flight will be followed by a delicious meal, gifts, and prizes for the participants.

Joining DiGiorgio Associates Inc./Monitor Builders Inc. in supporting the LRG-



COURTESY

DiGiorgio Associates Inc. (DAI) & Monitor Builders Inc. (MBI) have signed-on once again as the Gold Sponsor of the LRGHealthcare Golf Classic, to be held on August 14 at Laconia Country Club. Pictured (left to right): The 2016 DAI/MBI foursome - LRGHealthcare President & CEO Kevin Donovan; Retired LRGHealthcare Senior Vice President Suzanne Stiles; Monitor Builders Inc. President Steve Kovacs; and DiGiorgio Associates Inc. President & Managing Principal John Weaver.

Healthcare Golf Classic are Presenting Sponsor Bank of New Hamp-

shire.; Silver Sponsors Brennan & Pike, Cross Insurance Agency, and KeyBanc Capital Markets; Driving Range Sponsor MetroCast Business Services; Golf Ball Sponsors FairPoint Communications, Nixon Peabody, and Martin Technical Services LLC; Bronze Sponsors Franklin Savings Bank, HVAC Unlimited LLC, and Tufts Health Freedom Plan; Cart Sponsors CynergisTek (formerly known as Auxilio) and Giguere Electric, Inc.; and Corporate Sponsors Bay Point Financial, Bonnette, Page & Stone Corp., Daniels

Electric Corporation, Electric Connection, Golden View Health Care Center, Jackson Lewis P.C., Lacewood Group Inc., MB Tractor & Equipment, Melcher & Prescott Insurance, Mercer, Meredith Village Savings Bank, Prism Healthcare Partners LTD, Stanley Elevator Company, Inc., and Stewart's Ambulance Service.

Hole-in-One Sponsors include the Irwin Automotive Group - offering the chance to win a brand new car lease, Fratello's Italian Grille ... a Hole-in-One wins you \$2,500 to Fratel-

lo's, and anyone who hits the green will get a restaurant gift card. Dr. Paul Racicot & Family will sponsor a Hole-in-One opportunity to win a new tractor.

Want to join us on Aug. 14? Call now! Limited foursome spots and a range of sponsorship opportunities are still available...don't miss a day of great golf, great networking, great meals & prizes! For more information contact the Office of Philanthropy at LRGHealthcare, 527-7063 or visit our Web site: www.lrghealthcare.org.

DiGiorgio Associates Inc. (DAI) & Monitor Builders Inc. (MBI) provide integrated healthcare planning, design, and construction management services. They have a long history of providing imaginative solutions with thoughtful consideration to an organization's function and feasibility.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Tai Chi for Balance with Master Russell Jones at Taylor Community

LACONIA — People who have felt a little wobbly on their feet know how disconcerting this can be. Those who have actually fallen understand the potential myriad of challenges that can arise from this happening. However, today there is a cost-effective tool to help people with their balance. Tai Chi, the ancient holistic health art, can be safely used to aid people with balance challenges during everyday tasks.

Every Monday in August at 10 a.m., Master Russell Jones of Laconia's Sachem Health Studio will present a 30-minute Tai Chi Class at Taylor Community's Woodside Building. The cost is free for Taylor residents and drop-ins are \$5 per class.

Typical Tai Chi practice involves gentle, slow, continuous, circular movements. These

types of movements, combined with proper body alignment, breathing and weight shifting, create beautiful dance-like movement patterns. These movements increase digestion function, circulation, flexibility and leg strength. Combining these attributes with mindful awareness of vision, head movement and foot placement creates a comprehensive set of tools anyone can use every day to enhance the quality of their lives. Ultimately, consistent Tai Chi practice creates a sense of wellbeing, confidence and personal independence.

Jones is a licensed Asian Bodywork Therapist and certified Tai Chi/Yoga/Karate instructor who offers Tai Chi Focusing on Balance classes at his studio in Laconia. Please call 524-4780 for more information.

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 for more information.

Legassie appointed to NHHPCO Board of Directors

REGION — Central New Hampshire VNA & Hospice is proud to announce that Hospice Director and Chief Clinical Nurse, Jennifer Legassie (formerly Laramie) has been appointed to sit on the Board of Directors for the New Hampshire Hospice and Palliative Care Organization.

Legassie has been with the Central New Hampshire VNA &



COURTESY

Central New Hampshire VNA & Hospice is proud to announce that Hospice Director and Chief Clinical Nurse, Jennifer Legassie (formerly Laramie) has been appointed to sit on the Board of Directors for the New Hampshire Hospice and Palliative Care Organization.

Hospice for nearly 13 years, and also sits on the New Hampshire Board of Nursing.

Legassie has made Hospice and Palliative Care her passion and when asked about this new role, Legassie stated that she was

"looking forward to expanding her role on a state level in order to further the mission of quality end of life care for all of those so greatly in need of Hospice."

Last year, approximately 4,500 people

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

SEE FURLAN PAGE A13

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Alfred E. Wedel, 91

GILMANTON IRON WORKS — Alfred E. Wedel, 91, of Gilmanton Iron Works, died Tuesday, July 18, 2017 in his home after a long illness.

He was born on Feb. 11, 1926 in Pommern, Germany, the son of Gertrude Wedel. Alfred worked for twenty eight years as a machine shop technician for Barrington Machining Company.

He is survived by his wife, Ilse M. (Carstens) Wedel of Gilmanton Iron Works.

There will be no calling hours.

Services will be private.

In lieu of flowers, memorial contributions may be made to Central New Hampshire VNA & Hospice, 780 North Main St., Laconia, N.H. 03246.

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

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Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Youth Soccer Final Registration Night – Aug. 2

The Gilford Parks and Recreation Department will be holding their final registration night for the Fall Youth Soccer Program on Wednesday, Aug. 2 from 5:30 – 7 p.m. in the Gilford Parks and Recreation Office. The youth soccer program is open to all Gilford students entering grades K-5 this fall. The registration deadline is Aug. 18 and any registrations submitted after this day will be accepted on an availability basis only.

Cost: \$25/participant or \$35/family by Aug. 7

\$35/participant or \$45/family after Aug. 7

For more informa-

tion, please contact the Gilford Parks and Recreation Department at 527-4722.

Pre-School Summer Soccer Camp

The Gilford Parks and Recreation Department is sponsoring a Pre-School Summer Soccer Camp for children ages four and five from Aug. 7 – Aug. 10. This camp will take place from 8:30-9:30 a.m. at the Gilford Village Field. This camp will provide participants with a fun introduction to the basic skills associated with soccer, while at the same time learning teamwork, following directions and developing a true sense of sportsmanship. Some of the skills we will be concentrating on are: Dribbling, Passing and Ball Control. Participants should come pre-

pared to play outdoors. In the event of rain, the program will be held at the Gilford Youth Center. Mouth guards, shin guards and cleats are encouraged but not required. All participants should bring a bottle of water and a snack. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com

Cost: \$40 per participant

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

Senior Moment-um Hart's Turkey Farm and Old Country Store Trip on Aug. 7

The Gilford Parks and Recreation Department is sponsoring a Senior

Moment-um Program on Monday, Aug. 7. Participants will meet at the Gilford Town Hall at 11:00am to carpool to Meredith for lunch at Hart's Turkey Farm. Following lunch, we will head to Moultonborough to do a little shopping at the Old Country Store. On our return trip, we stop off at Moulton's Farm in Meredith if participants are so inclined. There is no set fee for this program, but participants are responsible for the cost of their lunch as well as any purchases they choose to make. All participants must RSVP with the Parks and Recreation Department no later than Thursday, Aug. 3.

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

Sciensational Workshop for Kids! "Arcade Electronics Galore!"

The Gilford Parks and Recreation Department is sponsoring a workshop through Sci-

ensational Workshops for Kids for children ages seven to 12, from 9 a.m. – 4:30 p.m. on Aug. 14 and 15. Participants will build and play their own arcade games and more. You will have at your disposal, resistors, switches, wires, LED diodes, transistors and more. You will program the spinning light fan to display different sayings. Build and play a Home Run Derby game. See who gets the most home runs before getting 10 outs. A winning song will cheer. Build circuits to test your memory. Build an electronic circuit that plays the card game 21. You can learn to program the circuit board to emit different funky sounds. Play with the disco ball, sirens, or a light show. Learn the effects of the different electronic components. Learn what amps, volts, resistance and power are. Yes, this is Sciensational Workshops learn by doing. That is STEM. Registration is taking place at the Gilford Parks and

Recreation Office and forms are also available on-line at www.gilfordrec.com.

Cost: \$137 per participant

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

Old Home Day Committee accepting parade applications

The Gilford Old Home Day Committee is currently accepting Parade Applications for the Old Home Day Parade to be held on Aug. 26. These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation website at www.gilfordrec.com.

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

Gilford's Farmers' Market is a busy place

The Gilford Farmers' Market, which is open on Saturday mornings from 9 a.m. to noon, and is located on the grounds of the historical 1838 Rowe House at 88 Belknap Mountain Rd., has been a busy place with many people (and dogs) visiting the tables of the farmers and crafters.

Word has gotten around that On Edge Sharpening does an excellent job of sharpening not only knives and scissors but all sorts of tools, such as mower blades, hedge clippers, pruning shears, loppers, electric trimmers, grass clippers, chisels, and axes. And their prices are very reasonable, they accept not only cash but credit and debit cards, plus checks. They also sell reconditioned used knives, even serrated knives used for bread. When they retired they bought their mobile unit and only go to farmers' markets and quilting guild meetings, spending their summers here and in Florida during the winter.

Grace Hebert is a Gilford resident who is a guest vendor, she can

be found in front of the porch selling her delicious chocolate and maple biscotti, made with real maple syrup and sweet maple topping, along with her oatmeal and anadama breads and rolls, and English muffins. She also makes caramels that are wrapped individually. She will take orders, either to be picked up at the Market the next week or at her home during the week.

