

# Gilford Steamer

THURSDAY, APRIL 27, 2023

GILFORD, N.H.

## Prospect baseball rallies past Inter-Lakes



JOSHUA SPAULDING

Wes Bailey of Inter-Lakes dives back into first as Prospect Mountain's Spencer Therrien takes the throw in action last Wednesday.



Nathan Leavitt goes airborne as he fires a throw from shortstop in action last week in Meredith.

BY JOSHUA SPAULDING  
Sports Editor

MEREDITH — The Inter-Lakes baseball team finally got onto the Prescott Park field for its first home game, welcoming Prospect Mountain to town on Wednesday, April 19.

The two teams went back and forth before the Timber Wolves got back-to-back two-out doubles in the top of the seventh inning to plate the go-ahead run and then held off the Lakers in the bot-

tom of the inning to escape with a 6-5 win.

“We’ve been waiting for the clutch hits, the two doubles, it’s not really our game, but it played huge today,” said Prospect coach Erick Bourdeau. “We got some big hits late and hung on, but we’ve left a lot of runners on base all season long.”

“That’s a much better team (than last year),” said Inter-Lakes coach Dan Curnyn. “We’re still figuring out how to play

together and put team first instead of me first.”

Inter-Lakes starter Addie Kernan set down the Timber Wolves in order in the top of the first inning and then helped his team score three runs in the bottom of the inning against Prospect starter Sam Caldwell. Danny Bean led off with a base hit and stole second before Kernan and Craig Dunn Jr. worked walks. A wild pitch plated Bean with the first run and then a walk to

Ben Beaudoin and a base hit from TJ Bailey plated two more runs for the 3-0 lead. Caldwell came back to strike out the next two batters and then picked Beaudoin off of third to

end the inning.

Prospect came back with four runs in the top of the second inning. Spencer Therrien led off with a walk and one out later, Nate Archam-

bault had an infield hit. A Bruce Rawnsley base hit plated Prospect’s first run and a Kenny Fontaine base hit drove

SEE BASEBALL, PAGE A9

## 100 retreats, countless lives saved



Brendan Berube, PRLI Board President Kurt Webber (second from left) prepares to cut the cake along with fellow Camp Resilience advisors during a celebration of the organization’s 100th retreat for veterans and first responders.

### Camp Resilience program marks important milestone

BY BRENDAN BERUBE  
brendan@salmonpress.news

LACONIA — It started on a summer evening in 2013, when a friend visiting Kurt Webber at his home in Gilford remarked that time spent amid the scenic beauty of the Lakes Region could prove therapeutic for fellow veterans suffering from the effects of trauma.

Ten years and hundreds of changed lives later, Webber was joined by an ever-growing team of board members, staff, volunteers, and advisors who recently gathered at the Belknap Mill to

mark the 100th Camp Resilience retreat hosted by the Patriot Resilient Leader Institute (PRLI), the organization born from that long ago conversation.

Founded in 2014, PRLI is committed to helping those whose mental or physical health has been impacted by trauma suffered in the service of their country or community, whether in the military or as first responders, bounce back in mind, body, and spirit through therapeutic retreats that combine outdoor learning activities such as kayaking or equine

therapy, facilitated peer-to-peer counseling, and life skills workshops. Since the organization was founded, more than 800 participants have attended Camp Resilience retreats, and for many of them, the experience was truly life-saving.

One of those past participants, Sue Marden, shared her experience during the 100th retreat celebration. A former member of the Hooksett Fire Department who suffered a concussion when a piece of heavy equipment fell on her while on duty, resulting in her having to take early retirement, Marden said the realization that she would have to leave the career she set her

SEE MILESTONE, PAGE A9

BARNSTEAD — Please join End 68 Hours of Hunger Barnstead/Pittsfield in welcoming Michelle Leach from Barnstead as our new program coordinator!

Leach and her husband moved to Barnstead about a year ago to be near her daughter who has two children one that will be entering into the BES school system next year. She wanted to be involved in the community and saw our ad seeking a new coordinator and decided that it was a good fit for her. We are excited that she chose us to share her expertise in business management, organization

and people skills.

Leach will be coordinating the food management, meal planning and volunteer recruitment and management which includes, packing and delivery of food bags to families.

End 68 hours of hunger is designed to provide children with easy to prepare beneficial and healthy meals for the time period of the 68 hours they are not in school on weekends. Typically, we provide enough food for three dinners, two lunches, two breakfasts and some snacks. We also provide bonus food when we know there is a school vacation coming up. If

you know of a family in need from Barnstead or Pittsfield, please refer them to our program or they can register online for participation. There is no income requirement, just sign up at <https://registration.end68hoursofhunger.org/>. Once a family has been signed up, we will make contact in order to confirm the best method for food distribution to those individuals.

For more information, email: [barnsteadnh@end68hoursofhunger.org](mailto:barnsteadnh@end68hoursofhunger.org) or call our Administrative Program Coordinator, Lori Mahar, at 603-490-5254

## Help maintain Alton’s hiking trails

ALTON — Everyone remembers the rush to get outdoors two and three springs ago, with many of us already having covered quite a few miles by the time Earth Day rolled around. Apparently the enthusiasm for hiking in Alton hasn’t let up, and the local trails are once again seeing a lot of use, which means that the trails continue to need some attention and care.

The Alton conservation Commission would like to invite a few volunteers to help out with the care of the town’s trails on The Alton Town Forest on Avery Hill Road and around Gilman Pond in East Alton. Any person or any group or family that is willing to walk the trails of their



choice at least once a month during the hiking season, is welcome get in touch to help out. All that is required is that you walk the trail, clear any brush or small blow downs, look for potential erosion problems, make sure that the trail markers are in good shape, and let the Commission know of any larger prob-

lems that need to be addressed.

If you’re interested in helping out with either property, please contact the Commission at 603-875-2164, or email us at [conservation@alton.nh.gov](mailto:conservation@alton.nh.gov) and we will gladly introduce you to the trails.

# Alton Parks and Recreation Community Connection

Paint Night  
With Anne Morrell

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Pearson Road Community Center, 7 Pearson Road, on Wednesday, May 10 from 6-7:30 p.m. Scene is vibrant wildflowers with an op-

tional 3D silk butterfly. All supplies are included, \$15. View the painting example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. All abilities are welcome. Bring a friend or sign up solo. Please RSVP with your name and contact information to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

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. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 12 with your Yard Sale address location. When calling please include your name, phone number and complete physical address. Free Yard

Sale maps will be available after May 23.

Let's Go Fishing

The Alton Parks and Recreation Department is sponsoring a Basic Fishing class that will teach you everything you need to know about freshwater fishing, sponsored by NH Fish and Game Department. Class is held on May 20 at the Pearson Road Community Center and Mill Pond on Letter S Road. Class will run from 9 a.m.-3 p.m., and includes over two hours of hands on fishing with a certified instructor-bring a lunch. All supplies for fishing including the day license will be included. This is a free class that will cover introduction to fishing skills: tackle and equipment, knot tying, casting, fish identification, outdoor safety, rules and regulations and much more. Great program for families/friends to do together. For all abilities age 8+up. For more information and to register online go to: <https://nh-events-web.s3licensing.com/Event/AllEvents?EventType=161&ClassActivity=18>. Pre-registration is required online.

Men's Basketball  
18 years and over-  
Thursday nights

The Alton Parks and Recreation Department is sponsoring Men's Basketball 18+ pickup games at Alton Central School on Thursdays from 6-8 p.m. starting May 4. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Alton Old Home Week  
5K Road Race

Co-Sponsored by Meredith Village Savings Bank, the Alton Bay course is a premier 5K Race in the Lakes Region. Aug. 12 at the Alton Bay Bandstand, 9

a.m. Sign up by July 15 and receive a long sleeve race shirt. USATF 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. Run with a friend, team or single. Forms and map available at [www.alton.nh.gov](http://www.alton.nh.gov) or register online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>.

Youth Baseball/Softball Equipment Swap

Stop by the Alton Parks and Recreation Department before going to the store for baseball/softball gear. We have an assortment of cleats, gloves, bats, helmets, gear bags and more to take if you'd like it. If you have equipment your players have outgrown in good condition please drop it off to pass along

to other community members. Office hours are 8:00a.m.-4:00p.m. Monday-Friday. Donated items can be dropped off outside the office (328 Main Street) at the front door anytime. For more information, contact [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@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](mailto:parksrec-asst@alton.nh.gov) or 603-875-0109.

Yoga Sculpt Class  
with Sheila Marston

An energetic class that is a combination of

vinyasa, strength training, cardio and core at the Alton Bay Community Center 6:30-7:30 p.m. on Wednesdays now through May 31. \$12 drop in or \$40/month. Bring two sets of weights, water and a yoga mat.

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. 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.

## Barnstead Historical Society to hold annual meeting

BARNSTEAD — The Barnstead Historical Society will hold its first business meeting of the year on Thursday, April 27, at 7 p.m. at the Barnstead Town Hall.

The meeting will begin planning our 2023 calendar of activities.

## ABA April Monthly Member Highlight: A Sharper Image Landscape

ALTON — Every month, the Alton Business Association sits down with one of our amazing ABA members to get to know them a little better! For April, we spoke with Nick Bernard, Owner of A Sharper Image Landscape. We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at [info@altonbusinessassociation.com](mailto:info@altonbusinessassociation.com)

Q: Tell us about your business:

A: We install patios,

walk ways, retaining walls. We install stone walls, stone veneer fireplaces inside and out, and stone veneer foundations install new lawns, sod, plants, and trees we offer commercial plowing & salting.

Q: Tell us about yourself:

A: I grew up in New Durham went to high school at Kingswood regional high moved to Alton 10 years ago and absolutely love it here.

Q: How did your business get started?

A: I have always had a passion to work outdoors and take someone's yard and transform it into their dream yard that they can enjoy for years to come.

Q: What has your relationship with the Alton Business Association done for you or your business?

A: It has helped us get our name out into the community more.

Q: What do you value most about this community?

A: We love the people!  
Q: Why did you want

to open your business in this community?

A: I enjoy working on or around the lake and truly love where I live and always want to work where I live the people have been amazing to work for around here.

Q: What business accomplishment are you most proud of?

A: I am most proud of the employees I have because they are what make the company.

Q: What does the future hold for you and your business?

A: We hope to keep growing so we can continue to serve our wonderful community.

Q: What is one piece of advice you wish you had as a new business member?

A: Make sure you take time for yourself.

Q: How can people who want to learn more about you or your business get in touch with you?

A: You can check us out on Instagram @asharperimagelandscape or call 603-290-4058 and get in touch with us.



**Bill Jedrey's Painting**  
Ossipee, NH  
603-651-6639  
Insured

Free Estimates  
Reasonable Rates  
Interior • Exterior  
Power Washing  
EPA Certified

**We work weekends so you don't have to!**



**NORTH COUNTRY COINS, LLC**  
BUYING • SELLING • APPRAISALS  
Est. 1989  
WWW.NCCNH.COM  
TUES - FRI 10 - 5 • SAT 10 - 3

**HIGHEST PRICES PAID**  
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.  
NORTH COUNTRY COINS.  
Main St., Plymouth, NH 536-2625.

**Forest Pump & Filter Co.**  
Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL**

WELL DRILLING PUMP SYSTEMS  
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE  
FOREST PUMP & FILTER CO., INC.  
603-332-9037

Advertise Here




**Bill Jedrey's Painting**  
Ossipee, NH  
603-651-6639  
Insured

Free Estimates  
Reasonable Rates  
Interior • Exterior  
Power Washing  
EPA Certified

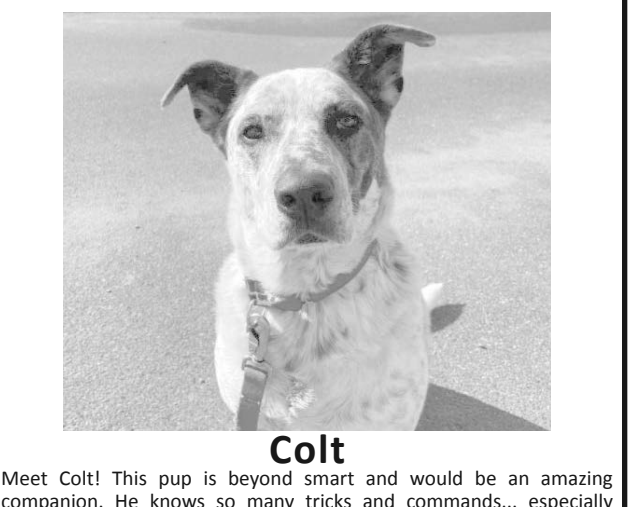
**We work weekends so you don't have to!**

**PETS OF THE WEEK**



**Jenni**

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



**Colt**

Meet Colt! This pup is beyond smart and would be an amazing companion. He knows so many tricks and commands... especially "treat?". He enjoys nothing more than getting to go for long walks outside, need a hiking buddy this spring? After a long day outdoors, Colt will be ready for snuggles and watching your favorite movies. He would be a candidate for a home without other animal friends.

**NH Humane Society**  
Over a century of love for those without a voice.  
1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Lakes Region Chimney Sweep **\$199**

**Chimney Pro**

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers




**603-520-7217**

BBB  
Fully Insured

# Gilford Parks and Recreation News

BY HERB GREENE, DIRECTOR  
FOR IMMEDIATE RELEASE

Gilford Old Home Day Community dinner on May 11 The Gilford Old Home Day Committee is sponsoring a Community Dinner on Thursday, May 11 to be held in the Fellowship Hall at the Gilford Community Church. Both sit-down and to-go options are available. To-go meals start at 6 p.m. with the sit-down scheduled for 6:30 p.m. The meal will be prepared by Dan Barnhart of "The Plate Lunch" and will include a Chicken Florentine pasta, salad, rolls, dessert and drink (no drinks with to-go meals). All proceeds from this dinner go towards supporting this year's Old Home Day event. Space is limited and tickets must be purchased in advance, no later than May 4th. Tickets are available through the Gilford Parks and Recreation Office.

