



THURSDAY, JULY 29, 2021

GILFORD, N.H.

# Future public works building to remain at current location



PHOTO BY ERIN PLUMMER

A committee is currently looking at options for a possible new public works building, recently voting to keep any new building on the current property.

BY ERIN PLUMMER  
mnews@salmonpress.news

Any potential projects related to the Public Works building will take place at the current property as the building committee decided to not look at other properties at the time being.

Town Administrator Scott Dunn updated the selectmen on the Public Works Building Committee's progress during the July 14 meeting.

Dunn said as of that meeting, the Public Works Building Committee has met three times. At the most recent meeting, the committee decided after reviewing other options to not move the facility from its current property.

After looking at different options, Dunn said the committee voted unanimously in favor of focusing any redevelopment on the facility's current location.

"They're not going to be looking at any alternate locations unless

some new information comes down the pile that says that site shouldn't continue to be used," Dunn said.

The selectmen unanimously approved forming the committee during the March 10 meeting and issued a resolution addressing the work of the committee and the department's needs. Applications will be accepted until April 2.

According to the resolution, the current public works building at 55 Cherry Valley Road was built in the 1970's and is nearing the end of its life. There are numerous safety and environmental concerns and the property's water table has caused problems with the mechanical shop. The facility is located close to Gunstock Brook, which creates issues considering the large amounts of salt, sand, and motor vehicles on the property.

Voters approved \$100,000 toward the eval-

uation, design, and construction of a new public works building and a committee convened of the public works director, one selectman, and five citizens.

The committee is examining the feasibility and best options for a new building and conduct the appropriate evaluations to reach these recommendations. They will solicit and talk with engineers, architects, and other professionals to figure out the best options. The committee will also examine possible new locations for the public works building and compare them to the current property.

In the end the committee will make recommendations to the selectmen on the best options for a new building and make funding recommendations. The committee is tasked with serving until no later than Dec. 31, 2023.

# Town examining options to replace lighting

BY ERIN PLUMMER  
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The town is looking into options to replace the lighting in town hall with LED lighting, including talking to Eversource about possible programs.

During the July 14 selectmen's meeting, town administrator Scott Dunn said he reached out to Eversource to see if programs are available to help the town replace all of the fluorescent lighting in town hall and the police station with LED lighting.

Dunn said the town's electrician suggested he speak with Eversource and estimated that replacing the lighting could pay itself back in two years with the energy savings. He said he contacted Eversource to see if there are any programs that could help the town with this process.

Dunn said if they decide to go this route, up-front costs for such a project could go to voters as a warrant article in the future.

Selectman Chan Eddy said there was a similar project at his workplace with an estimated two-year payoff that actually paid back in 18 months.

"You can't really tell the difference between the fluorescent and the LEDs other than the fact they come on a lot faster," Eddy said.

Dunn said with the LED bulbs and getting rid of so many ballasts, the building could be a lot cooler.

He said the original specifications for the police station project included LED lighting.

"As you know, we were searching for every penny we could save on that project and I think we saved \$10,000 by eliminating LED lighting at the new police station," Dunn said.

# School District to hold public hearing on COVID relief funds

By Erin Plummer  
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The Gilford School Board will hold a public hearing on Aug. 2 to discuss the district's receipt of a third round of federal funds to offset expenses from the pandemic.

The district is expected to receive funding from Elementary and Secondary School Relief (ESSER) III funds and has scheduled a public hearing for Aug. 2 at 6 p.m. for using the funds.

ESSER Funds were approved as part of the federal CARES Act funding in response to the COVID-19 pandemic. ESSER funds can be spent on a specific programs and activities including technology, supplies and services for remote learning, mental health support, summer and afterschool learning, personal protective equipment, planning for longterm closures, and a number of others.

As part of the Amer-

ican Rescue Plan Act, New Hampshire received \$350 million available to schools around the state for the ESSER III funds.

This May the Gilford School Board approved the use of funds from the second round of funding, or ESSER II. Superintendent Kirk Beitler talked to the board during their May 3 about the renewed federal grant funds. Beitler suggested the board go through that list and decide what should be approved.

The board approved a several expenditures that would go several programs that were coming up before the end of the school year or during the summer. Some of the most pressing items were for end of the year celebrations at Gilford High School including \$6,400 for prom expenses, \$2,600 for graduation, and \$2,150 for the senior bonfire. The school board approved these items.

The board also ap-

proved was \$10,000 for personal protective equipment and \$10,000 for cleaning supplies for the district.

The school board also approved \$4,550.33 for middle school summer athletic camps, \$3,375.25 for summer enrichment programs at the elementary school level, \$11,000 for summer tutoring expenses at the elementary school level (\$1,000 for supplies and up to \$10,000 for staffing), up to \$4,641 for the high school summer enrichment program, and others.

Discussion on the third round of funds will take place on Monday, Aug. 2, at 6 p.m. at the Inter-Lakes Elementary School library.

For more information on ESSER III funds visit the NH Department of Education Web site at <https://www.education.nh.gov/american-rescue-plan-act-elementary-and-secondary-school-emergency-relief-fund>.

# Rafting for Wishes raises more than \$285,000



PHOTOS BY ERIN PLUMMER

The top fundraising teams.

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH – The rafts were back on Meredith Bay and teams from across the state returned for 24 hours on the lake or 10 hours in a virtual space for the 11th annual Rafting for Wishes, raising more than \$285,000 and counting.

After a year off as a physical event because of the pandemic, the annual fundraiser for Make-A-Wish New Hampshire returned to Hesky Park and Meredith Bay from Friday night through Saturday night.

As in years past a series of rafts were put in the water and different teams had representa-

tives on the rafts for 24 hours. Some teams took part virtually as well for a 10-hour event starting on Saturday morning.

The floats returned to the water for the first time in two years after last year's event went entirely virtual because of the pandemic. Festivities kicked off around 6 p.m. on Friday with opening ceremonies.

"Because of you during the toughest year we were still able to bring over 80 wishes to life," said organizer Nikki Lyons Lahey during the opening ceremony. "Thank you for helping us bring hope to kids who need it most."

She also credited all the volunteers and com-

mittee members who have helped so much.

"They have truly been the love and the glue that holds this together," she said.

This year's goal was set at \$250,000. By the beginning of the event, they had raised around \$200,000. By the day after the event, they raised more than \$285,000.

Last year Lyons Lahey said there was a point when they didn't know if they would have a Rafting for Wishes event. They decided to have a virtual event where teams would do the rafting from different locations. The event raised around \$225,000



# ALMANAC

## Notes from the Gilford Public Library

Classes & Special Events  
July 29 – Aug. 5

Thursday, July 29  
Geri Fit, 9-10 a.m.  
T(w)een Speed Cake Decorating, 10 a.m.-4 p.m.  
Have you always wanted to be a Food Network Cake Decorator?

We're giving you the chance here at the Gilford Library. There is a catch, though. You have five minutes. Your time starts now. We'll provide a blank canvas cake and let your imagination run wild with whatever toppings you can fit on there in the allotted time. Have fun, let loose,

decorate your own cake, snap a picture and then take it home and eat up! This event runs all week! Sign up for a day to let us know you're coming!

Teen Volunteer Opportunity, 10:30 a.m.

Teens and tweens! Want a chance to get a volunteer hour or two? Talk with Hayden in the teen room about helping set up the story walks for the little ones here at the library. We will go out on the walking trail and post the stories for the kids that will be reading them the following day.

Planetarium: Animals in the Sky, 1:30 p.m.

Find animals in the sky in this fun planetarium presentation! Ages five and up for this program and sign-up is required.