"farmgirl flowers and finds" is a new vendor from Sanborn-ton; they grow beautiful flowers that are fresher and longer lasting than flowers that are shipped to the U.S. from abroad, most of which are a week old before they are sold. They are also chemical free, almost 80 percent of fresh flowers sold in the U.S. are imported and by law must be fumigated to ensure that they have no unwanted pests/diseases before they are allowed into the country so they may contain residue of chemical pesticides or fungicides. They pick their flowers in the morning so they will last longer than store bought ones. They start

their seeds in February in a garage that they have converted into a warm seedling room and then transplant them to their flower beds outside. They have a wide variety of flowers and most Saturdays they have sold them all by noon.

"farmgirl flowers and finds" have their bouquets in eye-catching vases. They make their unique flower containers during the winter; for example, they will up-cycle a tin, paint it and decorate it with fabric, burlap, or whatever strikes their fancy. Besides making barnwood vases that will surround a plastic insert, they also go to antique and yard sales looking for pieces that can be used as vases that they sell at their table. Or, if you only want a bouquet to put into your own vase, they have a wide variety for you to choose. If you want flowers for a special event, such as a dinner party or a birthday party, speak to Heather at their table along the sidewalk in front of the Rowe House.

Visitors may buy a cup of coffee and a SEE MARKET PAGE A13

First United Methodist Church welcomes new minister

The First United Methodist Church of Gilford and Laconia is pleased to welcome Rev. Jim Shook to the pulpit as the new minister. He arrived the beginning of July replacing Rev. Tom Getchell-Lacey as pastor. The church is pleased to welcome Jim and his wife Cal to our parish.

Shook grew up at East Parish United Methodist Church in Salisbury, Mass. The nurturing faith of his Sunday school teachers and pastors gave him a understanding of the caring love of Jesus. Also, the

youth group gave Jim his first exposure to ministry beyond the church walls; including English tutoring in Lawrence and a service project to the Laconia State School.

It was at this point in Jim's life where he first started hearing God's call to ministry. However, it would take a while for him to truly understand what that call would mean. This understanding became more clear during his years at West Virginia Wesleyan College and United Theological Seminary in Dayton, Ohio;

not only through the excellent education, but by allowing him to experience ministry in a variety of circumstances and cultures.

The variety has continued in Jim's life as a pastor. He has served communities from the White Mountains, to the Canadian border in Maine, to the inner-city of Springfield, Mass.

He explains "While each community has been unique, with their own circumstances and needs, there is a common need among us all to SEE MINISTER PAGE A13

Alton Bay Christian Conference Center
Summer Concert Series
Saturdays Throughout the Summer

- July 29 - Lakeside
- August 5 - Allison Spear
- August 12 - Strafford Wind Symphony
- August 19 - Don Plummer and Family

Concerts start at 7:00pm on the grounds of the Alton Bay Christian Conference Center in Alton Bay. Concerts are free. For more info, please visit altonbay.org or contact us by email or phone: info@altonbay.org or 603-875-6161

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Workshops & Events

Veterans group plans volunteer orientation

GILFORD — Kurt Webber, founder of the non-profit The Patriot Resilient Leader Institute/Camp Resilience is pleased to announce the first formal orientation sessions for area volunteers. The orientation is scheduled for 7 p.m. on Aug. 8 at the Gilford Community Church Meeting Hall with a repeat session scheduled for 10 a.m. on Aug. 9.

Camp Resilience has grown significantly in the past year” said PRLI Founder, Kurt Webber “and our need for volunteers has grown accordingly. We’re interested in letting any potential volunteer learn more about our organization, its needs and its veterans” Webber added. Attendance at ei-



COURTESY (Left) Veterans and PRLI staff pose for their group photo after completing a Camp Resilience visit to the Lakes Region.

vidual’s skillsets and talents might fit in to assist returning veterans coping with the visible and invisible wounds of war. Anyone thinking about how they can lend their talents to volunteering with veterans is encouraged to attend one of the two scheduled sessions. Each session is scheduled to last an hour with time for individual questions. No RSVP is necessary; those curious about volunteering with Camp Resilience need only show up. Light refreshments will be served. For more information about Camp Resilience, please visit the Web site at www.prli.us.

Support Jenni Harmon scholarship fund at Third Annual Jenni's Ride

GILFORD — The Harmon family and friends are pleased to announce a special summer event: the Third Annual Jenni’s Ride Around the Lakes charity motorcycle ride and barbecue fundraiser to benefit the scholarship fund established ten years ago in memory of Jenni Ann Harmon. Jenni was a 2006 graduate of Gilford High School. She passed away in a tragic automobile accident in December of that same year, while she was on her way to an EMT class in Gilmanton. She is remembered for her compassion, community service and determination. The Harmon family awards a scholarship annually in her memory to a student entering the medical

service or fire prevention fields of study. Jenni’s Ride organizer, Jane Harmon announced that “The charity ride is scheduled for Saturday, July 29, starting and ending at the Belknap County Sportsman’s Association Clubhouse located at 182 Lily Pond Road in Gilford. Registration fees are \$30 per person or \$50 per couple. Registration will run from 8-10 a.m. A barbeque will begin at noon at the clubhouse and will feature live entertainment, lawn games, a silent auction, raffles and other fundraising games and activities. If anyone is interested in just the barbeque and the other events at the BCSA, but not interested in the motorcycle ride, the admission is \$25

per person.” The Jenni Ann Harmon Memorial Scholarship is one of the close to 250 donor funds distributed through the Lakes Region Scholarship Foundation. Paulette Loughlin, Assistant Director of LRSF noted “those unable to attend, but who would like to make a tax deductible donation can visit the Lakes Region Scholarship Foundation website at Irscholarship.org and click on the home page. You can scroll down to the section titled “You and now donate online” and in the purpose section of the form, enter the “Jenni Ann Harmon Memorial. The Foundation wishes the Harmon family every success with their fundraiser.”

ther of the orientation sessions is not a commitment on the part of

the potential volunteer but an opportunity to see where each indi-



COURTESY Left to right: Mark Townsend, Cliff King L.A.B.E. volunteers. Missing from photo: John Rogers Executive Director and Joe Bush Volunteer.

Laconia Area Bicycle Exchange receives two grants from NHCF

LACONIA — John Rogers, Executive Director of The Laconia Area Bicycle Exchange, is pleased to announce the receipt of two separate grants from The New Hampshire Charitable Foundation. The first grant, which was applied for, was \$2,500 from the Community Impact Grant program. This grant is for the purpose of building the infrastructure of the Bicycle Exchange. Stayed tuned to future developments. The Exchange also received a grant for \$1,000 from the Non Motorized Trail Fund., based on our mission to provide low cost alternative transportation and the promotion of a bicycle friendly community. The New Hampshire

Charitable Foundation was created in 1962 by and for the people of New Hampshire, and is dedicated to strengthening communities across the Granite State. The Foundation manages a growing collection of 1,700 philanthropic funds created by generous families, individuals and businesses, and awards more than \$30 million in grants and scholarships every year. The Foundation invests charitable assets for today and tomorrow; works with generous and visionary citizens to maximize the power of their giving; supports critical work happening in New Hampshire communities and leads and collaborates on high-impact initiatives. For more information,

please visit www.nhcf.org or call 225-6641. The mission of the Laconia Area Bicycle Exchange is to provide low cost alternative transportation to individuals and families, in need, on disability or those lacking a drivers license, for work and recreation in the form of refurbished bicycles. The Exchange also assists many of the Summer J-1 students who work at local stores and restaurants. The Exchange relies on and appreciates the generosity of local individuals and businesses in donating used bicycles, parts and accessories. Special thanks to M & C Cycle in Laconia and Piche's in Gilford for a great business relationship. We serve people from Laconia, Gilford, Belmont, Meredith and from communities as far as Plymouth and Concord.

This season The Exchange has provided, at low cost more than 80 bicycles to those in need, as well as, the sale of over 20 higher quality bicycles to bring in needed funds, to the tune of \$2,000

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Moulton Farm to host Farm to Table benefit for Conservation District

MEREDITH — Interested in supporting local conservation? Reserve a seat at the Farm to Table Dinner Benefit for the Belknap County Conservation District (BCCD) on Thursday, Oct. 12 at Moulton Farm in Meredith. Moulton Farm and the Conservation District are jointly announcing this event which includes a three course meal featuring a fabulous array of local food and a farm tour.

“Moulton Farm is incredibly generous. They are preparing, serving and donating the meal and farm tour for all participants, so that 100 percent of the proceeds go to support the Belknap County Conservation District. This will be a terrific event with local musicians, wine-tasting featuring award-winning vintages from Hermit Woods Winery and recognition for conservation champions,” said Donna Hepp, BCCD Chair.



Interested in supporting local conservation? Reserve a seat at the Farm to Table Dinner Benefit for the Belknap County Conservation District (BCCD) on Thursday, Oct. 12 at Moulton Farm in Meredith.

Moulton Farm, a popular Lakes Region destination for locally grown food and fun since the 1890's practices sustainable agriculture and offers garden supplies, fresh food and baked goods and farm to table brunch buffets and dinners.

“Every year, Moul-

ton Farm picks several local causes to support. We chose Belknap County Conservation District because we share a commitment to preserve water and soil for future generations. Reductions in County funding to support BCCD is a concern, we want to recognize the

District's significance to local landowners, farmers and Towns,” said John Moulton.

Hermit Woods Winery is a small boutique winery located in Meredith. The benefit will

feature wine-tasting several popular vintages from Hermit Woods Winery which was recently identified as one of the top 500 wineries in America by Food and Wine Magazine.

“We are glad to support this benefit because we use locally grown fruit and raw honey in our wines and recognize the importance of conserving land and water resources,” offered Bob Manley from Hermit Woods.

Tickets to this Farm to Table event will be limited, so reserve them early by contacting BCCD at lisa.morin@nh.nacdn.net or call 527-5880. Tickets are \$65 per person for the Farm to Table Benefit, farm tour, dinner and special activities, with 100 percent of all proceeds to benefit the Conservation District. Information will also be posted on the websites for BCCD - www.belknapccd.org, Moulton Farm - www.moultonfarm.com and Hermit Woods Winery - www.hermitwoods.com.

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Edward Jones: Financial Focus

Financial Moves for “Empty Nesters”

When your children leave home and you become an “empty nester,” you’ll probably make several adjustments in your lifestyle. But how will your empty nest status affect your financial situation?