Cost: \$10 per meal For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

**Bolduc Park** programs The Gilford Parks and Recreation Department is collaborating with Bolduc Park to offer Golf Lessons this spring. Youth and Adult Lessons are available at Bolduc Park in two, three-class sessions during the evenings this May and June. The session dates for youth lessons for ages seven and up are; May 9, 16 & 23, 2023 and June 6, 13 & 20. The session dates for adults are; May 11, 18 & 25, and June 8, 15 & 22. Classes run from 5:30-7 p.m. each evening. Cost: Youth Lessons - \$100 Adult Lessons - \$100 All programs have limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford

Parks and Recreation Department at 527-4722.

Tickets available for Red Sox bus trip on July 26 The Gilford Parks and Recreation Department will be sponsoring a bus trip to watch the Red Sox at Fenway Park this summer. The trip is scheduled for Wednesday, July 26 to see the Red Sox play the Atlanta Braves. Travel to and from the game will be provided aboard a Premiere Coach Company, Luxury Coach fully equipped with climate control, DVD video system and Lavatory. This trip is limited to 53 participants, so register early! Cost: \$90 per person For more information, please call the Gilford Parks and Recreation Department at 527-4722.

Adult Chair Yoga Program begins on May 3 The Gilford Parks and Recreation Department is collaborating with Renee Cupples, E-RYT500

Certified Yoga Instructor, to run a 6-week Adult Chair Yoga Program on Wednesdays from 11 a.m.-noon held at the Gilford Youth Center. This program begins May 3, and runs through June 7. Cost: \$25 for all six classes or \$5 daily drop-in fee For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit our Web site at [www.gilfordrec.com](http://www.gilfordrec.com) to download a registration form.

Challenger British Soccer Camp The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 10 - July 14 at the Gilford Village Field. This camp offers a one-hour program for children ages 3-5 and a 3-hour program for children ages 6-14. Participants may register by visiting the Chal-

lenger Web site at [www.challengersports.com](http://www.challengersports.com). Cost: \$106 for ages 3-5 and \$145 for ages 6-14 For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Shooter's Gold Basketball Camp The Gilford Parks and Recreation Department is once again sponsoring the Shooter's Gold Basketball Camp in Gilford this summer! The camp will be held in the Gilford Middle School Gym from July 17 - July 20. Session 1 for children

entering grades 1-4 will be run from 8 - 10 a.m. Session 2 for children entering grades 5-8 will be run from 10 a.m. - 2 p.m. Participants may register through the Hogan Camps Web site at [www.hogancamps.com](http://www.hogancamps.com). Cost: Session I: \$90 per session before June 1, \$100 starting June 1 Session II: \$100 per session before June 1, \$110 starting June 1 For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

## Tri-Town Democrats welcome Citizens for Belknap co-chairs

BARNSTEAD — Tri-Town Democrats of Barnstead, Gilmanton, and Alton are pleased to announce the speakers for our May 1 meeting: Al Posnack (Alton) and Prudy Veysey (Gilmanton), the co-chairs of Citizens for Belknap. Citizens for Belknap has become well known in our area and beyond, and is credited with working across party lines to bring common sense representation to our area. Although neither speaker is a registered Democrat, our group welcomes them both and expects to have a spirited discussion about nonpartisan ways to find common ground.

Al Posnack is an industrial engineer who has been in Alton for almost 60 years. After his



Al Posnack and Prudy Veysey

retirement from a career in industry, he has devoted himself to various forms of volunteer work over the years, including with the Laconia Boys & Girls Club, a sailing school in Gilford, and more recently, Citizens for Belknap, of which he is a founder and co-chair.

Prudy Veysey is a graduate of Laconia High School and UNH,

with a career in business and administration and environmentalism. She is a mom, a coach, and an antique car restorer, who has devoted much of her time over the years to energy efficiency and renewable energy projects. Since her retirement, Prudy has devoted many of her efforts, including with Citizens for Belknap, to working for the betterment of Belknap Coun-

ty and New Hampshire. She is also a life-long Republican.

Both Al and Prudy are skiers whose love for Gunstock was a motivating factor in their interest in Citizens for Belknap.

The meeting will be at Barnstead Town Hall (108 S. Barnstead Rd, Center Barnstead), with doors open at 6 pm for light refreshments and social time, and the meeting itself to start at 6:30 pm. If you have any questions, please contact Ruth Larson at [ruthlarson@msn.com](mailto:ruthlarson@msn.com), or email Tri-Town Democrats at [tritowndems@gmail.com](mailto:tritowndems@gmail.com).

We look forward to having you join us!

**Hoover & Flynn PLLC**  
**Attorney Jennifer Hoover**  
**TRUSTS AND ESTATES**  
Office hours in Alton by appointment  
Call or e-mail to schedule  
Telephone: (603) 319-8012  
Email: [jennifer@hoover-flynn.com](mailto:jennifer@hoover-flynn.com)  
[www.hoover-flynn.com](http://www.hoover-flynn.com)

**Privacy Hedge!**  
**Arborvitae 6-foot**  
**Reduced to \$125/each.**  
**Free Installation, Free Delivery.**  
**Fast growing, High-quality**  
**Beautiful & Bushy**  
**Order now to reserve**  
**for spring delivery.**  
**Lowcosttreefarm.com**  
**518-536-1367**

**SCHWARTZBERG LAW**  
EXPERIENCE THAT MATTERS  
  
*Advising Clients About Wills & Trusts Since 1985*  
*Plan for your future today.*  
Ora Schwartzberg, Esq.  
572 Tenney Mountain Hwy  
Plymouth, NH 03264  
603.536.2700  
[www.NHLawyer.net](http://www.NHLawyer.net)

**For Advertising Information**  
**Call 603-279-4516**  
**email: Tracy@salmonpress.news**

**JANOME** **Husqvarna VIKING** **baby lock**  
**Expert Repairs**  
**Done on Site**  
**Miele** **SEBO** **Electrolux**  
**VACUUM CLEANERS • SEWING MACHINES**  
**SALES • SERVICE • PARTS**  
**AUGER** Sewing Machines & Sons, Inc. Vacuum Cleaners Since 1935  
100 Chestnut Hill Rd., Rochester, NH  
603-332-5572 • 800-439-3395  
[www.augerandsons.com](http://www.augerandsons.com)  
**We Will NOT be Undersold**

**25<sup>th</sup> year anniversary sale**  
**25% off entire store\***  
Saturday 4/29 and Sunday 4/30  
free gifts, light refreshments  
register to win 25 great prizes given away 1 per day may 1-25  
\*in stock merchandise only no layaways  
**Bea's Jewelers**  
The Gem of Rochester  
*"We might be small but we have it all"*  
Open 7 days a week  
Custom rings, appraisals, family jewelry, jewelry repairs, watch repairs, Batteries, Pearl restringing.  
5 Milton Rd 11 LilacMall Rochester, NH 03867  
603-332-8996 • [beasjewelers@yahoo.com](mailto:beasjewelers@yahoo.com) • [www.beasjewelers.com](http://www.beasjewelers.com)

## The mythology of springtime

The first day of spring just passed us by last month, and now that we are over the hump and into the rainy, sunny, snowy, muddy season that New Englanders long for and loathe in equal measure, we thought we would share some fun myths surrounding this blooming time of year.

The first story begins with Persephone and Demeter. Persephone was the goddess of spring and holds the most well known story of the season to date. Persephone is the daughter of Demeter, the goddess of agriculture and Zeus, the king of the gods. Persephone married Hades who kept her hidden against her will. Demeter set off to find her daughter and for every minute she was lost, not a crop would grow. Zeus then ordered his daughter to remain in the underworld for half of the year because she ate all of the fruit (pomegranate seeds), the other half of the year she spent with her mother. The idea is that every time Persephone goes into the underworld, winter arrives and the crops die, when she is with her mother, crops bloom.

According to Cherokee legend, the reason trees lose their leaves in the fall is because of the communication between animals and humans. Apparently, animals were able to communicate with humans and the world was utopian. Every year the birds would fly south for the winter. During one particular year a Sparrow who was injured was not able to fly south, he sent his flock ahead without him so they would not freeze, meanwhile he sought shelter. The bird flew to an old Oak tree and was told that he could not seek shelter in its branches, the same thing happened with every tree the bird visited until he was finally granted permission to stay in a pine tree. The pine tree, not popular with the others because of its hard, sharp leaves welcomed the little bird. The Sparrow was forever grateful.

The Sparrow survived the winter and welcomed his family home during the warmer months. Because the other trees, turned on the Sparrow during a most vulnerable time, the creator cursed their leaves to die during the winter except for the pine tree.

The Shinto Sun Goddess and Bringer of Light, Amaterasu, according to legend, is in control of the sun's movement to insure rice and other crops will grow. This goddess is well known for her ability to spin satin. Her fame caused her brother Susanoo, the god of storms, to become extremely jealous. The angry deity destroyed his sister's weaving loom and wrecked her rice fields. The rampage caused one of Amaterasu's closest friends to parish, as a result she locked herself inside a mountain resulting in the disappearance of light. Because of this, crops would not grow. Uzme, the goddess of laughter traveled to the mountain where Amaterasu was hiding. She placed a shiny necklace on a tree, then began to dance causing the other gods to laugh. When Amaterasu heard the laughter, she peeked out of her cave and slowly began to walk towards the necklace. At this Uzme had the cave blocked and light was restored to the world.

Some actual facts concerning the spring season are as follows; in 1582, if Pope Gregory XIII would not have established the Gregorian calendar, then every 128 years the vernal equinox would have come a full calendar day earlier, which would put Easter in the middle of winter.

The famous myth about being able to balance an egg on its end on the spring equinox is not true. Attempting to balance an egg on its end is no easier on the spring equinox than on any other day.

During the springtime, birds are louder as they sing to attract mates and to warn enemies to steer clear.

The term "spring fever" refers to the psychological and physiological symptoms that go along with the arrival of spring, which include, daydreaming and restlessness. Over the years, scientists surmise the cause in the hormone shift could be due to the increase in sunlight and increased physical activity.

## Kingswood students partner with NAMI-NH on youth suicide prevention efforts

COURTESY

On Friday, April 14, a group of Kingswood Regional High School students, along with some staff members, partnered with NAMI-NH to participate in the Connect Youth Suicide Prevention Training Program. The program provides students information about preventing youth suicide and encourages teens to involve adults if they think someone is at risk. The benefits to students through participating in the program include learning what to do if someone they know is thinking about hurting him or herself, knowing what resources exist in their community, and understanding the importance of getting help for themselves or their friends when they need it. The students that have been trained will present, in small groups, to other youth and adults, about what they learned. Students were invited to participate through Peer Outreach, the school Social Worker, and the District's Student Wellness Coordinator. If you or someone you care about is having a mental health or substance use crisis, please call the Rapid Response Access Point at 833-710-6477 or NH988.com. Front Row (from left to right): Julie Kratovil, Addison Lawler, Kylie Ruths, Emily Brown, Kylie Ropoza, Jeslyn Kasian, Ginger O'Neil, Taryn Kelly, Sophia Baca. Back Row (from left to right): Sarah Skoglund, Bradley Tuttle, Caden Laing, Jack Larson, Rowen Donovan-Laviolette, Lillian O'Blenes, Olivia Pedersen, Michael Schwarz, Anika Hastings, Kim Kelliher, Beth Waldrip.



## LETTERS FROM EDWIN

### Earring

When I got into work this morning, after putting out the Open flag and the cross walk advisory, I came in and fired up the computers in anticipation of the hordes of people who would be coming by to get trail passes today. Looking down at the counter I noticed that there was what looked like an earring that someone must have lost sitting there. It was kind of large and looked like some kind of wooden frame. Giving it a closer look, I discovered that it was in fact a guillotine

My inquisitive self wondered why someone would want to glorify a device specifically designed to kill fellow human beings? I'd say we're the only critters on this planet that kill just to kill. Most kill to eat. Even the germs and bacteria that plague us so much are just trying to survive and reproduce. The act of killing there host totally messes up their intentions.

Looking all the way back to the beginning of recorded history, Cain killed his brother

due to jealousy. And we've been killing each other ever since. From simple interpersonal disputes to world wars, the slaughter has been endless.

I'm not immune to this propensity. Horses and cows wish their tails to make the flies and mosquitoes go away, and maybe they wish that they could terminate them, but they can't, so they just live with them. We don't have that lack of ingenuity. Fly swatters work pretty good and they even have mosquito electrocution devices now. We're just so resourceful.

So I considered the actual machine itself. It was really a remarkable invention. Very efficient. Down comes the blade and the head plops off into a basket. Very precise. Consider the alternative. A man swinging an ax type tool. I'm sure that these beheader persons got very skilled at their craft, but I dread the thought of an accidental misfire so to speak. This type of failure was eventually covered for with a

firing squad.

Talking with a friend who is a longtime sportsman, who has hunted and fished his entire life, I confessed to terminating the existence of any woodchucks who come across my vegetable garden. He says I should never shoot anything I won't eat. That's nice, but I've tried woodchuck, and absent some sort of emergency, I'll pass. Every defense he came up with I countered with the fact that they would always figure out a way to circumvent them. And unfortunately, they never only ruin just one or two items, they'll sample everything in the garden ruining them all. I'm not very fond of these critters. Along the highways they can help keep the grass trimmed all they want, but not in my back yard.

There is this obsession of sorts. The one who can kill the most wins. It's sick. But we keep inventing new ways and means to kill more and better. It's been over fifty years since we had the ability

to destroy everyone on the planet, and yet we continue perfecting our abilities. We even murder our own babies. At least mosquitoes and flies have a chance to get away.

Looking out my bathroom window the other morning at how much the snow has been disappearing, a squirrel came running across the grass, undoubtedly joyous over the fact that the green world was slowly returning. It hopped right across the garden patch that sits right behind the back deck. I've considered planting corn there this year as where I planted last year, closer to the woods, got totally destroyed by the fuzzy gray tree rats. If I initiated an eradication campaign now, I could probably be relatively squirrel free by August. But I may just defer planting any corn at all, and go back to picking it up at local roadside stands. There's nothing like fresh picked sweet corn.

