

Gandini dominates, leads Gilford to title



The 4X400-meter relay team of (l to r) Patrick Gandini, Isaiah Reese, Gunnar Marvel and Nicholas Haddocks finished out the Division III State Meet with a victory.

JOSHUA SPAULDING

High school graduations coming soon

By Erin Plummer
mnews@salmonpress.news

REGION — Graduations and end of the year events at area high schools are coming in the next few weeks leading up to the end of school for the year.

High school seniors at Gilford High School, Prospect Mountain High School, and Kingswood Regional High School are getting ready to don their caps and gowns and accept their scholarships and diplomas.

For Gilford High School, senior final exams will run from Monday, June 5 through Wednesday, June 9.

Senior Awards Night is scheduled for Thursday, June 8 at 6 p.m. in the GHS auditorium.

Graduation will be on Friday, June 9, at 5 p.m. at Bank of New Hampshire Pavilion in Gilford.

Final exams for underclassmen are scheduled for Wednesday, June 14, through Friday, June 16. The last day of school at GHS is Friday, June 16.

For students in Alton and Barnstead, the last day of school for seniors at Prospect Mountain High School in Alton is June 2.

The Senior Scholarship Awards Night will take place on Wednesday, June 7, at 6 p.m. at the PMHS auditorium.

SEE GRADUATIONS PAGE A14

Reese, Kenyon also win individual Division III championships

BY JOSHUA SPAULDING
SPORTS EDITOR

KINGSTON — With one of the team’s top scorers out with an injury and another limited by an injury and the addition of a couple of new strong teams to the Division III field, the Gilford boys’ track team’s chances at ending as Division III champions seemed to take a pretty big hit going into last Wednesday’s State Meet at Sanborn Regional High School.

However, thanks in large part to the work of senior Patrick Gandini, junior Isaiah Reese

SEE GILFORD PAGE A15

GHS breakfast honors athletes



PHOTOS BY ERIN PLUMMER

Gilford High School athletes Ashley Sanderson, Patrick Gandini, and Tessa Tanner received Senior Athletic Awards for lettering in three varsity sports all throughout high school.

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Student athletes were recognized with a special breakfast and awards during Gilford High School’s annual Athletic Breakfast.

Athletes from all grades and sports were invited to the third annual Athletic Breakfast in the GHS cafeteria on May 24. Afterward students who have played in more than three sports received special recognitions, including some special awards for seniors.

Athletic Director Rick Acquilano said the breakfast started as a way to recognize athletes after the onset of the pandemic.

Acquilano said Gilford teams have one six state championships this year with the possibility of winning a few more coming up.

“You’re aware these things obviously don’t occur by accident: they occur because we have dedicated athletes,” Acquilano said.

He recognized who have played multiple sports each year, saying all of these students have cross trained and worked hard to play so many different sports. This year GHS had 63 students who were three-sport athletes.

Each of the three-sport athletes received a t-shirt. Acquilano said this is a new tradition and there will be a different colored shirt for each year. He said freshmen who play at least three sports every year will graduate with four different colors.

“The backbone of what we do in our accomplishments is because of all of you,” Acquilano said.

Acquilano said studies have shown students who are involved in athletics tend to do better overall in school and beyond. He said the athletes have learned to balance

SEE BREAKFAST PAGE A15

One Light presents “Grease” this weekend



PHOTOS BY ERIN PLUMMER

The cast of One Light Education Department’s coming production of “Grease” rehearses their choreography.

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA — See Greasers, Pink Ladies, some summer lovin’, and a lot of greased lightening this weekend as One Light’s Theatre presents the classic musical “Grease” this weekend.

One Light’s Education Department will present “Grease” at the Laconia High School auditorium Friday, June 2, at 7 p.m. and Saturday, June 3, at 2 p.m. and 7 p.m.

The students of Rydell High will be played by high school performers from across the state.

Maria Uicker plays Rizzo, the fiery leader of the Pink Ladies with. She said she has really been enjoying the role and this is a character that is much different from what she usually plays.

“Playing someone really rugged and mean is definitely like a big switch for me because it’s definitely something I like exploring as an actor,” Uicker said.

At the same time, she said Rizzo has a lot of depth as a character.

Uicker has been doing shows with One Light since she was 12. She is now a senior at Gilford High School and this will be her last show with One Light’s youth theater.

“I really love it here’ it’s like a big family,” she said.

Next year she will be attending the American Musical Dramatic Academy (AMDA) in New York City studying musical theater. Several alumni from AMDA have gone on to perform on Broadway.

Tristan Schofield plays Kenickie, who he described as a “big, rough guy” who looks out for his friends. He said Kenickie’s love interest is Rizzo, though they have a rocky relationship.

He came into the show familiar with the movie, saying his mom loved the opening scene of the cast singing “Summer Nights.” He said it was great getting this part in the play version.

“I honestly think it’s amazing, I’m glad I got such a big part,” Schofield said. “Everyone doing the boys’ roles, we have such a good time.”

Schofield, who attends GHS, started with One Light for the production of “Rock of Ages.”

“I think One Lights honestly a really good company,” he said. “So amazing being in this production.”

Grace Cook plays Jan, one of the Pink Ladies.

“She is in her own world all the time: she loves to eat, she lightens the mood, she’s funny,” Cook said.

“Grease” is her first experience in a One

SEE GREASE PAGE A14

Minnesota State University, Mankato awards degrees

MANKATO, Minn. — Minnesota State University, Mankato awarded 2,494 degrees to 2,247 students at the end of the spring 2023 semester, including Amanda Bartley of Gilford, who received a Master of Arts in Clinical Psychology.

Commencement ceremonies were held Friday, May 5 at 3 p.m. for the College of Business and at 6 p.m. for the College of Humanities and Social Sciences.

Commencement ceremonies were held Saturday, May 6 at 9 a.m. for the College of Science, Engineering and Technology, at 12 p.m. for the College of Education and at 2 p.m. for the College of Allied Health and Nursing.

All ceremonies were held in Taylor Center's Bresnan Arena on the Minnesota State Mankato campus.

Advanced degrees awarded by Minnesota State Mankato at the conclusion of the spring semester included three doctor of education degrees, 19 doctor of nursing practice degrees and five doctor of school psychology degrees.

Graduate degrees awarded included 81 Master of Arts degrees, 17 master of accounting degrees, two master of arts in teaching degrees, 12 master of business administration degrees, 22 master of fine arts degrees, five master of music degrees, 305 master of science degrees, 24 master of social work degrees, seven professional science master's degrees, 20 specialist in educational leadership degrees and 101 graduate certificates.

Degrees awarded at the undergraduate level included 49 bachelor of arts degrees, 31 bachelor of business administration degrees, 19 bachelor of fine arts degrees, 1,485 bachelor of science degrees, 31 bachelor of science in civil engineering degrees, 36 bachelor of science in integrated engineering degrees, five bachelor of science in computer engineering degrees, six bachelor of science in electrical engineering degrees, 44 bachelor of science in mechanical engineering degrees, 25 bachelor of science in social work degrees, 37 associate of arts degrees and 103 undergraduate certificates.

Undergraduate students receiving recognition included 471 students graduating summa cum laude (3.8 grade point average and higher), 298 students graduating magna cum laude (grade point averages of 3.6 to 3.79) and 317 students graduating cum laude (grade point averages of 3.4 to 3.59).

More information about the Minnesota State Mankato spring commencement is at <http://www.mnsu.edu/commencement>.

Lyman Group Boat Show coming to Wolfeboro



WOLFEBORO — Don't miss the 23rd Annual New England Lyman Group Boat Show at the Wolfeboro Town Docks on Saturday, June 10, from 9 a.m. to 2 p.m. See a variety of classic Lyman and other Lapstrake wooden boats all enjoyed on New En-

gland lakes for decades.

In addition to beautiful boats, we'll have music, entertainment, silent auction and raffle. The NH Boat Museum will join us with information about their programs. Talk with

boat owners and vote for your favorite boat!

The New England Lyman Group, also known as NELG, has members who regularly use and enjoy their boats. Many members do their own boat maintenance and restoration. Founded in

1999 with the mission and purpose of promoting the use of Lyman boats, the NELG also supports activities that promote youth involvement and interest in wooden boat building, repair, and maintenance.

The NELG is a 503(c) charitable organization and we make regular donations to the NH Boat Museum, The Landing School and Lowell's Boat Shop to benefit wooden boat programs for young people.

For more information, see our Web site NewEnglandLymanGroup.com or check our FB page. You can also email mailto:NELGevents@gmail.com or call Betsy Bryant at 603 591-5176 with any questions.

Community Arts Fund supports youth art in region

WOLFEBORO — Each year, the Governor Wentworth Arts Council provides funding to promote the arts across disciplines within the Eastern Lakes Region. The Community Arts Fund is open to all artists and organizations within the area of the Governor Wentworth School District.

For 2023, the Governor Wentworth Arts Council is proud to support two local youth art projects.

Kingswood Theater will utilize funding to support the acquisition of a dance instructor for choreography for 2023 choreography development. This self-funded High School theater program provides performing arts education and experiences to students in Grades 7-12. Choreography this year will include dance styles from the 1930's and the Renaissance for the spring as well as traditional musical theater dance in the fall.

The Kingswood Youth Center will utilize funding to support the creation of a traveling mural. The mural will reflect messages of the environment and sustainability through thoughtful youth-led symbols created on each panel. The mural will find a "home base" at the Wolfeboro Public Library between traveling to the Kingswood Youth Center and other interested organizations.

The Community Arts Fund is closed for 2023 (all funds have been allocated). Information on future funding can be found at governorwentworthartsCouncil.org.



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United Methodist Churches donate cleaning buckets



Hope Ministry members are pictured here assembling cleaning buckets for UMCOR.

COURTESY

GILFORD — Imagine a community weather disaster – an earthquake, flood, wildfire, or tornado. A whole community is impacted and homes are damaged. Where to you go to find cleaning supplies? The local store may also be damaged or the shelves empty.

This type of disaster is uncommon here in New England, but happens all over our country and the world.

UMCOR, The United Methodist Committee on Relief, donates hundreds of buckets full of cleaning materials every year to be used in

disasters. These buckets enable those affected by floods, hurricanes and tornadoes to begin the overwhelming job of cleaning up. With severe spring weather across the United States, the buckets help so many people in difficult times.