Everyone’s story is different, involving a range of variables. But here are a few issues to consider:

- **Insurance** – If your kids are through school, your mortgage is nearly paid off and your spouse has accumulated a reasonable amount of money in an employer-sponsored retirement plan, you may not need life insurance to replace income or pay off debts. However, you might start thinking about other goals, such as ensuring your savings will last your lifetime or leaving a legacy to your loved ones or a charity. Life insurance may be able to help in these areas.

- **Downsizing** – Deciding whether to downsize your living space isn’t just a financial decision – it’s also a highly personal one. Still, downsizing can offer you some potential economic benefits. For one thing, if you still are paying off your mortgage, a move to a smaller place could free up some of your monthly cash flow, which, again, you could use to boost your retirement accounts. Furthermore, if your home has greatly appreciated in value, you might make a sizable profit by selling. (If you are single, you may be able to exclude \$250,000 of the gain on the sale of your home; married couples may have a \$500,000 exemption. Some restrictions exist on this exemption, though, so you’ll need to consult with your tax advisor before selling.)

- **Estate plans** – Years ago, you might have made various arrangements in a will or a living trust that dealt with taking care of your children if something should happen to you and your spouse. For example, you might have established a trust and directed it to make payments to your children at certain times and for certain purposes, such as education. But once your children are grown and have left your home, you may need to review and update your estate plans.

Keep in mind, though, that “empty nester” status is not always permanent. You’ve no doubt heard about “boomerang” kids who return home after college and stay until they can afford a place of their own. If your children become “boomerangers,” even for a short while, will it greatly affect your financial situation? Probably not. However, if your children are going to drive your car, you may want to be sure that they are listed on your car insurance. Also, if they are going to bring guests to your home, you might want to consider an “umbrella” insurance policy, which typically provides you with significantly greater liability protection than your regular homeowners policy. (In fact, it may be a good idea to purchase an umbrella policy even if you don’t have grown kids at home, as this coverage offers you wide-ranging protection from potentially devastating lawsuits that could arise from injuries on your property or through an auto accident in which you are involved.)

You may have mixed feelings about becoming an empty nester, but, like most people, you will adjust. And by making the right financial moves, you can get off to a good start on this new phase of your life.

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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Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

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COURTESY

Humane Society receives Story Slam funds

Marilyne Gorham, Executive Director of the New Hampshire Humane Society, accepts a check from Brendan Smith, creator of Real Stories North of Concord, for the proceeds of the July 13 Story Slam at Pitman’s Freight Room. The inaugural event had a fantastic turnout of more than 60 people, and 11 maiden story tellers, garnering \$625 to benefit the shelter. Real Stories North of Concord will be convening at Pitman’s Freight Room again on Aug. 24, to benefit Camp Resilience, a local veterans’ organization.



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Conservation District sponsors "How Do YOU Eat" Local Photo Contest

REGION — August may be NH Eat Local Month, but we think you should get started in July! Now is the perfect time to celebrate all the wonderful products grown and produced right here in the Granite State.

Grab your camera or phone and start snap-

ping photos that show how you, your family, and your friends enjoy great NH grown products! Visit a farmstand or farmers' market. Attend a farm to table dinner or create your own at home with produce from your garden. Forage for wild blueberries.



COURTESY

This 19th Century Chinese silk kimono, is featured in a display of vintage clothing worn by Gilmanton residents. The exhibition is at Old Town Hall in Gilmanton Iron Works on Saturday morning, July 29, 10 a.m. until noon.

Vintage clothing exhibit from Gilmanton Historical Society Museum, July 29

GILMANTON — The Gilmanton Historical Society's collection of vintage clothing worn by Gilmanton residents will be on display at Old Town Hall in Gilmanton Iron Works on Saturday morning, July 29 from 10 a.m. until noon.

The collection, exclusively from Gilmanton families, is comprised mainly of women's and children's clothing dat-

ing from 1830 to 1940. The display also includes several signature quilts from the 19th century. These wonderful items have been donated to the Society by Gilmanton residents and friends. The exhibit is open to the public and there is no charge. Donations to support the work of the Society are always welcome.



COURTESY

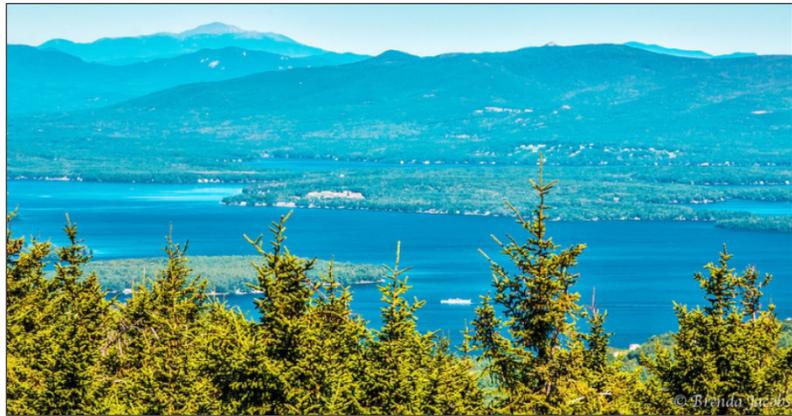
2016 Winning photo in the Garden Category by Jess Boynton.

Purchase New Hampshire made products at the store and whip up a great local summer meal! The possibilities are endless. Prizes will be awarded for first, second and third places, with two honorable mentions. Many thanks to Sunflower Natural Foods, Beans and Greens Farmstand, Picnic Rock Farm, Lakes Region Nutrition Center, and an anonymous donor for their generous prize donations. Contest rules and the online entry form can be found at www.lrfn.org - click on the Eat Local Photo Contest 2017 tab at the top of the page. Maximum 3 entries per person. Deadline for submissions is Aug. 31.

The Lakes Region Eat Local Photo Contest is sponsored by the Belknap County Conservation District, with support from the Lakes Region Food Network. For more information, contact the Belknap County Conservation District (BCCD) at 527-5880. Grab your camera or phone and start snapping!

Belknap Mountain hike featuring fire towers history

GILFORD — On Thursday, July 27 from 9 to 11:30 a.m., join a guided hike to the summit of Belknap Mountain to learn about fire tower history and the work of forest fire wardens. Please RSVP if you would like to participate in this hike by visiting the Web site for the Society for the Protection of New Hampshire Forests at Web address <https://forestsociety.org/event/belknap-moun->



COURTESY

View from Belknap Mountain Fire Tower – join a free hike on July 27 to learn about the history of New Hampshire fire towers.

Classic thriller "D.O.A." is this weekend's After Dark feature on LRPA

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (July 28 & 29) for our "LRPA After Dark" presentation of 1950's' dark and gritty film noir drama "D.O.A.,"

starring Edmond O'Brien and Pamela Britton.

Told in flashback, "D.O.A." introduces us to Frank Bigelow (O'Brien), a businessman visiting San Francisco for a care-

free week of bachelor fun before he weds his fiancée Paula Gibson (Britton). O'Brien meets up with a group of salesmen and winds up in a wild, waterfront jazz bar, only to have a mysterious

SEE DOA PAGE A13

tain-hike-featuring-fire-towers-history.

This hike is free of charge and open to the public. The hike will start at 9 a.m. in the upper parking lot of the Carriage Road on Belknap Mountain in Gilford. Hike leaders will cover such items of interest as: What is a typical day like in a New Hampshire fire tower? How did the system start? Who maintains and staffs fire watch towers? How did fire wardens communicate early on and today? Did Seacoast towers play a role in WWII? How often are fire towers staffed? How many towers remain staffed? Learn about the NH "Tower Quest" program. This hike is co-sponsored by the Belknap Range Conservation Collaborative (BRCC) and Forest Fire Lookout Association (FFLA) Eastern Chapter. Hike leaders will be Russ Wilder, BRCC, Hal Graham Belknap Mountain Fire Warden and Jack Kelley, Forest Fire Lookout Association (FFLA) Eastern Chapter.



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GSD

(Continued from Page A1)

will continue to look for what is needed for resource management, such as staffing needs as enrollments decline and staff members retire.

Safety and Facilities is the fourth goal. Beitler said work is underway for the second phase of the project at Gilford Elementary School, this time updating electrical and technology systems. Beitler invited members of the board to take a tour of the building and the project.

They have also been keeping up with building safety, including maintain safe entryways in the schools.

Beitler also said they have been in the process of updating curriculum and integrating literacy.

"Another big idea is to continue to expand on teachers' instructional toolbox, make

sure teachers are up to date and have what they need structurally," Beitler said.

He said they needed to focus on their math program for students K-8.

"It's important that our teachers feel comfortable with the new math program," Beitler said.

Board Chair Chan Eddy said it seemed like previous math programs had "lost their way."

"It looks like you guys are kind of getting back on where we need to be on that," Eddy said.

Beitler said they have been working on the new standards in a number of different subjects.

Beitler also gave an update on the different events and special activities going on in each of the schools during the past year.

Selectman Richard Grenier complimented the district for its curriculum work.

"I've had issues with it in the past; I see it seems to be taken care of with the new curriculum director," Grenier said.

Selectman Gus Benavides thanked Beitler for the district's community partnership.

"It's vital that the school is an integral part of the community because it does affect Gilford as a town," Benavides said. "If the school isn't strong, isn't part of the community the entire community pays for that."

He also said Gilford High School students going to the Huot Technical Center is also a major positive by helping young people who might take more of an interest in learning trades.

BISON

(Continued from Page A1)

of the issue that afternoon.

Kelley said when he arrived on scene, the bison were close to the offramp of the bypass on Route 107 south.

Bob Bolduc said he called his brother Armand about the break, and both came to the scene, along with a few farmhands from Bolduc Farm.

Efforts to get the bison back started around 2 p.m. Gilford Police worked with Belmont and Laconia Police, including Laconia's Animal Control officer.

Armand Bolduc worked with the police on a plan to get the bison back home. Police shut down the bypass and drove the herd of bison down the bypass and off of the offramp at Gilford Avenue.

Kelley said there were concerns if the bison felt cornered they would lash out.

"They're pretty large animals," Kelley said. "They're not like cows their pretty aggressive."

The bison, however, had no desire to be around people and Kel-

ley said seemed more scared of people than people were scared of them.