Since I don't have a farm dog to take

SEE EDWIN PAGE A5

## NOTES FROM WINDY HOLLOW

### A pair of mallards

BY VIVIAN LEE DION  
Contributing Writer

The wind caresses small bushes and dried grasses at the water's edge where a pair of mallard ducks nested last year. In the summer blue flag irises previously flourished in that little nook making it a welcoming place. Writer Madison Miller explains about mallards, "Whether it's through hunting, or just admiring, ducks are a popular sight to see. However, there are a lot of people who don't know about the infamous mallard. It

is the most widespread and familiar species of duck. It is also ancestor of most domestic duck breeds." Ice out happened recently and within hours two ducks were swimming nearby. Could these be the ones who nested here last year? They climbed out of the water and sauntered around the property. Acting like potential home buyers this couple were scrutinizing our place and looked ready to settle down. Perhaps being tired from the long journey north maybe they were just enjoying the welcoming spring

weather of New Hampshire. Anyway, this pair was in no particular hurry.

There is evidence that mallards mate for life. "The incubation period for mallard eggs is 28 days," says wildlife biologist Chad Carlson. He had another interesting fact." I discovered although each egg is laid on separate days, all eggs will hatch at the same time. Because incubation doesn't begin until the last egg is laid." Another surprising fact is that because pheasants like the same kind of environment surrounding their nesting site such as grassland and good cover sometimes pheasant eggs are laid inside a duck's nest.

I love seeing the beautiful multi colors of the male duck. Madison Miller writes, "The male duck is known as the drake. It has a more distinct coloring. This includes the iconic green head, chestnut-colored chest area, and an overall grey body. Female ducks, however, are more brown in color. They do have distinct purple-blue feathers on

their wings." I did some research as to why the male ducks are known as drakes. It is derived from some good advertising promotions. "In the mid-1920's a duck began to appear on the package of Drake's Devil Dogs and other promotional materials. The stars truly aligned with the choice to use a duck as the brand's character representative. Male ducks are also known as "drakes" which was a fitting tie-in with the company name."

Song birds have returned and this morning I saw a pair of cardinals. What caught my eye was the brilliant red of the male cardinal. Also, it looks like the goldfinch plumage of gold has again adorned that little bird. Author Marty Rubin writes, "Every bird, every tree, every flower reminds me what a blessing and privilege it is just to be alive."

Vivian Lee Dion of New Durham is a writer and speaker, and can be reached at windy-hollow@metrocast.net.

#### TO PLACE AN AD:

ADVERTISING EXECUTIVE

Tracy Lewis

(603) 575-9127

tracy@salmonpress.news

#### SUBSCRIPTION SERVICES:

KERRI PETERSON

(603) 677-9085

kerri@salmonpress.news

#### TO PRINT AN OBITUARY:

E-MAIL:

obituaries@salmonpress.news

CALL: 603-677-9084

#### TO SUBMIT A LETTER

TO THE EDITOR:

E-MAIL:

E-MAIL: brendan@salmonpress.news

This paper is published weekly by

Salmon Press, P.O. Box 729,

5 Water St., Meredith, NH 03253.

ISSN: 1945-5836. USPS 024921

periodicals postage paid at Meredith,

NH 03253. POSTMASTER:

Send address changes to Salmon

Press, P.O. Box 729,

Meredith, NH 03253.

USPS 024967

The Gifford Steamer is published weekly

by Salmon Press, P.O. Box 729, 5 Water

St., Meredith, NH 03253. Periodicals,

postage paid at Meredith, NH 03253.

POSTMASTER: Send address changes to

the Gifford Steamer, P.O. Box 729, Meredith,

NH 03253.



#### PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

(603) 677-9083

frank@salmonpress.news

#### BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

ryan@salmonpress.news

#### OPERATIONS DIRECTOR

JIM DI NICOLA

(508) 764-4325

#### DISTRIBUTION MANAGER

JIM HINCKLEY

(603) 279-4516

#### EDITOR

JOSHUA SPAULDING

(603) 941-9155

josh@salmonpress.news

#### MANAGING EDITOR

BRENDAN BERUBE

(603) 677-9081

brendan@salmonpress.news

#### PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

julie@salmonpress.news

# Gilford Public Library

## Classes & Special Events

April 27 - May 4

Thursday, April 27  
Geri Fit, 9-10 a.m.  
Touch-a-Truck Week, 10:30-11:30 a.m.  
Celebrate National Library Week with our popular Touch-a-Truck event! Monday - Fire Truck, Tuesday - DPW Truck, Wednesday - Police Cruiser, Thursday - School Bus, Friday - DPW Truck.  
French Club, 4-5 p.m.  
Recycling, 5-6 p.m.  
Meghan Theriault from Gilford's DPW brings us the latest in recycling in Gilford including FOAM.

Friday, April 28  
Senior Sculpt, 9-10 a.m.  
Bridge, 10-11:30 a.m.

Touch-a-Truck Week, 10:30-11:30 a.m.  
Celebrate National Library Week with our popular Touch-a-Truck event! Monday - Fire Truck, Tuesday - DPW Truck, Wednesday - Police Cruiser, Thursday - School Bus, Friday - DPW Truck.  
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, April 29  
National Parkinson's Awareness Month, 10-11 a.m.  
Downtown Gym will be talking about Parkinson's Awareness Month and their unique Rock

Steady Boxing program that is adapted especially for people with this condition.

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

Monday, May 1  
Geri Fit, 9-10 a.m.  
Baby Storytime, 10-11 a.m.  
Tai Chi, 10-11 a.m.  
Mahjong, 12:30-1:30 p.m.

Growing Vegetables in Containers, 4:30-5:30 p.m.

During this presentation, attendees will learn the benefits and drawbacks of gardening in containers, the different types of containers and how to select the proper size and type for various situations, the proper way to assemble a container garden, the various factors to con-

sider (such as environment, plant types, design characteristics, etc.), proper care and maintenance of container gardens, and finally, how to troubleshoot and solve problems from pests and diseases.

Tuesday, May 2  
Senior Sculpt, 9-10 a.m.  
Bridge, 10 a.m.-noon  
Preschool Storytime, 10:30-11:30 a.m.  
Dungeons and Dragons Club, 3-4:30 p.m.  
Intermediate Line Dancing, 4-5 p.m.

Wednesday, May 3  
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.

## Gilford Public Library Top Ten Requests

1. "Simply Lies" by David Baldacci
2. "Countdown" by James Patterson
3. "Dark Angel" by John Sandford
4. "Lessons in Chemistry" by Bonnie Garmus
5. "Pineapple Street" by Jenny Jackson
6. "Walk the Blue Line" by James Patterson
7. "Poverty, by America" by Matthew Desmond
8. "Horse" by Geraldine Brooks
9. "Unnatural History" by Jonathan Kellerman
10. "The Man Who Died Twice" by Richard Osman

Paint Group, 1-3 p.m.  
Afterschool Teen Club, 3-4 p.m.  
Science @ The Library, 3:30-4:30 p.m.

Have fun learning the basics in coding & solving puzzles with the indie car!  
Macrame Plant Hanger, 4:30-5:30 p.m.  
Come for a fun craft

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

day making a macrame plant holder. Space is limited so sign up.

## NH Boat Museum provides opportunity for all ages to build boats



WOLFEBORO — While building a boat may sound daunting, it is precisely the kind of opportunity in which the New Hampshire Boat Museum (NHBM) excels at providing to youth, adults, and families every summer.

"There is nothing quite like going out on the lake in a boat you built with your own hands," noted Martha Cummings, NHBM executive director.

This summer, NHBM will offer Adult, Family & Youth Boat Building (July 8 - July 16) and Youth & Family Boat Building (July 24 - Aug.

2).  
"These are unique opportunities to build something that you will enjoy for years to come," added Cummings.

During these sessions, participants take kits comprised of flat pieces of wood, through construction, fiberglassing, and finishing/painting with "the launch into the lake" the final step in the process.

"This intensive time-frame helps working folk who can only dedicate a week of time away from work or other activities," said Tom Mechachonis, who

supervises and manages NHBM's Boat Building classes.

These classes also offer scholarships to those in financial need, which Cummings said is made possible by private donors who share NHBM's "passion for New Hampshire's boating heritage."

"Many scholarship donors were past program participants who loved their experience here, so they want to pass it on," she said.

2023 boat building scholarships are made possible by Wolfeboro Lion's Club, New England Antique and Classic Boat Society, Captain Raymond Thombs Memorial Fund, New England Lyman Group, Tom and Rose McNamara, Edmund and Sara Dinsmore, and Dr. Jim Forbes Scholarship Fund.

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire's fresh waterways. To register for Boat Building, apply for a scholarship, or learn more about NHBM, visit nhbm.org.

ALTON — The Alton Police Department responded to 130 calls for service during the week of April 16-22, including two arrests.

-2 Subjects were taken into Protective Custody of Intoxicated Persons.

There were 3 Motor Vehicle Accidents.

There were 2 Suspicious Person/Activity reports on Hopewell Road and Suncook Valley Road.

There was 1 Theft reported on Keewaydin Drive.

Police made 36 Motor Vehicle Stops and handled 3 Motor Vehicle Complaint-Incidents.

There were 85 other calls for services that consisted of the following: 1 Public Hazard, 4 Employment Fingerprinting, 6 Assist Other Agencies, 3 Animal Complaints, 5 Juvenile Incidents, 1 Domestic

Complaint, 2 General Assistance, 1 Drug Offense, 7 Alarm Activations, 1 Noise Complaint, 2 Lost/Found Properties, 4 Highway/Roadway Hazards, 2 General Information, 1 Vehicle ID Check, 2 Trespass, 1 Sex Offender Registration, 1 Civil Matter, 3 Wellness Checks, 1 Criminal Mischief, 21 Directed Patrols, 6 Medical Assists, 7 Property Checks and 3 Paperwork Services.

## ALTON POLICE LOG

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of April 17-23.

David Jerome Plummer III, age 20, of Gilford was arrested on April 20 for Driving After Revocation or Suspension (subsequent), Breach

of Bail Conditions, and Negligent Driving.

Andrew Wideman, age 37, of Goshen, N.Y. was arrested on April 20 for DUI-Impairment.

Paul M. Silwinski, age 68, current address out of state, was arrested on April 22 for DUI-Im-

pairment.

A 47-year-old female from Waterbury, Conn. was taken into protective custody for intoxication on April 23.

Kate Allwarden, age 64, of Gilford was arrested on April 23 for Resisting Arrest or Detention.

## EDWIN

(continued from Page A4)

care of keeping away the critters, I've tried erecting fences. They work somewhat, but deer can jump pretty high when they want to, and woodchucks will just burrow under them. Bears ha-

ven't been an issue. I don't do honey or feed the birds any more. I learned. My worst enemies end up being insects. I don't use pesticides and keep things as organic as possible. Most of the gardens are still hidden beneath a

blanket of white, but it won't be long before it will be time to get back to playing in the dirt.

E.Twaste  
Correspondence welcome at edwintwaste@gmail.com

## Stone Wall Repair

Fieldstone/Granite  
35 years experience

Tony Luongo  
707-2727

Serving all of New Hampshire for 50 years.



286-8182

www.porterpaving.com

Paving & Resurfacing • Driveways & Parking Lots • Line Striping  
Specializing in Residential and Commercial Paving  
Owner Installs Every Job



**Comfort Keepers**  
Elevating the Human Spirit

### Make every day extraordinary

At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes.

#### Uplifting in-home senior care services

- Personal care
- Grocery shopping and errands
- Companionship
- Dementia and Alzheimer's care
- Light housekeeping
- Respite care
- Meal preparation

**(603) 536-6060**  
ComfortKeepers.com

© 2022 CK Franchising, Inc. Most offices independently owned and operated. 1222

## Last COVID-19 vaccine before September 2022?

**You're due.**

Stay protected with the booster.

As time passes, immunity wanes. Stay protected from the latest variants and reduce your risk of severe illness by choosing the booster.

Learn more and find COVID-19 booster locations at [vaccines.nh.gov](https://vaccines.nh.gov)

Stay Healthy,  
Stay Protected.

# Gilford Community Church preaches acceptance, welcomes new members

GILFORD — At a time when many churches struggle with membership, Gilford Community Church (GCC) continues to experience growth, as the church recently welcomed 15 new members.

“We are committed to creating an inclusive atmosphere where all are welcome,” said Pastor Michael Graham. “Our strength as a church is in our diversity.”

For Alton Bay resident Taryn Smith, who also worked at GCC for several years, her decision to become a member codified a more than 15 year relationship with the church.

“I felt at home from the first time I visited,” she said. “I always walk away feeling like I can relate the sermon and weekly messages to my own life.”

Laconia residents and new members George and Jackie Pomphret said Graham’s sermons also attracted them. Jackie referred to them

as “more like inspiring talks.”

“His idea of church was very meaningful to us,” she said. “People are encouraged to be introspective and to re-evaluate what perhaps has never before been questioned and at the same time be tolerant of others’ beliefs.”

Smith agreed and said GCC is “a place of acceptance” regardless of a person’s race, gender, or sexual orientation.

“It is important to me to be part of a church where people are not judged for who they are or what they do,” she said. “GCC is a place that makes me feel peace and comfort.”

Noting she has been through difficult times in her life, Smith said GCC members have always been there to support and help her and her children and show they truly care.

“GCC has always made me feel like I am part of a big family,” she

said.

Regarding what she would say to someone considering attending a GCC service, Jackie said the church “does not present a list of dogmas to be accepted by all.”

“If you should attend a Sunday morning service, you will most likely be reminded of all the good things in our lives,” she said. “You will be encouraged to focus on helping others and enjoy good fellowship downstairs after the service.”

In summing up her experience at GCC, Smith said it is “an amazing place to raise a family.”

“GCC not only offers weekly church services, but so many activities for youth and adults,” she added. “GCC plays a huge role in the community of Gilford as well as surrounding towns.”