French, 4-5 p.m.

Adult Planetarium: Out There: The Quest for Extrasolar Worlds, 5 p.m.

For thousands of years, mankind thought that the Earth was the center of the Universe. Come to watch and enjoy this fascinating presentation inside a planetarium. \*Sign-up required

Friday, July 30  
T(w)een Speed Cake Decorating, 10 a.m.-4 p.m.

Teen Volunteer Opportunity, 10:30-11:30 a.m.

Teens and tweens! Want a chance to get a volunteer hour or two? Talk with Hayden in the teen room about helping set up the story walks for the little ones here at the library. We will go out on the walking trail and

post the stories for the kids that will be reading them the following week. Here's a chance to do some good and help the library community.

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

Storywalk with Pets, 10:30-11:30 a.m.

Hand & Foot, 12:30-2:30 p.m.

Knit Wits, 1:30-2:30 p.m.

Advanced Conversational German, 2:30 p.m.  
Lower Intermediate Line Dancing, 4-5 p.m.

Monday, Aug. 2  
Geri Fit, 9-10 a.m.  
Mahjong, 12:30-3 p.m.

Tuesday, Aug. 3  
Geri Fit, 9-10 a.m.  
Crafty Tuesday: Adopt-a-Pet, 10:30-11:30 a.m.  
Pick out your own

stuffed animal to adopt and receive a certificate of adoption!

Doggonit Training, 3:30-4:30 p.m.

Kelly from Doggonit Training will be here to talk about why training your dogs are important and what dog training can do for you and your dog.

Mystery Book Group, 5:30-6:30 p.m.

Wednesday, Aug. 4  
Check out an Expert, 10 a.m.-noon

Thursday, Aug. 5  
Geri Fit, 9-10 a.m.  
Summer Reading Finale: Ponies & Petting Zoo, 1:30-3:30 p.m.  
French, 4-5 p.m.  
Trivia Night: Parking Lot Puzzlers, 5:30-7 p.m.

## Gilford Public Library Top Ten Requests

1. "The Shadow" by James Patterson
2. "The President's Daughter" by Bill Clinton
3. "It's Better this Way" by Debbie Macomber
4. "Dead by Dawn" by Paul Doiron
5. "21st Birthday" by James Patterson
6. "Golden Girl" by Elin Hilderbrand
7. "The Four Winds" by Kristin Hannah
8. "Jackpot" by Stuart Woods
9. "Sooley" by John Grisham
10. "Choose Me" by Tess Gerritsen

# Rescue of lead poisoned loon a reminder to stop using lead fishing tackle

MOULTONBOROUGH — On June 15, biologists from the Loon Preservation Committee (LPC) rescued a lead poisoned loon from Mascoma Lake in Enfield. After a night of routine capture work during which the loon and its mate were banded and blood samples were taken, a lead test on the male loon's blood revealed dangerously elevated lead levels, and the group returned to recapture him for treatment. The loon was transported to Wings of the Dawn Wildlife Rehabilitation,

and after a radiograph revealed a lead object in its gizzard, was transported to the Tufts Wildlife Clinic in Grafton, Mass. for a procedure to remove the object.

"This was a rare instance where we were able to detect the problem early on," said Harry Vogel, Senior Biologist and Executive Director of the Loon Preservation Committee. "Normally, lead poisoned loons aren't rescued until it is too late because they don't start showing behavioral signs of lead poisoning

until their lead levels are fatally high. In this case, our banding efforts allowed us to discover the problem early and take action." The loon has since had the lead object removed, and its blood lead levels are trending downward; however, it still faces an uncertain future.

"This loon has been through a lot in the last few days. Its recovery is not assured, but we are hopeful," Vogel said.

This is the second case of lead poisoning in a New Hampshire loon this year. In late May, LPC biologists captured a loon on White Lake in Tamworth that had fatally high levels of lead in its blood. That loon did not survive.

Since 1989, lead poisoning resulting from tackle ingestion has accounted for 41% of loon deaths documented by the Loon Preservation Committee. It is the lead-

ing cause of adult loon mortality in the state. Though the sale and freshwater use of lead sinkers and lead-headed jigs weighing one ounce or less became illegal in New Hampshire in 2016, continued loon deaths from tackle ingestion indicate that tackle purchased prior to the ban may remain in use in New Hampshire.

"Our data indicates that many loons that die from lead poisoning are encountering it through active use, either by consuming a fish that has broken an anglers line and has ingested the tackle that was attached to that line, or by striking at an angler's line as it is reeled through the water," said Vogel.

Since 2018, LPC, New Hampshire Fish and Game Department (NHFG), and several local fishing retailers have teamed up to address continuing loon deaths

from lead poisoning in New Hampshire by buying back lead fishing tackle known to poison loons. Those with eligible tackle—lead sinkers and lead-headed jigs weighing one ounce or less, the tackle that is most commonly ingested by loons and is banned by New Hampshire state law—can exchange it for a \$10 voucher redeemable at participating tackle shops. In addition, the top two turn-ins by weight at each shop will receive prizes of \$100 and \$50 respectively.

"We are pleased to provide this program and offer an additional incentive to anglers stepping up to do the right thing for loons and other wildlife by making the switch to non-lead alternatives like steel, tungsten, tin, bismuth, and other materials," said Vogel.

The Lead Tackle Buyback program will

run year-round in 2021. In addition to the Buyback, collection receptacles have been installed at several municipal waste transfer stations throughout the state of New Hampshire. Tackle may also be disposed of at select Household Hazardous Waste collection days. For a complete list of participating retailers and other safe lead tackle disposal sites, please visit loonsafe.org.

The Loon Preservation Committee (www.loon.org) works to protect loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of July 19-25.

A 27-year-old male was taken into protective custody for intoxication on July 19.

Tom Alley, age 71, of Gilford was arrested on July 19 for Operating with an Expired License (subsequent).

Sandy Carole Roy, age 39, of Alton was arrested on July 22 in connection with a warrant.

Richard A. Hyde, age 57, of Pittsfield was arrested on July 23 in connection with a warrant.

Alysia M. Baker, age 30, of Laconia was arrested on July 23 for Receiving Stolen Property after Two Prior Convictions. Vanessa A. Cote, age 43, also of Laconia was arrested during the same incident for Receiving Stolen Property valued at less than \$1,000.

A 50-year-old male from Methuen, Mass. was taken into protective custody for intoxication on July 24.

A 43-year-old male from Dunbarton was taken into protective custody for intoxication on July 24.

LACONIA — Lakes Region Mental Health Center is hosting its 10th Annual Mental Health Awareness Online Auction! From Oct. 13-27, the public has the opportunity to bid on great products and services from around the Lakes Region. LRMHC is currently looking for sponsors or donations with a goal of raising more than \$15,000 this year to support those in need around the Lakes Region.

Based on your sponsorship level, sponsors will receive valuable exposure on the auction's Web site, weekly email blasts to more than 700 LRMHC supporters, and on all social media platforms between now and October. This is a great way to promote your business while supporting a local community nonprofit organization.

If you would like to donate, we are accepting gift cards, products and certificates for local services to auction off. Your name or business will be listed in our annual report, and your logo will be linked to your site with recognition on your auction item. We would be happy to pick up any local items as well.

We have an ambitious goal of making this year's auction our biggest yet. The pandemic has brought many challenges to individuals, children and families, nonprofits and local businesses. But as the weight of the crisis is lifted, the longer-term impact on people's mental health is becoming more evident and as such, the demand for our services continues to increase.