Hope Ministries at First United Methodist Church Gilford teamed up with Trinity UMC at the Weirs and Bath UMC in Bath, Maine, to assemble almost 75 cleaning buckets plus 160 hygiene kits filled with basic grooming necessities for displaced people. While the buckets are used only in the US, the hygiene kits can

be sent anywhere in the world. In the spring of 2022, the news showed a relief plane filled with kits from churches all over America being given to Ukraine.

We thank the three United Methodist Churches for their work on this project, to all the people who donated money and supplies, and to the ones who shopped, inventoried and packed the buckets. The buckets will be dedicated on Sunday, May 29 at First UMC in Gilford and then taken to the distribution hub in Pennsylvania.

ALTON POLICE LOG

The Alton Police Department responded to 110 calls for service during the week of May 14-20, including one arrest.

-1 Female subject was arrested for Driving/Operating While Intoxicated.

There were 4 Motor Vehicle Accidents.

There were 7 Suspicious Person/Activity Reports on Henry Wilson Highway, Baxter Place, Main Street, New Durham Road, Frank C. Gilman Highway and (2) Mt. Major Highway.

Police made 25 Motor Vehicle Stops and handled 7 Motor Vehicle Complaint-Incidents.

There were 67 other

calls for services that consisted of the following: 3 Assist Fire Department, 4 Fingerprinting, 3 Assist Other Agencies, 1 Pistol Permit Application, 2 Juvenile Incidents, 1 Domestic Complaint, 3 General Assistance, 2 Alarm Activations, 2 Highway/Roadway Hazard Re-

ports, 1 Simple Assault, 2 General Information, 3 Vehicle ID Checks, 4 Sex Offender Registrations, 3 Civil Matters, 4 Wellness Checks, 1 Abandoned Vehicle, 3 Disabled Motor Vehicles, 19 Directed Patrols, 1 Follow-Up Reporting, (1) 911 Hang-up, 2 Medical Assists and 2 Property Checks.

High water

Recent rains raised the water level around the Alton Bay bandstand.

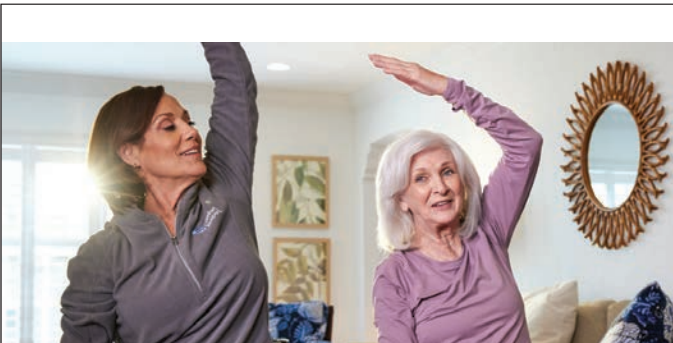
COURTESY




Welcome, Declan Joseph George!

TAMWORTH — Keri and Clayton George of Tamworth are thrilled to announce the birth of their son, Declan Joseph George, on May 20 at Memorial Hospital in North Conway.

The eight-pound baby boy was also welcomed by grandparents Joseph Geraci and Janet Geraci of Gilford and Beverly and Thomas George of Salisbury, and great grandfather Roger George, Sr. of Concord.





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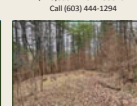
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Never forget the price of our freedoms

We wanted to take this opportunity to say thank you to our readers, family and friends who have served or who are currently serving in our armed forces. We all should take the time to remember those who have paid the ultimate sacrifice in the name of freedom.

Over the Memorial Day weekend, while you were relaxing, enjoying some barbeque and a big plate of pasta salad, we hope that all of you out there took a moment to pause, even if it was undetected, and ruminate about the individuals who were brave enough to afford to us this freedom. Pick a battle and try to imagine, if you can, what it would be like if you were on the front lines. Those of us who have never served can't possibly imagine what this would feel like, however we can appreciate, recognize and commend the courage of those who are no longer with us and those who continue to serve.

When Memorial Day was first celebrated, it was known as Decoration Day following the Civil War. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War that ended in 1865 took the lives of more people than any other war in the history of the United States, the estimate is roughly 620,000, the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War Veterans, called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated over 2,000 graves, both Union and Confederate.

The holiday as we all know is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2008, President Bill Clinton signed the "National Moment of Remembrance Act" which designated the time be at 3 p.m. In 1966, the government marked Waterloo, New York as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After the First World War, America felt the need, and rightfully so, to honor all those lost serving their country. In WWI, a total of 116,516 Americans died on the battlefield, and 405,399 were lost during WWII. The Korean War took 36,574 lives and the Vietnam War cost 58,220 lives. 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom's Sentinel and 61 in Operation Inherent Resolve.

An estimated 38 million people in America traveled over the holiday weekend, and 2.5 million travelers boarded flights, making Memorial Day is the fourth busiest travel day of the year.

In New York, Washington, D.C and Chicago, you can find the largest parades in the country. Because of the three day weekend, many Americans threw parties and barbecues or headed out of town for a mini getaway, but we should never forget the reason for it all.

ACS students receive prestigious awards

Alton Central School Students Kaitlyn Jones and Kiera Saalfrank were each recipients for the New England League of Middle Schools Distinguished Students Scholar Leader Award on May 25. The students were presented with an award whose criteria includes demonstrating academic initiative and scholarship, providing service to classmates and school, exemplifying positive attitudes, and demonstrating leadership in the classroom and school activities. We are so proud of them both, and excited for them as representatives of Alton Central School!

COURTESY



LETTERS FROM EDWIN

Obsolete

all the music we listen to there are automatic volume controls setting the levels. A well engineered device is very hard to detect when it's working. The not so well engineered ones, you can't help but hear it.

I used to have a little digital pocket sound recording device that worked well. I was very happy with it, but like most of my electronic devices, one day it failed to work. I tried all the resets and such and it still wouldn't initialize, so I dropped it into the trash. There's nothing else we can do with all these modern things. You can't fix them.

So off I went to get a replacement. I use it to drive my in ear monitors during breaks so I can hear what's going on. That way I don't have to pull the ear pieces out only to put them back in again in a few minutes. That works for me, so until I change my procedure, I needed another little pocket sound device.

I went back to the same store I bought the other one from. They now had a different brand, but I trusted that it would work similarly

well. What a difference. It works, but not very well. I could throw out all kinds of words that a sound guy would recognize to describe what it does and doesn't do, but leave it to say, it's pretty marginal. So far, I'm tolerating it. Trying to get my money's worth, I guess.

So much stuff just seems to break. Doesn't it? They certainly sell lots of extended warranties. That's why I drive pretested used cars. Any major thing that's going to fail has usually happened by the time I get behind the wheel. You just need to figure out why they decided to sell it, and deal with that.

I'm thinking back to how much simpler everything was in the sixties. If something went wrong with a radio or TV, you just needed to replace a tube. Open up the hood of a car and there was everything, easily accessible, nothing really complicated. I could even climb into the engine compartment of the bus and work on things. There was space to work. There is no space for anything today. Everything is so small and tightly

packed.

My new car is scary. It knows too much. "your left rear tire is low on air" "it's time to change your oil" I'm at the mercy of this machine. It knows my seat and mirror positions. Someone else could have theirs too and it would know who's gotten into the drivers seat and it would make adjustments. This is spooky. And this car is fifteen years old.

I hear lots of comments lately on AI. That computers are getting too smart. They could take over the world! I hear that they may soon be able to take your brain and put it inside a computer, and you'll therefor never die. I wouldn't do it, I have no faith in these machines. Like I said, they always break.

Besides, we're all supposed to die. That's part of the deal we've been dealt. We have to, so that we can move onto our next adventure. Thank God. This one is getting kind of nuts.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com



Point of Law

Three reasons to avoid probate

BY ORA SCHWARTZBERG

Attorney
Schwartzberg Law

es legally binding.

There are three key reasons why you may want to avoid probate.

1. It is all public record.

Almost everything that goes through the courts, including probate, becomes a matter of public record. This means that in order to properly wind up your affairs (i.e., pay your bills, file any remaining tax returns, and distribute your money and property to your

chosen recipients), documents—including associated family and financial information—could become accessible through the Probate Court to anyone who wants to see them. The value of your accounts and property, creditor claims, the identities of your beneficiaries, contact information for your loved ones, and even any family disagreements that affect the distribution of your money and property may be publicly available.

2. It can be expensive.

The court costs, attorney's fees, executor commissions, and other related expenses associated with the probate process are likely to create expenses for your loved ones that can easily escalate into thousands of dollars, even for small or simple matters (like the transfer of one piece of property). The probate process can easily cost tens of thousands of dollars if family disputes or creditor claims arise during the process.

Your money and property that should be going to your beneficiaries, may be significantly diminished by the probate process.

Although setting up an estate plan that avoids probate does have its own costs, the costs that you incur now, to put a plan in place, are more easily controlled than uncertain costs controlled by the Probate Court, after you pass away.

3. It can take a long time.

Probate cases, even seemingly simple ones, take at least six months or even years, during which time your beneficiaries may not have access to the money and property you intended to leave them. A simpler process, such as the administration of a Revocable Living Trust, makes it possible for your loved ones to receive their inheritances shortly after you die.

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GOING OUT OF TOWN

A Night at the Opera House

BY ERIN PLUMMER
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The double doors open and you find yourself walking up a narrow hallway, phone in hand with your ticket. You scan your ticket with one of the attendants and walk into a magnificent space. All around you is red wallpaper with gold ornamental molding, chandeliers overhead, and soaring staircases in front. You have stepped out of the modern city and into a space that looks like something out of history but was actually the result of modern preservation and rehabilitation efforts. You get to your seat and before curtain rises, you take in the murals and gold molding all around. Then the announcements come on, the curtain rises, and the pit orchestra plays their first notes. You know you're in for a great evening.

This is the experience of watching a show at the Citizens Bank Opera House in Boston, and is a similar experience at many of the other theaters in the Theater District. I love theater, whether it's a classic ballet or a raucous comedy fresh off Broadway. I love the experience of seeing the performers in person as well as spending time inside some historical buildings with some great stories.