Located in Gilford, Gilford Community Church (GCC) is an inclusive, open community with a broadly ecumenical spirit that



**Pictured are all new members. The people in the photo are as follows: Back row (l to r): Tracy Baron, Aileen Stewart, Lulu and David Fite; Third row (l to r): Addison and Brooke Baron, Evelyn Morse, Leslie McEvoy, Paula Dyrkacz; Second row at each end: Kathleen Collins and Joseph Smith; Front row (l to r): Jackie and George Pomphret, Jeanne Petta, Taryn Smith.**

welcomes people from all denominational and cultural backgrounds.

Viewable live on

YouTube, services take place at 10 a.m. on Sundays at 19 Potter Hill Rd., Gilford. To learn more about GCC, its commu-

nity-based programs, or virtually attend services, visit [gilfordcommunitychurch.org](http://gilfordcommunitychurch.org).

## May events at Oscar Foss Memorial Library

BARNSTEAD — Children’s Story Time at the Library is the happening event to attend every Wednesday at 10:30 a.m. There will be stories, crafts, and singing to your heart’s content. You can even dance if you want to! Afterwards you can hang out and chat with other caregivers while your children are otherwise occupied with Legos, trains, coloring books, and more!

All Library Yoga classes are now on Mondays only. Gentle Hatha-Flow, a low-impact yoga class for all levels, starts off the day at 10:15 a.m. (and ends at 11:40 a.m.). Senior/Beginner/Chair Yoga will take place from noon-1 p.m. Intermediate Hatha-Flow rounds out the day, going from 5:30-6:50 p.m. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regard-

less of ability to donate. Please wear comfortable clothing and bring a yoga mat. You may also bring blocks and straps.

On Wednesday, May 3, the Mead and Read Book Club (ages 18 and older) will be discussing *The Midnight Library*. We’ll be meeting at our usual place, Over the Moon Farmstead in Pittsfield (and not in the library at midnight, which, admittedly, would be cool),

starting at 6 p.m. For June, we will be reading *The Language of Flowers* by Vanessa Diffenbaugh.

Friday, May 5, from 5-7 p.m., we are hosting a Teen Mushroom Plant Stakes maker event! Life is busy this time of year, so take a break at the library with some snacks and the movie *Over the Garden Wall*. While snacking and watching, we will be making mushroom garden stakes, then personalizing them with paint. Registration required.

Cooking and Table Setting is on the agenda for our monthly Homeschool Event on Tuesday, May 9, from 12:30-2 p.m. Homeschool students will enjoy prepping and making a simple meal, setting the table properly, using different utensils, then cleaning up together. Registration is required.

Tween DnD will be happening Thursday, May 11, from 4-6 p.m. Our heroes are leveling up! They’re ready to take the next step in their adventure, but what will they encounter? Anyone can join the campaign at any point. Light refreshments provided.

Teen DnD is also happening Thursday, May 11, but from 6-8 p.m. Our heroes will continue past the dinosaurs in the Underdark. But why is there a child down here?

Where did she come from? Are those voices they hear? Anyone can join the campaign at any time. Light refreshments provided.

On Saturday, May 13, from 11 a.m.-noon, we are hosting Ma’am and Muffins. Kids, you provide the Ma’am (grandmothers, moms, sisters, aunts, friends... all are welcome) and we’ll provide the entertainment: Stories, music and movement, and crafts. Plus muffins, of course!

Teen Advisory is canceled for this month, but will be happening in June.

The Common Loon—A New Hampshire Icon. On Thursday, May 18, at 6 p.m., the Loon Preservation Committee will be doing a presentation about the biology and life history of loons, the threats that loons face, and the work that the Loon Preservation Committee and their volunteers have performed since 1975.

Special OFML Kids Club Event! Friday, May 19, from 3:30-5 p.m. This event is for the whole family. Ranger Briana from the US Army Corps of Engineers is coming to talk about adaptations of local predators, which help them survive. She will be bringing an osprey and coyote mount for the presentation. There will be stories and crafts to follow. Light refreshments provided.

with different organizations in the area, we are holding an Early Literacy Fair to promote literacy! Starting at 10:30 a.m., there will be stories with a special guest reader, followed by crafts and games! Thanks to a generous grant from Children’s Literacy Foundation, there will be free book giveaways, and local community organizations will be available to talk with parents about resources. You can also sign up for 1,000 Books Before Kindergarten.

Dino Canvases Teen/Tween Event: Thursday, May 25, from 5-7 p.m. Have you ever wanted to cut a dinosaur in half and put him on a canvas? Who hasn’t?! You can then personalize your dino with a fresh paint job, maybe a hat! Light refreshments and tunes provided. Registration required.

Have you always wanted to be a writer? Maybe even a published author? Well, it’s time to do something to make that dream come true. Every fourth Friday of the month (this month it will be May 26), from 6-7:30 p.m., we have our Writers Forum - a group created and run by fellow writers to help you in your writing process, wherever that might be. This group is for ages 14 and older and all levels of writing experience/expertise.

For events that require registration, please contact us at 269-3900 or [ofmlstaff@gmail.com](mailto:ofmlstaff@gmail.com) to reserve your spot!

### Brewster LAKES REGION ALUMNI BREAKFAST!

The Brewster Academy Alumni Office will host its next Lakes Region Alumni breakfast on **Tuesday, May 9**. All alums are welcome whether you live in the area or are visiting! Please join us for a delicious breakfast and reminiscing with fellow Bobcats.

This complimentary event begins at 8 a.m. in Estabrook Dining Hall. Breakfast is served until 9 a.m., but feel free to linger and chat!

**RSVP to Michaela Beckwith**  
at [mbeckwith@brewsteracademy.org](mailto:mbeckwith@brewsteracademy.org) or  
(603) 569-7145 or by **Friday, May 5**.

Edward Jones: Financial Focus

Some “did-you-knows” about estate plans

If you’ve done any estate planning, or even if you’re just familiar with it, you probably know the basics — that is, a comprehensive estate plan can help you pass on assets to your family while also achieving other goals, such as designating someone to take care of your affairs if you become unable to do so. But you may not know about some other estate-planning issues that could prove important in your life:

- *Power of attorney for students* — Children heading off to college may be considered legal adults in many states. Consequently, you, as a parent, may not have any control over medical treatment if your child faces a sudden, serious illness or is involved in an accident. Instead, a doctor who doesn’t know your child or your family may decide on a course of action of which you might not approve. To help

prevent this, you may want to have your college student sign a medical power of attorney form, which will allow you to make decisions on your child’s behalf if doctors don’t think your child can make those choices. You might also want to combine the medical power of attorney with an advance health care directive or living will, which lets you specify actions you do or don’t want to happen. In any case, consult with your legal advisor before taking any of these steps.

- *Community property versus common law* — Not all states treat married couples’ possessions equally. If you live in a community property state, the property you acquire during your marriage is generally considered to be owned in equal halves by each spouse, with some exceptions. But if you live in a common law state, the property you obtain while you’re married is

not automatically owned by both spouses. In these states, if you buy some property, you own it, unless you decide to put it in the name of yourself and your spouse.

This doesn’t necessarily mean, however, that your spouse has no rights, because common law states typically have rules that guard surviving spouses from being disinherited. But here’s the key point: If you move from a community property state to a common law state, or vice versa, you might not want to assume that your and your spouse’s property ownership situations will remain the same. Consequently, if you do move, you may want to consult an estate-planning attorney in your new state to determine where you stand.

- *Pet trusts* — You always strive to take good care of your pets. But what might happen to them if you be-

come incapacitated in some way? Unless you have a close family member or friend who’s willing to take over care for your pet, you might want to consider setting up a pet trust, which can take effect either during your lifetime or after you pass away. A trustee typically will make payments to the caregiver you’ve designated for your pet, with payments continuing for the pet’s lifetime or a set number of years. Again, an estate-planning attorney can help you with this arrangement.

Estate planning certainly involves the big-picture issue of leaving a legacy to the next generation. But the issues we’ve discussed can also be meaningful to you, so you’ll want to address them properly.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)

Serving The Farmington And Lakes Region Community Since 1953

TURNER LIBERTY INSURANCE

Service ~ Integrity ~ Experience

BUY LOCAL

HOME • CAMP • AUTO  
BUSINESS • BOAT • RV

Get A Quote Today!

603-755-3511 • [libertyinsurancenh.com](http://libertyinsurancenh.com)

We Insure Island Homes

# Application deadline for Tri-Town Democrats scholarship is May 14

REGION — In 2018, Tri-Town Democrats of Barnstead, Gilmanston and Alton established an annual Scholarship Essay Contest for seniors at Prospect Mountain High School and for Gilmanston seniors at Gilford High School. Each year students are invited to write an essay on a theme chosen by Tri-Town Democrats.

This year's theme was inspired by the life of dedicated New Hampshire State Representative, Renny Cushing of

Hampton, who died in 2022. During his long career, Cushing advocated for several causes, but he is best known for his decades-long commitment to repealing the death penalty in New Hampshire. Due in large part to Cushing's tireless efforts, that goal was achieved in 2019.

This year's essay question is, "Of the many important issues in our society today, is one so important to you that you would dedicate years to working on a

solution? Why do you think it is so crucial for us all to pay attention to it? How might you work to change it? How might receiving this scholarship assist you with your plans for your future?"

The winner of this year's essay contest will be awarded a \$1,000 scholarship. Interested students may learn more about the contest through their counseling office. The due date for essays is May 14.

# End 68 Hours of Hunger program seeking community support

ALTON — All of us at the End 68 Hours of Hunger know the past few years have been tough, and we are trying to increase community involvement in the End 68 Hours of Hunger program in order to support our families in need.

The past few years, this program has been maintained by Alton Central School's social worker and school counselors. In addition to food costs going up and benefits going down, students' social-emotional needs have increased, along with the demands

on the guidance department. In order to provide quality services to our students and families, we are looking to take on community volunteers to keep the End 68 Hours of Hunger program running. We are looking for volunteers to: organize and facilitate fundraising, pick up food orders, reach out to community businesses for donations, as well as to take inventory when we receive food orders. If you are interested in volunteering in any capacity, please contact Nicole Poland at (603) 875-9384

or npoland@sau72.org.

End 68 Hours/Alton provides a bag of food containing snacks, cereal, tuna, soup, mac and cheese, and rotates peanut butter, jelly, fluff, and mayo on a monthly basis. We are currently packing bags for 27 students each week. The Alton community has always been a huge supporter of this program. We need your support! Use this link to donate: <https://www.end68hoursofhunger.org/find-your-community/new-hampshire/alton/>.

# Laurel Gingrich completes Albright College experience program

READING, Pa. — Laurel Gingrich of Gilford has successfully completed the Albright College Experience program, having attended 12 Experience events designed to help students know the world, engage the world and understand the world. A graduate of Gilford High School, Gingrich is studying communications: journalism and fashion at the college.

Experience credits are earned for attending one of a large number of cultural and academic events that range from lectures and exhibitions to concerts and theatrical performances on the Albright College campus. The result is a student-driven learning experience in which each student chooses his or her own adventure.

Through a progression of courses aimed to expand each students' intellectual and creative development, Albright's scaffolding General Education curriculum components are uniquely arranged so that students follow a logical path of intellectual and skills development, with each component building on those that came before it. Each of Albright's Experience events aims to complement other components of the college's General Education.

Full-time Albright students are required to

complete 12 Experience credits, which may be started as early as the first week on campus. The Experience requirement must be completed before students enroll in the final Synthesis capstone, which incorporates learning from all General Education courses and Experience events that are pursued by each student.

Named a top national college by Wall Street Journal/Times Higher Education, Albright College (founded 1856) is home to a diverse community of learners who cultivate integrity,

curiosity, connection and resilience. Through learning experiences that engage a student's creative and innovative capacities across all disciplines, both inside and outside of the classroom, an Albright College education guarantees that each student learns how to engage the world, understand the world, and is prepared to make an impact on a rapidly changing world. Located in Reading, Pa., Albright is home to undergraduate students, adult learners and graduate students.

## Skylight Dining Room Menu

384 South Main St., Wolfeboro  
Please Call for Reservations  
(603)-569-2922  
Open Tuesday, Wednesday, and Thursday  
Hours: Noon to 1:30 p.m.

May 10 and 11  
Menu 1 Steak Kabob  
Menu 2 Barbecue Chicken Sandwich  
Menu 3 Vegetable Kabob  
Choice of starters: Chili or Salad  
Choice of starch: Pasta Salad or French fries  
Vegetables: Fried Vegetables  
Bread Options: Dill Onion Roll, Plain  
Your choice of any of our homemade desserts

# GWAC art shows continue, featuring local artists from the Lakes Region

WOLFEBORO — Spring, a time of renewal! And, a time for admiring and supporting New Hampshire Artists.

Governor Wentworth Arts Council is currently hosting two shows featuring the work of several Lakes Region artists. Their works are on public display for your viewing this season.

The first show, GWAC's first group show of 2023, is titled "Beloved." As we slowly creep into the warmer months, there is a comfort in the familial nature of the people and pets around us. For this show GWAC is showcasing 2D mediums that feature portraits of our member artists' loved ones - humans & animals alike.

Participating GWAC artists include: Robert Shaffer, Robin Cornwell, Nancy Piper, Jeri Von Stein, Maryann Goblack and Helen Fernald.

"Beloved" is on display through May 27 during regular operating hours at Huggins Hospital in Wolfeboro.

GWAC's second show currently on display is titled "From the lonely



Robert Shaffer stands in front of some of his art now on display at Meredith Village Savings Bank in Wolfeboro.

afternoons" and features the work of Robert Shaffer.

Shaffer is fascinated by illustrators and the stories they tell. He loves the idea of mark making and the power marks communicate on multiple emotional and intellectual levels. Shaffer creates unique prints that explore texture, color and line. Building a bridge between the fine art and the functional goal-centered commer-

cial design.

"From the lonely afternoons" is on display through May 27 during regular operating hours at Meredith Village Savings Bank in Wolfeboro.

You can learn more about Governor Wentworth Arts Council's support of the arts in the eastern Lakes Region, including upcoming shows & exhibits, at [governorwentworthartsCouncil.org](http://governorwentworthartsCouncil.org).

