

Gilford Steamer

THURSDAY, JUNE 17, 2021

GILFORD, N.H.

GHS Class of '21 shares lessons from a difficult year

BY ERIN PLUMMER

mnews@salmonpress.news

Members of the Gilford High School Class of 2021 reflected on a difficult year and the power of resilience, memories, and bonds during their graduation.

Members of the class gathered with loved ones at Bank of NH Pavilion on Friday for their graduation ceremony, where many speakers talked about working through the pandemic.

GHS Principal Anthony Sperazzo said he thought back to Sept.

8, 2020, the first day of in-person learning for the new school year. He said over the summer faculty and staff discussed what the school year would look like, which resulted in requirements for masks, social distancing, one-way hallways, reduced class sizes, and expanded open campus. He said a number of seniors would receive the dreaded phone call telling them they were identified as a close contact and needed to quarantine, some hearing this

seven times.

Sperazzo said the students have shown how resilient they are. He said they will face challenges in life, though they will also be given great opportunities.

"Please know I was eternally grateful to each and every one of you," Sperazzo said.

Speaker Blake Bolduc said they overcame a year that had everything from murder hornets to a global pandemic. Bolduc went into quarantine twice.

SEE GHS PAGE 6



Seniors perform "You Get What You Give" originally performed by New Radicals at graduation.

PHOTOS BY ERIN PLUMMER

At right: Valedictorian Sofia Sawyer.

At left: Members of Blake Bolduc's family show their support in a unique way at graduation.



Summer reading program kicks off June 23

BY ERIN PLUMMER

mnews@salmonpress.news

The Gilford Public Library is about to get wild with the start of an animal-themed summer reading program on June 23 with offerings for people of all ages.

This year's national summer reading theme is "Tails and Tales" with programs and events centered around animals.

Over the past month, the library has accepted submissions for the summer reading program's mascot asking people to submit photos of their pets. People can now vote for the mascot on the library's website until Friday, June 15.

The summer reading program will officially

kick off on Wednesday, June 23 at 3 p.m. Flamenco dancer Gladys Clauson will entertain audiences. Participants can also sign up for the summer reading program, learn about the Page Turner Adventures program, and enjoy face painting and ice cream.

There will be more fun activities through the month of June for people of all ages.

On Friday June 25, kids can show off their jump roping skills at the Jumping Kangaroo Challenge from 10:30-11:30 a.m. Prizes will go to the first, second, and third place winners.

The Summertime Storywalk will be set up along the nature trail by Gilford Elementary

School. Meet on Monday, June 28, in the school's main parking lot before 10:30 a.m. to go down the trail with Miss Jill. Teens and tweens can help out by volunteering to set up the trail on Friday, June 25 at 10:30 a.m. Talk with Hayden in the teen room about helping out.

Little kids can take part in the Teddy Bear Picnic on Tuesday, June 29 at 10:30 a.m. Kids and their families are asked to bring a blanket, their favorite stuffed toy, and sunscreen for a light brunch.

Teens can make some colorful clothing creations during Tie Dye Week Monday, June 28-Friday July 2. Each

SEE READING PAGE 6

Gilford Community Band opens up Summer Solstice

After 15 months with the COVID pandemic, the summer solstice is ushering in a renewed optimism that things might be getting back to what we all consider as normal. And what is more normal than the Gilford Community Band high-lighting this optimism with a series of summer concerts. Once again, Lyvie Beyrent (Gilford MS/HS Symphonic Band Director) will be directing the band. Members of the band generally have 3 years of instrumental experience, excluding kazoos. Outdoor rehearsals are being held on Wednesday evenings from 6 to 7:30 p.m. Outdoor concerts will be held on Wednesdays at 7:30 p.m. on June 23, July 14 and 28, and Aug. 11. In the event of rain, the activities will be cancelled as the school cannot be used. There will be a change of location for the rehearsals and concerts. Instead of the Weeks Bandstand, the venue will be in the courtyard area (outdoor lunch area) at the rear of the Gilford MS and HS buildings. Access may be obtained by entering the driveway at the front of the HS and proceeding around the gymnasium to the athletic field parking area. The music will be a mix between easy pop tunes to more advanced marches. New music will include hits from "Hamilton" (great musical), "Mandalorian" ("Star Wars" never goes away), "The Avengers" (S.H.I.E.L.D action movies), and classic big band tunes. It is recommended that audience members bring their own chairs or blankets. Social distancing will be requested; and masks are still recommended by CDC for unvaccinated people. For more information, please contact Lyvie Beyrent at lbeyrent@sau73.org.

Organizers grateful but cautious about 2021 Bike Week

BY ERIN PLUMMER

mnews@salmonpress.news

LOUDON — The 98th annual Laconia Motorcycle Week is going on as scheduled, with organizers and stakeholders optimistic with plenty of caution.

Rally organizers, local officials, public safety representatives, and event hosts took part in a press conference at the Northeast Motorsports Museum at New Hampshire Motor Speedway to kick off this year's Bike Week.

Last year's event took place in August, which many participants said felt strange, though everyone felt fortunate

it took place given the pandemic. Last year the Laconia city council debated if the event should go on, though agreed to allow it in August under specific rules such as no vendors.

"There was just so much fear and worry of what to do in regard to Motorcycle Week," said Motorcycle Week Executive Director Charlie St. Clair. "We got through August. I knew the rally was fine for those who come to ride their motorcycles, enjoying themselves."

St. Clair said in February, there was another

SEE BIKE WEEK PAGE 6



COURTESY PHOTOS

Charlie St. Clair and Jennifer Anderson, executive director and deputy of Laconia Motorcycle Week, respectively, present a plaque of appreciation to Laconia Fire Chief Kirk Beattie for the department's work in putting out the fire at rally headquarters on Christmas of 2020.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
June 17 - June 24

Thursday, June 17
Geri Fit, 9-10 a.m.
1000 Books Before Kindergarten Graduation, 10:30-11:30 a.m.

If you are currently a 1,000 Book Before Kindergarten participant join us for a celebration. All participants will be recognized along with celebrating our 2021 graduates. An event not to be missed.

French, 4-5 p.m.

Friday, June 18
Bridge / Hand & Foot,

10:30-11:30 a.m.
Preschool Storytime, 10:30-11:15 a.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30 p.m.
Lower Intermediate Line Dancing, 4-5 p.m.

Saturday, June 19
Drop-in Craft: Dads and Donuts, 10:30 a.m.-1 p.m.
Drop by the Children's Room for a fun craft and donuts for your dad!

Monday, June 21
Geri Fit, 9-10 a.m.
Mahjong, 12:30-3 p.m.

Tuesday, June 22
Geri Fit, 9-10 a.m.
Bridge, 10:30-11:30 a.m.
Baby Storytime, 10:30 a.m.
Line Dancing-Lower Intermediate, 4-5 p.m.

Wednesday, June 23
Check out an Expert, 10 a.m.-noon
Summer Reading Kick-Off, 3-4:30 p.m.
Join us to kickoff our summer reading program with a special Flamenco performance by Gladys Clausen. Sign-up for summer reading, learn about new pro-

gram Page Turner Adventures, get your face painted, and enjoy some ice cream.

Thursday, June 24
Geri Fit, 9-10 a.m.
French, 4-5 p.m.
Book Discussion, 5:30-6:30 p.m.

This month's book is "How to Be a Good Creature" by Sy Montgomery, a memoir focusing on the quirk of 13 animal friends who affected her life. The discussion will be led by Molly Harper, and copies of the book are available at the front desk.

Gilford Public Library Top Ten Requests

1. "21st Birthday" by James Patterson
2. "The Four Winds" by Kristin Hannah
3. "The Palm Beach Murders" by James Patterson
4. "A Gambling Man" by David Baldacci
5. "Golden Girl" by Elin Hilderbrand
6. "Ocean Prey" by John Sandford
7. "Legacy" by Nora Roberts
8. "The Final Twist" by Jeffery Deaver
9. "Sooley" by John Grisham
10. "Jackpot" by Stuart Woods

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from June 4-13.