Go to [www.lrmhc.org/auction](http://www.lrmhc.org/auction) or contact Jaron Jenkins at [jjenkins@lrmhc.org](mailto:jjenkins@lrmhc.org)

kins@lrmhc.org or 524-1100, ext. 219 to support us or for more information. The sponsorship deadline is Aug. 16. The donation deadline is Oct. 1.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and

family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and Instagram for updates and information.



**Gilford Steamer**

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# Belknap House receives grant from Eversource Energy Foundation

LACONIA — Belknap House is grateful to be one of the recipients to receive a grant from the Eversource Energy Foundation. The Eversource Community Impact Grant supports the foundation’s commitment to making a positive impact in the lives of their customers.

This award supports essential needs for Belknap House residents, particularly children during summer months, and directly helps to maintain family stability. Providing safe shelter and essential needs to families in crisis, is one aspect of the mission of Belknap House. Empowering families to become self-sufficient and independent by providing opportunities of education and resources, is what also attributes

to families’ success stories. While at Belknap House, families build skills and resilience through awareness and improving certain protective factors, that strengthen their ability to overcome challenges. We are proud to have Eversource Energy join our network of committed agencies and community resources serving BH residents. These partnerships are vital in the work of empowering families to become independent. Belknap House board members, staff and families, send heartfelt gratitude to Eversource Energy and their commitment to making a difference. Additional thanks to Catalina Celentano, Community Relations and Economic Development Specialist, with Eversource, for providing a note of sup-

port, on behalf of Belknap House.

“I was impressed by the great work Belknap House is doing when I visited the house as part of Leadership Lakes Region,” Catalina said. “We’re honored to be able to support this great work for families in the areas where we work and live, and hope we can continue to help make a difference in our region.”

For more information about Belknap House or volunteer opportunities, contact Tom, House Manager, at 527-8097, or [housemgr@belknap-house.org](mailto:housemgr@belknap-house.org). Please visit our Web site at [www.belknaphouse.org](http://www.belknaphouse.org) and like us on Facebook: Belknap House



# Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

Youth Soccer Final Registration Night – Aug. 4 The Gilford Parks and Recreation Department will be holding their final registration night for the Fall Youth Soccer Program on Wednesday, August 4th from 5:30 - 7:00 p.m. in the Gilford Parks and Recreation Office. The youth soccer program is open to all Gilford students entering grades K-5 this fall. The registration deadline is Aug. 20 and any registrations submitted after this day will be accepted on an availability basis only. Cost: \$15/participant or \$25.00/family by Aug. 9 \$25/participant or \$35.00/family after Aug. 9

For more information, please contact the Gilford

Parks and Recreation Department at 527-4722.

Minds in Motion “KIKO.962 Robot Workshop!” The Gilford Parks and Recreation Department is Sponsoring a workshop through Minds in Motion for children ages eight to 12, from 9 a.m. - 4:30 p.m. on Aug. 2 and 3. Participants will have the opportunity to build and take home their very own KIKO.962 robot! This infrared sensor detecting, obstacle-exploring robot has spent life traveling the galaxies and surveying uninhabitable regions! KIKO.962 loyally follows any object that approaches it and won’t stop until switched back into explore mode. KIKI.962 has two pre-programed modes (Follow-me and Explore) and scans its surroundings by using AI (arti-

ficial intelligence), I/R (infrared sensor), and six legs which allow it to turn 360 degrees and seamlessly complete obstacles! Once you construct this 192-piece STEAM kit, you will realize this is no ordinary robot. KIKO.962 offers a wonderful sound and light effect, which develops its own emotions and gestures! Create challenging mazes for KIKO.962 to navigate around, or just select Follow-me and enjoy having the adorable robot pursue you! Registration is taking place at the Gilford Parks and Recreation Office and forms

are also available on-line at [www.gilfordrec.com](http://www.gilfordrec.com) Cost: \$115 per participant

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

Seacoast United Soccer Camp The Gilford Parks and Recreation Department is sponsoring a week-long Seacoast United Soccer Camp from Aug. 2 – Aug. 6 at the Gilford Village Field. This camp offers a three-hour program for children ages 6-14 and a 45 minute program for children ages three to five. Partici-

pants may register by accessing a registration link through the Parks and Recreation website at [www.gilfordrec.com](http://www.gilfordrec.com). Cost: \$135 for ages six to 12 and \$70.00 for ages three to five

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

Senior Moment-um Baseball Lunch and Bingo Day – Aug. 9 The Gilford Parks and Recreation Department is sponsoring Senior Moment-um Program on Monday, Aug. 9. We will meet in the Gilford Community Church’s Fellowship Hall at 11:30 a.m. We will be enjoying a ballgame lunch including hot dogs, soft pretzels, candy and a variety of snacks as well as soda and water. Following lunch, we’ll be playing some bingo, with an assortment of prizes for the winners. The bingo is free of charge, but the cost for those interested in lunch is \$5 per person. Participants must RSVP by Thursday, Aug. 5.

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

Old Home Day Committee accepting parade applications The Gilford Old Home

Day Committee is currently accepting Parade Applications for the Old Home Day Parade to be held on August 28th. These forms are available at both Bank of NH locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

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

## Hajj earns spot on Emmanuel College Dean’s List

BOSTON, Mass. — Emmanuel College has named Trevor Hajj of Gilmanton to the Dean’s List for the Spring 2021 semester. To earn a spot on the Dean’s List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Emmanuel College is a co-educational, residential institution with a 17-acre campus in the heart of Boston’s educational, scientific, cultural and medical communities. Enrolling more than 2,000 undergraduate and graduate students, the College provides boundless opportunities for students to expand their worldview through rigorous coursework, significant internship and career opportunities throughout the Boston area and beyond, collaborations with distinguished and dedicated faculty, and participation in a dynamic campus community. Emmanuel’s more than 70 programs in the sciences, liberal arts, business, nursing, and education foster spirited discourse and substantive learning experiences that honor the College’s Catholic educational mission to educate the whole person and provide an ethical and relevant 21st-century education.

## Mountainside Pit NOW OPEN

Off of Sandy Knoll Road, Tuftonboro  
Sand, Loam and Stump dumping  
Delivery service available

For questions call Jim Bean 603-455-5700

## Go “Over the Moat” at Heritage Baptist Church

LACONIA — Looking for a place to send your four to 17 year olds that will be full of fun, games, Bible teaching, songs? Have them come to Heritage Baptist Church at 349 Meredith Center Rd., Laconia, as we go “Over the Moat!”

This year’s theme will show the children how to trust God and be courageous! The fun begins on Thursday afternoon starting at 4 p.m., and runs until 7 p.m. We will meet again on Friday afternoon at the same time and finish up on Saturday morning starting at 9 a.m. The program day will end at around noon with a cookout for all the workers, students and their parents, followed by a brief program. There is no cost to you, and we would love for your children to join us. Please call the Church at 528-8400 or email us at [heritagechurch777@gmail.com](mailto:heritagechurch777@gmail.com). We look forward to seeing you!

### Edward Jones: Financial Focus

#### Is Roth IRA better for young workers?

If you’re in the early stages of your career, you’re probably not thinking much about retirement. Nonetheless, it’s never too soon to start preparing for it, as time may be your most valuable asset. So, you may want to consider retirement savings vehicles, one of which is an IRA. Depending on your income, you might have the choice between a traditional IRA and a Roth IRA. Which is better for you?