I developed a love for live theater in high school. I played clarinet in every school band since elementary school and by middle and high school we were cracking into some classic musi-

cal music. My personal favorite pieces were anything from "Phantom of the Opera." Then in junior year, I joined my fellow members of the Laconia High School band on a trip to a competition in Toronto. The evening after the concert competition, I had my first major theater experience seeing "Phantom" at the Pantages Theater. I was immediately hooked. At Plymouth, every time the PACE student activity group had a trip to a show in Boston, I gleefully signed up. That's how I first saw "The Nutcracker" at the Wang Theater, Penn and Teller at the Shubert Theater, and Blue Man Group at the Charles Playhouse.

I frequent Web sites such as Arts Boston and Broadway in Boston to see what's coming up. I try to get back to Boston Ballet's "The Nutcracker" every year and 2022 was my first year back after COVID. I did get to see "Phantom" in Boston back in 2014 and it was so amazing. Just a few weeks ago I saw "Beetlejuice: The Musical," indulging in my love for theater and anything related to "Beetlejuice."

All of the above shows have taken place at the Boston Opera House, now called the Citizens Bank Opera House. Walking into this theater is like walking into history. The décor is grand from the crystal chandeliers to the murals along the ceiling in the theater. You feel like you've stepped into another, fancier world. While reading through

the Playbill while waiting for the first notes of "The Nutcracker" to play, I found out the history of this theater and found the fact the building is even standing today was due to a huge effort and a lot of generous donors.

The Opera House opened as the B.F. Keith Memorial Theater in 1928 a vaudeville venue, later becoming a movie house, and later becoming the home of the Opera Company of Boston. The Boston Opera House was a premier venue for opera, but financial hardships led to the building falling into disrepair. The theater closed in 1991 and in 1995 it as placed on the National Trust for Historic Preservation's 11 Most Endangered Buildings. In 2002 Clear Channel Communications bought the building and with support from the office of Mayor Tom Menino a \$50 million renovation and restoration project was undertaken so it could host Broadway touring productions. In 2009 as the building came under new, local ownership, the Boston Ballet started its first full season in the Opera House.

Looking at the building it seems like everything has been there for a hundred years, but to think a lot of this was the result of such a massive preservation effort is awe inspiring. It shows what is possible with a lot of support and generosity. The story of the Citizens Bank Opera House is the ultimate



PHOTOS BY ERIN PLUMMER
Going with the crowd out of the Citizens Bank Opera House in Boston. Waiting to get to the doors is worth it in a building like this.

success story for any historic building preservation effort, and it is truly a privilege to be able to go inside its doors and see a great production. So many of the theaters in the Theater District have amazing histories and stories behind them. These old, classic venues really add to the whole theater experience.

No matter what venue they're in, it is always so much fun sitting back and watching a live production. I like watching all these performances and imagining how much effort went into making all of these possible. Talking to those behind the scenes of so many local theater productions has given me a taste of what goes into these performances. Now imagine what goes into a Broadway or a major ballet production where everything is huge. Every dancer, stagehand, pit musician,

and so many others are putting their hearts ad souls into a performance and everything from the sets to the lighting and sound were the result of a lot of work behind the scenes. Seeing these in person is seeing art in motion.

The last time I had been in the Opera House before this month was for "The Nutcracker." Seeing "Beetlejuice" in the same venue was such a contrast since the themes are night and day but both are just spectacular in their own ways. I wanted to see "Beetlejuice" on Broadway, but my New York trip was kind of rushed so I didn't get the chance. When I heard it was going to be in Boston I just had to experience it. It was hilarious: so bawdy with so many amazing and sometimes off-color jokes with great production numbers. I went, and yes, I came home

with the t-shirt.

I want to give a little shout out to El Jefe's Taqueria by Emerson College. I was one of the theatergoers that walked out at 10:30 p.m. with an empty stomach, saw your 2 a.m. closing time on the door, and happily lined up to get a really delicious burrito. Thank you for being amazing.

I'm already looking through the lineup of shows in Boston for the rest of the summer to see when I can come back for a show. Since the pandemic, I have had a hunger to get to more musicals the way I hungered for that burrito after "Beetlejuice." So far I'm leaning toward seeing "Come From Away" in August, but another might catch my eye as well. Maybe I'll finally get to Broadway on my next NYC adventure, and I'll gladly share all about it.



Inside the theater at the Citizen's Bank Opera House during intermission for "Beetlejuice: The Musical."

Gilford Public Library

Classes & Special Events

1 - June 8

Thursday, June 1
Geri Fit, 9-10 a.m.
Spanish Storytime, 10:30-11:30 a.m.
French Club, 4-5 p.m.

Friday, June 2
Senior Sculpt, 9-10 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, 12:30-2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, June 3
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, June 5
Geri Fit, 9-10 a.m.
Adult Bingo, 10 a.m.
Come join us for

a fun filled morning playing BINGO. Light refreshments will be served along with prizes. Co-sponsored with Gilford Rec. Don't miss out on the fun!

Tuesday, June 6
Senior Sculpt, 9-10 a.m.

Bridge, 10 a.m.-noon
Lakes Region Cancer Support, 10-11 a.m.
Lakes Region Cancer Support Team (formerly Gilda's Club of NH) located in Laconia will present an informational session about the organization. Lakes Region Cancer Support Team (LRCST) provides free social and emotional support for those impacted by cancer. Come learn how you or someone close to you can benefit from this organization.

Special Peanut Storytime, 10:30-11:30 a.m.
We have a special guest coming to story-

time, John and his dog, Peanut!

Intermediate Line Dancing, 4-5 p.m.

Wednesday, June 7
Senior Stretch Yoga, 9-10 a.m.

Check out an Expert, 10 a.m.-noon
Hand & Foot, 10 a.m.-noon
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
Afterschool Teen Club, 3-4 p.m.

Thursday, June 8
Geri Fit, 9-10 a.m.
French Club, 4-5 p.m.
Sheryl Faye presents: Abigail Adams, 6:30-7:30 p.m.

Abigail Adams is sometimes considered to have been a founder of the United States and

is now designated as the first Second Lady and second First Lady of The United States. Local favorite Sheryl Faye will perform her story starting off as an adult and then back through her childhood and then back to an adult again. You will not want to miss this performance!

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Gilford Public Library
Top Ten Requests

1. "23rd Midnight" by James Patterson
2. "Identity" by Nora Roberts
3. "Lessons in Chemistry" by Bonnie Garmus
4. "Dark Angel" by John Sandford
5. "Simply Lies" by David Baldacci
6. "The Wager" by David Grann
7. "The Covenant of Water" by Abraham Verghese
8. "Pineapple Street" by Jenny Jackson
9. "Countdown" by James Patterson
10. "All the Bright Places" by Jennifer Niven

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Edward Jones: Financial Focus
What should you expect from your investments?

To help achieve your financial goals, you may need to invest in the financial markets throughout your life. However, at times your investment expectations may differ from actual returns, triggering a variety of emotions. So, what are reasonable expectations to have about your investments?

Ideally, you hope that your investment portfolio will eventually help you meet your goals, both your short-term ones, such as a cross-country vacation, and the long-term ones, such as a comfortable retirement. But your expectations may be affected by several factors, including the following:

• *Misunderstanding* – Various factors in the economy and the financial markets trigger different reactions in different types of investments — so

you should expect different results. When you own stocks, you can generally expect greater price volatility in the short term. Over time, though, the "up" and "down" years tend to average out. When you own bonds, you can expect less volatility than individual stocks, but that's not to say that bond prices never change. Generally, when interest rates rise, you can anticipate that the value of your existing, lower-paying bonds may decrease, and when rates fall, the value of your bonds may increase.

• *Recency bias* – Investors exhibit "recency bias" when they place too much emphasis on recent events in the financial markets, expecting that those same events will happen again. But these expectations can lead to negative behavior. For example, in 2018, the Dow Jones Industrial Average fell almost 6% — so investors

subject to recency bias might have concluded it was best to stay out of the markets for a while. But the Dow jumped more than 22% the very next year. Of course, the reverse can also be true: In 2021, the Dow rose almost 19%, so investors who might have been susceptible to recency bias may have thought they were in for more big gains right away — but in 2022, the Dow fell almost 9%. Here's the bottom line: Recency bias may cloud your expectations about your investments' performance — and it's essentially impossible to predict accurately what will happen to the financial markets in any given year.

• *Anchoring* – Another type of investment behavior is known as "anchoring" — an excessive reliance on your original conviction in an investment. So, for instance, if you bought stock

in a company you thought had great prospects, you might want to keep your shares year after year, even after evidence emerges that the company has real risks — for example, poor management, or its products could become outdated, or it could be part of an industry that's in decline. But if you stick with your initial belief that the company will inevitably do well, and you're not open to new sources of information about this investment, your expectations may never be met.

In many areas of life, reality may differ from our expectations — and that can certainly be true for our investments. Being familiar with the factors that can shape your expectations can help you maintain a realistic outlook about your investments.



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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.

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Alton Parks and Recreation Community Connection

Spoon Carving Workshop- June 9

The Alton Parks and Recreation Department and Alton Hand Carvers are sponsoring a beginner wood carving workshop on Friday, June 9 from 6:30-7:30 p.m. at the Alton Bay Community Center. At this workshop participants will learn the basics of wood carving by carving a simple wooden spoon that can be used as an everyday staple. A one-time \$30 registration fee will cover the cost of two carving knives which will be yours to take home. Once you have these knives you will be able to attend all future Alton Hand Carvers workshops for free plus \$5 for materials. Register for the workshop by contacting parksrec@alton.nh.gov. Registration closes June 2.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 3, 2023, rain or shine from 8 a.m.-2 p.m. Free Yard Sale maps with over 60 Yard Sales are available at the Parks and Recreation of-

fice and Town Web Site- www.alton.nh.gov. Be sure to stop at 7 Pearson Rd. for the Free Clothing Swap from 8 a.m.-noon for new to you clothes- many great clothes including brand names and seasonal items will be available for free.

Line Dancing Lessons

Line Dancing with Joan Lightfoot is scheduled on Thursdays from 1:30-3 p.m. from June 1-Aug. 24 at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$10/season. Register on site.