Nathan C. Gonzalez, age 22, of Franklin was arrested on June 11 for Suspension of Vehicle Registration and Driving After Revocation or Suspension (subsequent).

Joshua Michael Harpre Singh, age 27, of Bristol, Conn. was arrested on June 11 for Driving After Revocation or Suspension and Misuse of Plates.

Wally Valle, age 35, of Wantagh, N.Y. was arrested on June 11 for Driving Under the Influence-Impairment.

Jasmine M. Seaver, age 19, of Dover was arrested June 12 for Misuse of Plates and Driving After Revocation or Suspension (subsequent).

Spencer Joseph Raymond Battle, age 22, of Nashua was arrested on June 13 for Driving Under the Influence-Impairment.

Matthew P. Schofield, age 29, and Jessica A. Lurvey, age 27, no known current address for either, were arrested on June 13 for Criminal Trespassing, Resisting Arrest or Detention, and Breach of Bail.

SPORTING CHANCE



By JOSHUA SPAULDING

For loyal readers of the Granite State News, Baysider and Carroll County Independent, this column was a weekly feature for many, many years (close to 900 weeks in a row). For readers of the Record-Enterprise and Newfound Landing, it became a regular feature a number of years ago. For readers of other papers, this column sporadically appeared in your pages over the last few years.

This was a spot where I discussed lots of different things, including professional sports, non-sports events and lots of personal notes from my life.

Without a sports section the last nine months or so, the column went away, but as we head into summer, it was time to bring it out for an appearance.

The purpose of the column's return is to check on your summer plans and give an update on my summer plans.

First and foremost, the sports department at the time is just one person (that's me), which obviously makes it tough to get to everything, as was evidenced by the past three high school seasons. However, with high school sports on hiatus for the summer, we are always

interested in finding out some sports events that are going on in your local communities. We can't cover things if we don't know they are happening.

So, are there youth sports tournaments in your town? A road race? A canoe race? If there's something going on, let us know and there's a chance we can get there and get some photos and more. All you need to do is e-mail josh@salmonpress.news or call 279-4516, ext. 155 and let us know when and where.

The other news heading into the summer is that for the first time ever, I will be heading to the Summer Olympics, which are taking place in late July and early August in Tokyo, Japan. As some readers may know, I have been to the previous two Winter Olympics, but this will be my first foray into the Summer Games.

With the COVID-19 pandemic still a big thing in Japan, media attending the games are required to submit an activity plan that details when and where we will be, in order to help with contact tracing if needed.

At previous Olympics, I was able to change my schedule on a whim to go see one thing or another when I found out about local athletes who might be competing. This time around, that might not be as much as an option.

With that in mind, I am also looking for

anyone who might be competing, working or coaching in Tokyo for the Olympics who has some local connections. Obviously, I don't know everyone in the large area that we cover, so any hints about people who may be competing would be greatly appreciated as we inch closer to the Summer Games.

I am excited for the opportunity and am looking forward to sharing my Olympic experiences with readers. For those that want to follow along, I post photos on Twitter and Instagram at salmonsportsguy. I also have a blog that I updated daily at the

previous two Olympics and continue to update semi-regularly between Olympic experiences. That can be found at salmonsportsguy.blogspot.com.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundland Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Gilford Parks and Recreation News

By HERB GREENE

Director

Gilford Parks and Recreation

Shooter's Gold Basketball Camp
The Gilford Parks and Recreation Department is once again sponsoring the Shooter's Gold Basketball Camp in Gilford this summer! The camp will be held on the Gilford Middle School Outdoor Basketball Court from June 28 - July 1. Session 1 for children entering grades 1-4 will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 10 a.m. - noon. Participants may register through the Hogan Camps Web site at www.hogancamps.com. Cost: \$85 per session before June 1st, \$90 starting June 1.

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

Challenger British Soccer Camp
The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 12 - July 16 at the Gilford Village Field. This camp offers a three-hour program for children ages six to 14 and a one-and-a-half-hour program for children ages 3-5. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www.challengersports.com. Cost: \$132 for ages six to 12 and \$97 for ages three to five.

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

WICKED COOL FOR KIDS - Lego Robotics Camp
The Gilford Parks and Recreation Department is sponsoring a one-week Lego Robotics We Do 2.0 camp the week of July 19 - July 23. The camp is open to children entering grades 1-5 in the fall and will take place in the Gilford Middle School Cafeteria from 9 a.m. - 4 p.m. Participants will learn to program free roaming LEGO robots and make science come to life and see science ideas grow from design to action. Get in gear with LEGO's new updated software to build and use an iPad to program, Milo the Science Rover and other fun untethered robots. In the morning, explore guided robotics projects to create an earthquake-shake table to test house designs. Next, create a bot to sort and recycle items. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at www.gilfordrec.com. Cost: \$300.

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

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PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

(603) 677-9083

frank@salmonpress.news

BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

ryan@salmonpress.news

OPERATIONS DIRECTOR

JIM DINICOLA

(508) 764-4325

DISTRIBUTION MANAGER

JIM HINCKLEY

(603) 279-4516

MANAGING EDITOR

BRENDAN BERUBE

(603) 677-9081

brendan@salmonpress.news

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@salmonpress.news

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Scholarships, awards presented to GHS seniors



Gerron Belanger and Alex Cheek were presented with special trophies for the GHS “Blue Jeans” Faculty Award, a scholarship that comes from GHS staff wearing blue jeans to work.

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford High School students received recognition for their hard work, community service, dedication to their crafts, and so many other qualities during the Senior Awards Night.

GHS seniors received several thousand dollars in scholarship money as well as awards and recognition for their achievements during the event on Thursday night. Seniors wore their caps and gowns and followed bagpiper Chuck Campbell into the auditorium where their families, friends, teachers, and many more awaited.

Principal Anthony Sperazzo said he was happy they could offer the scholarship ceremony in person this year. Last year the presentation was made in a video because of the pandemic.

Sperazzo recognized the students’ perseverance in the face of a difficult year and a half. He said the students have worked with wearing masks, one-way hallways, changes in their schedules, and the dreaded call announcing that they have been identified as a close contact and must quarantine. He said some students received this call seven times over the course of the year.

“This year you have demonstrated your resilience,” Sperazzo said. “Thank you for setting the tone of this year.”

Overall, he said the students are getting these awards because something about them impressed someone, or in the case of memorial scholarships a person’s loved ones see some-

thing of them in this student.

The Principal’s Award was presented to Blake Bolduc and the Principal’s Leadership Award was given to Alex Cheek.

The top five scholars were recognized: valedictorian Sofia “Shushu” Sawyer, salutatorian Alyssa Gosselin, Kendal Jones, Kayla Loureiro, and Bridgette Dahl.

The event also recognized students who are New Hampshire State Scholars and members of National Honor Society.

Special recognition was also given to Allison Carr, who not only completed her requirements to graduate she also completed an associate degree program through Southern New Hampshire University at the same time by taking college level courses throughout high school. Guidance Director Lori Jewett said she completed her courses with limited interaction with the instructors and received her degree summa cum laude, the highest level.

“She is a very self-sufficient, thoughtful young lady,” Jewett said.

Annabelle Eisenmann was presented the Gilmanton Women’s Club scholarship, the Gilmanton American Legion Auxiliary Stockwell Award, the Meredith Village Savings Bank James D. Sutherland Memorial Scholarship, the Yearbook Award, and the DAR Good Citizenship Award.

Kayla Loureiro received the Lakes Region Board of Realtors scholarship and the Gilford Education Association

Scholarship.

Kendall Jones received the Winsheblo Award and the Cheryl Lynn Walsh Memorial Scholarship.

Mae Kenney received the Ava Doris Memorial Fund scholarship.

Sofia Sawyer was awarded the \$2,500 PEO Star Scholarship.

Blake Bolduc won the Principal’s Award and \$400 Tri-Town Democrats Essay Contest Award.