There’s no one correct answer for everyone. But the more you know about the two IRAs, the more confident you’ll be when choosing one. First of all, the IRAs share some similarities. You can fund either one with many types of investments – stocks, bonds, mutual funds and so on. And the contribution limit is also the same – you can put in up to \$6,000 a year. (Those older than 50 can put in an additional \$1,000.) If you earn

over a certain amount, though, your ability to contribute to a Roth IRA is reduced. In 2021, you can put in the full \$6,000 if your modified adjusted gross income (MAGI) is less than \$125,000 and you’re single, or \$198,000 if you’re married and file jointly. The amount you can contribute gradually declines, and is eventually limited, at higher income levels. But the two IRAs differ greatly in how they are taxed. Traditional IRA contributions are typically tax-deductible (subject to income limitations), and any earnings growth is tax-deferred, with taxes due when you take withdrawals. With a Roth IRA, though, your contributions are never tax-deductible – instead, you contribute after-tax dollars. Any earnings growth is tax-free when withdrawn, provided you’ve had your account at least five years and you don’t take withdrawals until

you’re at least 59½. So, which IRA should you choose? You’ll have to weigh the respective benefits of both types. But when you’re young, you may have particularly compelling reasons to choose a Roth IRA. Given that you’re at an early point in your career, you may be in a lower tax bracket now than you will be during retirement, making the tax-deduction of traditional IRA contributions less beneficial. So, it may make sense to contribute to a Roth IRA now and take tax-free withdrawals when you’re retired. Also, a Roth IRA offers more flexibility. With a traditional IRA, you could face an early withdrawal penalty, in addition to taxes, if you take money out before you’re 59½. But with a Roth, you’ll face no penalty

on withdrawals from the money you contributed (not your earnings), and you’ve already paid the taxes, so you could use the money for any purpose, such as making a down payment on a home. Nonetheless, you may still want to be cautious about tapping into your IRA for your spending needs before you retire, since IRAs are designed to provide retirement income. If your income level permits you to select a Roth or traditional IRA, you may want to consult with your tax advisor for help in making your choice. But in any case, try to max out on your IRA contributions each year. You could spend two or three decades in retirement – and your IRA can be a valuable resource to help you enjoy those years.



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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.



# Moon madness

Is what ‘they’ say really true regarding the full moon? Do people actually turn into ‘lunatics?’ We’re not so sure, but science has much to offer on the topic, with the next full moon now literally on the horizon.

Some people claim that they become unexplainably moody for a few days or have trouble sleeping. Some say they experience breakouts or other aches and pains that affect the joints. Typically, when people are observed acting slightly less than normal, you will hear the phrase “it must be the full moon.”

Logically, it makes sense that because the tides are higher during the full moon phase due to the pull of gravity that our bodies which are made up of 80% water would experience some sort of side effect as well.

Studies show that tides in large lakes undergo minimal tide changes during the full moon. Tides take place twice a day in the ocean, which could mean that we would be ‘off center’ twice a day, however that isn’t the case from what we currently know according to science.

Some myths claim that the full moon can incite epileptic seizures in people, however a study in 2004 showed no such connection.

As far as bouts of psychiatric outbursts, one study in 2014 showed an increase of emergency room visits within 24 hours of the full moon however a study in 1996 showed no significant difference. The term ‘lunatic’ is derived from the word ‘Luna’ the name of the ancient Roman goddess. Aristotle and Hippocrates once implied they thought the moon was at fault for abnormal behavior.

Interesting was the study that took place in Colorado, where researchers found that the risk for pet injuries increased by 23 percent during the full moon phase. Proven is that wild animals behave differently during the full moon in that the light effects their hunting habits.

As for sleep deprivation, we all know that before modern times the moon provided light during the nighttime hours. During the full moon, the increased amount of light was said to have wreaked havoc on those with bipolar or seizure disorders. Many people say they have trouble sleeping during a full moon however no studies have indicated a scientific correlation as of yet.

As far as myths go, the claim that a full moon increases fertility and births is as old as time. The truth is that fertility methods based on moon phases have proved inconclusive, as did the effect on gravitational pull to induce labor.

February is the only month that may not experience a full moon because each full moon appears every 29.5 days. A super-moon takes place when a full moon coincides with the moon’s closest approach to earth. The last time we witnessed a super-moon was in 2015. The next one will occur in 2033. Some say that the full moon is an unlucky sign if it happens on a Sunday. Interesting to note is that the name ‘Monday’ is from the Old English word Monandaeg, which means ‘moon day’. Another fact is that on March 28, the Royal Air force used the light from a full moon to attack Lubeck in Germany during WWII.

When there are two full moons in one month, the second one is called a ‘blue moon.’ This occurrence takes place every three years. A red moon happens when the full moon phase occurs during the same time as a lunar eclipse.

The man on the moon that we often see during a full moon, is nothing more than dark areas called basaltic plains and the lighter colored highlands of the moon’s surface. Making sense, and interesting is that between 1765 and 1813, the Lunar Society of Birmingham, England met during the full moon because the extra light made the walk home safer.

July is said to be the best month to get married because it falls between the planting and harvesting of crops. The term ‘honeymoon’ is named after the first full moon in June for this reason.

We can’t mention a full moon and not mention werewolves. Old folklore claimed that if you slept outside under a full moon on a Wednesday or a Friday you could turn into a werewolf. Perhaps the most entertaining spin on this myth, aside from the Universal Pictures’ influential 1941 classic “The Wolf Man” with Lon Chaney, Jr. is the 1985 film “Teen Wolf” starring Michael J. Fox. If you haven’t seen it, you might want to pull it from the dusty archives during the next full moon for a celebratory showing. For those with prefer straight-up horror, we also recommend “The Howling,” “Wolfen,” and of course, “An American Werewolf in London” (but make sure you’ve sent the little pups to bed first!).

## Send us your letters!

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We’re looking forward to hearing from you!

# The gateway to Hell

BY LARRY SCOTT

Pornography, once available only in print, and then only in theaters, is now available for free on the internet. Easily accessible on all our electronic media, pornography is having a devastating impact on the moral standards of our society. For those caught up in its offering, it is indeed the gateway to hell.

The statistics are staggering. One popular site claims 33.5 billion visits in 2018 for a daily average of over 92 million visitors. Every minute saw 63,992 new visitors to the site, watching 207,405 videos through 57,750 searches. To feed the growing demand, there were 4.79 million new videos uploaded from amateurs, models, and contract partners.

Samuel Perry, in his book Addicted to Lust, writes that “data from a large probability sample of American adults surveyed in 2014 show that well over half of men

and a quarter of women under age 40 seek out pornographic material monthly, and over 45 percent of men and 16 percent of women under 40 intentionally view porn in a given week.”

The reality here is that “normal” sex is no longer satisfying to our self-centered, sex-oriented society. Aberrant sex, child pornography, and sexual exploitation go with the package. And there is no end in sight. With the advent of virtual reality, one can only imagine where things are going to go from here. Pornography is, in a very real sense, the gateway to hell.

Significantly, that which is available on the internet is all an illusion. The subjects, mostly young and attractive, are performing before a camera crew, putting on an act they hope the market will find entertaining. Everything is fun and games, intimacy without shame, sex without consequences.

But life isn’t like

that. Pornography is all smoke and mirrors. Love is more than a five-minute tryst. Sexual intimacy demands commitment, respect, and yes, self-discipline. Sex may attract an audience but showing pornography for what it is would devastate the industry. Who wants to look at the ravages of sexually transmitted diseases, teenage pregnancies, broken marriages, rape, and sexual abuse. What you see is not what you get. Like so much of sin’s attraction, the dream is overshadowed by reality.