Bob Bolduc praised the police for their role in helping control the situation.

"I can't believe the great help we've had from the police," Bob Bolduc said.

The bison went back down Gilford Avenue and were herded through the streets leading back to Morrill Street. Bob Bolduc said people from the neighboring sheep farm helped get the bison over their property so they could get back to Bolduc Farm. Armand Bolduc said once the bison saw their companions in the field they went right back home.

Armand Bolduc said right as the bison were settling back home three others broke free and went back down the street, though they were soon returned back to the pasture. All the bison were in their field and accounted for by the evening.

Armand Bolduc said none of the animals were seriously hurt;

one got a minor scrape but turned out to be fine. Kelly said there was no property damage aside from the animals grazing on grass.

Bolduc said he has been raising bison for 20 years and has never had any incidents before.

"They're a really beautiful animal, there really intelligent," Bolduc said. "I just don't know why they would want to go to a place where they didn't have anything to eat."

Kelley said he never thought these animals would escape and become an issue.

"Quite honestly it was a pretty large scale issue with the safety of the public as well as the animals itself," Kelley said. "I'm just glad it worked the way we planned."

Kelley said the police will have discussions on if there is anything that can be done to prevent this from happening in the future.

"We want to make sure the risk of that happening again is minimal," Kelley said.

NOTEBOOK

(Continued from Page A4)

and cow paths, (b) the highway engineers and safety zealots haven't figured out what to do about them, (c) many people, locals and visitors alike, want them left alone, and (d) there's no money anyway.

+++++

Last week I hosted a Yale PhD candidate whose pursuit is dating ancient rocks and soil sediments by the shells of mollusks lodged within.

Because I've been fascinated with the upper North Country's geology since boyhood, and because in my time nothing was taught about this in local schools, and because I had to learn from books and experience and just plain trying to figure things out, we had a lot to talk

about.

The uncertainty about whether the most recent glacier occurred 14,000 or 15,000 years ago (a thousand years is about one-fourth of our recorded history) remains.

Scientists are still debating the date(s) of rock striations on the summit of Mount Washington, left by a mile-thick ice sheet (or sheets) long ago.

+++++

Because the North Country's back way to Pittsburg--Route 145--is currently interrupted by a bridge replacement job, the Site Evaluation Committee stood to get an unusual look at the history and fragility of the landscape when members toured the proposed route for Northern Pass, which includes

almost 40 miles of entirely new right of way across the countryside.

We stopped to visit Rod McAllister, a Bear Rock dairy farmer who kissed off a few million bucks from Hydro Quebec to stand fast, and deny Northern Pass an easy route to lucrative Hartford and New York City markets.

As a result, Rod will go on pressing his cheek against the flank of a cow for as long as he can. "This is where I want to be," he said.

(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.)

STRATEGIES

(Continued from Page A4)

the drive to find peace and harmony away from a broken and troubled society. In its earliest days persecution forced the church underground. Even after achieving legal status, however, there was a segment of the church that wanted to live life away from the pressures of marriage and family and life's pressures. St. Benedict of Nursia, as a case in point, founded the monastery of Monte Casino in Italy in 529 and became the seed of Roman Catholic monasticism and holy orders. The Benedictines, the Franciscans, the Augustinians, the Jesuits among many others were to follow in time.

But this was never the way of Jesus. He challenged the Church to be salt and light - salt that permeates

and light that illuminates - the day to day experience of societal life. The Church cannot, indeed, must not, withdraw from society. There is no other way for Christians to know what their contemporaries are going through and no other way to influence others for good. We have been called ... and it is the purpose of this column to develop the thought ... to be living models of the goodness and grace of our God. We must demonstrate that Christianity works, not only when the sun is shining, but when we, as we read in Psalm 23, must "walk through the valley of the shadow of death." There can be no retiring from reality. Christianity works, no matter what our circumstances! I know what I am writing about!

Be that as it may, and whatever the pressures with which we must now live, there is a new day coming. The New Testament book of Revelation depicts a future day when Satan and evil will be finally eradicated and a new society under the leadership of Jesus Christ will come into being. Until then however, as Christians, we will continue to live our faith and proclaim without apology: our society needs, more than anything else, not a change of circumstances but a change of heart. Genuine happiness, peace of mind, and the strength to face whatever life throws our way, can best be found in Jesus Christ.

You want to talk about it? Hit me up at rrlarryscott@gmail.com.

LEGASSIE

(Continued from Page A6)

in New Hampshire were served by hospice and palliative care programs. Such care has been consistently reported to contribute to a much higher quality of life for both the patient and their supporting family and friends. NHHPCO is the only state-wide or-

ganization dedicated to promoting excellence in care for those facing life-limiting situations.

About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity,

independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

AUTHOR

(Continued from Page A1)

to do things that boys can do and a little bit of Christmas magic," Opel said.

Many elements of the story came from Opel's own experience growing up in the lake. Opel summers on Timber Island in Gilford and his grandparents had a house on Dockham Shores. He remembered going to his grandparents' house in the winter carrying buckets of water from the lake to the house, which had had no plumbing, and sleeping under electric blankets. Opel said he wanted to tie in some of these real life ele-

ments into his stories.

Mr. Fuller was his own neighbor while he was growing up and Fuller's sons skated on a rink with lights strewn like the ones on the MS Mt. Washington. Fuller's son Teddy also had various antics on the lake, like bringing out a hot tub to use on the ice.

The story's legendary fish Old Joe is a detail from Opel's life in Florida. Old Joe was an alligator that park rangers found dead near Tallahassee and was stuffed.

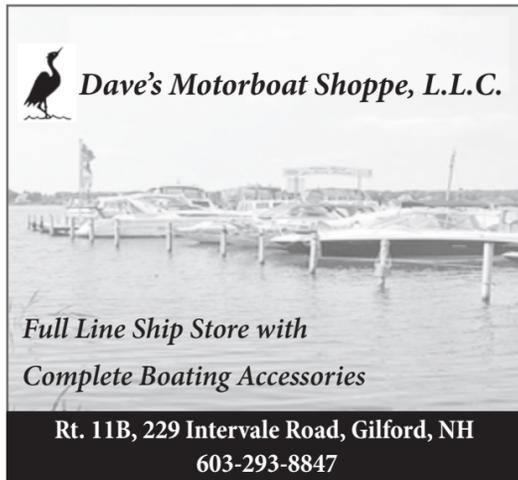
Opel said the some of the story's elements do stretch some factual details of the lake. The frozen lake around Christmas Eve did twist the fact that the lake usually freezes later in the season, though freezing in December isn't impossible. Additionally there is no catch and release ice fishing derby in the area.

Opel has been read-

ing his book around the area. A few days before he was at the Moultonborough Public Library. He said it is great to see the kids and answer their questions.

Kids who might be visiting the area have learned some new details about the lake from his books. Opel said a few weeks ago he read the book to a group of kids who had never seen the lake when it was frozen.

Each book has a page dedicated to a different conservation group. Books have had pages dedicated to the New Hampshire Lakes Association, The New Hampshire Conservation Trust, the Loom Preservation Committee. The latest one is dedicated to the Lake Winnepesaukee Association. Opel said he wants to raise awareness of these groups among people who "read the books and love the lake."



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FURLAN

(Continued from Page A6)

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 Os-

teopathic 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 notices 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 Waukegan St. in Meredith.

BICYCLE

(Continued from Page A8)

added to the operating budget. Since 2014, the Exchange has provided over 450 bicycles, many of which are still in use, in meeting the transportation needs of those of limited income. Much of the success for the Exchange comes from our dedicated shop volunteers,

Cliff King of Winnisquam, 4 years of dedication, Joe Bush of Belmont, 2 years, David Friedman, Laconia, two years, and Mark Townsend of Laconia.

The Laconia Area Bicycle Exchange is a 501 (c) (3) affiliate of the Bike Walk Alliance of NH.

Donations of bicycles and cash are welcomed and are tax deductible. If you would like to volunteer in the shop or to become a member of our advisory board please contact John at 630-7571, or email labe2014@yahoo.com or visit our Web site labe.bike.

DOA

(Continued from Page A10)

stranger switch his drink. O'Brien wakes up in the morning with the hangover of his life. Feeling worse and worse, he visits a hospital, where doctors give him tragic news: he has been poisoned with "luminous toxin" – and there's no antidote. The poisoning must have been deliberate, but who could have done it, and why? With nothing to lose, Bigelow spends his next frantic days attempting to solve the mystery of this heinous act.

"D.O.A." was based on the 1931 German film "Der Mann, Der Seinen Morder Sucht," a black comedy about a man who arranges for his own death but then regrets his hasty decision. When it was adapted for American audiences, director Rudolph Mate created a much darker and more chaotic world, filled with dive bars and dangerous people. "D.O.A." features the talented (and under-appreciated) Edmond O'Brien in one of his most memorable roles. The film was remade in 1988 starring Dennis Quaid and Meg Ryan. Critics and audiences heartily agreed: the original "D.O.A." was definitely the best. Jeff Stafford of Turner Classic Movies described it as "one of the most imaginative and frenetic entries in the film noir genre ... and pointed out that it "... works as both a detective thriller and as a bleak, nihilistic melodrama." Judge "D.O.A." for yourself! Grab your popcorn and join LRPA after dark for this unflinching thriller from the past.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast Channel 24 (public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government and school meetings) to nearly 12,000 viewers in our member towns and cities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

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

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

MARKET

(Continued from Page A7)

Brothers Doughnut at the Farmers' Market table or coffee and "goodies" from any of our other vendors, sit down at a table, and enjoy it while listening to Dan Carter at his keyboard serenading us with his music.

Proceeds from the vendor fees, coffee, and doughnuts go to the Gilford Historical Society's special fund for the renovation of the 1838 Rowe House, the first phase being to replace the wood shake roof this fall.

Help yourself by buying fresh produce and local crafts, chat with friends as you shop, take a tour of the house and help out the Historical Society in keeping the Rowe House museum building in good shape.

MINISTER

(Continued from Page A7)

know that there is a God who loves and strengthens us and to experience that caring through the witness of those who follow Jesus."