Angela Bonnell was awarded the William Bentley Scholarship.

Kimberly Daigneault was given the Jenni Ann Harmon Memorial Scholarship.

Kathryn Osburn received the Giuseppe’s Joseph T. Gnerre Memorial Music Scholarship.

The Gilman Award was given to Blake Bolduc and Annabelle Eisenmann.

Franklin Savings Bank Scholarships went to Annabelle Eisenmann and Madysen McDonald.

Gilford Community Church scholarships were presented to Sofia Sawyer, Nicholas Arenstam, and Jordan Witham.

The Harry and Nancy Bryant Memorial Scholarship went to Blake Bolduc and Alex Cheek.

Nathan J. Babcock Memorial Scholarships were awarded to Annabelle Eisenmann, Andrew Flanders, Layla Loureiro, Sofia Sawyer, Callista Shepherd, and Bethany Tanner.

The Chelsea R. Bowen Memorial Scholarship was given to Siobhan Kirwan and Kendall Jones.

The Gilford District PTA presented scholarships to Blake Bolduc



Teacher Steve O’Riordan presents the Yearbook Award to Annabelle Eisenmann for her dedicated work on this year’s yearbook.



Gilford High Scholl Principal Anthony Sperazzo recognizes a few of the school’s many NH Scholars.

and Annabelle Eisenmann.

The Aaron T. Francoeur Memorial Scholarship was presented to Allison Carr, Andrew Flanders, and Sofia Sawyer.

The Gilford Food Service Award went to Alexa Dahl, Bridgette Dahl, and Kayla Cisneros.

Bridgette and Alexa Dahl both received the Alex Rowson Make-A-Difference Award.

GHS “Blue Jeans” Faculty Awards were given to Gerron Belanger and Alex Cheek.

FIRST Robotics Scholarships went to Emma Savoie and Kaiden Mitchell.

Parents of Performing Arts (P.O.P.S.) Scholarships were presented to Blake Bolduc, Tyler Browne, Kaleen Dyer,

Eric Ellingson, Mae Kenney, Jacqueline Nash, Kathryn Osburn, and Jordan Witham.

The Lakes Region Scholarship Foundation presented a number of different scholarships to 37 GHS seniors totaling \$63,600.

Hannah Sullivan graduates from Merrimack College

NORTH ANDOVER, Mass. — Hannah Catherine Sullivan, the daughter of Scott and Allison Sullivan, graduated summa cum laude with a Bachelor of Arts in Mathematics and Minors in Data Science and Sports Management from Merrimack College in North Andover. She graduated as a presidential scholar in the Honors Program, earning a 4.0, and was awarded the Very Reverend Mortimer Sullivan, O.S.A. Medal at Merrimack College’s 71st commencement ceremony.

The Very Rev. Mortimer Sullivan, O.S.A. Award is given annu-



Hannah Sullivan

ally to the first-ranking student in Science and Engineering. Hannah was a member of Sigma Alpha Pi (National Society of Leadership and Success), Pi Mu Epsilon (Math Honor Society), and Sigma Xi (Scientific Research Honor Society). She also received Tutor of the Year in 2020. To say her family and

friends are very proud of what she has accomplished and who she has become over the past four years is an understatement.

Merrimack College is a private, Catholic Augustinian institution founded in 1947 and is one of the fastest-growing educational institutions in the country. It has a total undergraduate enrollment of 4,015 and is set on a suburban campus of 220 acres just 25 miles north of Boston. Merrimack College is ranked #45 in the 2021 edition of Best Colleges is Regional Universities North.

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Some words of advice for new graduates

Students around the region are flipping tassels this week, participating in a traditional rite of passage, generally symbolizing their transition to adulthood. With more and more people becoming vaccinated, ceremonies are looking a bit more traditional than they did last year.

Many seniors and their underclassman counterparts have faced big changes as they navigate the world amidst a global pandemic. This time in a teen's life is still quite pivotal.

Students will be bombarded with advice and speeches as these final weeks unfold. Our favorite bit of advice, however, is the following: 1. Don't smoke; 2. Drink plenty of water every day; and 3. Wear sunscreen (your 40-year-old selves will thank you). 4. Spend as much time as humanly possible outside; and 5. Watch the "Back to the Future" trilogy.

The most important thing you can do, however, is to find out who you are. From there the entire world opens up. Do not limit your lives to the same scene and same people you have always surrounded yourself with. This doesn't mean you need to forget people or places, it simply means that now is a great time to branch out. The more people you meet in different places, with different experiences will shed light on who you really are.

Always remember your roots. These are what has shaped you and prepared you for your next chapter. Remember how important your community has been to you, and remember to always give back.

Always practice kindness, even when it's hard. The world can aggravate and frustrate the most mellow of us. Anger is a normal human emotion, however it's what you do with it that really matters. If you have disagreements or you think the way you feel about a certain issue is correct, remember to not let your anger take you over. It never feels good, plus harboring too much anger and discontent ages us, plus it's really no fun. The more fun and kindness you have in your life, the happier you are. Try to find balance between your work and your leisure time. Spend time doing the things you love, and never forget what those things are, despite how busy your life may become.

As you go through life, you will make mistakes. None of us are perfect and mistakes can actually define who we become if we learn from them. The best formula for mistake making, is to own up to them, have some self-awareness, be gentle on yourself, learn, then move on. Simple.

Remember to follow your own gut, always, no matter what. This is your life, and that means you need to make it what it is and what it will be.

Congratulations to the class of 2021!

Send us your letters!

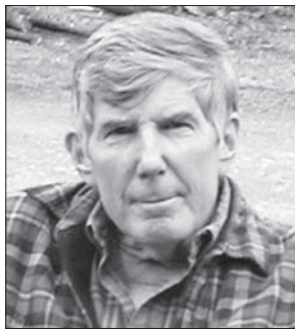
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What's that sound in the woods? And a bit on bears and cougars



By JOHN HARRIGAN
COLUMNIST

Some people say the sound is like someone trying to start an old lawnmower. Others are sure it's a chainsaw.

The sound is made by a male partridge (ruffed grouse) drumming. Campfire lore has the grouse beating its wings against a hollow log, and it does indeed sound like that, but that's not quite true. Using trickery known only to steely-eyed scientists (also untrue), the bird makes the sound by rapidly compressing air between body and wings.

Who can help but admire the partridge for steadfastness? There is almost a pathetic trust in this kind of courage. Females, after all, could well be avoiding this guy like a street-corner flasher. And the males, by drumming away in daylight, are telegraphing every fox, fisher, and bobcat about exactly where they are. They might as well have a big neon sign, "Eat at Joe's."

All this gives females (human variety) yet another reason to roll their eyes and say, "Guys."

While the males risk becoming someone's lunch, the females display a courage beyond fierce in defense of nests and chicks. It's a notch above even the familiar broken-wing act.

I've had this happen to me only twice, and it is both rare and awesome. You need just the right set of circumstances.

It all has to be a total surprise--you, stumbling onto a mother and her fuzzy little chicks, she believing that you pose an imminent threat. She feels compelled to buy some time.

So she rushes at you, beak extended, hissing and spitting, wings wide, beak agape like a cobra ready to strike. What does this amount to, pound for pound?

In my book, absolute raw courage.

+++++

Moving forward, we seem to glom onto new phrases as they pop up in various media. The current favorite is, indeed, "moving forward," which is out there all over the place. Scarcely do I hear a catchy phrase on the radio or television than I see it in the New York Times or even (gasp!) Harper's magazine.

What you don't see much now is "gone missing," the popular quasi-British term for just plain missing. It's like saying someone is "gone lost."

This past winter, when everything "science" became such a drumbeat, it was almost surpassed by "metric," which automatically sounded soundly scientific. We heard "That doesn't fit in with the new metric." Ye gods, what did that mean?

I've hardly ever been lost, I tell people, I've just been temporarily misplaced. And if I can't get my bearings, I can always pull out map and compass. GPS? Yup, have that, and cell phone too--just can't get comfortable depending on them.