## BUSINESS DIRECTORY

### FLOORING

#### ALTON FLOORING AND TILE

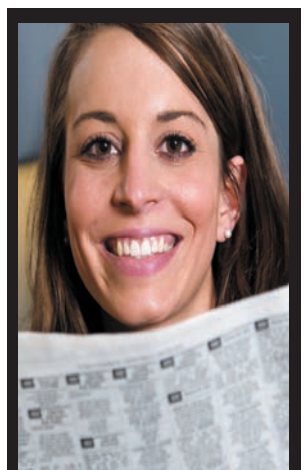
Office: 603-875-3507  
Residential/Commercial  
Carpet, Tile, Hardwood, Laminate, Vinyl,  
Island work, Boats, RV's/Campers, Etc.  
[alton\\_flooring.tile@yahoo.com](mailto:alton_flooring.tile@yahoo.com)  
18 Depot St. Alton, NH 03809

### PLUMBING

**Thursty**  
water systems  
One Call Does It All  
WATER FILTRATION  
ELECTRICAL - PLUMBING  
HVAC - GAS  
**569-1569**  
[www.thurstywater.com](http://www.thurstywater.com)

### FLOORING

**Heckman's Flooring**  
(603) 569-6391  
Carpet • Vinyl • Tile • Wood • Laminate  
Sales • Installation  
Rt. 28-2000 Centre Street • P.O. Box 430  
Wolfeboro Falls, NH 03896



**ADVERTISING WORKS.**  
Call  
**1-877-766-6891**  
[salmonpress.com](http://salmonpress.com)

For Advertising Information  
Call  
**603-279-4516**  
email: [Tracy@salmonpress.news](mailto:Tracy@salmonpress.news)

**B-BOYS AUTO REPAIR**  
603-269-7712  
19 Gray Road  
Barnstead, NH  
Paul Bousquet Sr. & Jeff Bousquet Sr.  
75+ years of combined auto repair experience

- Air Cond
- Brakes
- Carburetors
- Clutches
- Cooling Sys
- Diagnostic
- Differential
- Electrical
- Engine
- Inspections
- Oil Changes
- Oil Leaks
- Steering
- Suspension
- Timing Belts
- Tire Rotation
- Transmissions
- ...and more!

Solid reputation of dependable, quality service!

OBITUARY

Anna Helen Kunz



for a year, and a trip to a Hollywood movie premiere.

Anna was predeceased by her parents, Alice and Joseph, early in her adult life; in 1996 by her husband, Fred; and in 2018 by her daughter Sharon's husband, Kevin Clark.

She is survived by her son Frederick Kunz Jr and his wife Elizabeth (Betsy) of Northwood, NH; daughter Judy Kunz Porter and her husband Robert of Nashua, NH; daughter Sharon Kunz of Nottingham, NH; one grandchild, Garrett Kunz of Groton, CT; and many cousins both in Germany and the US. Her beloved cats, Afton and Wyatt passed several days before her.

The family would like to thank the dedicated staff of Bridges by Epoch at Nashua as well as the amazing staff from Home Health and Hospice for the loving care given to Anna.

Per her wishes, there will be no public service and her ashes will be scattered at sea off the coast of Ogunquit, Maine.

In lieu of flowers, memorial donations may be made to the Kevin D. Clark Endowed Fund for Special Needs Animals, Pope Memorial Humane at Cochecho Valley, 221 County Farm Rd, Dover, NH 03820 or online at [popememorialcvhs.org](http://popememorialcvhs.org)

Fond memories and expressions of sympathy may be shared at [www.ZisSweeneyFuneralHome.com](http://www.ZisSweeneyFuneralHome.com)

Anna Helen Kunz of Alton Bay, NH passed away peacefully on April 17th after a long battle with vascular dementia. A born and bred New Yorker, Anna was born the first generation American to hard working German immigrants. She grew up working in the family deli and, as it was New York City, by the age of 18 had been held up twice.

When too young to work in the deli, she spent many happy summers with her aunt, uncle and beloved cousin in Ogunquit, Maine. She married Frederick W. Kunz and settled in the Bronx and later Pearl River, NY where they raised 3 children, Frederick Jr., Judy, and Sharon. After working on the front lines of high-tension power generation for 25 years for the NYC Subway, Fred retired and the family relocated to small town NH and ran the Alton Five and Dime for several years.

Anna enjoyed cooking, knitting, mah-jongg, canasta and entering sweepstakes. She was extremely proud of her 2 large prizes - groceries

# Pemi Choral presents "Grand Night for Singing"

*Take a musical trip to Broadway without leaving the state*

REGION — The 90-voice Pemigewasset Choral Society (Pemi Choral) presents its Broadway-themed "Grand Night for Singing" three-concert series in Gilford, Moultonborough and Plymouth on May 4, 5 and 7.

Whether you've been to Broadway or not, you will enjoy this refreshing repertoire of both classic and contemporary Broadway showstoppers from composers such as Richard Rodgers, Lin-Manuel Miranda, George Gershwin, Stephen Schwartz, Cole Porter and Sara Ba-

reilles.

"We are thrilled to celebrate the timeless American icon that is Broadway," says Pemi Music Director Will Gunn. "It's impossible to represent every show from the last century, but we did our best to give everyone something they can be happily singing as they leave the concert."

Without driving to New York City, audiences will be able to take a musical trip to Broadway to experience the music from "Hamilton," "Wicked," "South Pacific," "Guys and Dolls," "Dear Evan Hansen," "Man of La Mancha," "Rent," "The Color Purple," "Waitress" and more.

Admission is by donation at the door. The chorus performs Thursday, May 4 at Gilford Community Church, Gilford; Friday, May 5 at Moultonborough Academy, Moultonborough; and Sunday, May 7 at Silver Center, Plymouth State University, Plymouth.

Pemi Choral is directed by locally renowned music director, Will Gunn, who was named the 2023 Choral Director of the year by the NHACDA (NH American Choral Directors Association). The piano accompaniment is by collaborative pianist Laura Belanger. For this concert, two students who study with Mr. Gunn at Plymouth Regional High School, Dash Ough and Quinn Amsden, are providing

rhythm sections to several songs.

The Pemi Chorus is a 90-voice regional community chorus based in Plymouth, NH, with a wide-ranging musical repertoire. Members come from communities throughout the Lakes Region, Central New Hampshire and the White Mountains. The chorus boasts a diverse range of ages from high school students to age 80. They perform concerts in December and May, and welcome new members at the beginning of each semester. The chorus will be celebrating its 50th season next year. For more information, please visit [pemichoral.org](http://pemichoral.org), and find us on Facebook and Instagram.



COURTESY

## Super Knights

The following Kingswood Middle School students received the March Super Knights Award for "Cooperation". In the first row is: 1) Basil Bennet; 2) Lily Reeves; 3) Kingsley Owens; 4) No name disclosed; 5) Mackenzie Shea. In the second row is: 1) Madison Gouette; 2) Brody Hanson; 3) Emma Ouellette; 4) Tucker Ivone; 5) Andrea Brophy. Missing from the picture is Ryan Santerre.

**Baker-Gagne Funeral Home Cremation Service**

Pre-Arrangements - Traditional Funerals  
Simple Burials - Cremation Services  
Monument Company

F. Rick Gagne - Funeral Director  
Mill Street, Wolfeboro, NH 603-569-1339 (800) 539-3450  
Route 16, West Ossipee, NH 603-539-3301 [baker-gagnefuneralhomes.com](http://baker-gagnefuneralhomes.com)

**PEASLEE FUNERAL HOME**  
Cremation Service

(603) 755-3535  
[www.peasleefuneralhome.com](http://www.peasleefuneralhome.com)

Main Office: 24 Central Street, Farmington, NH  
2079 Wakefield Road, Wakefield, NH  
Alton Funeral Home 12 School Street, Alton, NH

**Church Service SCHEDULE**

**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.  
Pastors Daniel and Sherrie Williams, 473-8914.  
For more information, please visit [abundant Harvest.org](http://abundant Harvest.org) or e-mail [ahf@faith.com](mailto:ahf@faith.com).

**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10 am - 6:30 pm, 875-6161.

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Bink, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Worship Service 10:00am  
Bible Study 11:15am  
Rte. 126 West to Town Hall  
Call or Text (603) 269-8831  
[centerbarnsteadcc.org](mailto:centerbarnsteadcc.org)

**CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE CHURCH**  
Gathering Saturday evenings at 5:30 p.m.  
The Gilmanston Community Church  
1803 NH Route 140, Gilmanston, Newmarket, NH  
[ccopraisegathering@gmail.com](mailto:ccopraisegathering@gmail.com)

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am  
Rev. Dr. Samuel J. Haddo, 875-5561.  
Bey service 8:30am Alton Bay Garage, Alton, NH  
10 am Worship Service  
20 Church Street, Alton  
Our services are live-streamed on YouTube  
Sundays at 10 am  
[www.ccoalton.com](http://www.ccoalton.com)

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC**  
Sunday School and Worship Services  
Rev. Rebecca Warner Maccini  
603-776-1820  
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.  
[ccnorthbarnstead.com](http://www.ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 11:00 AM  
Sunday School 10:15 AM  
400 Main Street  
Farmington, NH 05885  
Pastor Tom Gardner 755-4816  
[www.farmingtonuucc.org](http://www.farmingtonuucc.org)

**FIRST FREE WILL BAPTIST CHURCH**  
Sun. School 9:30am; Church 10:30am; Evening Service 6pm;  
Wed. Prayer Meeting 7pm, Depot St., New Durham;  
Pastor James Nasson.

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
on the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 9:00 a.m.  
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.  
Pastor Sandy Pierson - 483-2846

**ST. KATHARINE DREXEL**  
40 Hidden Springs Rd., Alton, 875-2548  
Father Robert F. Cole, Pastor.  
Mass Saturday 4pm;  
Sunday 8:30 & 10:30am;  
Daily Mass Mon., Tues., Wed., Fri., 8:00am.

**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
Rev. Miriam Acevedo, 435-7908  
[www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

**UNITED METHODIST CHURCH**  
RS 171 at Highroads Corner.  
Sunday services 10:30 am. Church 603-539-8058

**UNITARIAN UNIVERSAL SOCIETY OF LACONIA**  
Sunday services and religious education 10:00 a.m.  
All are welcome.  
172 Pleasant St. Laconia • 524 6488 • [uusd.org](http://uusd.org)

**MAPLE STREET CHURCH**  
Sunday Service 11am  
96 Maple Street, Center Barnstead NH 03225

# Camp Constitution Speakers' Bureau hosting pro-life activist Julie Wilkinson



COURTESY

Julie Wilkinson (right) in a scene from the movie "Unplanned."

ALTON — The Camp Constitution Speakers' Bureau is thrilled to host former abortion nurse turned pro-life activist Julie Wilkinson Thurs-

day, May 8 at 7 p.m. at the Community Church of Alton, 20 Church St.

Julie Wilkinson, age 64, married 35 years,

parent of three married daughters and grandparent to four. Graduated as an R.N. in 1981. Raised in an intact but quite liberal home. In 1983 after breaking up with a boyfriend, moved to Boulder, Colo., where a nursing school classmate and friend lived. Accepted a position as abortion assistant at a late term abortion clinic, run by Warren Hern MD. Left after about two years there. Experienced a heart change by the grace of God, and partly due to employment in an NICU in Denver. Mar-

ried in 1987 and moved to Cheyenne. Did not share with friends her dark secret of working in the abortion industry for many years. Moved to Oklahoma in 1996.

She eventually made contact with Abby Johnson, who had herself managed an abortion clinic but left the business and went on to create outreach for abortion clinic workers. She gained the courage to share her sad story, in the hope it might help women rethink their plans to end their children's lives. Today, she shares to her story with anyone that is interested. She played the abortion nurse in the movie «Unplanned» (which was filmed in Oklahoma) and it is Abby Johnson's story of redemption. Her prayer is that her story may convince others that ending innocent children's lives is never the answer.

**ALTON CENTRAL SCHOOL INVITATION TO BID**

**BULLET-RESISTANT TRANSACTION WINDOW**

The Alton School District is requesting bids from qualified bidders for installation of a bullet resistant transaction window unit with deal tray at the Main Office at Alton Central School.

Bid specifications can be obtained by emailing [hduford@pmsau.org](mailto:hduford@pmsau.org). Site visits will be held on May 4, 2023 at 9:00 am at Alton Central School, 41 School St, Alton, NH.

Responses should be addressed to: "Alton Central Transaction Window RFP", Attention: Heidi Duford, SAU Business Office, 242 Suncook Valley Road, Alton, NH 03809.

Sealed responses must be received by, and will be opened on May 19, 2023 at 2:00 PM at PMHS SAU 301 Business Office located inside Prospect Mountain High School, 242 Suncook Valley Road, Alton, NH.





**BASEBALL**

(continued from Page A1)

in two more runs to tie the game at three. Ethan Kenerson reached on an error to drive in the go-ahead run before Kernan got a fly ball to center and a grounder to second to end the inning.

The Lakers tied it up in the bottom of the inning. With two outs, Bearn reached on an error, stole second and he scored on a Kernan infield hit to make it 4-4 after two innings.

The Timber Wolves took the lead back in the top of the third. Caldwell and Wyatt Brownell each worked walks and an Archambault base hit plated the fifth run for the visitors, but catcher Wes Bailey was able to gun down Archambault trying to stretch the hit into a double and Kernan finished the inning with

a strikeout.

Caldwell set down the Lakers in order in the bottom of the third and Kernan returned the favor in the top of the fourth, getting a nice scoop from Bean at first on an infield grounder.

Inter-Lakes tied the game at five in the bottom of the fourth. With one out, Wes Bailey walked and stole second and Rafe Bean followed with a base hit and also stole second. The tying run scored on a groundout by Danny Bean, with Prospect's Nathan Leavitt making a great play on the grounder.

Leavitt then led off the top of the fifth with a double and Caldwell walked, prompting Curnyn to make a pitching change, bringing in Dunn. Alec Adorno made a great play on a grounder to third and

then a strikeout and a pickoff that saw leftfielder TJ Bailey making the tag at third base to end the inning.