Alton Old Home Week 5K Road Race

Co-Sponsored by Meredith Village Savings Bank. Aug. 12 at the Alton Bay Bandstand, 9:00a.m. Sign up by July 14 and receive a long sleeve race shirt. US-ATF Certified Course through Alton. Computerized timing with bib chip; results posted online. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Prizes, refreshments, water stops, traffic control and raffle for racers. Forms and map available at www.alton.nh.gov or register

online at https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace, \$20.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities through June 28. \$20 per month or \$5 drop in. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109.

Yoga Flow to Yin Class with Sheila Marston

Join a fun flow Yoga Class on Sundays at the Alton Bay Community Center from 9:00a.m.-10:00a.m now through June 4. \$10 drop in fee. Yoga Flow to Yin is an all levels flow class incorporating strength, core and

balance. Bring mat and water. For more information contact Alton Parks and Recreation at parksrec-asst@alton.nh.gov or 603-875-0109.

Community Clothing Swap

The Alton Parks and Recreation Department is coordinating a free Community Clothing Swap where residents can drop off clothes in good condition to pass along to others. Donated clothes can be dropped off at the Parks and Recreation office- 328 Main St., Monday-Friday 8 a.m.-4 p.m. through June 1. The Community Clothing Swap will take place at the Pearson Road Community Center on Saturday, June 3 from 8 a.m.-noon. The donated clothes will be displayed and available for people to pick up and reuse. This event is free and is an effort to reduce, reuse and recycle.

Yoga for Relaxation The Alton Parks and Recreation Department and the Friends of the

Gilman Library are sponsoring a free gentle Yoga program for ages 16 and up on Thursday, June 15 at the Gilman Library from 6-6:45 p.m. The program is designed for all abilities. Join us as we move through a series of stretches that will open tight areas in our body, strengthen weak muscles and calm our mind. Program is led by AFAA certified instructor Kellie Troendle. Exercises are fluid, flowing and gentle. Movements can be completed on the floor or in a chair with modifications. Areas covered include: deep breathing, chest openers, spine lengthening, stretches for the back and shoulders, abdominal work and restful relaxation. Learn new techniques to feel better- both mind and body. Yoga mats are available by request-contact 603-875-0109 or parksrec@alton.nh.gov to reserve a mat. Looking forward to seeing you there. Bring water and a yoga mat.

Alton Bay Concerts at the Bandstand 2023

Summer Concert Schedule: 7-9 p.m. at the Alton Bay Bandstand, Alton Bay

July 1- The Shifters- Classic Rock and Roll; July 3- “Thursday Afternoon Band”- Classic and Modern Rock- Fireworks to follow at 9:20 p.m.; July 5- “Thursday Afternoon Band” (Sponsored by the Water Bandstand Committee); July 8- The Visitors- Oldies, Classic Rock, Country Rock; July 15- Morgan-Nelson- Mix of Southern Rock, Country, Bluegrass and Original Music; July 22- Chris Bonoli- Soft Rock, Country and Classic Electric Blues; July 29- Saxx Roxx- Classic Rock with brass; Aug. 5- EZ Band- Classic and those destined to be; Aug. 12- Bittersweet-Classic Rock-Fireworks to follow at 9 p.m.; Aug. 19- Got It Covered Band- Cover Songs; Aug. 26- Saxx Roxx is back by popular demand to close out the Concert Series with Classic Rock with brass.

Christopher Cox of Alton Bay named to Assumption University’s Dean’s List

WORCESTER, Mass. — Assumption University has announced that Christopher Cox, of Alton Bay, Class of 2026, has been named to the University’s Dean’s List for the spring 2023 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.

“Earning the right to be named to the Assumption University’s Dean’s List is an extraordinary accomplishment and we congratulate those students who demonstrated exemplary academic excellence this semester,” said Assumption University President Greg Weiner, Ph.D. “These students have demonstrated a deep commitment to the pursuit of truth in the company of friends that lies at the heart of the Catholic liberal education Assumption provides.”

Assumption University, founded in 1904 by the Augustinians of the Assumption, is a premier New England University 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’s graduates are known for their intellectual seriousness, thoughtful citizenship, and dedication to the common good. Located in Worcester, Massachusetts, Assumption has undergone a series of major advancements since transitioning to a university, including new academic buildings, degree programs, and athletic facilities for our NCAA Division II student athlete population. The University offers 38 majors and 50 minors in the liberal arts, sciences, business, nursing, and professional studies, and other areas, as well as graduate degrees and professional credentials. For more information about Assumption University, please visit www.assumption.edu.

GILFORD — Gilford Community Church (GCC) has awarded \$40,000 to local nonprofit organizations through the Daniell Fund. Recipients include Community Action Program Belknap/Merrimack County (\$5,000), Navigating Recovery of the Lakes Region (\$5,000), Brigid’s House of Hope (\$10,000), Project Sweet Peas (\$10,000), and Winni Womenade (\$10,000).

Jessica Fleck, Chair of the Daniell Fund Committee and GCC’s Outreach Committee, said awards reflect the congregation’s increasing concern regarding food insecurity and affordable housing in the Lakes Region. While considering responses from Daniell Fund Grant applicants, she said she was mindful of Matthew 25: 35-36.

“Feed the hungry, welcome a stranger, clothe the naked, care for the sick and imprisoned,” she said.

Acknowledging the committee was unable to fund all requests, Fleck said organizations that



Pictured from left to right, Chairperson of GCC Outreach Committee Jessica Fleck, Gilford Community Church Pastor Michael Graham, and Executive Director of Navigating Recovery, Daisy Pierce, PhD.

did not receive an award will still receive support from GCC. “They will either receive a lesser donation from our Outreach Funds or will be supported through donations as part of a social service project,” she said. For organizations awarded a grant from the Daniell Fund, the support will affect tangible community outcomes.

At Navigating Recovery of the Lakes Region,

the grant award will fund free bagged lunches to anyone who needs it, regardless as to whether they struggle with substance misuse. “While doing street outreach, we discovered that on Saturdays in Laconia there is a ‘food gap,’” said Daisy Pierce, PhD, Executive Director. “We will also host a BBQ once a month during the nicer summer weather.”

According to Susan Varnum, President, Winni Womenade, the grant award will help fulfill more than 20 requests from men, women and children in need of short-term financial assistance who are facing a financial crisis.

“In 2022, we served triple the amount of people than we did in 2021,” she said. “2023 is serving up to be our biggest year yet.”

Providing safe housing for victims of human trafficking and exploitation, Brigid’s House of Hope will use the grant award to contribute to their transportation fund.

“Ultimately, we will purchase a van to transport Brigid’s House survivors to and from daily appointments, outings, community volunteering, and much more,”

said Ashley Emery, Resource Development Manager.

According to Michael Graham, GCC Pastor, grants awarded through the Daniell Fund are made possible by a substantial endowment gift from Barbara and the late Robert Daniell.

“This is an annual opportunity that will exist in perpetuity,” he explained. “The purpose of the fund is to improve and better the lives of people in the Lakes Region, which is something that is deeply meaningful and important to our entire congregation.”

To learn more about the Daniell Fund, including background information on Navigating Recovery of the Lakes Region, Winni Womenade, and Brigid’s House of Hope, visit gilfordcommunitychurch.org

GCC is an inclusive, open community with a broadly ecumenical spirit that welcomes people from all denominational and cultural backgrounds. Sunday service at GCC takes place at 10 a.m. at 19 Potter Hill Rd. in Gilford and is also viewable live on YouTube.

Macayla Dutile of Laconia named to Harding University Dean’s List

SEARCY, Ark. — Macayla Dutile, a Sophomore, studying Bible and missions, is among more than 1,100 Harding University students included on the dean’s list for grades achieved during the spring 2023 semester.

The dean’s list is published each semester by Dr. Marty Spears, University provost, honoring those who have achieved high scholarship. To be eligible, a student must be carrying 12 or more hours with a 3.65 or higher grade-point average and no incompletes.

About Harding University
Harding University is a private Christian, liberal arts university located in Searcy, Ark. Accredited by the Higher Learning Commission, it is the largest private university in the state. Harding’s student body represents students from across the U.S. and more than 50 nations and territories. The University offers more than 110 undergraduate majors; 14 pre-professional programs; more than 40 graduate and professional programs; as well as numerous study abroad opportunities including locations in Australasia, Peru, England, Greece, Italy and Zambia. For more information, visit Harding.edu.

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Golden Eagles push past Littleton into semifinals



Aydyn Berube winds up for a backhand during tournament action against Littleton last Thursday.



Joseph Schelb returns a shot during his singles win against Littleton last week.



Tucker Fleury picked up a singles win against Littleton in the Division III quarterfinals.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford and Littleton boys' tennis teams split a pair of games during the regular season and the two

teams found themselves in the rubber match in the Division III quarterfinals on Thursday, May 25, in Gilford. The Golden Eagles won five of the six sin-

gles to clinch the win and went on to the 7-2 victory to advance to the Division III semifinals. The first match off the court was at number three, where Littleton's

win over Littleton's Tye Simon in the top spot in the lineup.

Gilford's Izaak Walton picked up an 8-4 win over Littleton's Ryan Mahy in the second spot in the lineup and the fourth match off had Aydyn Berube of Gilford getting an 8-6 win over Gordon Chau of Littleton.

At number five, Tucker Fleury of Gilford came out with an 8-3 win over Nolan Clark of Littleton and Tyler Davignon of Gilford got the clinching win at number six, ral-

lying past Braden Lewis of Littleton, giving the Golden Eagles the 5-1 lead after singles.

The match of the day came at number one doubles, where Schelb and Walton battled past Simon and Mahy by a 9-8 score (7-3 in the tiebreaker). Townsend and Berube got an 8-5 win in the second doubles spot over Gavin Lewis and Clark and Chau and Braden Lewis got the 8-4 win in the third doubles spot to wrap up the 7-2 final score.

The Golden Eagles

moved on to the semifinals, which took place after deadline Monday and the finals are set for Wednesday, May 31, at Concord's Memorial Field.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Timber Wolves drop first-round playoff match



Joe DeJager returns a shot during playoff action last week in Bethlehem.