+++++

Thanks to Baker Bob, who helps out with tasks I'd be unwise to attempt, my bird feeders are empty and hanging from a rafter. Now, I do love to see not just the birds but also the other resultant wild creatures--squirrels, chipmunks, the occasional fox or hawk--but I don't want to get any bears into trouble.

Bears have incredible noses, and memories to match. They seem able to follow even a whiff of food for miles. And they seem never to forget a place where they've found food.

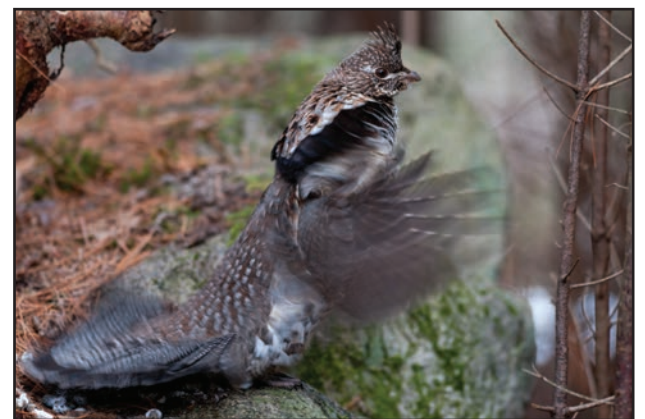
Fish and Game is right on when it repeats the mantra "A fed bear is a dead bear." If a bear associates food with people, it might get a break from reform school--culvert-trapping and releasing into a supposedly "remote region"--but the story often has a sad ending.

+++++

On a recent morning I had just headed up South Hill Road from the Hollow when a bear cub tumbled down out of the bushes and into the road, so I slowed to a crawl.



"He's a jail-bird," said Gerry Allen about this raccoon he trapped near his home along Bishop Brook Road in Stewartstown. (Courtesy of Gerry Allen)



Guildhall's Roger Irwin took this photo of a male ruffed grouse (partridge), puffing itself up and drumming away. (Courtesy of Roger Irwin)

In a flash it turned and darted back into the shrubbery. Looking all around, I eased on up the hill, watching the rear-view mirrors for more bears.

My guess is that Mom was right there behind the wall of green, and had sent one cub across while she waited with a couple of others. That's the way it often happens. I'm just glad it all happened in daylight.

+++++

Occasionally, I hear about cougars. Reports come from all around the state, but mostly from Concord north. Someone camping near Lake Francis in Pittsburg, the southernmost of the Connecticut Lakes, reported one last month.

These reports often end up the same way. "We called Fish and Game," I hear when it reaches me, often second- or third-hand.

But what is Fish and Game supposed to do with such a call? Send a CO rushing to check it out? Conservation officers are already hard-pressed to cover huge territories, and this time of year deal with everything from deer accidents to camps and

camping to searches and rescues in woods and high country. On top of that are growing responsibilities with ATVs.

My big question is, where are the trail-camera photos? If mountain lions (cougars) are here, and there are denning mothers (which aficionados believe has been the case all along), this would explain why there are so many reports in spring and early summer. The mother, normally nocturnal and secretive, is forced to take daylight risks to feed her young.

I've long believed that there are in fact good, verifiable trail-cam photos out there, but that people are reluctant to share them because of privacy and the cats' safety.

These do not have to be issues with me. If readers ask me to keep identity and location to myself, I will.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

ALL WE KNOW IS LOCAL ~ SalmonPress.com



FROM OUR READERS

An angel in our schools

To the Editor:

Ms. Stewart, it is hard to believe that my senior walked through the Gilford High School doors, as a student, for the last time yesterday! Seems like only yesterday that our boy was a freshman. He was new to the school and the area at the time, and as luck would have it, he was covered in poison ivy his very first day.

You were the first teacher to reach out to our family and assure us he would be fine. Periodically, you would send updates letting us know that he was adjusting to the new school and thriving. Making new friends, working hard in his classes, and starting to develop his confidence. The assistance you have given him over the years was reassuring and so

thoughtful. Whether it was a quiet office space to do tests, a push to write more words on an essay, gentle reminders to wear your mask properly, reminders to find his voice, or words of encouragement when he was struggling in a class. I have said it many times but will reiterate again, you are our school angel.

Please know that you have made a lasting impression on our son and us parents. A once shy student who was not overly confident in his academic skills has blossomed into an assertive (and very vocal), well informed, motivated, and hard-working young adult. You helped make that happen and we are forever grateful for all your efforts.

While I am sad that my oldest is no longer

one of the many students you get to inspire, encourage, and motivate. I am pleased that I have two other children that are currently under your wings and able to benefit from your kindness and support. I am positive there are many other countless students and families that you have touched throughout the years. Please know that each one of us are applauding your extra efforts and saying thank you from the bottom of our hearts for inspiring our children.

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.” — William Arthur Ward

Sincerely,
Suzanne Logan
Gilford

Thanks to spring plant sale volunteers and hosts

To the Editor:

Community support for the Belknap County Conservation District (BCCD) Spring Plant Sale is much appreciated. With over 300 plant sale orders, volunteers were key to success for BCCD’s annual fund-raiser. Working through the month of April, volunteers helped wrap bare root plants and bulbs, and prepared orders with 88 different plants from asparagus to fruit trees and native trees and shrubs. Volunteers assisted with plant pick up days April 30 to May 2 by pulling plant orders and providing sage gardening advice.

Special thanks to Ward and Ginny Bird - Picnic Rock Farms in Meredith who provided space to prepare, store and distribute the plants and the Gilmanton Historical Society who offered their site in Gilmanton Ironworks for another pick up location. Master gardener Nel Garden donated many hours and home-grown plants in support of BCCD. Others major contributors to recognize include Mary Caverly, Ann Sprague, Shirley Stokes, Donna Hepp, Dean Anson and Jodi Chamberlain. Thanks also to the record number of County residents ordered plants and live trout, or stopped by to purchase surplus plants during the event. BCCD Program Coordinator, Lisa Morin’s leadership in this effort was invaluable.

able. BCCD’s new Volunteer Coordination Program drew many new volunteers to this effort. We will have more volunteer opportunities to assist on conservation projects this summer and fall. Jennifer Curtis Cormier is assuming the lead for the Volunteer Program in June.

Our Conservation District’s 75-year mission has been to provide conservation advice and assistance to landowners and communities in Belknap County. It is gratifying to see such strong support from local residents volunteering to conserve natural resources, planting for pollinators and to prevent

erosion, and growing their own food.

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Laconia’s Emma Greco named to University of Iowa dean’s list

IOWA CITY, Iowa — Emma Greco of Laconia was among the more than 7,000 undergraduate students at the University of Iowa named to the dean’s list for the 2021 spring semester.

Greco is a third year undergraduate student in the UT’s College of Liberal Arts and Sciences and is majoring in English and Creative Writing.

Dean’s list status was earned by 872 first year undergraduates during the 2021 spring semester at Iowa, 1,579 second year students, 1,947 third year students, and 2,687 fourth year students.

Guidelines for inclusion on the list are:

Courses offered on a satisfactory/unsatisfactory (S/U) or pass/non-pass (P/N) basis do not count toward graded credit for inclusion on the dean’s list.

Undergraduate students in the College of Liberal Arts and Sciences, the College of Education, the College of Engineering, the Tippie College of Business, and University College who achieve a grade-point average (GPA) of 3.50 or higher on nine semester hours (spring 2021) or more of UI graded coursework during a given semester or summer session and who have no semester hours of “I” (incomplete) or “O” (no grade reported) during the same semester are recognized by inclusion on the dean’s list for that semester.

Undergraduate students in the Roy J. and Lucille A. Carver College of Medicine with fewer than nine semester hours (spring 2021) of graded credit, if deemed appropriate by the college.

College of Nursing students participating in clinical courses who have a total of nine semester hours of earned credit (spring 2021), with eight semester hours of graded credit with a GPA of 3.50 or higher.