Jim goes on, "This, I believe, is what defines ministry in the 21st Century. It goes without saying that the world around us has changed considerably since many of us began our journeys of faith. Sometimes it is hard for us to keep up. However, while the circumstances in which we serve Jesus have changed, the need for those around us to experience the love of God in relevant and vibrant

ways is as real as ever."

The First United Methodist Church invites you to join us during the Sunday service at 10:30 a.m., or at the Saturday evening outdoor chapel service at 5:00 PM in the Charles French outdoor chapel behind the

church building (we will meet inside during rain). The church is located at 18 Wesley Way (off Route 11A near the 3/11 bypass), Gilford. For more information, you are invited to call the church office at 524-3289.



Frank H. Donovan 5K
August 6, 2017



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For more information about the race and course map, and to learn more about the whole weekend of fun associated with the Rally, please visit cookvalleyrotary.org and click on "Hot Air Balloon Rally."

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

EXEC COUNCIL

(Continued from Page A1)

“We are a state that really relies on each other,” Sununu said. Sununu honored the NH Electric Co-op, who restored power to the area and the public works, police, and fire crews from Moultonbor-

ough, Wolfeboro, and Tuftonboro who helped keep people safe. “These brave men and women put their lives on the line,” Sununu read. Moultonborough Town Administrator Walter Johnson, Moul-



Gov. Chris Sununu and the Executive Council honor first responders from Moultonborough, Tuftonboro, and Wolfeboro for their work during the March 14 winter storm. Moultonborough Town Administrator Walter Johnson, Moultonborough Public Works Director Chris Theriault, and Tuftonboro Police Chief Andrew Shagoury accepted the commendations.

tonborough Public Works Director Chris Theriault, and Tufton-

boro Police Chief Andrew Shagoury were at the meeting to receive the honors.

“Obviously it was a major event that effected us for quite a few days,” Shagoury said.

He said it was a “tough few days” overall.

Bob Lawton, owner of Funspot and the Weirs Times received a commendation. The proclamation also rec-

ognized how in 1969 Lawton was the state representative who proposed changing the motto on the state license plate from “Scenic” to “Live Free or Die.” Sununu said those were not just a few words.

“It’s a real pleasure to be here today with you,” Lawton said.

He advised the attendees to go have fun, as the name of the es-

tablishment is Funspot. “We’ve been doing it for years and we’ll continue doing it,” Lawton said.

Hope Makris, who ran the NASWA Resort for 60 years, was also commended “for her hard work and commitment to community, hospitality, and charity in the Granite State.”

Posthumous honors were given to Peter Karagianis “for dedicating many years of his life for making sure his community thrived.”

Peter Karagianis, Jr., accepted the commendation on behalf of his father.

“This is a great honor for the governor and Executive Council to honor my dad,” Karagianis said.

The council also honored Melissa Fifield of Wakefield, a driver on NASCAR’s Whelen Modified Tour and an advocate for safe driving.

“You are truly wonderful Lakes Region people,” Kenny said to all the people who received commendations.

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SPORTS

Lakes Region takes
Granite State Games volleyball title

BY BOB MARTIN

Bob@salmonpress.news

LAKES REGION — The Southern region dominated the first two years of the Granite State Games in terms of volleyball, but this year the Lakes Region team had something to say about that by beating the Southern Team 2-1 to take home the gold medal.

This year there were four players from the Salmon Press readership that helped Lakes Region win the title. This includes setter Alexa Price and defensive specialist Carlee Morgan who will be seniors next year at Moultonborough Academy. Setter Karley Sanborn will be a junior at Gilford High School and Shannon Goodwin, an outside hitter, will be a junior at Winnisquam Regional High School.

The team was coached by Matt Leonard, along with Renee Villaume. Leonard said this year the team was lucky to have 13 players with "great ability" that they could play significant time in the tournament.

The first game was a 2-1 victory over Monadnock on day one. Lakes Region had two matches on day two, with one of



COURTESY

The Lakes Region volleyball team won the gold at the Granite State Games last month.

them being a 2-1 loss to Southern. Lakes Region had to follow this up with a win in the third match to ensure making it to the championship round, and did so with a 2-1 win over Coastal.

"Our goal in the first three matches over the first two days was to get everyone a ton of playing time, play people with other players to find out the best combinations, and win two

matches to make the finals for day three," said Leonard.

Leonard spoke very highly of the athletes from the Salmon Press coverage region. He during the two days of round robin playing they got to see Price show her skills as a setter. He called her one of the best setters in the state.

"She was playing against setters in oth-

er regions that play in Division 1 and 2 during their high school season," said Leonard. "Alexa went toe to toe with them and really showed the coaching staff a lot."

He said Morgan, while only able to attend the second day, was able to control the defensive duties.

As for Sanborn, Leonard said she is on track to be "one of

those great setters that Gilford High School is known to produce."

"She showed glimpses of what is to come for her over her next two years," said Leonard.

Goodwin was part of Winnisquam's state championship team last fall. Leonard said she was competing against outside hitters on the team that had six to eight inches on her, but she excelled due to her consistency in hitting

and playing defense.

In the finals, Leonard said Price was an easy choice to be a part of the starting lineup in a rematch against Southern.

"She continued to excel in the finals and was a big part of our championship run," said Leonard.

While Sanborn and Goodwin weren't in the starting lineup for the championship round, they kept a great attitude and were great teammates, Leonard said. Goodwin played in games two and three after a game one loss, and Leonard said she had an immediate impact.

"Here defense was a spark plug for our team for the remainder of the match and we were able to win both games for the comeback championship," Leonard said.

Leonard and Villaume said they were both very excited to coach the team, with Leonard adding they were lucky to have so many girls from the Lakes Region try out. They had 42 people try out for the team.

"It was such a pleasure to coach these four young ladies and all 13 of the great players we had," said Leonard.

For more information log onto granitestate-games.org.

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Wernig takes two titles at Granite State Games

BY BOB MARTIN

Bob@Salmonpress.news

MANCHESTER — Gilford High School senior Michael Wernig admitted he wasn't pleased with his performance at the Division 3 state championship track meet this past spring. Last month he got a bit of redemption by placing first in both the discus and the shotput at the Granite State Games.

Wernig had personal records in the discus and the shotput, with tosses of 115 feet, four inches and 34 feet, four inches respectively. He also placed third in the 800 meters with a time of 2:18.69.

He explained that the Granite State Games combined regions into two categories for the event, and he was part of the winning "Northern" team that beat "Southern" 69-47.

Wernig said after a disappointing state championship, he looked forward to competing to show where his skills lied. He said he put plenty of work in between the two events and felt it really helped.

Wernig plans to attend a track clinic at the University of New Hampshire. His goal for his upcoming senior year is to keep getting personal records. At Gilford High School Wernig will be racing cross country in the fall, but also runs indoor track in the winter and outdoor track in the spring.

This is the second straight year Wernig competed in the Granite State Games, and said he has enjoyed



BOB MARTIN

Michael Wernig had two wins at the Granite State Games in the shotput and the discus. Here he is shown tossing the discus at the Wilderness League Championship in May.

it because it is much different than racing against the usual com-

petitors. "I like doing it because it is a whole dif-

ferent group of people that you get to compete against," said Wernig.

"It's much more than a track meet because the season is already over

for everyone. It is really fun."

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,



COURTESY PHOTO (Left) Team "Looney Tunes," sponsored by Nick and Brad Leighton of Overhead Door Options, took first place at the 2016 Carl Johnson Memorial Golf Tournament.

est 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.

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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 clos-

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.

Trainer sought at Newfound

BRISTOL — Newfound Regional High School is looking to hire a Certified Athletic Trainer for the academic year. Interested individuals should

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Gilmanton golfer wins Granite State Games

BY BOB MARTIN

Bob@Salmonpress.news

PEMBROKE — If it was the PGA Tour, a player shooting a 68 would be among the leaders. Compare this to when an incoming senior in high school does it, and it is simply remarkable.

Ethan Emerson of Gilmanton Iron Works recently took first place and led the Lakes Region team to a gold medal win at the Granite State Games. Emerson, a student at Brewster

Academy, had a disappointing first round, shooting an 87, but followed up with the incredible score of 68.

“That second round was the best golf I’ve ever seen him play,” said Byron Martin, who coached the Lakes Region team but also coaches Emerson at Brewster Academy. “He put in all his best shots, stayed consistent and didn’t get rattled. He had a smile on his face and was enjoying the day, after not being hap-



COURTESY (Left) Ethan Emerson of Gilmanton Iron Works placed first in the Granite State Games with a 68 in his second round.

py the day before.”

Also on the team was Ryan Waring of the Tilton School, who had an impressive high score of 83 at the event. Rounding out the team for local athletes was Will Roberge of Belmont.

Martin, who coached for the first time in the Granite State Games said it was a great event because it allows some of the top student athletes in New Hampshire to get together and compete on some courses. He said the week before the athletes are talked to by speakers and there is an “Olympic-like” ceremony where they are recognized.

Martin said it allows some players who are usually playing nine holes to do a real tournament format, much like they would be exposed to in college.

“To be honest with you, New Hampshire is a tough state for golf,” said Martin. “There aren’t a huge amount of tournaments. So this gives local kids the advantage to be seen by colleges.”

In the case of Emerson, Martin said everything just seemed to come together at the Granite State Games. He said during the high school season he saw great things from

Emerson, but this was something special. In the high school season Emerson had just won a tournament where he shot a 75, which Martin said his best scores have lied. Martin said a couple over par is normally where he is at when at his best.

Martin recalled when Emerson was on the 18th hole and he was in a bunker. He had 10 feet above him to get out, hit it out and hit the flag pole. He said this was a sign of the day he was having- extraordinary but also things going his way.

Martin said Emerson was using a brand new driver so his drives were a bit long on the first day, but he made adjustments. He said the 87 he shot was far off the mark, and his putting was also not going well.

However, it was his short game that was most impressive in his second day.

“I never saw him shoot anything close to a 68,” said Martin. “His putting was extraordinary. I’m not even exaggerating when I say he made over 50 foot putts.”

He added, “I don’t think he ever had more than a two putt. To be honest, everything was working. He was making smart decisions when it wasn’t a perfect fall. He played his strengths and just had a great day.”