Brett McKeown leans in to fire a shot back over net during playoff action against Profile.



Cam Gagnon returns the ball during Prospect's playoff game against Profile.

BY JOSHUA SPAULDING
Sports Editor

BETHLEHEM — The Division III boys' tennis tournament kicked off on Tuesday, May 23, with the eight-seeded Profile Patriots playing host to the ninth-seeded Prospect Mountain Timber Wolves.

The host Patriots were able to take four of the six singles matches before sweeping the doubles to clinch the 7-2 win, earning them a trip to the Division III quarterfinals against defending champion Plymouth.

On the Main Street courts, the two teams played one through three singles and the top two doubles matches, while on the Maplewood Gardens courts about a mile down the road, the four through six singles and third doubles took to the courts.

Prospect Mountain's Joey DeJager got an 8-3 win over Profile's Kobe Toms in the top spot in the lineup. At number two, Satchel Miller of Profile came through with an 8-2 win over Prospect Mountain's Cameron Gagnon and Adam Bell of the Patriots defeated Owen Mahanes

Gavin Lewis got an 8-6 win over Gilford's Alden Townsend. The Golden Eagles evened the match when Gilford's Joseph Schelb got an 8-2

dens, Profile's Kaden Brantley defeated Prospect Mountain's Cameron Morrill by an 8-2 score in the fourth spot in the lineup, while Pierson Freligh of Profile defeated Hayden Mellon of Prospect Mountain by an 8-0 score at number five. Prospect Mountain's Brett McKeown finished singles off with an 8-6 win over Merric Devlin of Profile for the 4-2 Profile lead after singles.

In doubles play, Toms and Miller got an 8-2 win over DeJager and Gagnon in the top spot, while in a very quick match at number two doubles, Bell and Brantley finished with an 8-0 win over Mahanes and McKeown. At number three, Freligh and Devlin rallied for a 9-7 win over Morrill and Mellon to close out the 7-2 win.

The Patriots moved on to face defending champion Plymouth on Thursday, while the semifinals were after deadline on Monday. The Division III finals are scheduled for today, May 31, at Memorial Field in Concord at 4 p.m.

Wood places sixth at Division III State Meet



Parker Wood fires the shot put during action in the Division III State Meet last week.

BY JOSHUA SPAULDING
Sports Editor

KINGSTON — A small pack of Prospect Mountain Timber Wolf track athletes made the trek to Kingston for the Division III State Meet on Wednesday, May 24.

The meet started under the sun, but rain started about an hour in and continued for the rest of the meet, forcing the postponement of



Ethan Capsalis charges to the finish in the 4X400-meter relay last Wednesday afternoon in Kingston.

the pole vault until the next day, when the team championships were awarded.

Parker Wood had the top performance for the Timber Wolves, finishing in sixth in the shot put with a toss of 38 feet, 11.75 inches.

The Timber Wolf team of Wood, Micah Swenson, Ethan Capsalis and Brendan Francis finished in 13th place in the 4X100-meter relay in a time of 49.08 seconds, while the 4X400-meter

team of Swenson, Francis, Wood and Capsalis finished in 15th place overall in a time of 3:58.28.

Mary Hupper was the lone Timber Wolf girl competing, finishing with a toss of 67 feet, seven inches for 15th place in the javelin.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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The Colonial welcomes comedian Joe Pera



Joe Pera

LACONIA — The Colonial Theatre - Laconia will present Joe Pera on Saturday, Aug. 5 at 8 p.m. Tickets are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Joe Pera is a standup comedian, writer, and filmmaker from Buffalo, N.Y. now living in New York City. He is best known for his current Adult Swim series, “Joe Pera Talks With You,” which The LA Times refers to as “TV’s qui-

etest, most artful comedy.” He has performed his subdued standup on “Conan,” “Late Night with Seth Meyers,” and Comedy Central. After his animated special “Joe Pera Talks You To Sleep” (which many have found to work), he followed up with other projects for Adult Swim, including “Joe Pera Helps You Find the Perfect Christmas Tree” and “Relaxing Old Footage with Joe Pera.”

Through his produc-

tion company, Chestnut Walnut, Pera has also directed a number of film and tv projects including Conner O’Malley’s “Truthhunters” pilot for Comedy Central. His new book, “A Bathroom Book for People Not Pooping Or Peeing But Using the Bathroom as an Escape,” is out now from Macmillan publishing, and on the USA Today best seller list. Season 3 of “Joe Pera Talks With You” is now available to stream on

HBO Max, and he can also be seen appearing on season five of “Search Party,” which just premiered on the platform.

Tickets for Joe Pera at the Colonial Theatre of Laconia on Saturday, Aug. 5 at 8 p.m. are \$39, and available at ColonialLaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia an-

nounced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powderhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert

services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Barnstead resident Nikolas Neathery completes intensive research project

WORCESTER, Mass. — Nikolas Neathery, a member of the class of 2023 majoring in Robotics Engineering at Worcester Polytechnic Institute (WPI), recently completed a senior thesis that is required of all graduating seniors as part of the university’s distinctive project-based educational experience. The project, CNC Alarm Resolution and Work Cell Monitoring with a Robotic, was Nikolas’s Major Qualifying Project (MQP), one that is usually team-based and often focuses on very specific issues or needs of an organization that has partnered with the university to sponsor the students work.

“It’s inspiring to see the creativity and skills that our students bring to these projects, as well as the professionalism with which they present their research,” says Arne Gericke, interim dean of undergraduate studies and director of the Office of Undergraduate Research. “Their experience managing a major project like this—including identifying a problem and researching all of the implications and possible solutions while also managing team dynamics over an extended period of several months—sets them up well for success not only

in their first jobs after graduation but throughout their careers.”

A signature element of the innovative undergraduate experience at WPI, project-based learning offers students the opportunity to apply their scientific and technical knowledge to real problems that affect the quality of people’s lives—an experience that changes the student and their world.

In addition to providing tangible work experience that proves valuable to employers, MQPs often lead to publications in peer-reviewed journals, presentations at regional and national conferences, patents, and entrepreneurial ventures. Others become useful innovations and products for their corporate sponsors.

Prior to their MQP, students complete an Interactive Qualifying Project (IQP), usually in their junior year, with a team of other students across disciplines; the projects may or may not relate to the students’ fields of study and are sponsored by organizations across the globe to give students real-world experience addressing problems that lie at the intersection of science and society. Approximately 85% of WPI students complete a project

at one of the university’s 50+ off-campus project centers located in more than 30 countries around the world.

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most

effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in Engineering and Technology Education, WPI’s pioneering project-based curriculum engages undergraduates in solving

important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. WPI offers more than 70 bachelor’s, master’s, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and

the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more. www.wpi.edu

Laconia resident Ayden Duncan receives Bachelor’s degree at WPI Commencement

WORCESTER, Mass. — On Saturday, May 13, Ayden Duncan, who majored in Robotics Engineering, was bestowed a bachelor’s degree at WPI’s 154th Commencement. Nearly 1,100 undergraduate degrees were awarded during the ceremony.

President Grace Wang and Board of Trustees Chair William Fitzgerald presided over the 154th Commencement exercises Saturday morning, marking the first time for both in their respective positions. In her remarks, President Wang, who officially joined WPI in early April, applauded the graduates for their dedication, persistence, passion for their field of study, and achievements. “You have earned your place among generations of exceptional WPI alumni. I hope you will take the opportunity, as they did, to push boundaries, explore unknowns, and deliver a tangible and profound impact to the world.”

In his commencement address to undergraduates titled, “Don’t Switch Off Your Conscience,” Congressman James P. McGovern, who represents the Massachu-

setts second congressional district, urged graduates not to forget about the moral and ethical consequences of their work. “I ask you to stay true to yourself and the values you have learned at WPI. As citizens of the world, you have a responsibility to the greater good. To ask yourself not only what is profitable, but what is just. To ask yourself not only what is efficient, but what is equitable. And to ask yourself not only what is innovative, but what is honorable.”

McGovern received an honorary doctor of humane letters degree at the event. Honorary degrees were also bestowed upon Shankar Balasubramanian, the Herchel Smith Professor of Medicinal Chemistry at Cambridge University, and John T. Mollen, former chair of WPI’s Board of Trustees.

The undergraduate student speaker was Susanna Oppong, biology and biotechnology, who led the graduates in a resounding cheer, “I am here because I am resilient!” Recalling the unprecedented times the Class of 2023 has faced, Oppong said “They say resilience is born

through experience and I truly believe that the resilience of our generation has come from the situations we have endured as students and how we have gathered as a community to advocate for them. We have broken through the stereotypes given to our generation and created the definition of our destiny.”

About Worcester Polytechnic Institute

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COURTESY

Kingswood Youth Football and Cheer is here!

Kingswood Youth Football and Cheer is proud to offer youth tackle football and cheer to the youth of our district and surrounding area! We are currently offering opportunities for football and cheer for boys and girls 12 and under (split up by age levels). Want more information or interested in joining our team? Please email us at kingswoodyouthfootball@gmail.com. Also, look for us on Facebook at Kingswood Youth Football and Cheer. Go Junior Knights!

Lucky winner

COURTESY

Local artist Stephanie McQuade is pleased to announce the winner of the Giclée print “Duo Kingfishers,” Keith Styles of Loudon. McQuade was happy to present this print to him recently in Gilford. The raffle was held at the Belknap Mill Art Walk on May 20. Thanks to all those who entered. Try your chance with McQuade’s next giveaway at the Castle in the Clouds Community Arts Festival, Moultonborough. The Arts Festival is June 10, 10 a.m.-2 p.m. (rain date June 11). Hope to see you there! Visit her Web site and follow her on social media, or view her work at the Lakes Region Art Gallery, Tanger Outlets, Tilton.



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TOWN OF NEW DURHAM
ZONING BOARD of ADJUSTMENT
PUBLIC HEARING NOTICE

Tuesday, June 13, 2023

7:00 PM @ NEW DURHAM TOWN HALL & ZOOM

Matthew C. LoPiano

You are hereby notified that a Hybrid Public Hearing will be held by the New Durham Zoning Board on Tuesday, June 13, 2023, at 7:00 PM for Case #2023-008. The hearing is regarding an application submitted by Varney Engineering, LLC on behalf of Matthew LoPiano for property located at 309 South Shore Road, Map 113 Lots 069 and 026. The applicant is requesting Variances to **Article V Section D:** Dimensional Requirements for Town of New Durham; **Article XIV Section C.8:** Dimensional Requirements; and **Article XX Section C.2:** Non-Conforming Buildings, Land or Uses.