About the University of Iowa As a top global university, Iowa is the ideal destination for learning, discovery, and innovation. We bring art and science together to create a truly unique interdisciplinary education. With over 200 areas of study to choose from, students are encouraged to mix and match major

jors, minors, and certificates to earn a degree that reflects their unique interests.

From inside our world-class medical center to the most prestigious creative writing program in the U.S., students have access to quality academic support and are equipped with the tools they need to stand out in a competitive workforce. Our 15:1 student-to-faculty ratio allows students to work directly with experts in their field while earning valuable, practical skills.

Our campus seamlessly blends into the heart of downtown Iowa City, making it easy to access academic resources and belong to a larger, welcoming community. With over 500 student organizations, clubs, and communities on campus, and countless in-town events scheduled throughout the year, Iowa makes it easy to build a network of friendships and connections that last a lifetime.


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Visit nhbm.org/lecture-series for more information.



This project was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at www.nhhumanities.org.

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Edward Jones: Financial Focus

Father's Day gifts

If you're a dad, you may be in line to get some nice gifts on Father's Day. But your greatest gift may be your ability to help your children. One way of doing that is to get them started in the world of investing – and making a few investments on their behalf. Here are three possibilities:
• **529 plan** – If you invest in a 529 education savings plan, your earnings can grow federally tax-free, provided the money is used for qualified educational expenses. (Withdrawals not used for these expenses will generally incur taxes and penalties on investment earnings.) If you invest in your own state's 529 plan, you might receive some state tax benefits, too, depending on how your state's tax laws apply to 529 plans. State-by-state tax treatment may vary, so you'll need to consult with your tax professional about your situation. Provided you stay within certain limits, you can also use a 529 plan to pay for qualified K-12 expenses and registered apprenticeship programs. And you can even use it to repay certain qualified student loans, within limits. A 529 plan can affect financial aid, but its effect is generally lower than that of other assets. And as the account owner, you have control of your 529, so, if one child decides not to go to college or pursue further education, you can switch beneficiaries.
• **UGMA/UTMA account** – When you establish a special type of custodial account known as either UGMA (Uniform Gift to Minors Act) or UTMA (Uniform Transfers to Minors Act), you are providing financial resources that can be used for education or another purpose that benefits your child, such as summer programs. One potential benefit of an UGMA or UTMA is that some of the earnings will be taxed at the child's rate, which is likely lower than your own. Plus, this article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

for qualified K-12 expenses and registered apprenticeship programs. And you can even use it to repay certain qualified student loans, within limits. A 529 plan can affect financial aid, but its effect is generally lower than that of other assets. And as the account owner, you have control of your 529, so, if one child decides not to go to college or pursue further education, you can switch beneficiaries.
• **UGMA/UTMA account** – When you establish a special type of custodial account known as either UGMA (Uniform Gift to Minors Act) or UTMA (Uniform Transfers to Minors Act), you are providing financial resources that can be used for education or another purpose that benefits your child, such as summer programs. One potential benefit of an UGMA or UTMA is that some of the earnings will be taxed at the child's rate, which is likely lower than your own. Plus,

UGMA/UTMA accounts typically allow a wide range of investment choices. However, once children reach the age of majority (typically 18 or 21) they gain complete access to the money and can do whatever they want with it.
• **IRA** – A child with any taxable compensation, such as money from an after-school job, is eligible to fund an IRA. You may want to open one on your child's behalf – and you can "sweeten" the offer by matching some of their contributions. You can't directly invest in the IRA, but you can give your child money for that purpose. Keep in mind, though, that the total amount contributed can't exceed your child's taxable compensation for the year. An IRA is a great introduction to the world of investing. For one thing, your child can make small contributions throughout the year, so investing in an IRA doesn't seem burdensome. Also, since an IRA can be invested in different types of securities, your child can learn about various investment vehicles – stocks, bonds, mutual funds and so on. Plus, you can point out that, with a traditional IRA, taxes won't be due on the earnings until your child starts taking withdrawals decades from now. (And with a Roth IRA, withdrawals are tax-free, provided certain conditions are met.) On Father's Day, you can show your appreciation for whatever gifts you receive from your children. But by investing in their future, you can gain some longer-term contentment.



Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

GHS

(Continued from Page A1)

Despite the challenges, he said he class still got to have a winter and spring carnival, a senior bonfire, and so many more memories. He also reflected on his time with his classmates.

“When I first came to high school, I was unsure of what I was getting into,” he said. “The amazing experiences and classes I had I grew into the person I am today.”

He urged his peers to find their passions in life and find what they want out of life.

Salutatorian Alyssa Gosselin talked about how she came to GHS from Gilmanton and how nervous she was freshman year.

“The Gilford community has been successful in creating a support system,” she said.

She said the seniors had an unprecedented and far from ideal year where things like wearing masks in class became commonplace. She said there were many things over the year that

made things easier, including the staff making sure the students would still have memories.

Gosselin said she loved seeing how much passion her peers have about so many different things. “I could not be more proud of everybody who made the best of this year and accomplished so much.”

Valedictorian Sofia Sawyer said while figuring out her speech she came to the realization that everything is composed of smaller parts. She said this applies to lives as she recalled so many different memories.

“Life is made of these simple moments. and if you don’t pay attention, you can miss out on the beauty of these moments,” Sawyer said, “because when you look at everything at once it’s impossible to know how to begin.”

She said all of everyone has the ability to impact everyone around.

“You don’t need to save lives as long as you

continue to make one life better,” she said.

She said there is power in realizing the weight of their choices and nothing is really impossible.

This year’s Commencement speaker was teacher Julie Andrews, who is retiring this year. She worked in education for 41 years and came to Gilford in 1986. She said walking into Gilford Middle High School for the first time that year she felt like Dorothy entering Oz. As she navigated teaching in Gilford, she was reminded of the quote from Mr. Rogers to “look for the helpers” in uncertain situations.

“I found those helpers and it was refreshing to find they were looking for help as well,” she said.

Andrews talked to the students about having confidence in their own power and choosing optimism in the face of adversity. She said the theme for 2020 was uncertainty, which taught



Members of the Gilford High School Class of 2021 walk toward their seats.

everyone that some important skills were being resilient and reaching out to others.

“People react out of fear or love in the face of adversity,” Andrews said. “(You) can’t go wrong with choosing the latter.”



Salutatorian Alyssa Gosselin.

READING

(Continued from Page A1)

day teens can drop by all week to do some tie dyeing with teen librarian Hayden. The library will provide white shirts for teens to dye with bright colors.

Adults can get into the summer reading spirit as well this month.

Brent Wutcher from the NH Division of Parks and Recreation will speak at the library on June 25 at 10:30 a.m. to talk about the state parks as well as accessibility and ways seniors can save costs.

Learn how to grow a garden that supports pollinators in the presentation “The Birds & The Bees: How to support Them in Your Garden” on Tuesday, June 29 at 3 p.m. Henry Homeyer, an organic gardener, writer, and commentator, will talk about using proper plant material to support natural pollinators.

For more fun programs and activities at the Gilford Public Library, visit gilfordlibrary.org.

BIKE WEEK

(Continued from Page A1)

discussion about possibly postponing the rally given rising COVID-19 numbers. He said those concerns were worked out with a lot of collaboration. He thanked the city and the state for every way they have helped.

“There’s still a lot to be done; people need to take precautions,” St. Clair said.

He thanked the state and the federal government for their work on distributing vaccines.

“Without that, we could’ve been in the same state we were this past August. I really believe that,” St. Clair said.

Misfortune struck the rally again when a fire broke out in its headquarters in Laconia on Christmas day of 2020. The fire killed a cat and destroyed a number of items.

At this year’s press conference speakers talked about a feeling of gratitude that given all the circumstances.

Laconia Mayor Andrew Hosmer said this has been a long year, not only with the pandemic but also the fire that struck rally headquarters.