Wanakee Wilderness 5K is Aug. 19

MEREDITH — The fifth annual Wanakee Wilderness 5K will take place on Saturday, Aug. 19, at 9 a.m. at Wanakee, 75 Upper New Hampton Road, Meredith.

The cross country course begins at the farmhouse, then transitions to dirt paths and hiking trails that traverse the hills and fields around Wanakee, ending back in main camp. This is a hilly course that climbs over 300 feet in elevation, be sure to look around and enjoy the beautiful views.

The registration fee is \$25 for all participants who register until Aug. 18. Race day registration will be \$30. The first 150 participants who register will receive an exclusive race t-shirt. All fitness levels welcome. This event is designed for the whole family to enjoy. Register online or by downloading a registration form at www.wanakeewilderness5k.com and mail it in with your registration fee.

Race day registration starts at 7:30 a.m. with the race beginning at 9

a.m., rain or shine. All race participants and supporters are invited to join in for the awards ceremony immediately following the finish of the race and Wanakee’s annual Homecoming barbecue starting at 11:30 a.m.

In addition to the 5K, the day’s events will include music, family fun, hiking, games, swimming and canoeing at the waterfront (with certified lifeguards on duty), a silent auction, and the annual Homecoming chicken barbecue. The

cost of the barbecue is \$10 adults/\$5 12 and under/free for children five and under.

Proceeds from this event go toward the camp’s facility major improvements projects and camp scholarships.

Wanakee Wilderness 5K is a USATF sanctioned event and part of the 2017 Meredith Harvest 4-Way Race Series—4 Races, 4 Months, 4 Good Causes. For information on the WW5K and other scheduled races in the series, visit www.harvest4way.com.

Circle Triathlon scheduled for Sept. 3

ASHLAND — The 10th annual Circle Triathlon will take place on the shore of Little Squam Lake at Riveredge Marina near the covered bridge in Ashland, on Sept. 3. With four great races, this is a fabulous fun-filled family event. Choose from the Chocorua Mt. Tri, which is a traditional sprint triathlon — ¼-mile swim, 12-mile hilly bike, and a nearly 2.7-mile run (begins at 8 a.m.). Not a runner? You can choose the Aqua-bike option. Or if you just want to try the tri, sign up for the Mt. Morgan Tri — 200-yard swim,

three-mile bike, and ½-mile run (begins at 10:15 a.m.). The youngest racers, ages 3-15 can sign up for the Rattlesnake Tri — 50-yard swim, ½-mile bike, and ¼-mile run (begins at 11 a.m.).

Participants and volunteers are encouraged to sign up in advance at www.CircleTriathlon.org, though racer registration will be available at Riveredge Marina on Saturday, Sept. 2 from 4 to 6 p.m. and at 6-7:30 on the morning of the race. Racers who have registered online are encouraged to check in and pick up their race bags

on Saturday evening.

As always, the Circle Program is grateful to the triathlon sponsors: The Common Man family of restaurants, Sippican Partners, Riveredge Marina, Speare Memorial Hospital, O’Neill Orthopaedics, D.L. Carlson Investment Group, Inc., Rockywold Deephaven Camps, Meredith Village Savings Bank, Binnie Media, Samyn — D’Elia Architects, P.A., Melcher and Prescott Insurance, M n M Scoops, Dunkin Donuts, Peppercorn Natural Foods, Woodsville Guaranty Bank, E.M. Heath Supermarket, Associated

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The Circle Triathlon benefits the Circle Program, a non-profit organization that provides girls from low-income New Hampshire families with new opportunities to learn the skills, courage and confidence they need to handle the challenges in their lives. This is done through a unique combination of adult and peer support delivered through year-round mentoring and residential summer camp programs. Questions? E-mail sally@CircleProgram.org or call the Circle Program office at 536-4244.

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 Wolfboro. 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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Barn/Garage/Yard Sale

BARN/YARD SALE- 8am-2pm, Saturday, July 29th. Half a mile on Tuftonboro Neck Rd. Rain or shine. 4 Winns trailer for 21' boat, 2 sunfish sailboats (needs work), 12' aluminum boat, kitchen stove, wood stoves, kids toys and clothes, holiday decorations, cake pans, household items, some antiques and much more!

Estate Yard Sale Sat, 7/29/17
 788 Province Rd, Barnstead. Small kitchen appls, fabric, yarn, craft supp, composters, power tools & equip, too much to list. 8 am- 3pm No Dogs.

YARD SALE- 1 Chipmunk Lane, Wolfeboro-Saturday July 29- 9 AM -2:30 PM Large Variety- Household Items, Collectibles, Weber charcoal grille, oak flooring, shutters, steel door, bi-fold door, FORCE 5 Sailboat & Trailer, doll house, hand-done linens, glassware, Christmas and dog items and cookbooks, etc. NO EARLY BIRDS!!

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Auctions/Antique:

Town of Wakefield Town-Owned Properties Public Auction
 Date: Saturday, August 5, 2017 at 10:00 a.m. SHARP
 Place: Wakefield Town Hall, 2 High Street, Wakefield, NH
 Registration begins at 9:30 a.m.
 Bidder and Property Information Online at www.NHTaxDeedAuctions.com
 Complete Bidder Packets also Available at the Wakefield Town Hall (\$10 ea.)
 For your free bidder packet by email or for more information contact Karen at karen@sagersmith.com or at (603) 539-8188, ext. 105
 Richard D. Sager, Auctioneer Lic. No. 6104, NH Bar Lic. # 2236

Fuel/Wood

DRY FIREWOOD- LEGITIMATE DRY CUT AND SPLIT OVER 10-12 MONTHS.
 14, 16, 18, 20, 22, 24 INCH AVAILABLE.
 2 CORD \$250 EACH.
 1 CORD \$275.
 IMMEDIATE DELIVERY.
 CALL 323-8658

Firewood for sale: \$200 per cord, green, grapple loads also available. Pelletier and Son Logging and Firewood 603-569-4543.

Estate Sale

ESTATE SALE
 246 Haines Hill Road, Wolfeboro
 DATES: Friday, Saturday, & Sunday, July 28 - 30
 TIME: 9:00AM - 4:00PM
 Brought to you by the Kezar Falls Curiosity Shop/ Dunbar & Sons Estate Liquidators

Antique furniture, sleighs & buggies, signs, tools, farm equipment, home furnishings, vintage toys, and much more!

For pictures and more info visit: www.facebook.com/dunbarandsons www.estatesale.com

*The sale will begin 9am sharp on Friday. NO EARLY BIRDS.

Pets/Breeders



Clifford's Best Friend's Pet Grooming Dog and Cat Salon
 Tick treatments, Nail trims, Teeth brushing. All Breeds Welcome! 25 Years Experience. Satisfaction Guaranteed!!

Clifford's Adventure Walks
 Boarding, Daycare, Puppy Classes and Daily exercise and adventure hikes like no one else; acres of trails; 2 playgrounds and large indoor playroom; weight loss program. No Leash training.

"A Tired Dog is a Happy Dog!"
 Join Us for a Walk!
 Please Call:
 603-569-6362

Pets/Breeders

LOW COST SPAY/NEUTER
 Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

Lost & Found Pet:

STILL MISSING!!
 SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. Please do not chase! Old or new leads welcomed! If sited in the area call 1-855-639-5678. Not from the area- he slipped his collar upon arriving.

General Help Wanted

Anthony's Old Style Pizzeria
 Hiring pizza makers trainee. Full and part time available. Excellent pay! Apply in person only at 35 Center Street, Wolfeboro.

Assistant to President: The American Youth Foundation Merrowista, a non-profit youth development organization, seeks an organized, team player to provide routine support to the executive leadership of the AYF: President, Board of Directors and Leadership Team. Seeking efficient, self-starter with strong written and verbal communication skills; 2-3 years experience in non-profit or related field preferred. Minimum Associates Degree in related field preferred. Full-time, benefited position. Please e-mail resume and cover letter to ayfhumanresources@ayf.com or mail to AYF-Merrowista, 147 Canaan Road, Ctr Tuftonboro, NH 03816 by August 7. www.ayf.com

AWESOME ISLAND JOB
 Make a difference and enjoying a great summer job! Positions in Food Service, Life Guarding, and management. Room and Board included Lake Winnepesaukee Island living and great people! 603-253-4217 or TSkinner@ymcaboston.org

Bosco Bell Store and Blueberry Station (Mobil) RT 28 Barnstead are looking for friendly/reliable cashiers and deli workers. Please apply in person

Firewood Bundler - Ossipee Mountain
 Firewood has an opening on our wood packing production line. Hours: Monday - Friday 7:00 - 3:30. Please apply in person at 844 Whittier Road, Tamworth.

Immediate opening for experienced CDL-B truck driver at Wolfeboro Septic Company. Clean driving record and drug test required. Call 569-5286.

LANDSCAPE CREW MEMBER/ FOREMAN

Full time seasonal position with year-round opportunity possible in Wolfeboro area. Experience preferred but not required. Valid driver's license required. Pay based on experience and work ethic. Must be willing to work weekends when needed. Starting pay \$14.00. Call Lakes Region Property Care at 603-651-9343 or submit resume to lakesregionpc@yahoo.com.

Need responsible person to help clean at The Suite Inn. Part-time work, hours vary. If interested, please call Cathy at 569-9959.