The full application is on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2003. You can also contact via email to ndlanduse@newdurhamnh.us



COURTESY

Poetic perfection

Congratulations to the 2023 Gilford District PTA Poetry Contest winners. From Gilford Elementary School: K—“Spring” by Lyla Barry, 1st—“I am” by Phoebe Finch, 2nd—“Does my dog bark with an English accent” by Emma Horgan, 3rd—“Blue” by Seamus Bil, 4th—“The Bakery” by Chapelle Fogg, Overall- “Yard Sale” by Adalyn Wilson. From Gilford Middle School: 5th—‘Friendship’ by Stella Paltanavich, 6th—‘Challenges’ by Ben Coapland, 8th—“Hold On” by Kinsey Paradis, Overall- “A Poem Over 297 Days” by Hayley Merriam. From Gilford High School: 11th- “ A Man” by Noah Bolduc, 12th— “Solitude’s Elegy” by Louis Laurendeau, Overall- “I was born in a house on fire” by Hannah Donovan.



COURTESY

Super Knights

The following Kingswood Regional Middle School students received the April Super Knights for “Perseverance”. In the first row is: 1) Victoria Cowper; 2) Cadance Reilly. In the second row is: 1) Marsades Melanson; 2) Collin Pelletier. In the third row is: 1) Tucker Eaton; 2) Malcolm Button. In the fourth row is: 1) Nick Dame; 2) Taylor Culverhouse. In the fifth row is Jordan Andre. Missing from the picture is Savannah Dodier and Emma Eidson.

Students named to
Dean’s List at Grove
City College

GROVE CITY, Pa. — The following students were named to the Dean’s List for the spring 2023 semester at Grove City College. Students eligible for the Dean’s List have a GPA of 3.40 to 3.59; for the Dean’s List with Distinction a GPA of 3.60 to 3.84 and for the Dean’s List with High Distinction a GPA of 3.85 to 4.0.

Bryna Wilson of Laconia
Emmett Wilson of Laconia

Grove City College (gcc.edu) is a highly distinctive, nationally ranked comprehensive Christian liberal arts college that equips students to pursue their unique callings through a Christ-centered, academically excellent, and affordable learning and living experience. The College is grounded in permanent ideas and traditional values, committed to the foundations of free society, and develops leaders of the highest proficiency, purpose, and principles to advance the common good. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students degrees in more than 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country’s top colleges by U.S. News & World Report, The Princeton Review, and others based on academic quality and superior outcomes.

PETS OF THE WEEK



Lilly

Meet Lilly! This older lady is looking for to be your next companion. She has a gentle and comforting personality, one to make her a great candidate for many types of homes. Lilly has experience living with both cats and dogs, and even kiddos.



Zip

Meet Zip! He is a fun-loving and mischevious boy. He has an incredible outgoing personality and is looking for a forever home where he can be loved and spoiled.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|------------|--------------------------|----------------------------|-----------|---|--|
| Alton | 7 Acorn Dr. | Single-Family Residence | \$907,000 | Patricia Pierce 2020 Trust | Keith A. and Lynne Garafola |
| Alton | 13 Larry Dr. | Single-Family Residence | \$351,000 | Kara J. Kennedy | Kenneth J. and Tara L. Nazarian |
| Barnstead | Beauty Hill Road | N/A | \$260,000 | Kathleen and Richard G. Hutchins, Jr. | Colby F. and Brianna L. Butler |
| Barnstead | 16 Dustin Dr. | Single-Family Residence | \$520,000 | David M. and Janice A. Guide | Carolyn and Stanley J. Dydzulis |
| Barnstead | 35-A Will Smith Rd. | Multi-Family Residence | \$400,000 | Wayne and Savannah Nedeau | Jd Int. and Joseph Daigle |
| Gilford | Chestnut Drive | N/A | \$19,733 | Dennis J. and Nancy Bochichio | Nona Margo |
| Gilford | 6 Cumberland Rd., Unit 7 | Condominium | \$335,000 | Clara L. Bowker RET | T&D McNall NT |
| Gilford | 131 Lake St., Unit 325 | Condominium | \$210,000 | Michael F. Reed LT | Christine and Eric Gray |
| Gilford | 73 Weirs Rd., Unit 120 | Dock Condo | \$120,000 | Carolyn J. Reynolds RET | Ultimate Rehab LLC |
| Gilford | N/A | N/A | \$287,000 | Mourning Dove Holdings LLC | 21 Village West 14 LLC |
| New Durham | 47 Brienne Rd. | Single-Family Residence | \$485,000 | Black Moon Rising LLC | O'Brien Fiscal Trust and Janice R. O'Brien |
| New Durham | Mountain Drive | Residential Developed Land | \$18,533 | Alan J. Swinerton | Michael L. Williams |
| New Durham | N/A | N/A | \$300,000 | Carolyn Cameron Estate and Robin Cullen | Frank J. and Elaine C. Blaney |

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations.

Chris Eklund of Alton named to Dean's List at Grove City College

GROVE CITY, Pa. — Chris Eklund, a Exercise Science major at Grove City College from Alton, has been named to the Dean's List with High Distinction for the spring 2023 semester. Chris is a 2020 graduate of Wheaton Academy and is the son of Mr. and Mrs. Bryan Eklund (Brenda) from Alton.

Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0.

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We are a 501(c)3 organization that is well supported by our local community as well as the Great Lakes Region Children's Auction and Hannaford Foods.

Our goal is to meet the needs of families whose children might receive free or reduced lunches during the school year. Each child will receive seven breakfasts and seven lunches every week. In addition, we procure local produce, supply bread and a dairy voucher to Vista foods.

You may also contact your school nurse for assistance with registration.

Please note that a new registration for each child is required for every session. We look forward to seeing you this summer.

Laconia resident Aidan Eldridge named to WPI Dean's List

WORCESTER, Mass. — Worcester Polytechnic Institute (WPI) has announced that Aidan Eldridge, a member of the class of 2025 majoring in Industrial Engineering, was named to the university's Dean's List for academic excellence for the spring 2023 semester.

A total of 2,054 undergraduate students achieved the criteria required for WPI's spring 2023 Dean's List. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

"WPI's academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on open-ended problems for communi-

ties around the world. The problems are important and the impact is real" said Professor Arthur C. Heinricher. "Some of this nation's best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean's List have excelled in all of their work, and we are exceptionally proud of these outstanding students."

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems. Recognized by the National Academy of Engineering with the 2016 Bernard M. Gordon Prize for Innovation in

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Got Lunch registration open in Gilford

GILFORD — Gilford Got Lunch registration is open for our summer program. If you have school age children, live in Gilford AND need an assist with food costs over the course of the summer, we are here for you.

Please go to our Web site, www.gilfordgotlunch.com, to register as soon as possible. We will be starting our deliveries on Monday, June 26.



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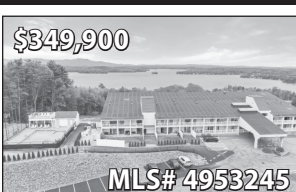


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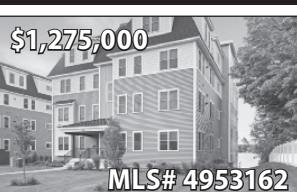
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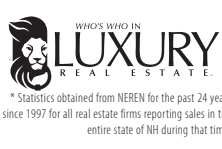
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LRMFA’s Kellie Regan completes Registered Public Safety Leadership Program

LACONIA — The Lakes Region Mutual Fire Aid Association is proud to announce that Lt. Kellie Regan has completed the Association of Public Safety Communications Officials (APCO), Registered Public Safety Leader program (RPL). Lt. Regan has recently received notification of successfully earning her professional designation.

Lt. Regan’s completion in this intensive year long program is significant, as it is a highly competitive program requiring a successful application process, and

approval of an industry service project.

During the yearlong RPL program Lt. Regan learned to: manage organizational change, communicate with confidence and clarity, develop the talent pool, learn to build consensus, enhance team performance, and make a difference in the 9-1-1 and emergency communications industry.

The first five of the six online RPL courses focus on aspects of managing and supervising that are vital to leading successful teams. The sixth course provides

the opportunity for RPL candidates to put their knowledge and skills to use in a service project that benefits our industry. Lt. Regan’s service project was working to co-chair sponsorships for the NH Emergency Dispatchers Association 2022 Training Conference.

Lt. Regan is now one of only a handful of Registered Public Safety Leaders in New Hampshire.

Lieutenant Regan has worked full time for LRMFA for just over three years and serves on the APCO Military



Kellie Regan

Employment Committee. Lt. Regan also served in the United States Air Force prior to coming to LRMFA. We want to congratulate Lt. Regan for all her hard work and dedication to the organization and to the 9-1-1/Emergency Communications industry.

HELP WANTED



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Painters – 2nd and 3rd Shift – Starting Pay \$21.00, plus shift differential.

Assemblers – 2nd and 3rd shift – Starting Pay \$18.00, plus shift differential.

Press Operators– 1st, 2nd and 3rd shift – Starting Pay \$18.00, plus shift differential.

Mold Setter/Mechanic – 1st, 2nd and 3rd – Starting Pay \$21.00, plus shift differential.

Process Tech – 2nd and 3rd Shifts– Starting Pay \$23.00

Machinist 2nd shift – Starting Pay \$22.00 and up depending on experience.

Maintenance Tech 3rd shift – Starting Pay \$22.00 and up depending on experience.

Production Supervisor 3rd shift – Salary Exempt

Customer Service Manager – Salary Exempt

SUMMER INTERNS WELCOMED.

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Part Time Custodian

Prospect Mountain High School is hiring a part time custodian to join our Buildings and Grounds team. Responsibilities include cleaning and disinfecting all common areas of the school building and assisting other custodial staff where needed after nightly tasks are complete. Training will be provided for all cleaning procedures and materials used. Must pass a criminal background check. Hourly rate is determined by experience. The position will be open until filled.