“As the mayor, I think I find myself talking not about our city so much as about our residents



Gov. Chris Sununu speaks at the kick-off press conference for this year’s Bike Week.

so much, but about our community: what community means,” Hosmer said. “People coming together for a common purpose, working toward a common goal regardless of what’s going on in the world around us.”

Laconia City Manager Scott Meyers said the city is ready for Bike Week, but urged caution given the ongoing pandemic.

“We want the economic boom for the state; we want our businesses and their employees to be successful; we want everyone to be safe because while we’re heading into the eighth of the ninth inning, we should use some common sense in what they do because this is probably, even though it’s a 10 day event, we’re probably one of the

largest events the state is hosting,” Meyers said. “I have every confidence in our crew in Laconia to pull this off successfully, safely, and healthy for everyone.”

Gov. Chris Sununu said the pandemic is still going on, but the country and especially New Hampshire are far ahead. Sununu said it was important to have the rally this year.

“It was really important because it was about setting that tone,” Sununu said. “This is a landmark event for the state. To say we’ll put that on pause, that would have really set reverberations: not just for this event in the future, but really for last summer.”

He said not only are visitors coming to the Lakes Region they are

also exploring the rest of the state.

Motorcycle Week deputy director Jennifer Anderson said their top priority is safety, not just for riding but also for health.

She said handwashing and sanitizing stations will be available all around the vendor areas.

St. Clair presented a plaque to Laconia fire chief Kirk Beattie in thanks for the department’s response to the fire.

“They saved an awful lot: we lost an awful lot, but we could’ve lost an awful lot more and it was Christmas morning for heaven’s sake, so were just so appreciative,” St. Clair said.

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PETS OF THE WEEK

Sasha
Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!

Zephyr
My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not impli-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!

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History comes alive Lakeport Opera House reopens after 60 years

LACONIA — Gone are the plywood-covered windows, dusty hallways and lonely forgotten rooms as the curtain opens for the first performance in over 60 years at the historic Lakeport Opera House. Located on Union Avenue in Lakeport Square, the completely restored and renovated 1882 landmark opened on June 12, bringing live entertainment and a unique cultural experience to Laconia.

“This is a boyhood dream come to life,” said Opera House owner and developer Scott Everett, who grew up in Gilford. “Reviving and reopening this building brings me great joy. I am grateful to all the people that helped us bring back a 19th century cultural center that blends high-end style with historic charm and I am confident that memorable experiences will be made here.”

The Opera House will be home to live musical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and



corporate gatherings.

Seating capacity allows for 220, but the current floor plan is set for under 200 floor, mezzanine, and VIP seats to allow for comfort and space. Seats have cocktail table access or drink rails for refreshments while being spaced apart for optimum comfort. A separate lounge area fea-

tures a full bar and lake-side views through large windows.

“When you come to the Opera House, you’re getting an experience not just a show,” said Opera House venue director and brother Tim James Everett. “The concept and layout was created with comfort, style and mobility in mind while

ensuring that there is no bad seat in the house.”

More than \$1 million was invested into renovating the 30,000-square foot building over the last three years. Modern design elements were incorporated with orig-

inal fixtures creating a unique atmosphere. Several features from the 1882 building remain including reconditioned wood floors, replicated tin ceilings and the original stage and curtains. An old map of Laconia and an original poster from the May 11, 1930 performance were found inside the walls during the renovation and will be on display. The Moore Design Group from Dallas, Texas incorporated high-end embellishments into the design bringing Scott Everett’s modern and futuristic vision to life with specialized lighting; metal, crystal and hand-carved accents; and one-of-a-kind artwork.

“Scott challenged us to take a 139-year-old building and make it stand out with today’s audience,” said Stephanie Moore Hager, founder of Moore Design Group. “We’re excited to see the doors open up to the public so the old and the new come together by adding contemporary elements with an ode to the past to create an un-

forgettable destination experience in Lakeport.”

Once a mainstay of Laconia’s Lakeport community, the Opera House will once again be center stage for all of New Hampshire’s Lakes Region.

The last show at the originally named Moore’s Opera House was in 1960. The Flutie Brothers Band, which includes former NFL star and Massachusetts-native Doug Flutie and his brother Darren, will be the first to perform in 61 years. Scheduled performances include: comedian Lenny Clarke on June 17, Jay Psaros and Chuck McDermott on June 18, David Nail on July 2 and 3, Houston Bernard Band on July 9, The Little Mer-men on July 11, Dancing Dream: ABBA Tribute July 17, Steve Sweeney August 5, medium Maureen Hancock August 8.

For more information on events and to purchase tickets in advance, visit lakeportopera.com.

Kelsi Nicole Sheehan named to Husson University’s President’s List

BANGOR, Maine — Laconia resident, Kelsi Nicole Sheehan, has been named to Husson University’s President’s List for the Spring 2021 semester.

During the spring semester, Sheehan was enrolled in Husson’s Bachelor of Science in Criminal Justice program.

Students who make the President’s List must be enrolled as an undergraduate student, carry a full-time load of 12 credit hours, complete all attempted courses in the time allotted for the semester, and achieve a 3.80 to 4.0 semester grade-

point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

For more than 120 years, Husson University has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent a superior val-

ue in higher education. The hallmarks of a Husson education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as communication. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Helen Tautkus of Laconia named to Assumption University’s Dean’s List

WORCESTER, Mass. — Assumption University has announced that Helen Tautkus, of Laconia, Class of 2021, has been named to the University’s Dean’s List for the spring 2021 semester. Students named to the Dean’s List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

“Helen is one of the many students who demonstrated incredible resiliency amid the challenges posed by COVID-19 during the previous academic year and remained committed to their programs of study,” said Assumption University President Francesco C. Cesareo, Ph.D. “Assumption is proud of these students for excelling in the classroom as they immersed

themselves in the University’s liberal arts curriculum, steeped in the Catholic intellectual tradition, and their majors preparing them for meaningful lives and careers after graduation.”

Assumption University provides students with a comprehensive, Catholic liberal arts experience through curricular and co-curricular programs, including internship opportunities, recreational activities, and more than 60 on-campus clubs and organizations. An Assumption education forms graduates both intellectually and spiritually, inspiring wonder and purpose as they discover their vocation.

For more information, visit assumption.edu.

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier uni-

versity for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

James Guyer receives degree from Georgia Tech

ATLANTA, Ga. — James Guyer of Laconia has earned a Master of Science in Computer Science from the Georgia Institute of Technology in Atlanta.

Guyer was among approximately 4,435 undergraduate and graduate students who earned their degrees during the Spring 2021 semester and were recognized during the Institute’s 260th Commencement exercises May 7-8, 2021, at Bobby Dodd Stadium.

The Georgia Institute of Technology, or Georgia Tech, is a top 10 public research university developing leaders who advance technology and improve the human condition.

The Institute offers business, computing, design, engineering, liberal arts, and sciences degrees. Its nearly 40,000 students, representing 50 states and 149 countries, study at the main campus in Atlanta, at campuses in France and

China, and through distance and online learning.

As a leading technological university, Georgia Tech is an engine of economic development for Georgia, the Southeast, and the nation, conducting more than \$1 billion in research annually for government, industry, and society.

For more information, visit www.gatech.edu.

Noah Bolduc named to St. Lawrence University’s Dean’s List

CANTON, N.Y. — Noah Bolduc from Gilmanton has been named to St. Lawrence University’s Dean’s List for achieving academic excellence during the Spring 2021 semester.

Bolduc attended New Hampton School. Bolduc is a member of St. Lawrence’s Class of 2024.

To be eligible for the Dean’s List, a student must have completed at least four courses and have an academic aver-

age of 3.6 based on a 4.0 scale for the semester.

About St. Lawrence University

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, New York. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and

careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.

Students earn degrees from the University of Vermont

BURLINGTON, Vt. — Determined to maintain the spirit of joy and optimism that is the hallmark of UVM’s commencement ceremony, but doing so in a safe manner, University of Vermont President Suresh Garimella conferred degrees on graduates at multiple, smaller school and college ceremonies. “Our emphasis will be on celebrating our students. We are very proud of each and every one of them and salute their accomplishment,” Garimella said prior to the ceremonies, which marked the end of a highly successful year of in-person education on the UVM campus.