In writing about this, I am aware I raise the question as to how I have become such an “expert.” I will admit that if I allowed myself the freedom, I would find it easy to indulge. But I am not into pornography, for it gives the forces of evil access to my mind. My moral stability, the pleasure of a clean conscience, and my attitude toward women, to say nothing of my spiritual

North Country Notebook

## Thoughts from a mind in the middle of nowhere



By JOHN HARRIGAN  
COLUMNIST

was the origin of one of the main events at the legendary Pittsburg uides’ Show. Competitors vied to be fastest at starting a fire from scratch and getting a cup of water to boil.

At age 13 or so, I tagged along with Fish and Game biologist Karl Strong on the 44-mile Grouse Line Survey, which went by extremely jagged line from Second Lake dam to Dixville Notch.

Talking spooked the birds, so we went along quietly. For our third night, Karl said, we’d have a roof over our heads.

As we approached a camp where friends awaited, Karl, no stranger to custom, put a finger to his lips and picked up a stone and threw it down onto the tin roof, saying “That’ll get their attention,” and it did.

Supper was already

on the stove. It was great to be warm and dry. The night was clear, and the only thing hitting the roof was an occasional spruce-cone.

+++++

There might be better places on a rainy day than the porch of a camp in the middle of nowhere, but I don’t know of any. Dog and book complete the scene.

Back in the planning stages, when I sketched and re-sketched the camp many times over, I always came back to a metal roof. It was all for the sound of the rain.

In town, miles away by map and mind, the same prevails. All of the farm’s buildings have metal roofs. The shop always smells of cedar, and there’s usually some there to split.

+++++

Most camps have

their best sides, most often the front. The back is reserved for the flotsam and jetsam it takes to run a camp. One side is apt to feature propane tanks. The other looks out onto a pathetic little clearing in the ever-advancing fecundity of the temperate zone rain forest.

In our case, the trail approaches the camp from the front, so at the first “Halloo” anyone inside can look out the front window and see who’s coming.

“Oh sure,” the joke goes, “just in time so anybody guilty of anything can flee,” which leads to the riposte, “The door’s only wide enough for one.”

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



The camp porch, in mind at least, is the best place for man (and dog) to be. (Courtesy West Milan Sporting Tours)

COURTESY



# Recycled Percussion takes over Lakeport Opera House Aug. 6 & 7



LACONIA — New Hampshire’s own, Recycled Percussion, is performing in their home state with two shows at 8 p.m. on Aug. 6 and 7 at the newly renovated Lakeport Opera House. This family-friendly show blends live music, comedy and raw creativity together to form an unforgettable experience with a portion of the proceeds being donated to a local charity.

“We’ve performed all over the world but we

couldn’t be more excited about doing these two shows in our backyard at the Lakeport Opera House,” said Justin Spencer, Recycled Percussion founder, who grew up down the road in Loudon. “Scott [Everett] transformed this historic building into a modern yet sleek venue that is comfortable and intimate which will be the perfect venue for our show and a memorable experience for our most loyal fans who have supported us over the

years.”

Recycled Percussion, a junk rock band, is Manchester-based and originally formed in 1995 in Goffstown for a high school talent show. The percussion group creates a unique style of music using the most ordinary of objects like household blenders, shopping carts, step ladders, roller skates and power tools and turns them into an epic instrumental rock concert.

This unforgettable experience has been performed in all 50 states, in more than 35 countries, and has even broken five world records. Recycled Percussion headlined in Las Vegas for years and became a national phenomenon after finishing in third place in Season 4 of “America’s Got Talent.”

“We are so proud to have Recycled Percussion perform with us at the Opera House,” said Opera House talent director Emma Teto “Their show is truly unique and will entertain everyone from kids to grandma for a one-of-a-kind family fun night out.”

The Lakeport Opera House is located next to Recycled Percussion’s Chaos and Kindness flagship store on Union Avenue in Laconia. This store is home to memorabilia and unique products that are made to

inspire people to live life with purpose and positivity, the same mission that was used to form the band.

Spencer and Lakeport Opera House owner, Scott Everett, have committed to donate a portion of all ticket proceeds to a local charity which will be named soon.

The Opera House is a 200-seat venue built for comfort, style and mobility. Every seat in the house has unobstructed views, cocktail service and the best sounds system for an experience unlike anything else in the area. More than \$1 million was invested in the Opera House renovation which opened in June after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is once again home to live mu-

sical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia’s Lakeport community, the Opera House is on center stage in New Hampshire’s Lakes Region.

Upcoming performances include: Frank Sinatra Tribute on July 30, Billy Joel Tribute on July 31, comedian Steve Sweeney on Aug. 5, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, Rockphoria on Aug. 19, Murder Mystery on Aug. 22 and Femmes of Rock on Aug. 28.

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

## Concerts in the Clouds welcomes Classic Albums Live, performing The Eagles!



On July 31, prepare to be transported back to 1976 as Great Waters will be hosting Classic Albums Live performing The Eagles’ “Hotel California.”

MOULTONBOROUGH — On July 31, prepare to be transported back to 1976 as Great Waters will be hosting Classic Albums Live performing The Eagles’ “Hotel California.” The show

starts at 7:30pm and will be held at The Castle in the Clouds. Tickets are available at [www.greatwaters.org](http://www.greatwaters.org) or call 569-7710.

Unlike other tribute bands Classic Albums

Live does not dress up or add frills to their show, rather they pride themselves in replicating every note and cut of one of the most famous albums in rock & roll. The performance is guaranteed to

have the audience dancing in the aisle.

Doug Kiley, Executive Director of Great Waters, states, “It is a pleasure to host Classic Albums Live in this year’s program. If there are any Eagles fans out there, this performance of ‘Hotel California’ is not to be missed!”

While “Hotel California” contains the chart-topping hits “New Kid in Town,” “Life in the Fast Lane” and the title track, Classic Albums Live will also play well-loved Eagles classics, including “The Last Resort,” “Victim of Love,” “Wasted Time,” “Pretty Maids All in a Row” and “Try and Love Again.”

About Great Waters Since its founding in 1995, Great Waters, a 501(c)(3) non-profit organization, has become recognized as the pre-eminent provider of entertainment to the Lakes

Region. It offers a diverse range of musical genres, including folk, classical, a cappella, jazz, Broadway, pop, bluegrass, and other forms of enriched

entertainment, including comedy. For tickets and more information, visit [www.greatwaters.org](http://www.greatwaters.org).

## Belmont 10-Mile Road Race is Aug. 14

BELMONT — This past year gave a lot of people extra time to find a new hobby or to focus more on a healthier lifestyle. For some, that allowed people to take up running for the first time or to get back into an activity they enjoyed in their younger years. In just a few short weeks, runners will have a chance to challenge themselves at the Belmont 10-Mile Road Race on Saturday, Aug. 14. The course starts and ends in the village area and winds its way through the back roads of Belmont. With a start time of 8:30 a.m., registrations open at 7:30 a.m. at Belmont Middle School on School Street. The cost is low at \$18 per participant and includes a t-shirt. Awards are distributed during a brief ceremony following the end of the race, which allows runners a chance to enjoy refreshments and take time to wind down with friends and family.

The Belmont 10-Mile Road Race is sanctioned by USA Track and Field and is professionally timed by Yankee Timing. It’s a great race to do as an individual or bring running buddies from a club to enjoy together. The race is part of Old Home Day activities that will be offered throughout the day on Saturday, Aug. 14, so plan to bring the family and enjoy the day in this small Lakes Region town. If you have questions about the race, please contact Jeff Roberts at 491-0979 or Gretta Olson-Wilder at 998-7998.

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Visit [nhbm.org/lecture-series](http://nhbm.org/lecture-series) for more information.

This project was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at [www.nhhumanities.org](http://www.nhhumanities.org).