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Celebrating a quarter century of volunteering

LACONIA — Prescott Farm Environmental Education Center celebrated the efforts and achievements of volunteers last week with the annual Volunteer Appreciation Picnic. In addition to classic cook-out fare, the picnic featured live Celtic music from The Rebel Collective, along with plenty of laughs and camaraderie for the more than 40 celebrants.

One special guest, John Allen, was the recipient of the Ursula Allen Volunteer Appreciation Award. John and Ursula, a husband and

wife duo, have contributed thousands of hours to the gardens and grounds of Prescott Farm.

Board member and fellow garden volunteer, Bob Ewell, introduced John at the event.

“Wherever you look on these 160 acres of property, John Allen’s fingerprints are there. His dedication to these gardens, fields, and trails cannot be exaggerated,” Ewell said.

When Prescott Farm was established in 1997, Ursula Allen realized it was the perfect place for her recently-retired husband, John, to volunteer

and keep busy. What she didn’t know at the time was that her passion for gardening would make Prescott Farm a home-away-from-home for her, too. In his words, John is just free labor and Ursula is the brains behind the operation.

Four years after the award was established in her name, staff and Board leadership decided it was time to honor John’s decades of ‘free labor.’

With 94 individuals donating more than 1,000 hours of their time in 2022, Prescott Farm’s volunteer program is thriving. Executive Director, Jude Hamel, notes that running a

small environmental education nonprofit would be impossible without the enthusiasm and care of so many helping hands.

“Some folks think they need to be an expert in a particular area to help out here,” Hamel said. “But education is at the heart of everything we do, and that includes volunteer opportunities. This is a great place to be a leader or to learn about a topic that interests you.”

From trail maintenance and gardening to event planning and fundraising, Lakes Region community members with a wide range of interests and skills can make a significant impact through volunteerism at Prescott Farm.

For more information about volunteer opportunities at Prescott Farm, contact volunteer@prescottfarm.org or call Jordan Poole at 603-366-5695.



COURTESY
John Allen enjoys a moment with his award and the award’s namesake, his wife, Ursula Allen.

Lakes Regional Art Association to take part in Castle art festival

MOULTONBOROUGH — Join Castle in the Clouds and the Lakes Region Art Association/Gallery for a fun-filled community festival on Saturday, June 10 from 10 a.m.-2 p.m.

Adults and children are invited to check in at the Castle in the Clouds booth to receive your “Scavenger Hunt” list. Visit the different artists, crafters, and community organizations to complete the scavenger hunt. Turn in your completed Scavenger Hunt list and win a prize from Castle in the Clouds.

Lakes Region Art Association/Gallery tents will be set up for a community painting and fun Children’s activity.

Community organizations, entertainers, and crafters will join us for this special Festival on June 10 from 10 a.m. - 2 p.m. (rain date June 11).

Visit our Web site for more information about the gallery: www.LRAANH.org.

Lakes Region Art Association Gallery is located at 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton. Hours: Thursday, Friday & Saturday 10 a.m. – 8 p.m.; Sunday 10 a.m. – 6 p.m.

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SHAKER REGIONAL SCHOOL DISTRICT COACHING VACANCIES
Shaker Regional School District is seeking coaches for the 2023-2024 season for following athletic teams:
Varsity Coed Golf
JV Girls Soccer
Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

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General Special Education Assistant (2)
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For complete details for any of the above positions please visit the Human Resources pages of the District website, www.sau80.org, or contact Debbie Thompson, Business Administrator at 603-267-9223 ext 5303 or dthompson@sau80.org.

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GRADUATIONS

(continued from Page A1)

Graduation is on Friday, June 9 at 6 p.m. at the PMHS athletic field.

The last day of school is on Thursday, June 22, and will be an early release.

For New Durham students, Scholarship Night at Kingswood Regional High School in Wolfeboro is on Thursday, June 1, at 6 p.m. in the Kingswood Arts Center. The senior banquet for will be on Friday, June 2 at 6 p.m. in the KRHS gym. Baccalaureate is Sunday, June 4, in the Arts Center.

Senior finals will start on Tuesday, June 6 with makeup exams scheduled the morning of June 9.

The Senior Athlete Awards are on Wednesday, June 7, in the Arts Center.

Students in Lakeside Academy will have their dinner and graduation ceremony on Thursday, June 8, at 6 p.m. at the Lakes Region Technical Center and at the Arts Center.

Graduation for KRHS is on Friday, June 9, at 6 p.m. on the Alumni Field. In the case of inclement weather, as rain date ahs been set for Saturday, June 10, at 10 a.m. If heavy rain is forecasted for that Friday, a decision will be made to move the graduation date.

The last day of school at KRHS is Monday, June 20, and will be a half day for students.



FILE PHOTO

The Gilford High School Class of 2023 will graduate on June 9.



COURTESY

Melcher & Prescott named LRCD's Housing Champion of the Month

Lakes Region Community Developers (LRCD) is pleased to announce that Melcher & Prescott Insurance is LRCD's Housing Champion of the Month for May 2023. Housing Champions are local companies committed to LRCD's mission of creating new affordable housing opportunities. "Affordable housing is clearly a challenge here in the Lakes Region," said Bill Bald, President of Melcher & Prescott Insurance. "I believe affordable housing is important for producing economic growth along with creating vibrant and inclusive neighborhoods. When families can't meet their basic housing needs, businesses will struggle to attract and retain employees, and our local communities will become less diverse." Pictured: Bill Bald, President of Melcher & Prescott Insurance presents Carmen Lorentz of Lakes Region Community Developers with a sponsorship check.

Granite VNA offers Lakes Region Memory Café in Laconia

LACONIA — Granite VNA offers the Lakes Region Memory Cafe on Thursday, June 8 from 1:30 to 3 p.m. at Laconia Public Library at 695 North Main St. The offering takes place on the second Thursday of each month.

The Memory Café is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment.

This program is offered at no charge. Pre-registration is not required. Masks are strongly encouraged. Please note this gathering does not serve as a support or respite group.

For more information, call (603) 224-4093 or (800) 924-8620, ext. 85815 or visit www.granitevna.org.

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to New Hampshire residents since 1899. To learn more about Granite VNA, visit www.granitevna.org.

GREASE

(continued from Page A1)

Light production. Her sister has done several shows with the company.

"I wanted to get in there and do a show with them," Cook said.

She said she has been having a great experience so far. Cook is a student at GHS and said it has been great meeting people from other schools. She also said the production has been well done and the company has been working really well.

For tickets and information visit www.one-lighttheatrenh.org/upcoming-performances.



Maria Uicker sings "Look at Me I'm Sandra Dee" during rehearsals for "Grease."

SNHU announces Winter 2023 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2023 Presidents List. The winter terms run from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Brittany Deflumeri of Center Barnstead
Tyler Vick of Center Barnstead
Gabriela Libenson of Barnstead
Cameron Michaud of Center Barnstead
Marissa Labrie of Alton Bay
Jenna Brophy of Alton Bay
Amy Parker of Alton
Emily Sanschagrin of Center Barnstead
Alethea Carr of Center Barnstead
Virginia Skelley of Alton
James Marceau of Laconia
Kelsey Harriman of Gilmanton
Liza Mahar of Gilmanton
Melanie Candelaria of Laconia
Haley Neunzer of Laconia
Mark Hassler of Gilford
Zoran Boskovic of Laconia

Tiphany Bilodeau of Laconia
Gregory Madore of Gilford
Alexia Dinsmoor of Dover
Rylie Winward of Gilmanton
Chandler Pouk of Gilford
Jacob Boucher of Laconia
Matthew Danhof of Laconia
Philena Guyotte of Laconia
Evan Rollins of Laconia
Caitlin Dunleavy of Laconia
Alexander Muthersbaugh of Gilford
Brandon Schuster of Laconia
Mariah Finley-Gardner of Gilmanton

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Going green to keep Winni blue!

REGION — According to the EPA, the average American produces almost six pounds of trash per day, or almost 1 ton per year. That's equivalent to the weight of a full-grown moose! On Saturday, May 13, more than 100 volunteers of all ages rallied together to help "Keep Winni Blue" by participating in this year's Lake Winnepesaukee Community Cleanup.

Volunteers arrived at various locations Saturday morning, May 13 ready to act and pick up trash before it has a chance to pollute our beloved Lake Winnepesaukee. The dedication of the volunteers was inspiring! Many people brought their own nets to scoop trash out of our waters and others hit the ground running spreading out throughout the community. One team even removed a toilet



COURTESY

from a local beach! The cleanup effort. by GoodEatz 603, home-

Volunteers gather to celebrate a successful 5th annual Lake Winnepesaukee Community Cleanup event, gathering more than 12 yards of trash from around the lake!

Winnepesaukee community truly came together to support this event, with other organizations sending volunteers to help; such as NH LAKES and Meredith Rotary. Our sponsors were just as important, providing generous contributions to cover the expenses related to the event, with some even joining in the

By noon, volunteers had almost filled the dumpster, collecting approximately 12 yards of trash. Additional bags of garbage were brought to local transfer stations. Our cleanup efforts were celebrated at a wrap-up party hosted at Goodhue Boat Company in Meredith. Volunteers were treated to delicious food

made cupcakes, and many fun raffle prizes donated by local businesses.

LWA is very appreciative of the support we received in our first year hosting the Lake Winnepesaukee Community Cleanup. We would like to give a special shout out to the members of the Lake Winnepesaukee Community Cleanup Committee: Joyce Murphy, Paige Miller, and Karen Mauriello! Thank you to all our sponsors, donors and volunteers that made the 5th Cleanup event a success. We're excited to watch this important event continue to grow, and hope to see you next year!

The Lake Winnepesaukee Association is a 501(c)3 nonprofit organization dedicated to ensuring that Lake 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 603-581-6632, or visit our Web site, www.winnepesaukee.org.

Lakes Region Community College celebrates 2023 graduates

2023 included automotive, fire science, and nursing.

Interim President Patrick Cate addressed the graduates with a heartfelt speech on the topics of achievements and the growth of the College.