An estimated 3,347 graduates, including 2,685 bachelors, 435 masters, 117 doctoral and 110 medical, earned degrees during the university’s 220th commencement.

Morgan Ashworth of Gilford, Bachelor of Arts
Madelyn Griffeth of Gilmanton, Bachelor of Science

Jackson Laflamme of Gilford, Bachelor of Science

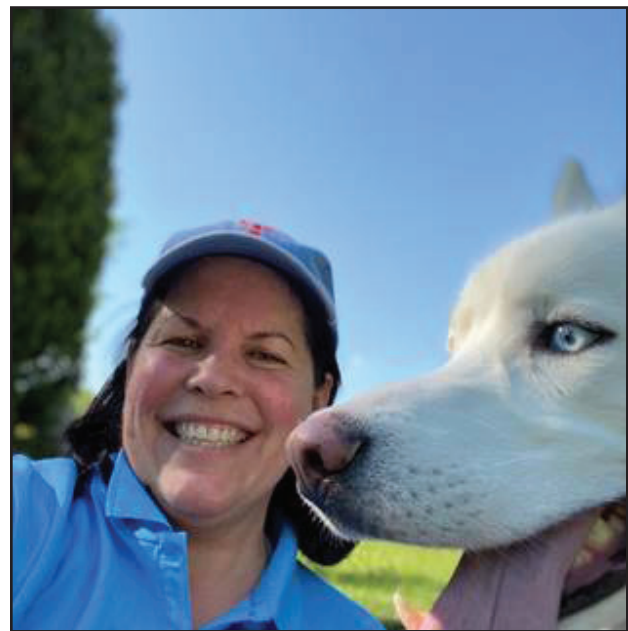
Lyndsey Paronto of Laconia, Bachelor of Arts

Ryan Shumway of Laconia, Bachelor of Science

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Lake Winnepesaukee Association increases capacity to protect the lake!



Michelle Lowe

REGION — The Lake Winnepesaukee Association (LWA) is excited to announce a successful capacity building campaign, resulting in the addition of three people to its staff. Several years ago, we identified a critical need to expand our team if we were to have the resources in place to carry out our mission and implement the recommendations generated by our lake-wide water quality studies.

Michelle Lowe has joined the Lake Winnepesaukee Association as the Director of Development and Community Outreach. In her new

position, Lowe will be tasked with building membership and community relationships, as well as ensuring consistency through brand imaging on all marketing efforts across multiple channels. Even more importantly, Lowe will help broaden the educational aspect of our work so that everyone in the Winnepesaukee watershed understands how they can help protect and preserve the lake.

Lowe comes to the LWA with more than 20 years of Product Management and Marketing across Education, Healthcare, Govern-



Brianna Rossiter

ment, B2B, and Individual channels both locally and nationally. Most recently, she was an integral part of the Leadership Team at Touchstone Farm Inc., where she was the Fundraising & Development Director helping the organization successfully achieve their land acquisition. Michelle holds a Bachelor of Science degree in Sports Management from Keene State College and has been an active member in Rotary, the Souhegan Valley Chamber of Commerce, serving on the board, as Sargent at Arms, NH Charitable Trust committee, and as an Ambassador for the Chamber.

Brianna Rossiter has joined us as Conserva-



ABBY DALTON

tion Program Manager. She comes to the LWA from the Florida Department of Environmental Protection, and she'll be leading several critical nutrient mitigation programs as part of our Keep Winni Blue initiative. First on her list is our collaborative partnership with NH LAKES to implement the 'Be Winni Blue and LakeSmart' program, which educates property owners on how to live in a lake-friendly way. If you would like to be an early adopter in our pilot program this

summer, just drop us an email and Bree will be in touch.

Abby Dalton has joined for the next few months as Conservation Program Assistant. Native to Massachusetts, Dalton earned her BS in Environmental Science with a concentration in Wildlife and Conservation Biology from Southern New Hampshire University. Through her role as Conservation Program Assistant, she'll be hands on this summer assisting with

shoreline mitigation, water quality monitoring, and educational outreach efforts.

"We're thrilled with the new additions to our staff, and confident that each person will play a significant role in protecting Winnepesaukee. This is the beginning of a long term increase in the scale necessary for us to reach the entire watershed and ensure that our lake is protected for generations to come," stated Peter Glick, LWA President.

About Lake Winnepesaukee Association

Through monitoring, education, stewardship, and utilizing science-guided approaches for lake management, the Lake Winnepesaukee Association works to ensure that Winnepesaukee's scenic beauty, wildlife habitat, water quality, and recreational potential continues to provide enjoyment today and for future generations to come! For more information about the Association, contact us at 581-6632, or visit our Web site, www.winnepesaukee.org.



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Gardens created at local residential communities

REGION — Vegetable gardens are “sprouting up” at River’s Edge, Bachelder Apartments, Sunrise Towers and Orchard Hill residential communities in Laconia and Belmont. New raised bed gardens were created and planted over the last week with the help of residents, staff and volunteers. Residents added soil to the raised beds and planted their choice of vegetables. Raised bed planters offer easy access for older residents and those using wheelchairs. “Everyone had a great time getting the planters ready and deciding what they wanted to grow. Giving communities access to grow their own food is important,” said Lisa Morin, Program Coordinator for the Belknap County Conservation District (BCCD). BCCD and the Belknap Association for Natural Resource Conserva-

tion (BANRC) proposed this project to the Lakes Region Community Developers and Laconia Housing who readily endorsed the idea. With the help of a \$2,500 Community Grant from the Bank of New Hampshire and a matching Community Crisis Action Fund 2021 grant through the New Hampshire Charitable Foundation (NHCF), the Conservation District purchased 13 raised bed planters, container soil mix, and a wide variety of vegetable plants, herbs, seeds and garden supplies. Staff from the facilities helped assemble the cedar planter boxes along with residents and volunteers from BCCD and the community. Residents enjoyed digging into the soil and creating their own gardens. Several had plants and seedlings they’d started in pots they contributed.

The \$5,270 Community Crisis Action Fund 2021 grant also covered the cost for rototilling and creating new garden beds at the BCCD community garden on Parade Road in Laconia. It will also fund repair of the water system for the community garden. A second Community Crisis Action Fund 2021 grant will help support the BCCD Gleaning Program which collects surplus fresh produce from farmers and home gardeners to provide to food pantries and community food programs. Food insecurity is an important issue in Belknap County. A study prior to COVID-19 found over 15% of Belknap County residents had three or more food insecurity



Linda Morancey, Donka Facciolo, Donna and Bill Bridgeman, Dolores Genest, and Kathy Ancitl at work in the garden at Sunrise Towers. Not pictured: Kay Grey.

factors including low access to healthy food. Covid-19 has only increased that challenge. For more information on obtaining a garden space at the BCCD Community Gardens or on the grant funding received, please contact Lisa Morin at belknapconservation@gmail.com. All BCCD programs and activities are offered without discrimination.

Gilford Town Wide Yard Sale this Saturday, June 19!

The Gilford Old Home Day Committee will be sponsoring a Town Wide Yard Sale on Saturday, June 19 from 9 a.m. – 1 p.m. (rain or shine). In addition to a number of Yard Sale sites on the Gilford Village Field, there will be numerous sales throughout the Town. Maps with the location of the other sites as well as a list of highlighted items for sale will be available for purchase at the Village Field starting at 9:00 a.m. The cost of the maps will be \$2 each. All proceeds from site fees and map sales will help support Gilford Old Home Day. For more information, please contact the Gilford Parks and Recreation Office at 527-4722.