THE NEW WOODSHED, is seeking qualified Grill Persons, Salad Prep and Dish. Full or P/T in the Lakes Region. Highly professional environment, 5 Day work week W-Sun. www.newwoodshed.com for an application and sample menu. Stop in to meet Chef Siobhan and discuss positions available. 128 Lee Road Moultonborough, NH 03254

WOLFEBORO: ADMINISTRATIVE ASSISTANT NEEDED

Professional, courteous, dependable, strong computer and customer service skills. Position is part time with weekends required. Email Cover Letter and Resume to cindy@melansonrealestate.com

Year-Round Help Wanted: Baristas for Moultonborough coffee shop. Should be: friendly, outgoing, customer-oriented, non-smoker, and a morning person (or at least have the ability to transform into a morning person with the addition of coffee). Think you'd like to work with us to provide the best baked goods and coffees in town? Email: info@cupandcrumb.com

General Services

CHIMNEY CHAP
 A+ Accredited BBB Complete Chimney Care (603)833-1485

Power Washing Service Available
 Fully insured, reasonable rates. Senior Citizen and Vet get a 10% Discount. Call 832-8092

Professional Services

Elderly Nanny Care
 Does it all! Cooking, clearing, errands, appointments and friendship. Days. References available. Please call 603-651-9112

PJ's Four Season Home Maintenance
 Interior/exterior house painting, power washing and brush/junk removal. Cell:603-534-7382 Office:603-335-6596

Real Estate



Equal Housing Opportunity
 All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301
 Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Houses For Rent

Sept.-June-sm. 2 brm, furnished house, garage, beach, dock, lake Winnepesaukee, Wolfeboro 3mi, lease, \$985 includes, heat, water, tv/internet, snowplow, trash, lawns. No smoking/pets. 569-1028 evenings. (Firm)

Housing Wanted

Live-In Caretaker/Housekeeper Available
 Well known, great references, have vehicle to assist with chores, errands. Must be able to keep 2 cats. any questions call Jackie 603-832-4793.

URGENT RENTAL NEEDED - We are selling our home and have a new home under construction. We need a furnished rent for 2-3 adults, 1 dog and 1 cat for 3-4 months starting in mid August. 603-343-6820

Mobile/Modular Homes

\$29,995, 2 bed. \$47,995, 28 wide 3 bed, \$74,995, Modular Cape
 WWW.CM-H.COM. Open 7 days. Camelot Homes. RT. 3, Tilton NH

Vacation Rentals

Ossipee Lake Summer Rental August and September
 Center Ossipee, NH
 2 Bedroom lake house, 100ft beach frontage
 Weekly \$800
 Bi-Weekly \$1500
 \$300 Deposit-non refundable
 20ft Boat site \$100 per week
 603-533-6755

Automobiles

Small Car Collection
 1931 Chev. 2-door 6 cyl. Wire Wheels, Fender Mounted Spare (had for 60 yrs) 1940 Cadillac 2 dr. flat head V/8, 39,000 miles - in storage most of its life (had for 37 years.)

1966 Empala Super Sport. Conv. 4 speed 283 V/8 (had for 44 yrs.)
 1968 Buick Wildcat conv. Yellow/black interior, 26,000 miles - very clean V/8 440 cu in
 Never run in the winter; in storage most of its life. (had for 26 yrs.)

Buy one or buy all. Come look and make an offer. Call (603) 569-5089 Wolfeboro NH

Auto/Truck Parts

Set of 4 Summer Tires
 Nexen 225/50R/17. Used for 4 months (last summer) and purchased new car. Located in Holderness. Please call/text 603-481-1110

Motorcycles

1999 Honda Helix 250 Scooter. Excellent condition. Low mileage. \$1,750. (603)393-4396

Jumbo Yard Sale

Downsizing sale- July 29th, 9a-2p. Household items, cds, dvds, vintage furniture, craft supplies, hand crafted items, holiday items. No sales before 9am.

Looking for New Customers?



FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
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- Winnisquam Echo
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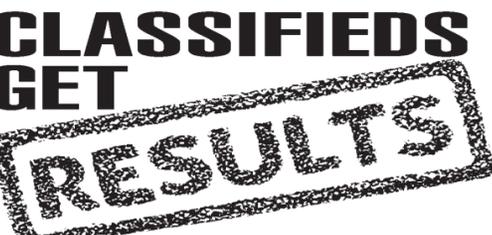
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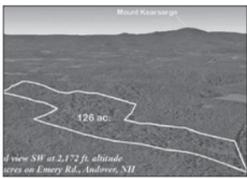
1921 Parade Road
(603) 528-0088



Laconia/Weirs Beach: Great single unit condo just across the street from Lake Winnepesaukee! Currently this is a 3-season, 2-bedroom cottage with a fabulous screened in porch. Seasonal vies of Paugus Bay and only 1/3 mile walk to Weirs Beach.
\$130,000 MLS# 4645281



Ashland: Garden style condo at Riverbend in Ashland, with sandy beaches on the Pemi River. This year round unit is completely move in ready with tile flooring, a wood burning fireplace and outdoor patio with some of the best views.
\$94,900 MLS# 4647034



Andover: 126 ac. of wooded hillside, overlooking Webster Lake and the mountains beyond. Near Northern Rail Trail for year-round recreation. Road frontage on a Class VI road with potential for alternative access. Partial acreage in current use.
\$168,382 MLS# 4622687



Tuftonboro: A highly sought-after beach community on Lower Beach Pond. This .62 acre parcel has shared rights to private and gorgeous sandy beaches with day docks, kayak racks and tennis courts. Build your dream home!
\$24,800 MLS# 4646283



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Center Harbor: Junction Rtes. 25 & 25B • 253-9360

Alton: 108 Main Street • 875-3128



Luxury REAL ESTATE



TWO BREATHTAKING Moultonborough Lake Winnepesaukee waterfront lots (\$510,000 below assessment) with 847-ft water frontage, open water and mountain views, beach, permanent deepwater dock, small island and cottage.
\$1,899,900 (4630791) Call 253-9360



STUNNING 4BR timber frame contemporary in East Alton with 120' of prime Lake Winnepesaukee frontage and 7,000 SF of luxurious living space on 3 levels, beautiful views and meticulously maintained.
\$1,725,000 (4621045) Call 569-3128



GREAT HOME in Moultonborough for entertaining and enjoying Lake Winnepesaukee! Contemporary styled 4BR is located on a spectacular point of land that offers great views & docking galore!
\$1,250,000 (4632065) Call 253-9360



EXCELLENT private, contemporary home in Wolfeboro with spectacular 180° mountain & lake views, cathedral ceilings, grand stone fireplace, complete privacy, over 15 acres, minutes to downtown.
\$975,000 (4311561) Call 569-3128

Island REAL ESTATE



RATTLESNAKE ISL. - ALTON // Spacious 2BR/2BA log home on the broadside of the island. Interior features floor-to-ceiling FP, granite counters & natural wood. 150' of sandy WF, u-shaped dock, deck & endless 180° views.
\$534,500 (4626979) Call 569-3128



WOLFEBORO // Beautifully renovated country home on 12 private acres with pond, barn and walking trails, fabulous custom interior with top quality features throughout, 3 car garage and professionally landscaped.
\$569,000 (4639025) Call 569-3128



MEREDITH // Fantastic opportunity to own in an established neighborhood of quality homes. Clover Ridge is an 18 lot subdiv. This TBB 3BR/2.5BA, open concept Ranch-style home, offers stylish amenities + ease of 1-level living.
\$549,900 (4645180) Call 253-9360



BARNSTEAD // Fabulous views and sunsets overlooking Suncook Lake. Immaculate home with 3.7 acres and 224' of water frontage. Very spacious rooms and all the extras included.
\$416,500 (4623386) Call 875-3128



MOULTONBOROUGH // Great location, new floors, roof, central air and cute as can be! Level, large yard, deck, heated garage. Minutes to town - fantastic one floor living!
\$245,000 (4646966) Call 253-9360



BARNSTEAD // Nicely renovated cape with 2+ bedrooms and 6+ acres with 3 out buildings for your home business or toys. Finish the attached shed for added living space.
\$225,000 (4646218) Call 875-3128



RATTLESNAKE ISL. - ALTON // Authentic Josselyn Log Home - bright and open, 2BR, bonus room, 2BA. Exposed beams, rustic country décor. 2 Decks - lots of wildlife! 100' waterfront. Stunning broadside view!
\$395,000 (4647940) Call 569-3128

RENTALS

Bringing People and Vacations Together in the Lakes Region for over 60 years...

VACATION & LONG TERM RENTALS QUALITY HOMES IN DEMAND FOR BUSY RENTAL MARKET

Contact us for a FREE rental analysis

Halle McAdam @ 253-9360 (CH Office)

Jennifer Azzara @ 875-3128 (ALTON Office)

LAND and ACREAGE

MOULTONBOROUGH // VIEWS, streams, stone walls! All on peaceful 14 acres in the low tax town of Moultonborough. Land is in Current Use. Broker has interest in the property.
\$109,900 (4433900) Call 253-9360

ALTON // Beautiful 2Ac. West Alton bldg. lot w/ mt. views! Lot cleared; driveway cut is established; underground utilities at the street. Min. to Winni & Marina & all Lakes Region activities.
\$74,900 (4493905) Call 875-3128

GILMANTON // Bounded by stone walls in a remote wooded area. Many trails around for 4 seasons of fun. Would make a very nice home site!
\$49,900 (4640828) Call 875-3128

MEREDITH // Great location to mainland and clubhouse this 21' boat slip is ready for you to enjoy this summer!
\$34,900 (4630713) Call 253-9360

www.Maxfield RealEstate.com • www.IslandRE.com



if you only had the time, right? Now you do.
3-12 MONTH assignments now available.

Peace Corps now offers short-term Volunteer assignments overseas for 3 months to 1 year for especially skilled professionals with at least 10 years experience.

PEACE CORPS RESPONSE

peacecorps.gov/response

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What did the day before Hurricane Irene look like?
Any other day.

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55+ MODEL HOMES
OPEN Sunday 12 to 2

Homes from \$99,995 to \$139,995 or \$755 per month...
*Garage, Porch, Appliances.

Call Kevin
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Mansfield Woods, 88 North Rt. 132, New Hampton, N.H. - Directions: RT. 93 exit #23, Right for 1/2 mile, Left at Post Office for 800 feet (10% down, 25 years at 6%)

Camelot HomeCenter
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

Hurry Down & See Our Homes!

\$29,995 59' Bed, Factory Direct	\$39,995 66' 3 Bed, Bath	\$38,995 48' 3 Bed, "Tiny Home"	\$45,995 76' 3 Bed, 2 Bath
\$47,995 44' 3 bed, 2 bath	\$58,995 44' 3 bed, 2 bath	\$66,995 48' 3 bed, 2 bath	\$88,995 60' 3 Bed, 2 Bath, Living Room & Kitchen

SEE OUR AD AT WWW.CM-H.COM - HOMES FROM COLONY, NEW ERA & TITAN

\$74,995 36x28, Sunny Cape! **\$109,995** 36x28 Ranch, Roman Spa Bathroom, Irresistible Kitchen! **\$113,995** 2000 Sq. Ft. 2 Story

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? ALWAYS OPEN DAILY, 10 TO 6 SATURDAYS & SUNDAYS 10 TO 5 Rt. 3, Tilton NH WWW.CM-H.COM

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Min Views \$295,000
PENDING \$300,000

Tuftonboro Farmhouse! Best of both worlds, colonial style and charm with modern updates. Built in 1820 this house sits proudly at the base of a hill and overlooks Mt. Cardigan. The attached three story post and beam barn has a full foundation with parking and doors on two levels.