Dunn worked a walk to open the bottom of the inning, but the Timber Wolves turned a 4-6-3 double play and a strikeout ended the inning. Archambault was hit by a pitch to start the top of the sixth and Fontaine worked a one-out walk, but they were both stranded as Dunn got a strikeout and a line drive to third. Adorno reached on an error with one out in the bottom of the inning and Rafe Bean had a base hit, but Caldwell got out of the inning with no runs scoring.

With two outs in the bottom of the seventh, Therrien and Brownell laced back-to-back doubles to push the go-ahead

run across the plate. Archambault worked a walk, but Dunn got out of the inning with no further damage.

Therrien took over in the bottom of the inning and Kernan worked a leadoff walk and stole second. Two outs later, TJ Bailey worked a walk, but a double steal attempt resulted in Therrien executing the pickoff play perfectly, with Archambault tagging Kernan out at the plate.

"TJ and Addie ran it the way it is supposed to be run, but Prospect Mountain ran it exactly how it was supposed to be run," Curnyn said. "Defensively, they handled it the way we hope that we would handle it."

"We've only been outside for a few days, so it's still early," the Laker coach said. "But I'd rath-

er lose 6-5 and have the tying run thrown out at the plate."

"We came out kind of slow and allowed them to go up 3-0," said Bourdeau. "But I was happy with how we rebounded and competed to get back in it."

"We need to play more aggressive, we want to make teams execute, we have to take those chances," the Timber Wolf coach added. "This is the first winning streak they've had in a whole and they're getting into

it. "The potential is there, getting a couple of wins, that's building some confidence," Bourdeau added.

The two teams will meet for a rematch after vacation week on Monday, May 1, at 4 p.m. in Alton. The Lakers will also be at Belmont on Wednesday, May 3, at 4 p.m.

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

**MILESTONE**

(continued from Page A1)

sights on as a young girl, and one that she endured physical hardship and combative attitudes from some of her male colleagues to hold onto, left her in a very dark place. The pain of not feeling comfortable unburdening herself to her family or her colleagues had become so unrelenting, she said, that even on the drive up to the Ames Farm Inn (where Camp Resilience stages its retreats), she contemplated deliberately steering her car off the road into a tree.

"I was in the darkest, dankest, saddest place I've ever been in my life," she said. "I was out of ideas, and I heard about Camp Resilience."

Having been told throughout her career that for someone in her position to openly talk about the pain she felt simply wasn't done, Marden said she was initially reluctant to open up during counseling until her group's facilitator, a police officer who she knew to be "tough as nails," told her "We're here for you. You're not alone. We're just going to check in and make sure you're OK, but we're meeting you where you're at."

Hearing those words from a fellow professional in an industry where sharing your feelings is so frowned upon "was life-changing for me," Marden said. "It was so foreign to me, and it really took my breath

away."

When "the wheels went off the bus" and she finally realized that in her tortured state of mind, she would never make it home unless she poured her heart out to someone, Marden said she expected to be told "you're in deep trouble, Sue" because that was the reaction she had always been greeted with. Instead, a facilitator accompanied her on a walk and told her that not only did he understand and empathize with what she was going through, he would help her find the psychological counseling she needed.

"I was terrified...I said these words out loud. What was going to happen?" she said. "He made eye contact with me like I had never experienced before...and I thought, he's seeing me. For the first time, I'm being seen."

"Sean and Justin [her group's facilitators] jumped in the hole with me, and Sean said to me 'I know how to get out of this because I've been here,'" she said. "That was truly the turning point in my life. That's when I knew, I'm going to survive this."

As she watched her daughter walk down the aisle last September, almost a year to the day since her head injury and what felt like a lifetime away from the dark hole she was in before her experience Camp Resilience, Marden said she thought to herself

"Imagine if I followed through on what I was trying to do. I would have destroyed this moment for everybody. Imagine if I had never found Camp Resilience. What would have happened to my family on that day?"

"You haven't just helped those 1,000-plus people," she said. "You've helped their husbands, their wives, and their cousins, and their children, and their neighbors...I really can't thank you enough for what you've done."

Despite being presented with a plaque for spearheading the effort that led to the founding of PRLI, Webber, who currently serves as the organization's president, stressed that since the beginning, the Camp Resilience program has been about a team of people coming together, from the board of directors to the office staff to the community partnerships PRLI has formed with other veterans' organizations, to give back to those who have sacrificed so much for their communities and their country.

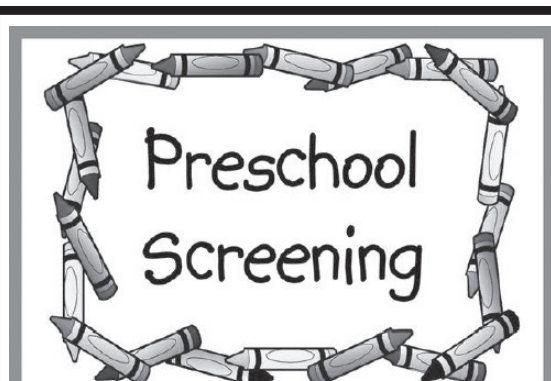
"I think what really makes Camp Resilience is two things," he said. "It's the program, and it's the people."

Pointing out that the model for Camp Resilience was taken from a white paper prepared by the office of the Chairman of the Joint Chiefs of Staff at the Pentagon, Webber said the key to the program's success

is that PRLI simply took a proven concept and made it work.

"A lot of the success has been having a good model to start out with, finding great people to help, finding great partners to help out," he said. "The other part is, I don't think you should get lauded for doing something you love because this has been a labor of love for me since the very beginning...at the end of every retreat, I feel good because I know that we've changed people's lives."

For more information on Camp Resilience or to donate in support of the program, visit [www.camp-resilience.org](http://www.camp-resilience.org).



**Alton Central School**  
**For Children 3 years and older**  
**May 10, 2023**  
**9:30 AM-12:30 PM**  
**Please email Traci Cameron at [tcameron@sau72.org](mailto:tcameron@sau72.org) or call 603-875-7500 to schedule your child**

**TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE**

**Tuesday, May 9, 2023**  
**7:00 PM @ NEW DURHAM TOWN HALL**  
**Christopher and Elizabeth Shields**

You are hereby notified that a Hybrid Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, May 9, 2023, at 7:00 pm for case number 2023-005. The hearing is regarding an application submitted by John Ratigan, Esq. of DTC Lawyers, PLLC on behalf of Christopher and Elizabeth Shields for property located at 10 South Shore Road, Map 41 Lot 037. The applicants are requesting Variances to Article V Section E, Article XIV Section C. 5. and Article XXI Section C.2. in order to add an attached garage to the existing house. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Zoning Board.

**TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE**

**Tuesday, May 9, 2023**  
**7:00 PM @ NEW DURHAM TOWN HALL**  
**Christopher and Elizabeth Shields**

You are hereby notified that a Hybrid Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, May 9, 2023, at 7:00 pm for case number 2023-006. The hearing is regarding an Appeal of the Decision of the New Durham Building Inspector submitted by Eric Maher, Esq. of DTC Lawyers, PLLC, on behalf of Christopher and Elizabeth Shields for property located at 10 South Shore Road, Map 41 Lot 037. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Zoning Board.

**TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE**

**Tuesday, May 9, 2023**  
**7:00 PM @ NEW DURHAM TOWN HALL**  
**Christine A. Bonoli**

You are hereby notified that a Hybrid Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, May 9, 2023, at 7:00 pm for case number 2023-007. The hearing is regarding an application submitted by Thomas W. Varney, P.E. of Varney Engineering, LLC on behalf of Christine A. Bonoli for property located at 149 Merrymeeting Road, Map 240 Lot 048. The applicant is requesting Variances to Article VI Section C. 3. b, (i), Article XIV Section C. 8. and Article XXI Section G (1) (a) in order to replace the septic system and allow for two parking spaces. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Zoning Board.

# Golden Eagles shine in first home meet



Nicholas Haddocks (left) and Cayden Krupnik clear hurdles during the 110-meter event last week.



Alana Sawyer takes the baton during the 4X400-meter relay event in last week's home meet.



Maddie Burlock runs in the 800 meters during action last week.



Patrick Gandini dominated the field in the 3,200 meters in Gilford's home meet last week.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford track team hosted its first meet of the season on Tuesday, April 18, welcoming Belmont, Winnisquam, Berlin, Newfound and Franklin to town.

Isaiah Reese won the 100 meters in a time of 11.09 seconds, with Logan Grant in fifth place in 12 seconds, Adam Kimball in ninth place in 12.57 seconds and Landon Akerstrom in 21st place in a time of 14.28 seconds.

Reese also won the 200 meters with a time of 23.06 seconds, Brody Testa was seventh in 27.27 seconds and Akerstrom was 12th in 28.87 seconds. Testa was also fourth in the 400 meters in 1:01.4, with Mark Warren in 11th in 1:04.88 and Benjamin Smith in 12th in 1:05.74.

Aiden Bondaz finished first in the 800 meters with a time of 2:22.36, with Henry Stow in second in 2:29.24, Clark Blackwelder in fifth in 2:38.75 and Cayden Krupnik in seventh in a time of 2:51.11. Carter Forest took third in the 1,600 meters in a time of 5:14.71, with Gunnar Marvel in fourth in 5:15.42 and Ben Suranyi in 10th in a time of 5:42.55.

Patrick Gandini dominated the field in the 3,200 meters, finishing in a time of 9:26.33, with Smith in second place in 12:46.52.

Nicholas Haddocks won the 110-meter hurdles in a time of 16.93 seconds, with Krupnik in third in a time of 19.48 seconds and Haddocks also won the 300-meter hurdles in 45.11 seconds, with Aidan Malek in second in 46.67 seconds, Krupnik in third in 48.21 seconds and Mark Uicker in seventh in 52.21 seconds. Haddocks also took second place in the high jump, clearing five feet, eight inches while Dylan Wright cleared four feet, six inches.

The Gilford 4X100-meter boys finished first in 46.37 seconds, with a second team finishing in 54.22 seconds for sixth place. Gilford also won the 4X400-meter relay in a time of 3:52.87, with a second team in fourth in 4:07.8.

Grant won the long jump with a distance of 17 feet, six inches, with Micah Javalgi in fifth place at 13 feet, seven inches.

Reese picked up another win in the javelin, reaching 157 feet, four inches, with Ben Wolpin making a toss of 81 feet, 11 inches, Wright

throwing 70 feet, nine inches, Uicker throwing 65 feet, 11 inches and Akerstrom reaching 58 feet, four inches. In the discus, James Allen finished sixth with a throw of 88 feet, nine inches, Jaimen Sawyer threw 88 feet, five inches, Kyle Gandini reached 70 feet and Ian Lofblad threw 68 feet, seven inches. Allen was also fifth in the shot put at 34 feet, two inches, Sawyer reached 28 feet, four inches, Kyle Gandini threw 27 feet, 10 inches and Lofblad tossed 27 feet, two inches.

In the pole vault, Bondaz was fifth at eight feet, Wolpin cleared seven feet and Blackwelder cleared six feet, six inches.

Alana Sawyer won the 800 meters for the girls, finishing in a time of 2:47.15, with Maria Tilley in third in 2:49.05, Maddie Burlock in fourth in 2:50.66, Megan Hughes in seventh in 3:03.87, Kaitlyn O'Brien in eighth in 3:04.58 and Taryn Wernig in 13th place in a time of 3:32.08.

Georgia Eckhardt won the 1,600 meters in a time of 6:02.12, with Athena Booth taking eighth place in a time of 6:45.3, while in the 100-meter hurdles, Maelys Nolet was fifth in 21.1 seconds and Brenna O'Connor was seventh in a time of 21.86 seconds. Nolet also

took fifth in the 300-meter hurdles in 1:00.85 and O'Connor was ninth in 1:11.27.

Abby Kenyon finished second in the javelin with a toss of 81 feet, with O'Connor at 51 feet, nine inches and Camryn Marshall tossing 46 feet, 10 inches. Kenyon was also second in the discus with a throw of 86 feet, six inches, with Wernig reaching a distance of 61 feet. Kenyon then finished third in the shot put with a throw of 25 feet, eight inches, with Marshall throwing 20 feet, nine inches.

Allison Kenyon finished in fifth place in the 100 meters with a time of 14.21 seconds, with Addison Guyer taking 12th with a time of 15.1 seconds. Allison Kenyon was also fourth in the 200 meters in 29.3 seconds, with Addy Wernig in eighth place in 30.92 seconds, Sidney Bartlett in 10th in 31.54 seconds and Maggie Port in 15th in 34.1 seconds.

Anna Coapland ran to third in the 400 meters with a time of 1:13.5, while the Gilford girls took third in the 4X100-meter relay in a time of 57.47 seconds and a second team was fifth in 1:00.83. One Gilford team was second in the 4X400-meter relay in 4:42.04 and a second team was fourth in 4:58.73.

Addy Wernig added a fourth place in the long jump at 13 feet, one inch, with Bartlett jumping 11 feet, seven inches and Port jumping six feet, 8.5 inches.

The Gilford boys put together an impressive showing on Saturday at the Sanborn Invitational, as they finished in third behind Division II powers Coe-Brown and Oyster River in a meet that featured a large number of athletes from across Division II and Division III.

Patrick Gandini won the 1,600 meters in a time of 4:26.25 and won the 800 meters in 2:00.11, a new meet record.

Reese won the javelin with a toss of 164 feet, 11 inches and took first in the 200 meters in 22.93 seconds.

Haddocks was second in the 300-meter hurdles in a time of 42.47 and

took third in the 110-meter hurdles in 17.16 seconds. Malek was third in the 300-meter hurdles in 42.57 seconds and Grant ran his first 200-meter race and finished 11th in 25.41 seconds.

The Gilford girls were led by Abby Kenyon in the discus, as she reached 89 feet, five inches for fourth place. Eckhardt finished in eighth in the 1,600 meters in 5:57.8 and 12th in the 800 meters in 2:42.42.

Gilford is scheduled to compete again at Coe-Brown on Saturday, April 29, at 9 a.m. and at Prospect Mountain on Tuesday, May 2.

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

## Shorthanded Timber Wolves fall to St. Thomas

BY JOSHUA SPAULDING  
Sports Editor

ALTON — The Prospect Mountain boys' tennis team was down a few players when hosting St. Thomas on Tuesday, April 18, falling to the Saints by a 9-0 score.