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# Bank of New Hampshire promotes Bambi Lane to Assistant Vice President



Bambi Lane

LACONIA — Bank of New Hampshire is proud to announce the promotion of Bambi Lane to Assistant Vice President

– Commercial Banking Officer. Lane joined Bank of New Hampshire in 2004 in the retail loan servicing department. She transitioned to commercial lending in 2010 and has held the positions of Commercial Services Representative, Cash Management Support and Portfolio Manager before being promoted to a Commercial Banking Officer in 2018. In addition to her portfolio management responsibilities, Bambi assists

businesses and municipalities with their lending needs and also handles many of the behind-the-scenes aspects of lending functions for loan requests. She is a graduate of the Northern New England School of Banking, the ABA Commercial Lending School and Leadership Lakes Region. “Bambi’s expertise in these specialized functions are invaluable to the commercial team,” said Tania Bossey, Se-

nior Vice President, Senior Commercial Credit Officer for Bank of New Hampshire. “Our team appreciates the high level of service she provides to her customers and her dedication to her role. We are excited to promote her to this position in recognition of her experience and success as a commercial banker.” Lane can be reached in the Laconia office located at 62 Pleasant St., via phone at 527-3264 or by e-mail at lane@banknh.com.

Bank of New Hampshire is excited to have Bambi in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures. Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses

throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

# Bank of New Hampshire promotes Katie Reid to Vice President



Katie Reid

LACONIA — Bank of New Hampshire is proud to announce the promotion of Katie Reid to Vice President – Commercial Banking Officer.

Reid joined Bank of New Hampshire in August 2004 as a Bank Services Representative. She transitioned to the Commercial Banking Department in September 2007 and has held positions in Commercial Servicing and Portfolio Management. She is the primary Commercial Banker for Northern New Hampshire businesses and assists customers with their lending needs, growing their business and streamlining their finances.

Reid is a graduate of the Northern New England School of Banking, the ABA National Commercial Lending School, the New England School of Financial Studies and Leadership Lakes Region. She is actively involved in the community and has served on committees with several local organizations. “Katie is a valuable member of the commercial banking team, contributing to the team’s success for many years,” said Tania Bossey, Se-

nior Vice President, Senior Commercial Credit Officer for Bank of New Hampshire. “She provides excellent service to her clients, ensuring a positive customer experience. We are excited to recognize her experience and commitment to her role with this promotion and look forward to her continued success in serving her market.” Reid can be reached in the Laconia office located at 62 Pleasant Street, via phone at 527-3255 or by e-mail at reid@banknh.com.

Bank of New Hampshire is excited to have Katie in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures. Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services

to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

# Steven Aiken promoted to Vice President, Financial Advisors’ Manager for NHTrust



Steven Aiken

MEREDITH — Steven Aiken has been promoted to Vice President, Financial Advisors’ Manager for NHTrust. In this role Steven will provide day-to-day leadership for the Financial Advisory team while he continues to work directly with his many long-time personal clients to assist them with their retirement, investment and college

planning, and insurance needs. Aiken is a registered representative for Infinox Financial Group, has nearly 30 years of financial management experience and has been with the organization as Vice President of Financial Services since 2009. “We’ve been impressed with Steven’s leadership and relationship building skills as we continue to grow,” said Paul Provost, President of NHTrust. “With over 30 years of experience and with national recognition as an Elite Advisor with Infinox Financial Group, his work will allow us to continue providing the best advisory services and support to our valued clients.”

After attending schools in Meredith, Steven earned a Bachelor of Science in Finance from Franklin Pierce College, graduated from the business management program at New Hampshire Technical Institute (NHTI) and earned a designation as a Chartered Retirement Planning Counselor (CRPC). His professional achievements include completion of the FINRA-sponsored Series 7, 24, 63, and 65 certifications, which allow him to provide a

full range of investment banking products and securities for businesses, municipalities and individuals; and Elite Advisor status with Infinox Financial Group. He is a graduate of the 2018 Leadership Lakes Region Program and in 2019 he completed Cannon’s Essential Advisor Program. Aiken is currently the President of the Meredith/Inter-lakes Alumni Association and a volunteer Soccer Coach for the Inter-Lakes Youth Soccer Program. He resides

in Meredith, with his family, where he enjoys spending time outdoors in all the wonderful seasons that New Hampshire offers. NHTrust offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, NHTrust combines the financial expertise and local insights of Merrimack County Savings Bank, Meredith

Village Savings Bank, Savings Bank of Walpole, and The New Hampshire Trust Company, with a legacy of trusted service dating back to the 1860s. Customized financial planning includes solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, please call 223-2710 or visit nhtrust.com.

# Laurel Gingrich named to Albright College Dean’s List



# Painting for Relaxation class

TILTON — Have you ever wanted to get more creative with painting, but didn’t know how? Have fun with Painting for Relaxation. This is a beginner class where we will experiment with different subjects of abstract and techniques. All experiences and ages 16+ are welcome. This class will be held at the LRAA Gallery 120 Laconia Rd. Suite 132, Tilton, NH 03276. Every other Sunday 2-2:30 p.m., starting August 1st. Class size is limited and pre-registration is required. To sign up, please contact Krista Doran, 833-7795 or marblestudiosllc@gmail.com.

READING, Pa. — Laurel Gingrich of Gilford has been named to the spring 2021 Dean’s List at Albright College. A graduate of Gilford Middle High School, Gingrich studied Alpha during the spring semester. To be eligible for the Dean’s List, Albright students must earn a GPA of 3.75 or better while taking a minimum of three letter-graded courses during a semester. Founded in 1856, Albright College is a diverse community of learners cultivating integrity, curiosity, connection and resilience. The college’s flexible curriculum encourages students to combine and cross majors to create individualized academic programs. Close faculty mentorship and numerous experiential learning options create opportunities for Albright graduates to exceed their own expectations. Located in Reading, Pa., Albright enrolls more than 1,800 full-time undergraduates and 700 adult learners and graduate students.

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RAFTING

(Continued from Page A1)

and seven teams alone raised enough money to make one wish come true.

“We are thrilled to share that despite this being one of the hardest years we’ve had in 35 years as a chapter we were still able to bring over 80 wishes to life,” Lyons Lahey said after this year’s Rafting. “Something we are truly proud of and an accomplishment that would not have been possible without all of our passionate and dedicated volunteers and supporters.”

She said they had to delay some wishes that involved travel, but they’ve been able to start booking some travel wishes recently.

“The dollars raised this weekend will bring hope and happiness to so many families throughout New Hampshire!” Lyons Lahey said.

Lyons Lahey said for this year’s event they wanted to follow all the pandemic guidelines. She said they are grateful for the state that things are in right now.

“It feels really good; it feels good to see so many people,” Lyons Lahey said.

This year they allowed teams to go virtual in a 10-hour event that started Saturday morn-

ing. One of the special guests at the opening ceremonies was Maddelyn, a 4-year-old from Greenland who had her wish granted. Maddie wished for a Princess Lake House and she her family got to stay in a house on Winnisquam and have a nice lakeside vacation.

“It’s amazing how much Make-A-Wish does for their children,” said Maddie’s mom Amanda Patterson.

Her dad, Tyler Eidell, said he was overwhelmed by how much Make-A-Wish has done for Maddie, who is battling interstitial lung disease.

“She’s had it so rough for so long,” Eidell said. “To see what everybody’s done for her is heartwarming.”

Patterson said Make-A-Wish also takes care of siblings and has been great for Maddie’s older sister Kayleigh.