GILFORD — WinnAero’s summer day camp program, the Aerospace Career Education “ACE Academies,” conducted in association with the Federal Aviation Administration, are preparing for take-off with the first session scheduled at Laconia Airport running July 5-9. Subsequent sessions will run July 12-16 and July 19-23. WinnAero Educational Programming Director, Dan Caron of Gilford, is excited about getting his team of certified instructors back following a one-year COVID-driven hiatus. “We’re very conscious of the safety issues for our students,” Caron stated. This year, the non-profit group staff are 100 percent vaccinated, class sizes have been reduced from 10 to eight, instead of class-



Jillian Mitchell is all smiles as she prepares for her 2019 ACE Academy orientation flight over Lake Winnepesaukee. Ms. Mitchell, of New Hampton, has attended ACE academy for the past five years.

rooms being used for sessions, a large hangar at the Airport will be used with more than adequate spacing between students, open hangar doors weather permitting and masks required in the flight simulator lab, on orientation flights and on field trips. “As school teachers

for those interested. There’s room in the July 5-9 session which is divided into three components; one half-day session for elementary-aged students, a full day high school session and a specific Drone –themed session. Week two, July 12-16 is still accepting students in both the elementary half-day session, the Space Academy and the middle school-aged full day Air Traffic Control session. Week three, July 19-23 has just a couple of seats left open as well. Families can register their students for the ACE Academies and pay the tuition online at www.WinnAero.org. For more information or to reserve a spot now, contact Dan Caron at dan.caron@winnaero.org.

GENERAL SERVICES

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Comfort Keepers

Six ways to help seniors prevent dehydration

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Staying hydrated is important for maintaining health and keeping critical bodily functions working properly. This can be a challenge for some seniors because of changes that happen with age. Seniors may have a diminished ability

ty to sense thirst, notice changes in body temperature and may be taking medications that have a dehydrating effect. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness and fatigue. Because the effects of dehydration are so great, seniors

need to be especially vigilant about getting enough water through the day. Seniors that think they may be dehydrated should discuss their symptoms with their doctor before making any changes to their fluid intake. Older adults looking for ways to stay hydrated through the day

should try these six tips to get started:

Talk to a doctor – not only can a healthcare professional provide a recommendation about how much water someone needs, they can also provide guidance and tips on managing water intake.

Create a schedule – it can be difficult to drink a lot of water in one sitting. However, creating a schedule that accounts for daily activity, physician-recommended intake levels and the preferences of the senior can help keep hydration on track.

Eat water rich foods – Eating cucumbers, watermelon, apples and other water rich produce can help seniors get more fluids at meal times. Broth is also a good option.

Make water more interesting – For those that don't enjoy drinking water, adding small amounts of juice

or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!

Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.

Don't wait for thirst – often, by the time seniors feel thirsty, they may already be dehydrated.

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Comfort Keepers can provide support for seniors that are concerned about the issue of hydration. Our caregivers can provide transportation to healthcare appointments, assist with meal preparation and planning, and provide support for physician-prescribed hydration regimens. Our goal is to support physical and

emotional care goals, and to elevate the spirits of our clients and their families every day.

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About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Tall Granite Big Band to perform at Belknap Mill

LACONIA — Friday, June 18 at 6 p.m., Tall Granite Big Band will be the featured performer for the Belknap Mill's 2021 Arts in the Park Summer Concert Series in Rotary Riverside Park! Patrons are welcome to bring lawn chairs, a blanket, and a picnic dinner for a wonderful evening of live music at the Belknap Mill.

Based in Concord, the Tall Granite Big Band is a 19-piece big band formed in 2014 from a select cadre of New Hampshire community musicians. Under the oversight of Music Director Joey Placenti, a veteran of Navy show

bands, we are dedicated to keeping alive a broad repertoire of classic and contemporary arrangements and compositions, with an emphasis on Swing. In five years of regular appearances at the former Pitman's Freight Room, we were pleased to become known as a dance band and still cherish our links to the state's dance community.

The Belknap Mill's 2021 Summer Concert Series is generously sponsored by founding sponsors The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances or our safety guidelines, please visit our Web site, www.belknapmill.org.

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Belknap EDC awarded micro-enterprise grant

LACONIA — Belknap Economic Development Council (Belknap EDC) and three partner regional development corporations will be allocating more than \$240,000 to support small business development in the region. Working with the New Hampshire Small Business Development Center (SBDC), the organization will be able to directly support businesses with accessing technical assistance, business plan development, and other resources.

The Community Development Block Grant, administered by the New Hampshire Community Development Finance Authority (CDFA) is for low- to moderate-income (LMI) microenterprises (those with fewer than five employees) and start-ups to provide a full range of entrepreneurial training and technical assistance services.

“We are pleased to partner with the CDFA, SBDC, and our strategic partners to provide this much needed one on one support to our small business community,” said Justin Slattery, Belknap EDC’s Executive Director.

A qualifying business must be classified as a for-profit entity with five or fewer employees, be in current operation or in start-up mode, be located within Belknap County and meet specific income requirements.

More details can be found at belknapedc.org.

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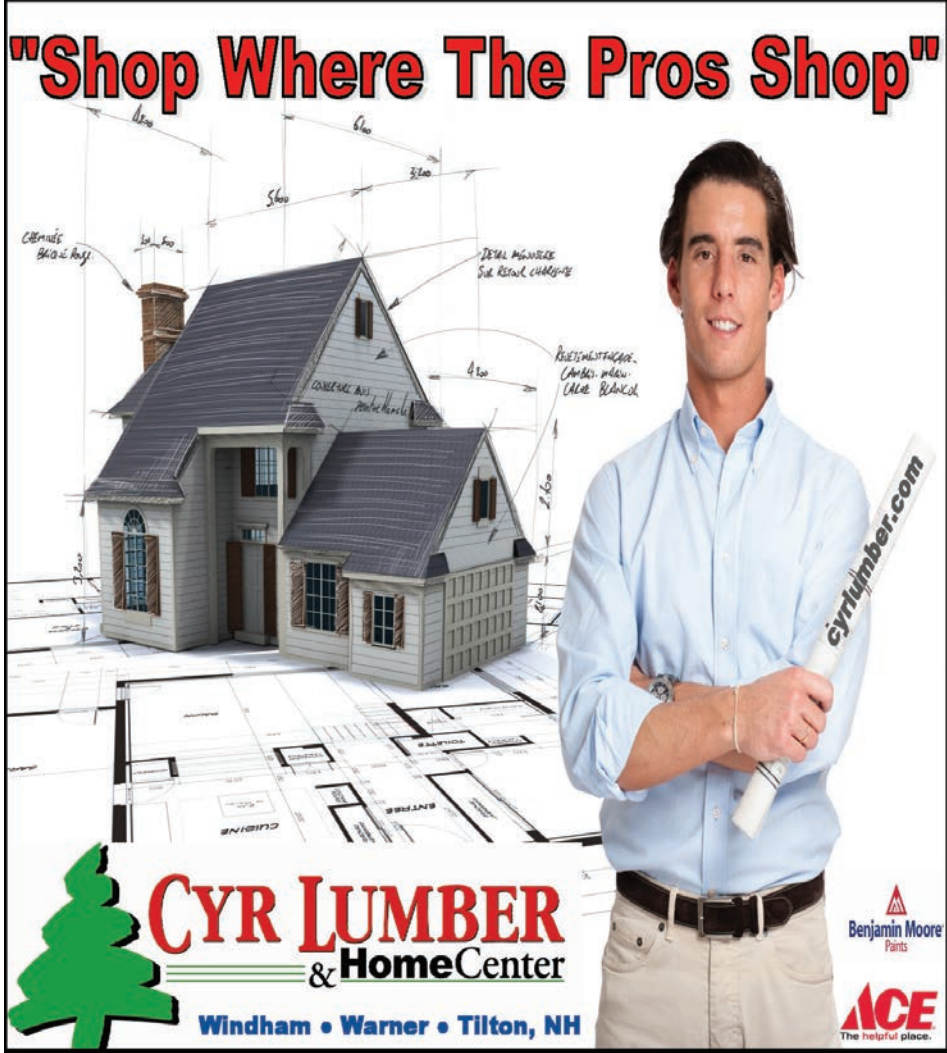
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