Joe DeJager played at number one and dropped an 8-6 decision, with Hayden Mellon moving up to number two with an 8-1 loss and Cam Morrill moving to number three and falling by an 8-0 score. Brett McKeown fell 8-1 after moving up to number four, Noah Gagnon moved to number five and fell by an 8-0 score and Colton Croft lost 8-2 in the sixth spot in the lineup.

In doubles play DeJager and Mellon fell by an 8-2 decision at number one, Morrill and McKeown lost by default in the second spot and Gagnon and Croft fell by an 8-0 score in the third doubles spot.

Prospect took on the runners-up from last year, Kearsarge, on Wednesday, April 19, dropping a 9-0 decision to the Cougars.

DeJager dropped an 8-3 decision at number one, Cameron Gagnon lost 8-2 in the second spot, Morrill fell 8-0 at number three and Mellon lost by the same score in the fourth spot. Noah Gagnon lost 8-1 at number five and Croft dropped an 8-0 decision in the sixth spot.

In doubles play, DeJager and Cameron Gagnon lost 8-5 in the first spot, Morrill and Mellon lost 8-0 at number two and Noah Gagnon and Croft fell 8-0 in the third spot.

The Timber Wolves return to action after school vacation week with a home match against Monadnock on Wednesday, May 3, at 4 p.m.

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

## Timber Wolf girls cruise past Inter-Lakes



Madilyn Neathery returns a shot during action in Meredith last week.

BY JOSHUA SPAULDING  
Sports Editor

MEREDITH — The Prospect Mountain tennis girls rolled to a 9-0 win over Inter-Lakes on Wednesday, April 19, at Prescott Park in Meredith.

In singles play, Madilyn Neathery got the 8-0 win in the top spot, Erin Rawnsley won 8-

at number two and Ella Misiaszek got the 8-2 win in the third spot. Aijah Thoroughgood won 8-1 at number four, Abby Wittenberg got the 8-1 win in the fifth spot and Natalia Smith won 8-1 at number six to close out the singles.

In doubles play, Neathery and Misiaszek



Erin Rawnsley fires a shot over the net during her team's win over Inter-Lakes last week.

played at number one and got the 8-1 win, Rawnsley and Thoroughgood won 8-1 at number two and Wittenberg and Smith finished with an 8-1 win in the third spot.

Prospect Mountain is slated to be back in action after the vacation week, hosting ST. Thom-

as on Tuesday, May 2, and visiting Sanborn on Wednesday, May 3, both with 4 p.m. starts.

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

# Gates, Christie and Harding all homer in 4-0 week for Prospect girls

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Prospect Mountain softball team headed north on Monday, April 17, battling the Mountaineers of Berlin on a dreary afternoon.

Prospect moved to 3-0 in their championship defense with a 17-3 win over the Mountaineers, paced by a pair of home runs.

The Timber Wolves collected a total of 18 hits on the day, with Mariah Gates and Gwen Christie each cranking homers amongst their multiple hits on the day, while Tori Christie, Alexis Wilson, Ella Bernier and Maren Rayno all also had multiple hits on the day and Abby Fisichelli, Olivia Noyes,

Paige Harding and Eve Roberge also contributed to the hit parade.

Bernier got the win in the circle, striking out seven while the Timber Wolves played solid defense behind her, committing just one error on the day.

The Timber Wolf girls moved to 4-0 with a 10-0 win on the road in Swanzy against Monadnock on Wednesday, April 19.

Gates and Gwen Christie again led the offensive attack for Prospect Mountain, banging out three hits each, while Tori Christie, Wilson and Harding each had a pair of hits on the day.

Bernier pitched the first four innings, giving up three hits and

striking out three, while Wilson finished out the game with three innings of work, giving up no hits and striking out four.

The Timber Wolves traveled to Concord on Thursday, April 20, and came home with a 16-0 win over Bishop Brady.

Bernier paced the offense with three hits on the day, while Wilson, Gwen Christie, Rayno and Noyes all chipped in with hits as well, with the Timber Wolves knocking out 10 hits on the day.

Wilson got the win in the pitcher's circle, going five innings and striking out six Giants while only allowing three hits.

Prospect finished out the week with an 11-2

win over previously-unbeaten Hopkinton on the road on Friday.

Bernier went the distance to earn the win, striking out 14, while Tori Christie led the offense with four hits and Bernier had three. Hard-

ing had her first career home run in the second inning and the Timber Wolves knocked out 16 hits on the afternoon.

The Timber Wolves will be back in action after vacation week with a rematch with Berlin

at home on Wednesday, May 3, at 4 p.m.

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

## PSU announces summer youth sports camps

PLYMOUTH — The Plymouth State University basketball, soccer and volleyball teams have announced their youth camp offerings for the upcoming summer.

Registration links, detailed information and camp brochures can be found on the department website at [athletics.plymouth.edu/camps](https://athletics.plymouth.edu/camps).

The Plymouth State Youth Basketball Camp runs from 9 a.m. through 3 p.m. on July 5-7 at Foley Gymnasium and is open to boys and girls entering grades 4-9. Run by members of the coaching staff and current team, the camp will cover the basic fundamentals of basketball, along with drills, games and contests. An early registration fee of \$195 is available prior to May 1, until the fee increases to

\$225 per camper. There is limited enrollment available. Campers will receive a t-shirt.

The soccer programs will run separate, one day Boys' Soccer ID and Girls' Soccer ID camps, both designed for players aged 16 and up who have interest in continuing on at the collegiate level. The Boys' Soccer ID Camp will be July 20, with the Girls' Soccer ID Camp scheduled for July 21. Each follows an identical schedule from 9:30 a.m. to 5 p.m., and includes a t-shirt, lunch, technical and tactical training, game play, a collegiate soccer informational session, campus tour and access to training footage. The camps are run by the PSU soccer coaching staffs and are limited to 30 participants. The reg-

istration fee is \$125 and includes a multi-child discount.

Panther Volleyball Camp has separate sessions for middle schoolers and high schoolers from July 24-27. The middle school session runs 9 a.m. – 12 p.m. with a registration fee of \$200, while the high school camp goes from 1 to 5 p.m. for \$275 per camper. Each camp is capped at 42 participants, who will receive individual attention from college players and coaches and will improve fundamental skills, advanced strategies and position-specific skills.

Specific questions can be directed to camp directors noted on the camps page of the website.

## Golden Eagle boys beat Profile and Sanborn

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford tennis boys came through with a pair of wins in the final week before school vacation.

The Golden Eagles defeated Profile by a 5-4 score and Sanborn by an 8-1 score.

Joseph Schelb, Izaak Walton, Alden Townsend and Tyler Davignon all won both

of their singles matches, while Aydyn Berube was 1-1 on the week in singles.

In doubles play, Schelb and Watson went 2-0 in the number one spot and the number two team of Townsend and Berube and the number three team of Drew DeCarli and Davignon both went 1-1 on the week.

The Golden Eagles

will be back in action on Monday, May 1, when they host Moultonborough and will head to Littleton on Thursday, May 4.

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

## HIGH SCHOOL SLATE

**Friday, April 28**  
 GILFORD  
 Baseball vs. Winnisquam (Cooperstown); 10  
 WINNISQUAM  
 Baseball vs. Gilford (Cooperstown); 10  
**Saturday, April 29**  
 GILFORD  
 Track at Coe-Brown; 10  
 WINNISQUAM  
 Track at Coe-Brown; 10  
**Monday, May 1**  
 BELMONT  
 Baseball vs. Berlin; 4  
 Softball vs. Berlin; 4  
 GILFORD  
 Baseball vs. Somersworth; 4  
 Boys' Lacrosse at Stevens; 4  
 Boys' Tennis vs. Moultonborough; 4  
 Girls' Lacrosse vs. St. Thomas; 4  
 Softball vs. Somersworth; 4  
 WINNISQUAM  
 Baseball at Newfound; 4  
 Softball at Newfound; 4  
**Tuesday, May 2**  
 BELMONT  
 Track at Prospect Mountain; 4  
 GILFORD

Girls' Tennis vs. Plymouth; 4  
 Track at Prospect Mountain; 4  
 WINNISQUAM  
 Track at Prospect Mountain; 4  
**Wednesday, May 3**  
 BELMONT  
 Baseball vs. Inter-Lakes; 4  
 GILFORD  
 Baseball vs. White Mountains; 4  
 Boys' Lacrosse vs. Coe-Brown; 4  
 Girls' Lacrosse at Coe-Brown; 4:15  
 Girls' Tennis vs. Kearsarge; 4  
 Softball vs. White Mountains; 4  
 WINNISQUAM  
 Baseball at Mascoma; 4  
 Softball at Mascoma; 4  
**Thursday, May 4**  
 GILFORD  
 Baseball at Monadnock; 4  
 Boys' Tennis at Littleton; 4  
 Girls' Tennis at St. Thomas; 4  
 Softball at Monadnock; 4  
 Track at Portsmouth; 4  
 WINNISQUAM  
 Baseball vs. Berlin; 4  
 Softball vs. Berlin; 4

*All schedules are subject to change.*

## HIGH SCHOOL SLATE

**Thursday, April 27**  
 KENNETT  
 Softball vs. Campbell; 4  
 Friday, April 28  
 KINGSWOOD  
 Boys' Lacrosse at Hanover; 4  
**Saturday, April 29**  
 KENNETT  
 Track at Coe-Brown; 9  
**Monday, May 1**  
 KENNETT  
 Baseball at Plymouth; 4  
 Boys' Tennis vs. Kingswood; 4  
 Girls' Lacrosse vs. Spaulding; 4  
 Girls' Tennis at Kingswood; 4  
 Softball at Plymouth 4  
 KINGSWOOD  
 Baseball at Merrimack Valley; 4  
 Boys' Tennis at Kennett; 4  
 Girls' Lacrosse vs. Merrimack Valley; 5:30  
 Girls' Tennis vs. Kennett; 4  
 Softball at Merrimack Valley; 4  
 PROSPECT MOUNTAIN  
 Baseball vs. Inter-Lakes; 4  
**Tuesday, May 2**  
 KENNETT  
 Boys' Lacrosse at Pembroke; 4  
 Boys' Tennis at Kingswood; 4  
 Girls' Lacrosse vs. Goffstown; 4  
 Girls' Tennis vs. Kingswood; 4  
 Track Home Meet; 4  
 KINGSWOOD

Boys' Lacrosse at Hillsboro-Deering; 4  
 Boys' Tennis vs. Kennett; 4  
 Girls' Tennis at Kennett; 4  
 PROSPECT MOUNTAIN  
 Girls' Tennis vs. St. Thomas; 4  
 Track Home Meet; 4  
**Wednesday, May 3**  
 KENNETT  
 Baseball vs. Oyster River; 4  
 Boys' Lacrosse at Plymouth; 4  
 Softball vs. Oyster River; 4  
 KINGSWOOD  
 Baseball at Pembroke; 4  
 Softball at Pembroke; 4  
 PROSPECT MOUNTAIN  
 Boys' Tennis vs. Monadnock; 4  
 Girls' Tennis at Sanborn; 4  
 Softball vs. Berlin; 4  
**Thursday, May 4**  
 KENNETT  
 Boys' Tennis at Goffstown; 4  
 Girls' Lacrosse at Timberlane; 4  
 Girls' Tennis vs. Goffstown; 4  
 KINGSWOOD  
 Boys' Tennis vs. Coe-Brown; 4  
 Girls' Lacrosse at Winnacunnet; 4  
 Girls' Tennis at Coe-Brown; 4  
 Track at Bow; 4  
 PROSPECT MOUNTAIN  
 Boys' Tennis vs. Kearsarge; 4  
 Unified Track Home Meet; 4

*All schedules are subject to change.*



COURTESY PHOTO

### Good start

The Laconia Lacrosse Club 8U and 10U girls' teams went 3-0 in dominating fashion to start their season last Sunday at home in Laconia. Hard work at spring practices, tremendous hustle and strong teamwork led the 8U girls to a 14-2 win over Concord, and the two 10U teams to wins of 11-3 over Salem and 17-2 over Hopkinton. The 10U red team (pictured) was led by experienced midfielders Brooklynn Gray, Charlotte Parent, Lauryn Marsh and Ava Axtell. Defenders Lillian Woodall, Larenne Houston, Emily Cardinal and goalie Madelyn Furlan held Hopkinton to just two goals. New players this spring Chloe Thistle, Evelynne Marceau, Elin Stevenson and Sophie Milmore did a fantastic job learning their positions and contributing to a complete team win.



COURTESY

### PMHS students explore careers in Special Forces

Prospect Mountain High students recently had an opportunity to check out the US Army Special Forces exhibit trailer. The exhibits were designed to show students some of the exciting technological advances that the Army has to offer. Students tried multiple activities including a parachute simulator, AH-6 flight simulator, Augmented Reality Sand tables and an Oculus Rift Virtual Reality system. Army personnel were available to talk to students about prospective opportunities in a military career.