Lake Wentworth Access w/Mooring! Open concept ranch that has been lovingly cared for by the same owners since it was built in 1986. Huge wrap around deck with sliders and a bright and open interior with 2 bedrooms and 2 full bathrooms. Located just steps from Association beach, boat launch, day docking and grassy picnic areas.

Celebrating our 15 Year Anniversary!

Stop by our office at the town docks, call, or visit our website and click "Free Market Analysis" to get yours today. Fast turn around and realistic pricing.

Visit our new "live" webcam at: www.wolfeborocam.com

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for browsing The Town-to-Town Classifieds!

COLDWELL BANKER

CENTER HARBOR
32 Whittier Hwy
603-253-4345
CenterHarbor.NH@NEMoves.com

LACONIA
348 Court Street
603-524-2255
LakesRegionInfo@NEMoves.com

RESIDENTIAL BROKERAGE



Gillford \$4,695,000 #4493464
Simply amazing 15 room landmark home on Governor's Island built in 1992 with care and precision. Oversized canopied docking, stone patios and sandy beach to enjoy.

Susan Bradley 603-493-2873



Moultonboro, \$2,845,000 #4636714
Large young, all brick-style home on over an acre of prime west facing waterfront with amazing big lake and mountain views. 6+ bedrooms, 8 baths, 3 car garage, private setting and luxurious landscaping in much loved Wildwood on Winnepesaukee. Extensive docking.

Janet Cramer 603-707-2771



Meredith, \$795,000 #4643732
The ultimate in Island living; a finely crafted lake home with the feel of old Lake Winni with a modern twist. Open & airy, oversized dock & deck, sunset views, guest home.

Ellen Mulligan 603-387-0369



Alton \$749,900 #4628537
Nicely renovated home with three bedrooms, two baths, three car garage, deep water dock, spectacular views in low tax town of Alton. Priced to sell!

Ellen Mulligan 603-387-0369



Meredith, \$690,000 #4314844
Privacy and serenity surround this Gentleman's farm offering 75 acres w/ fenced pasture, fields, fruit trees, pond & more.

Rose Cook 603-393-5854



Gillford \$599,000 #4626326
A beautiful 10 room Colonial style home on Governor's Island that has been beautifully updated and maintained. Enjoy beach, tennis and more.

Susan Bradley 603-493-2873



Meredith, \$599,000 #4507727
Magnificently located to take in awesome views of nearby mountains, nearly 6,000 sq. ft. of living space, great views, updated kitchen, eat in breakfast nook, formal dining, private office space, large first floor master with gorgeous master bath.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-9393



Gillford, \$574,000 #4625736
Stunning open & airy contemporary with lake and mountain views from every window. New gourmet kitchen with oversized granite island.

Judy McShane 603-387-4509



Laconia, \$475,000 #4647458
Lake Winnepesaukee direct waterfront condo in Stonecrest on Paugus Bay with deeded boat slip, sandy beach & detached garage. Must preview!

Ellen Mulligan 603-387-0369



Moultonboro \$449,000 #4647501
Located in desirable West Point of Long Island; this house is approx 600' from the beautiful sandy beach & amenities. Seasonal lake Winnepesaukee views. Close to Lakes Region attractions.

Ellen Mulligan 603-387-0369



Gillford \$379,000 #4605242
Gracious tree lined drive leads to the 2 single family homes joined at a corner. Main house has 3 BR, 2 1/2 baths and 2nd home has 2 BR, 1 BA. Nice landscaping and in ground pool!

Nancy LeRoy 603-344-7554



Sandwich, \$249,000 #4638151
7.5 acres of fields surround this 1870, 5 bedroom cape. 4 fireplaces, 2 story barn and the many antique features make this Sandwich home a must!

Bill Richards 603-253-4345



Center Harbor \$205,000 #4635979
A great home less than a mile from Waukegan Golf Course! Close to Interlakes school system, downtown Meredith and Route 3. Home has been completely updated & renovated.

Kay Huston 603-387-3483



ONE STOP SHOPPING:
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Gillford, \$144,900 #4614332
Turnkey, beautifully furnished 2 BR, 3 BA condo with private deck. Finished lower level with family room, bath and laundry. Close to beach, skiing and all Lakes Region amenities.

Robin Dionne 603-491-6777

www.NewEnglandMoves.com



Friends and peers

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

If there is alcohol at a party, LEAVE.
Keep your social environment alcohol-free.



Peers
Children often think that other people their age are drinking and smoking regularly, but most are not.

Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.

Check Yourself:
www.checkyourself.com
A place for teens to check where they are with drugs and alcohol.

Confidential,
24 hour
211

The Law

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

Buying or supplying tobacco to anyone under 18 is also a punishable offense

Everybody hates you.

You don't see bullying like this every day.

Your kids do.

Teach your kids how to be more than a bystander.

Learn how at StopBullying.gov



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LITTLETON REGIONAL HEALTHCARE

Kitchen Aide

Littleton Regional Healthcare is seeking a full time Kitchen Aide to join our team. The primary objective of the Kitchen Aide is to provide all patients, customers and employees with clean and sanitized utensils, plate ware, glassware, equipment and environment.

The Kitchen Aide responsibilities include;

- Sanitize all transport carts and tray carts on a daily basis
- Set up dish machine in the morning and close down the machine in the evening according to procedures
- Wash plate ware, glassware, silverware, pots/pans and kitchen utensils according to sanitation and cleaning procedures.
- Removes trash and recycles from the kitchen at least once during each shift
- Responsible for working with the Shift Leader to provide food service needs in accordance with food safety and sanitation guidelines
- Assist Shift Leader with food prep
- Some weekends and afternoon shifts are required

Viable candidates must have a GED or high school diploma. Food service experience is preferred.

Littleton Regional Healthcare offers competitive compensation and a generous benefits package

Qualified candidates are invited to apply at our website www.lrhcares.org

Littleton Regional Healthcare
Human Resources Department
600 St. Johnsbury Road, Littleton, NH 03561
Phone: 603-444-9331 Fax: 603-444-9087

EOE

Town of Tamworth Chief of Police Position

The Town of Tamworth, NH is seeking a **CHIEF OF POLICE**. We are a community of 2,856 residents with a seasonal population that fluctuates. The Chief of Police is responsible for all Departmental operations in accordance with commonly accepted police practices with adherence to State and Federal laws. In addition the Chief is expected to take an active role in all aspects of police work including patrol, investigation and traffic control. Our Chief needs to be highly visible, active in community functions and possess excellent communication skills. The Chief of Police is also responsible for setting department procedures, evaluating subordinates, preparation of the Police Department's annual budget and will report directly to the Tamworth Board of Selectmen. Salary range is \$65,500 - \$80,000 depending on experience and qualifications.

Refer to the Town of Tamworth Website, www.tamworthnh.org to review the job description and obtain a job application. Forward a job application, cover letter of interest, a resume and three letters of reference pertinent to qualifications and experience. Submit required paperwork no later than August 4, 2017 to: Town of Tamworth, Attn: Town Administrator, Darlene McWhirter, 84 Main Street, Tamworth, NH 03886.



Full-Time Entry Level Retail Position

Energysavers Inc. is expanding its sales team and looking for its next "Dedicated Sales Advisor" to add to the team. We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

Call our toll-free number 1-877-766-6891
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Kia is the highest ranked brand in initial quality for the second consecutive year and has received more awards than any other brand in the J.D. Power 2017 Initial Quality Study

The Kia Soul, Sorento, Forte, Cadenza, and Niro are the "Highest Ranked Compact Multi-Purpose, Midsize, SUV, Compact Car, Large Car, and Small SUV in Initial Quality"



† The Kia Cadenza, Kia Forte, Kia Niro, Kia Sorento, and Kia Soul received the lowest number of problems per 100 vehicles reflecting higher quality in their respective segments in the J.D. Power 2017 U.S. Initial Quality (IQS) Study, based on 77,419 total responses, evaluating 189 models, and measures the opinions of new 2017 vehicle owners after 90 days of ownership, surveyed in February-May 2017. Your experiences may vary. Visit jdpower.com/cars.

- SIGN IT & DRIVE IT - \$0 Down + \$0 1st Month's Payment + \$0 Security Deposit + \$0 Due at Signing

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 Customer Cash Rebate -\$2500
SAVE UP TO \$3,620
 Buy For **\$15,000*** **SIGN IT & DRIVE IT LEASE \$164^{/36 MO*} ZERO DOWN!**

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AutoServ -\$1465
 Customer Cash Rebate -\$1500
SAVE UP TO \$2,965
 Buy For **\$15,738*** **SIGN IT & DRIVE IT LEASE \$199^{/36 MO*} ZERO DOWN!**

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2017 KIA OPTIMA LX MSRP \$23,225 #KC7150
AutoServ -\$1325
 Customer Cash Rebate -\$2500
SAVE UP TO \$3,825
 Buy For **\$19,400*** **SIGN IT & DRIVE IT LEASE \$199^{/36 MO*} ZERO DOWN!**

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2017 KIA SPORTAGE LX AWD MSRP \$25,825 #KT7245
AutoServ -\$1525
 Customer Cash Rebate -\$1000
SAVE UP TO \$2,525
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2017 KIA NIRO LX MSRP \$24,320 #KT7248
AutoServ -\$1420
SAVE UP TO \$1,420
 Buy For **\$22,900*** **SIGN IT & DRIVE IT LEASE \$245^{/36 MO*} ZERO DOWN!**

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2017 KIA SORENTO LX AWD MSRP \$29,730 #KT7268
AutoServ -\$1740
 Customer Cash Rebate -\$3000
SAVE UP TO \$4,740
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