As the teams floated on the rafts, many fun activities went on in Hesky Park including a cornhole tournament, movies in the park, fireworks, Saturday morning exercises, and many more.

Rafting for Wishes 2021 ended with closing ceremonies on Saturday night.



Members of Team Unicorns and Cookies float out to the raft at the start of the 11th annual Rafting for Wishes.

After the event Lyons Lahey said the event went amazing and the weather was ideal.

“We couldn’t have done it without the incredible support of the Lakes Region and especially the town of Meredith!” Lyons Lahey said. “Our in person and remote teams rallied yesterday. We surpassed our best ever money raised of the \$260,000 from 2019 with 100 less participants. We’ve never seen more passionate participants.”



Teams take to their rafts to raise money for Make-A-Wish New Hampshire.



Wish kid Maddie and her family talk about the great Princess Lake House experience they got.

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PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him lean his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.



Zephyr

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

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This Newspaper is Recyclable







# McDowell gets best-ever Olympic triathlon finish for American man

BY JOSHUA SPAULDING  
Sports Editor

TOKYO, Japan — While the men’s triathlon didn’t get off to an auspicious start on Monday, July 26, the end result was a good one for the United States.

In his first Olympics, Kevin McDowell recorded the highest finish ever for an American man in the triathlon, finishing in sixth place overall with a time of 1:45:54 at Odaiba Marine Harbor.

“The support system around me has been incredible,” McDowell said. “I got an overwhelming amount of messages and letters sent from home, and I’ve been reading them this week. I read my last three today from both my parents, my sister and my grandparents. It meant the world to me to read those last ones and remember where I came from.

“Ten years ago, I was so sick. I didn’t know what would happen, but I was so passionate about this sport,” he con-

tinued. “To be up here being in contention at the Olympic Games, I’m living the dream right now. I have to thank my coach, Nate Wilson. He took me on this year and really helped shape me as a person and put belief in what I could do.”

McDowell, who is a cancer survivor, came out of the water following the swim portion of the race way out of contention, in 47th place, just five places from the back. He started the eight-lap bike course in the second chase pack, more than 35 seconds down, but by the halfway point, the lead group and both chase groups had merged to form a large pack of 30 riders. McDowell pushed hard in the final stretch and was able to get a good position going into the transition.

He exited the transition in third place behind Andrea Salvisberg of Austria and Alex Yee of Great Britain. McDowell hung with Yee,

considered the best runner in the field, and even took the lead briefly midway through the 10K run, but Yee, Kristian Blummenfelt of Norway and Hayden Wilde of New Zealand eventually pulled away and formed a three-man pack at the front. Blummenfelt had the most left in his gas tank and put it in another gear, winning by more than 10 seconds over Yee, with Wilde in third.

After winning the bronze medal at the 2011 World Championships, McDowell was diagnosed with Hodgkin’s Lymphoma and took six months off to complete chemotherapy. He returned to elite competition a year later and is now a seven-time World Triathlon Cup medalist and recently celebrated 10 years cancer-free.

“I wanted to race like that little Kevin who has always had this fire and grit,” McDowell said. “I wanted to race with no regrets and just be proud



JOSHUA SPAULDING

Monday dawned beautifully for the men’s triathlon at the Tokyo Olympics.

out there. Everyone has been saying how proud they were, so I was thinking, ‘Let me give back to what everyone has given to me through this journey.’ I just want to go and put on a show and make everyone proud. I went out and gave it all I had.”

The other American in the field, Morgan

Pearson, finished in 42nd place in 1:52:05.

The race got off to a rocky start when the starter gave the command to race while there was still a camera boat in front of half the field. While half the field jumped in, the other half stood there with their hands on their heads. Eventually the rest of

the field was brought back to the start and the race started again.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmon-press.news](mailto:josh@salmon-press.news).*

## Children’s Auction item collection sites now open!

LACONIA— It’s never too early to start thinking about the Greater Lakes Region Children’s Auction, Dec. 7 – 10! If you’re an early summer shopper, we’ve got you covered – there are six item collection sites now open where you can drop off items! All six are conveniently located here in the Lakes Region:

- Body Covers – 94 Primrose Dr. N., Laconia
- Irwin Marine – 958 Union Ave., Laconia
- Irwin Marine – 396 Main St., Alton Bay
- Meredith Insurance Agency, 2 Lakes St., Meredith
- North Water Marine, 18 Endicott St., Weirs Beach
- The Xavier Group – 66 NH 25, Meredith

Need ideas on what to donate? Items that bring the high bids include:

- Gift cards
- Electronics
- Tools
- Toys
- Sporting goods
- Household items

Many thanks to Body Covers, Irwin Marine, Meredith Insurance Agency, North Water Marine, and The Xavier Group for making these early collection sites possible. Questions?

Visit [www.childrensauction.com](http://www.childrensauction.com) or call 527-0999, where you can discover more about sponsorship opportunities and way to donate.

About the Greater Lakes Region Children’s Auction The Greater Lakes Region Children’s Auction is an annual event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including the It’s For the Kids Community Challenge, into a major annual campaign.

In the 40 years that the community has come together for the Auction, an impressive \$7 million has been awarded to local nonprofit organizations, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit [www.childrensauction.com](http://www.childrensauction.com).

## St. John’s welcomes Rev. Ruth Martz Sunday

GILFORD— St. John’s on the Lake welcomes to its pulpit the Rev. Ruth Martz. She began her ministry in 1990 as a Christian educator and Youth Minister. Ordained in 2002, Ruth first served as Associate Minister at the Immanuel Congregational Church, UCC, in Hartford, Conn., and then at the First Church of Christ Congregational, UCC, in Glastonbury, Conn. She recently retired from her position as the pastor of the Sanbornton Congregational Church, UCC.

Martz loves to tell biblical and multi-cultural stories and link Scripture with art, music, and everyday life. She also enjoys playing the folk harp and leading workshops on the labyrinth. She lives with her husband Steve Majeski in Sanbornton.

In order to increase the Chapel’s Preservation Fund, the purpose of which is to assure the protection and restoration of the Chapel in the event of major damages, St. John’s is offering for purchase prints of the chapel. The prints are of a watercolor painting that includes five views; a large painting of the Chapel exterior and surrounding woods, three interior scenes, and a view of the lake from the chapel tower, all by Lakes Region artist Peter Ferber. If you are interested in purchasing a print, go to the St. John’s home page, [stjohnsonthelake.com](http://stjohnsonthelake.com), where you find images of it. You may also reach out to us via email at [bearislandchapel@gmail.com](mailto:bearislandchapel@gmail.com).

St. John’s is an ecumenical chapel located on the highest point on Bear Island, Meredith. Services are held at 10 a.m. Masks are optional, but social distancing is requested. The chapel is reached by a well-marked footpath from the church docks in Church Cove near Dolly Island. In addition, there is a free “taxi boat” service from Meredith Neck; email us at [bear.island.church.ferry@gmail.com](mailto:bear.island.church.ferry@gmail.com). All are welcome. For more information, check the Web site, [www.stjohnsonthelake.com](http://www.stjohnsonthelake.com).

## Green Heron to perform for Belknap Mill’s Arts in the Park Series Friday

LACONIA — Friday, July 30 at 6 p.m., Green Heron will be the featured performer for the Belknap Mill’s 2021 Arts in the Park Summer Concert Series in Rotary

Riverside Park! Patrons are welcome to bring lawn chairs, a blanket, and a picnic dinner for a wonderful evening of live music at the Belknap Mill.