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Dobbins Brook Road	N/A	\$740,000	Dobbins Brook LLC	Richard and Sharon Murphy
Barnstead	19 Depot St.	Single-Family Residence	\$113,400	Edward C. and Georgia L. Ford	Reagan D. Miller
Barnstead	18 Winchester Dr.	Single-Family Residence	\$334,000	Michael C. and Stacey M. Perron	Paul H. and Kathleen O'Hanlon
Gilford	663 Cherry Valley Rd., Unit 102	Condominium	\$260,000	Emma and David S. Womack	Ingrid E. Allen
Gilford	228 Dockham Shore Rd.	Residential Developed Land	\$3,445,000	William M. Cott III 1999 Trust	Sundeck LLC
Gilford	231 Dockham Shore Rd.	Single-Family Residence	\$3,445,000	William M. Conti III 1999 Trust	Sundeck LLC
Gilford	14 Maple St., Unit 100	Office Condo	\$3,125,000	Zzz Associates LLC	14 Maple Street LLC
Gilford	60 Weirs Rd., Unit B2	Condominium	\$449,000	Gaudet Fiscal Trust and Paul J. Gaudet, Sr.	C.P.R. Johnston III 2022 Trust
Gilford	Young Road	N/A	\$200,000	Alpine Ridge RT and Thomas J. Roux	Earle B. Wason RET

## Barnstead Parks & Recreation hosting spring clean up



**In partnership with Center Barnstead Christian Church and The Congregational Church of North Barnstead, we will hold our annual spring roadside cleanup on April 30 from 9 a.m. – noon and we are hoping to make an even bigger impact than last year. Lend a hand and help keep Barnstead looking beautiful by cleaning up our roadsides. We will meet at 9 a.m. in the Barnstead Town Hall parking lot for a safety briefing and instructions. Garbage bags, coffee, water, and snacks will be provided and a thank you lunch at noon for your hard work. Please watch our website (barnstead-nhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.**

COURTESY

## 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. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarren-group.com](http://www.thewarren-group.com)

## GENERAL SERVICES

### LOW COST SPAY/NEUTER

Rozzie May  
Animal Alliance, cats and dogs.  
Cat Cab service available.  
Military discounts.  
Sign up on line  
[www.rozziemay.org](http://www.rozziemay.org)  
or call 603-447-1373

**For Advertising Information  
Call 603-279-4516  
email: Tracy@salmonpress.news**



# REAL ESTATE

**PROPERTIES FOR RENT**  
Prince Edward Island, Canada  
**Summer/Fall Weekly Cottage Rental**  
2-bedroom newly constructed oceanfront cottage that sleeps 6. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking.  
\$900/wk. Contact Scott at 603-254-5032 or [scottm@plymouth.edu](mailto:scottm@plymouth.edu)

**TYBEE ISLAND, GEORGIA**  
**YEAR-ROUND SHORT-TERM RENTAL**  
1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4 adults and 2 children. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary.  
Contact Oceanfront Cottage Rentals at 800-786-5889 or <http://www.oceanfrontcottage.com/listings/218-bay-breezes>

**REAL ESTATE**  
*Listings Needed!*

Spring is here in the Lakes Region and buyers are still waiting for just the right property. Your home could be just what they have been waiting for in a dream home! Take advantage of historically low inventory and list today.

**CALL TODAY FOR A FREE MARKET ANALYSIS!**

**603-677-7007**  
285 Daniel Webster Hwy, Meredith NH 03253  
[www.MeredithLanding.com](http://www.MeredithLanding.com)

**FIX IT!**  
**Handy Dad**  
fixes things.  
Leave a message and play telephone tag.  
**Gunnar**  
269-3616



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
To complain of discrimination call HUD toll free at 1-800-669-9777  
For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.  
You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write  
The Commission at 163 Loudon Road, Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

(3) TAX DEEDED PROPERTIES AT  
**PUBLIC AUCTION**  
**TAMWORTH, NH**  
ID # 23-115

**Single Family Home & (2) Vacant Lots**  
Saturday, May 13, 2023 AT 10:00 AM  
Registration begins at 9:00 AM  
Sale to be held at: KENNETH A BRETT SCHOOL  
881 Tamworth Road, Tamworth, NH  
10% BUYER'S PREMIUM  
FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE

NH Lic. #2279  
**JSJ Auctions** SINCE 1982  
603-734-4348 • [www.jsjauctions.com](http://www.jsjauctions.com)

**Camelot HomeCenter**  
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

<b>NEW 14 WIDES</b> List Price \$79,995 <b>\$74,995*</b> 56' 2 Bed	<b>BUY NOW WHILE PRICES ARE LOW!</b> List Price \$88,995 <b>\$84,995*</b> 68' 2 Bed, 2 Bath
<b>DOUBLE WIDES</b> List Price \$119,995 <b>\$115,995*</b> 56' 3 Bed, 2 Bath	<b>Homes From COLONY, MARLETTE, NEW ERA, &amp; TITAN</b> List Price \$119,995 <b>\$128,995*</b> 48' 3 Bed, 2 Bath
<b>MODULARS</b> List Price \$175,995 <b>\$149,995*</b> 60' 4 Bed, 2 Bath, w/ Bonus Family Room	<b>\$208,995*</b> 3 Bedroom, 2 Bath <b>\$208,995*</b> 1,900sq. ft. 2 story - Master Bed 1st Floor

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?  
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall • [WWW.CM-H.COM](http://WWW.CM-H.COM)

**SEASON IS HERE**  
1997 Harley Davidson Softail Springer, rare bike, multi show winner US & Canada, very low miles  
2003 HD Road King Classic, 100th anniversary special, loaded, sharp bike  
**Pictures On Request**  
**Email:**  
[hrlevill@gmail.com](mailto:hrlevill@gmail.com)

**ROCHE REALTY GROUP** MEREDITH OFFICE 97 Daniel Webster Hwy (603) 279-7046  
LACONIA OFFICE 1921 Parade Road (603) 528-0088

**SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM**

<b>\$1,349,900</b> MLS# 4939101 3BR/2BA, 2,084 sf. luxury condo overlooking Lake Winnepesaukee while still affording cape in Highland Ridge. Featuring open high privacy. Features include open concept living space, cathedral ceilings, 1st living area with gorgeous lake views, granite countertops, hardwood & tile flooring, walk-in closet, gas fireplace, and direct access from elevator.	<b>\$624,900</b> MLS# 4948964 3BR/3BA, 2,204 sf. energy star certified concept living space, cathedral ceilings, 1st floor primary suite, sunroom, and attached oversized deck. The kitchen has plenty of counterspace perfect for entertaining!	<b>\$939,000</b> MLS# 4936437 4BR/3BA, 4,075 sf. farming home located near the Belknap Mountains hiking trailhead nestled on 4.14 acres which abuts the State Forest. The home is well-maintained, featuring 2 car garage, walkout lower level, farmers porch, 4 season room, and small barn for storage.	<b>\$1,650,000</b> MLS# 4894873 Developers and Builders take notice of this State & City approved subdivision. 51 single-family homes with underground utilities, public sewer, water, and natural gas. All approvals are included with estimates for the infrastructure.
--	--	---	---

**Best 2022 Winner**  
Voted #1 BEST Real Estate Company in NH's Lakes Region, 2019, 2020, 2021 & 2022!  
Voted #1 BEST Commercial Real Estate Broker, 2020, 2021 & 2022!  
Over 10,000 CLOSED transactions in New Hampshire!

**FIREWOOD**  
**GREEN & DRY CLEAN**  
Call Emery at  
E.G Roberts  
hay and firewood  
**603-733-6003**

# HELP WANTED

## Part-Time Town Administrator

The Town of Tuftonboro New Hampshire seeks a creative and proactive professional, who is committed to excellence in public service to serve as its Town Administrator. The Town is proud of its active community engagement.

The community is governed by a three-member Selectboard, which acts as the Chief Executive and is governed by an open town meeting form of government.

The ideal candidate would possess strong administrative, Human Resource, Financial, and economic development skills. He/She must have the ability to seek, write and administer grants from both governmental and foundation sources, and act as liaison with other government agencies and municipalities. The Administrator must be a strong collaborator and understand the dynamics of small municipal management. The Administrator will implement the directives of the Selectboard and be a leader in communicating policies to municipal employees and the public.

This is a part time position. Final compensation will be commensurate with qualifications and professional experience as determined by the Selectboard. Resumes will be accepted until April 28, 2023, at 4:00PM. Please submit a cover letter, resume and 3 professional references in a single PDF document to: [selectmen@tuftonboronh.gov](mailto:selectmen@tuftonboronh.gov), or mail to Town of Tuftonboro Selectboard, PO Box 98, Tuftonboro, NH 03816



Help protect NH Loons!

## HELP WANTED

LOON PRESERVATION COMMITTEE is seeking to hire a part-time/year round Center Assistant. This individual must be a personable, self-motivated team player. Duties include customer relations, retail, and buildings and grounds oversight. Must be able to stand for extended periods and moderate lifting required. Retail experience preferred. For additional information go to <https://loon.org/job-opportunities/>. Please send resume & cover letter to [info@loon.org](mailto:info@loon.org).

## Hiring!

### Property and Maintenance Director

Granite YMCA Camp Foss  
Strafford, NH

- Do you have experience in facility management, repairs, and/or the trades?
- Want to help create the summer of a lifetime for over 700 campers?

Full-time/Year-round \$40,000-\$50,000  
Email: [egoupil@graniteymca.org](mailto:egoupil@graniteymca.org)

## SHAKER REGIONAL SCHOOL DISTRICT FOOD SERVICE WORKER

Shaker Regional School District has an immediate school-year part-time (4-1/2 hours/day) Food Service Worker for Belmont Elementary School. Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. To obtain an application visit the Human Resources section of our website: [www.sau80.org](http://www.sau80.org) to download a copy. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.

## NCH | Upper Connecticut Valley Hospital

### JOB OPPORTUNITIES

#### Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

APPLY ONLINE  
[WWW.UCVH.ORG](http://WWW.UCVH.ORG)

Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
[Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE

FRIENDLY & RELIABLE  
Morning & Night  
**CASHIERS**  
and also  
**DELI WORKERS**  
needed at the  
Following Locations:  
**Bosco Bell**  
**Blueberry Station**  
Both on Route 28  
Barnstead  
Please apply in person.

For Advertising  
Information  
Call  
**603-279-4516**  
email: [Tracy@salmonpress.news](mailto:Tracy@salmonpress.news)

## CAMP BELKNAP Tuftonboro, NH COMMUNICATIONS MANAGER

#### Organization Overview

YMCA Camp Belknap ("Belknap") is one of the oldest all-boys summer resident camps in the country. Founded in 1903 it is an independent non-profit organization affiliated with the national YMCA. Belknap is known for its nationally recognized leadership program, its meticulously maintained physical plant and the development of boys and young men. Belknap employees enjoy being role models by leading by example with kindness, helpfulness, integrity, cultural awareness and joy. Belknap serves 300 boys ages 8-16 and 100 staff at a time. In addition to its core summer programming, Belknap offers both spring and fall programming. Approximately 1,800 campers, adults and families annually enjoy its property located on the shores of beautiful Lake Winnepesaukee in Tuftonboro, New Hampshire.

#### Summary

The Communications Manager, a member of the 14-person year-round team, is responsible for managing Belknap's communications. As an outspoken steward on behalf of Belknap, the Manager will strive to keep the community engaged in Belknap's mission, vision and outstanding programs. The ideal candidate will be an active observer, good listener, and a strong writer. The candidate will consistently model the following traits: positivity, creativity, trustworthiness, respect for others, kindness, helpfulness, self-confidence, and a strong sense of personal responsibility.

Working on campus during the camping season and a minimum of two days a week on campus the rest of the year, while receiving excellent benefits, the ideal candidate will have:

- Excellent verbal and written communication and organizational skills
- Demonstrated copywriting experience; experience leading a communications team
- Knowledge of design programs;
- Experience with leadership development and an appreciation for the opportunity for collaborative interactions with staff, campers, parents and alumni
- Knowledge and experience managing mission-driven stewardship practices
- Preferred 2 years' work experience in a corporate or non-profit setting

Interested candidates please submit a cover letter detailing why you are interested in this position and resume to [jobs@campbelknap.org](mailto:jobs@campbelknap.org).

For a full description please go to: <https://campbelknap.org/leaders-staff/employment-opportunities/>



## WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Quality Inspector – 2nd shift – Starting Pay \$18.00, plus shift differential.

Sanders – 2nd shift – Starting Pay \$19.00, plus shift differential.

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

Assemblers – 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.

Production Supervisor 2nd shift – Salary Exempt

Production Supervisor 3rd shift – Salary Exempt

Customer Service Manager – Salary Exempt

Automations/Robotics Engineer – Salary, Exempt Position

\$1.00 per hour shift differential on 2nd shift.

\$2.00 per hour shift differential on 3rd shift.

**\*\*\$1,000 SIGN ON BONUS**

**\*\*SUBJECT TO TERMS AND CONDITIONS\*\***

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at [www.psimp.com](http://www.psimp.com).

You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.

# Hiring? Reach More Local Applicants

Email: [Tracy@salmonpress.news](mailto:Tracy@salmonpress.news)  
Phone: (603) 279-4516

Help  
Wanted



**LAKES REGION SYMPHONY ORCHESTRA**  
Benjamin Greene, Conductor



Lakes Region Symphony Orchestra  
May 13 - 7pm  
May 14 - 3pm  
Inter-Lakes Auditorium  
Meredith, NH

*Rhapsody in Blue*  
and timeless Gershwin-era Classics

featuring  
Chris Mega, piano  
Madison MacNeill, vocals

Tickets \$10 - \$25 at [www.LRSO.org](http://www.LRSO.org)  
[fb.com/LRSO1](https://fb.com/LRSO1)

Sponsored by  Bank of New Hampshire



COURTESY

**Paws for a chat**

Local businesses, non-profit groups, service organizations, artists, crafters and more were on hand (and four legs) at the Alton-Barnstead-New Durham Centennial Rotary Club's Home, Garden, and Recreation Show held this weekend at Prospect Mountain High School in Alton.

*Love is in the hair*



**Miami HAIR SALON** 603-253-6550

78 Whittier Highway • Moultonboro, NH 03254

[salmonpress.com](http://salmonpress.com)



COURTESY

**Show and tell**

Attendees of all ages of the Alton Centennial Rotary Club's Home, Garden, and Recreation Show on Saturday had the chance to learn about a variety of products, win prizes, browse arts and crafts, listen to music, enjoy bar-be-que, and drink smoothies. Proceeds of the annual event go toward local and international charities and humanitarian causes Rotary supports.



**Exceptional care at home**

We're here to support your health and wellness through all stages of life.

Home Care / Hospice Care / Palliative Care / Pediatrics / Maternal Child Health / Wellness



Learn how we can help you:  
(603) 224-4093 | (800) 924-8620 | [info@granitevna.org](mailto:info@granitevna.org)  
Offices in Concord, Laconia & Wolfeboro  
[www.granitevna.org](http://www.granitevna.org)

**"Shop Where The Pros Shop"**

**CYR LUMBER & HomeCenter**

Windham • Warner • Tilton, NH