"LRCC has been able to do big things for our community through the efforts of our faculty and staff and the dedication of our students. LRCC is taking on this transformation by looking at the future of higher education in our region and meeting those needs head-on. I still hear the moniker of the "tech on the hill." That phrase does not accurately describe Lakes Region Community College anymore. As I know you will represent us as the new-

est alumni of LRCC, we are not the tech on the hill. We are the College on the Rise. Congratulations, and continue to make us proud," said Cate.

LRCC was pleased to acknowledge Joel Austin-Shortt as this year's Valedictorian. He received dual degrees in Advanced Manufacturing and Electro-Mechanical Technologies. He has learned from LRCC, applied it in his professional career at Freudenberg NOK, and excelled exponentially. Dual majoring is not a simple task, and Austin-Shortt has persevered and accomplished his goal despite being a single father and working more than full-time.

"As the wheels of our bus come to a stop, we

get off the bus and step on a new foundation that we've built here at LRCC. I want to thank our families, faculty, fellow students, and staff," said Austin-Shortt during his address.

LRCC awarded Emma Cole the Student of the Year Award for 2023. Cole received her Associate of Business degree and plans to open her own beauty shop. Her involvement in the Student Senate and overall support of LRCC make her stand out in the community.

Lakes Region Community College would like to thank the faculty, staff, parents, and the community for supporting this event. For more information about LRCC, visit LRCC.edu.

GILFORD
(continued from Page A1)

and sophomore Nicholas Haddocks, the Golden Eagles gave themselves a chance and when the pole vault was postponed due to rain and moved to the next day, Gilford had an eight-point lead over Pelham with that one event left. The Pythons didn't place anyone in the pole vault and the Golden Eagles picked up the Division III championship. Complete pole vault results were not available as of early deadline on Thursday evening.

For the third consecutive year, Gandini showed why he is one of the best athletes in the state, as he picked up his third consecutive sweep of the distance events, winning the 800, 1,600 and 3,200 meters. He then came back and ran the opening leg in the 4X400-meter relay, helping the Golden Eagles to a win in that event as well.

Gandini's first event was the 1,600 meters and he picked up the win in a time of 4:38.83 just as the rain began.

In the 800 meters, Gandini crossed in a time of 1:57.07 to take the win, with teammate Carter Forest finishing in 10th place in 2:15.2.

In his final individual event of the day, Gandini won the 3,200 meters in a time of 9:49.87.

Reese opened his day with a win in the javelin, tossing a distance of 176 feet, nine inches.

He then qualified for the 100-meter finals in a time of 11.38 seconds and finished fourth overall in the finals in a time of 11.41 seconds.

In his final individual event of the day, Reese ran to second overall in the 200 meters, finishing in a time of 22.75 seconds.

Haddocks picked up a sixth place finish in the high jump, clearing five feet, eight inches. He then qualified for the finals in the 110-meter hurdles with a time of 16.82 seconds and finished fifth in the finals in a time of 16.78 seconds. Teammate Cayden Krupnik finished 13th in 19.13 seconds.

The trio of Gandini, Reese and Haddocks teamed up with Gunnar Marvel in the final event of the afternoon, the 4X400-meter relay, and Reese turned in a burner of a final lap to give the Golden Eagles the win with a time of 3:35.84.

Aidan Malek got the only other individual points for the Gilford boys, as he finished in fourth place in the 300-meter hurdles after a late fall, finishing in a time of 43.58 seconds, with Haddocks taking 11th in 44.91 seconds.

The team of Aiden Bondaz, Henry Stow, Marvel and Carter Forest ran to fourth overall in the day's opening event, the 4X800-meter relay, crossing in a time of 8:59.89.

Jaimen Sawyer just missed scoring in the discus with a distance of 105 feet, one inch, which

placed him seventh overall.

The highlight for the Gilford girls came in the discus, where Abby Kenyon took the win with a personal best throw of 105 feet, seven inches. She just missed scoring points in the shot put, where she threw 29 feet, 7.75 inches for seventh place. She was 12th in the javelin at 75 feet, six inches.

The Gilford 4X800-meter relay team of Maddie Burlock, Maria Tilley,



Aiden Bondaz runs in the 4X800-meter relay at the start of last week's Division III State Meet.

Alana Sawyer and Georgia Eckhardt finished in third place overall to start the day on the track, finishing in 10:44.81. The 4X100-meter team of Sidney Bartlett, Addy Wernig, Anna Coapland and Bella Lesniak finished in 10th in 57.3 seconds. The 4X400-meter team of Coapland, Sawyer, Burlock and Allie Kenyon finished the day with a 10th place finish in a time of 4:35.84.

Allie Kenyon finished in eighth place in the 400 meters, crossing in a time of 1:05.15, while in the 300-meter hurdles, Maelys Nolet was 15th in a time of 58.61 seconds.



Patrick Gandini won the 1,600, the 800 and the 3,200 meters for the third year in a row at the Division III State Meet.



Maddie Burlock powers through the rain during the Division III State Meet.

In the 800 meters, Sawyer finished in ninth place in 2:41.42 and Burlock was 13th in a time of 2:49.6. Eckhardt finished in ninth place in the 3,200 meters, crossing in



Isaiah Reese won the javelin at the Division III State Meet last Wednesday.



Georgia Eckhardt runs in the 4X800-meter relay during the Division III State Meet.



Allie Kenyon powers toward the finish line in the 400 meters last Wednesday at Sanborn. 13:04.64.

By virtue of their top-three finishes, Gandini, Reese, the 4X400-meter boys, the 4X800-meter girls and Abby Kenyon all earned automatic berths to the Meet of Champions, scheduled for Saturday, June 3,

at Oyster River High School at 2:30 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmon-press.news.

BREAKFAST
(continued from Page A1)

many different things in their high school career.

"What I'm staring at right now is future present successful young people and I'm aware that you're going to achieve big things," Acquilano said.

Seniors who played at least three sports a year for all four years received some special recognition.

ognitions.

The NHIAA Award for seniors that played three sports for all four years went to Patrick Gandini, Cole Howard, Ashley Sanderson, and Tessa Tanner.

Senior Athletic Awards went to seniors who played three varsity sports for four years. Patrick Gandini, Ashley Sanderson, and Tessa Tanner received these

awards.

Gandini took part in track, cross-country, Nordic skiing.

After graduation he will attend the US Naval Academy in Annapolis, Maryland where he will also run track.

"It'll be nice sort of being able to continue what I do now and being a student athlete at a higher level," Gandini said.

He will then serve in

the US Navy.

Sanderson took part in volleyball, lacrosse, and indoor track. She said she has done multiple sports a year for many years and is accustomed to the demands.

"I've been doing it since I was a kid," she said. "It helps me stay with my schoolwork as well."

Sanderson will Quin-

nipiac University in Hamden, Conn., and major in Occupational Therapy. She also plans to play volleyball at Quinipiac.

Tanner was part of lacrosse, Alpine ski, Nordic ski, and cross-country.

Tanner said maintaining all these sports wasn't too difficult for her.

"For the most part I'm

doing what I've been doing my whole life," she said.

She said the only difficult part was how she had to miss a day of school for ski meets.

She will attend the University of New England in Maine and study in the Pre-Pharmacy program, also playing women's lacrosse.



Cheryl Bryan hands special t-shirts to all GHS students who played three different sports this past year.

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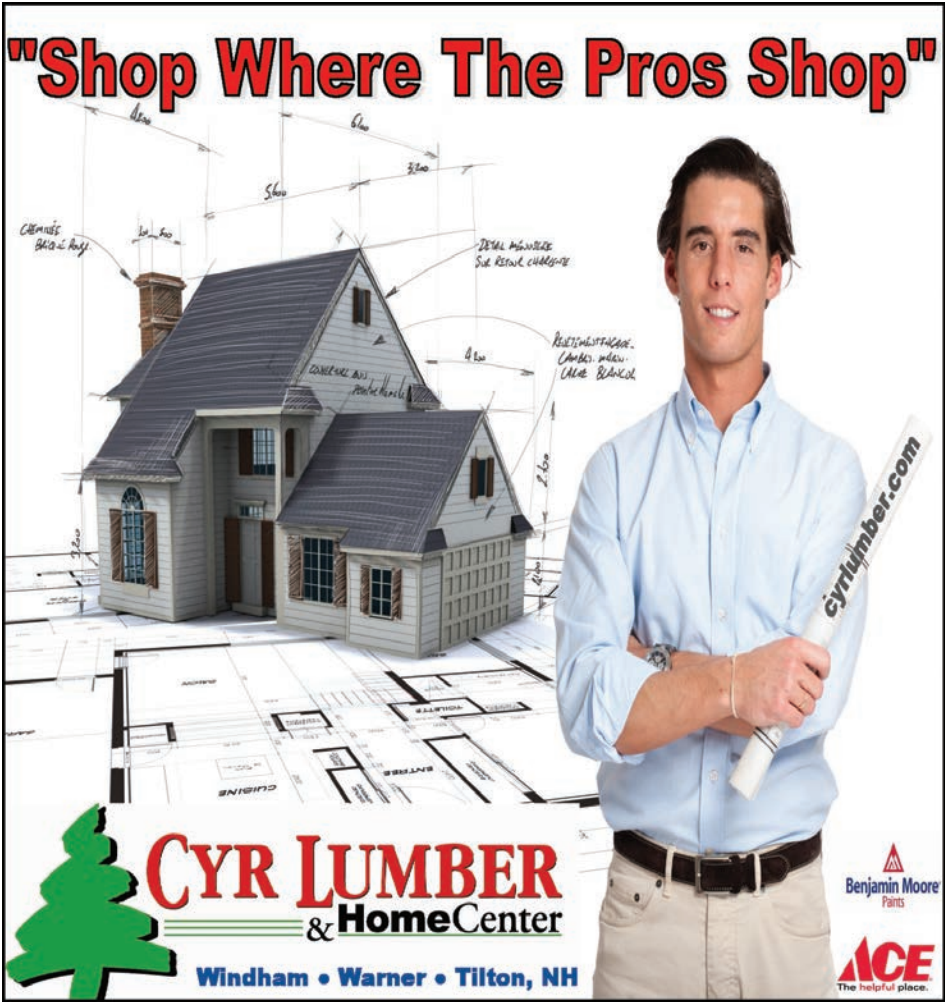
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