## UMF announces Dean’s List for Spring 2021 semester

FARMINGTON, Maine — The University of Maine at Farmington is proud to announce its Dean’s List for the spring 2021 semester. Located in the heart of Maine’s four-season outdoor recreational region, UMF is nationally recognized for its academic excellence, affordability and graduates’ positive career outcomes.

UMF maintains a Dean’s List each semester for those students completing a minimum of 12 credits in courses producing quality points. Students whose grade point average for the semester is equal to or greater than 3.8 are awarded high academic achievement. Students whose grade point average for the semester is less than 3.8 but equal to or greater than 3.5 are awarded academic achievement. Any incompletes must be satisfactorily completed before the student is honored with Dean’s List status.

Gilmanton Iron Works: Jenny Hancock, Honors

The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, Irish and blues music are all represented as the band brings the back porch to the stage. Featuring Betsy Heron on fiddle, banjo and vocals, and Scott Heron on guitar, banjo and vocals, the duo has been sharing stages together since 2016. With two albums to their name, the two songwriters weave the contempo-

rary with the traditional and deliver high energy live performances. Visit [greenheronmusic.com](http://greenheronmusic.com) to learn more!

The Belknap Mill’s 2021 Summer Concert Series is generously sponsored by founding sponsors The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances please visit our Web site, [www.belknapmill.org](http://www.belknapmill.org).

## Stow honored by USA TODAY

REGION — The New Hampshire High School Sports Awards is an athlete recognition program, celebrating the best athletes in the state. The awards program presents the Athletes of the Year in each sanctioned sport.

This program is part of the USA TODAY High School Sports Awards, the largest high school sports recognition program in the country. Athletes of the year from each state will be featured as honorees in the 25 sports included in the national awards show that premieres on the USA TODAY Newswire and Sportswire streaming channels at 8 p.m. EST on Thursday, Aug. 5. It will also be accessible on demand on the USA TODAY High School Sports awards website.

The USA TODAY High School Sports Awards show is free to watch thanks to its sponsors. Sign up for updates to keep up with show updates, honoree selections, presenter announcements and more.

Plymouth’s Dylan Welch was named the Male Skiing Athlete of the Year and Catherine Stow of Gilford was named Female Skiing Athlete of the Year.



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Shaker Regional School District has an immediate openings for a full-time, year-round, custodians to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: [www.sau80.org](http://www.sau80.org). Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required.

Shaker Regional School District is an equal opportunity employer.

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Please send resume and cover letter to Gilford Parks and Recreation, 47 Cherry Valley Road, Gilford, NH 03249, or call 527-4722 for an application. Applications will be accepted until the position has been filled. EOE.

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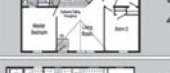
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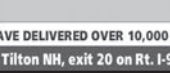
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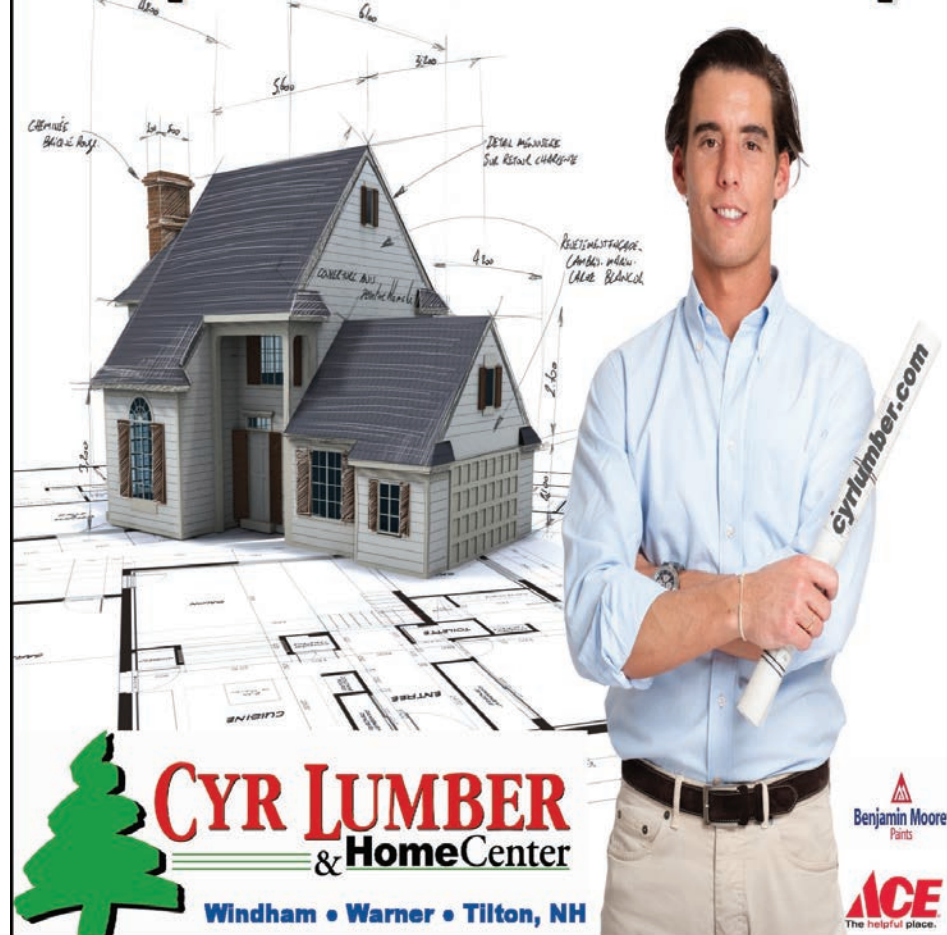


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# Taking everything one hour, one minute at a time



JOSHUA SPAULDING

**ODAIBA MARINE PARK** is the site for the triathlon at the Tokyo Olympics.

It's very early on Monday morning in Tokyo. I am sitting in the press tribune at Odaiba Marine Park awaiting the start of the men's triathlon. The view is stunning.

But, for a while late last week, I really wondered if I would get here.

After the multitude of paperwork checks and other tests going through the airport, I arrived in my room at 11 p.m. on Thursday night, knowing I'd have to be in a quarantine for three days and any plans I had for the first few days were not going to happen. That part I was prepared for.

However, it came to me as I sat there that I had to take COVID tests on my first days in Tokyo and I was stuck in my hotel room without access to said tests. It took me until late Friday before I was able to get ahold of someone who lined up delivery of the tests for me.

But those three days.

SPORTING  
CHANCE

By JOSHUA SPAULDING

sitting in my hotel, leaving for 15 minutes each day to go across the street to buy some food, were interminable. I probably slept more in those three days than I did in the previous three months. While that may be an exaggeration, the problem with the quarantine was that I just didn't have anything to do. Yes, I had my script for *Laughing Stock* (opening at the Village Players Theater in Wolfboro on Aug. 14) and my copy of Dan Egan's new book *30 Years in a White Haze*. Both of them got some time. There was also plenty of watching Olympic coverage from the Japanese, which while hard to understand, was still interesting to watch. There is a lot of badminton and softball on television in Japan.

But, I struggled to get through the days. My hotel room is pretty small and as such, there is no place to sit besides my hard desk chair and the bed. So as soon as I got tired of the desk chair,

into the bed I'd go and it wouldn't take long until I was out.

And, I will make it perfectly clear, there's still a chance that things could go south. I know I am not free and clear yet and will count every minute and every hour that I am able to be here and do what I am doing as a blessing. With all that's going wrong and still can go wrong here and around the world, there's no telling what tomorrow will bring.

For the sake of the athletes who have worked hard to get here and deserve the chance to compete with the best in the world, I hope that things go smoothly. And hopefully, I have more to write about in the coming weeks.

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



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