



THURSDAY, JUNE 30, 2022

GILFORD, N.H.

# Town addressing traffic issues at Bank of NH Pavilion

BY ERIN PLUMMER  
mnews@salmonpress.news

The town and Bank of New Hampshire Pavilion have been dealing with serious traffic issues during some concerts, while some neighboring residents and businesses have voiced concerns about impacts to their properties.

During the June 8 selectmen's meeting, Police Chief Kris Kelley spoke with the board about significant traffic issues during the first show of the season on June 1. He said many people were arriving right around 7-8 p.m. for the show. At the same time, there were delays in staff members processing tickets at the front gates. This led to serious congestion on Route 11B and other area roads. Kelley said congestion on 11B became so bad that several concertgoers stuck in traffic parked on the side of the road and walked to the venue, leaving their cars. Kelley said while significant traffic is to be expected for a sold-out show, this was a new issue.

Bill Spencer of Weirs Road also told the selectmen about serious issues he has been experiencing at his home including property damage, altercations with inebriated concertgoers, and sound vibrations so bad they rattled his house's windows. Spencer said he has been raising these issues for years, but the town has done little to respond to them while continuing to approve different expansion projects at the venue.

The selectmen agreed to talk with Bank of NH Pavilion President R.J. Harding about this.

Harding appeared at Wednesday's meeting to answer questions and discuss concerns. Harding said there have been "some failures," especially the June 1 show. After a 2021 season that was only around 50 percent staffed, they are now fully staffed including with over 350 completely new employees who are still learning the system.

"Operationally, that turned into a disaster," Harding said. "There were certain shows that we really have to be wary of with traffic."

He said those shows in question tend to be sold out midweek shows that have a special audience demographic, including country and classic rock acts. He said already they've been doing different things to address that problem, and have made improvements. They have doubled the staff capacity for the checkpoint at the west side, which he said has already alleviated things. They also opened the parking lots an hour earlier and Harding said they are trying to get more people to arrive earlier so there isn't a rush at one time right before the show starts, including using robocalls to ticketholders.

"If they don't want to come earlier than 7:30, I can't do much about 1,300 cars converging on the same spot at the same time other than to keep drilling in the messaging," Harding said.

Harding said one significant issue that has come up involves ride share services with vehicles stopping in inconvenient places to pick up and drop people off.

He said he has spoken with Allan and Jeff Beetle of Patrick's Pub and Eatery about the possibility of using Patrick's parking lot as a designated pick up and drop off spot for ride shares. He said it's just an idea right now, but they seemed open to it.

John Whalley, General Manager of Silver Sands Marina, and Jennifer White, Manager of Silver Sands Motel, talked with the selectmen about issues their businesses have had with the pavilion including people using their parking lot and boat slip for pick ups and drop offs, inebriated people engaging in unruly behavior, damage to boats and trailers from cars driving through, and many others.

Whalley said in 2019 they had around \$11,000 in security costs, but this year they could be looking at around \$31,000 in security costs.

"We're not trying to make life hard for R.J., we just more want to bring notice to the public eye that it's kind of snowballing to a degree," Whalley said.

Kelley said he appreciated the idea of the rideshare spot at Patrick's, but did have the concern that people, especially intoxicated people, would be walking down Weirs Road in the dark to the rideshare spot which could increase the risk for getting hit by a car.

Selectman Gus Benavides said he was not in favor of having that rideshare spot offsite and said any designated spot should be on Bank of NH Pavilion's property. Kelley and selectman Chan Eddy said the biggest issue with that is people would be driving in while traffic is getting out. Benavides said drivers would need to arrive earlier to avoid this. Hayes agreed with Benavides, saying the venue's permit is based on a certain number of parking spaces and there should be spaces for all the rideshares.

Hayes said concerns would be relayed through Town Administrator Scott Dunn to go to Harding.

# Town, contractors wrestling with Tannery Hill Bridge costs

BY ERIN PLUMMER  
mnews@salmonpress.news

The town and building companies are reviewing options to repair the support system for the Tannery Hill Bridge with a lone bid coming in much higher than anticipated.

The Tannery Hill Bridge has been closed to the public since last year when it was found one of the abutments was failing. The bridge was eventually moved to one end of the bank.

Public Works Director Meghan Theriault told the selectmen during Wednesday's meeting that their engineering company, Stan-tec, contacted seven different companies about bidding on the project, but only one submitted a bid.

Daniels Construction



PHOTO BY ERIN PLUMMER

The town and building companies are reviewing options to repair the support system for the Tannery Hill Bridge, which has been closed off since last year due to a failing abutment.

up. They could go with a precast wall that could reduce costs.

The intent for the project right now is to

can build, and how to manage Gunstock Brook during the project.

After the conversation, Theriault said

Theriault said. Town Administrator Scott Dunn said he

SEE BRIDGE PAGE A10

# Town beach open for the summer

BY ERIN PLUMMER  
mnews@salmonpress.news

The Gilford town beach is open for the summer with more lifeguards than last year, though with some plumbing and trail issues.

Parks and Recreation Director Herb Greene gave the selectmen an update on his department during Wednesday's meeting, including updates on the start of the summer season.

Last year the department had a hard time getting any interested lifeguard candidates.

"We've had better luck hiring lifeguard staff than we did last year, but we're still well

short of fully staffed," Greene said.

He said guarding the beach will be done in a modified way. Guards would first be in the watchtower the Monday after that meeting. The swim area is smaller than it usually is. Lifeguard hours will also be reduced with the water being guarded until 5 p.m. instead of 7 p.m. Two staff members will continue patrolling the beach from 5-9 p.m. each night.

Board chair Kevin Hayes asked if they might be able to offer lifeguard training in the future. Greene said they do hope to do this in the future and they're

hoping to have new Recreation Specialist Jenny Hancock get certification as a lifeguard instructor. The training wasn't available this spring when she joined the department.

Greene said the water isn't warm enough to run lifeguard classes in the spring, so they would possibly run classes at the end of summer.

Parks and Rec will be able to offer swim instruction this year, but the availability of lessons will be more limited.

Parks and Rec has been able to replace two of its guard towers with help from Public Works. A contractor helped con-

struct them this spring and Parks and Rec and Public Works put them on the beach in May.

Beach facilities have had several plumbing issues this year. After the water was turned on at the beach, they've noticed leaking sinks, toilets not flushing properly, a leaking pipe, and hot water heater issues. Buildings and Grounds has helped coordinate the repairs.

Greene said this is probably due to the age of pipes and fixtures. He said the sinks at the beach had some minor leaks last year, but it's been getting worse this

SEE BEACH PAGE A10

# LRSF announces record breaking scholarship season!

Lakes Region Scholarship Foundation recently announced their 2022 Gilford High School scholarship recipients.

The Foundation is particularly thankful to all of the 286 donors who made this possible. Time was taken at the

award presentation to read and acknowledge the names of the donors who are so deserving the credit for this record

setting support. LRSF was able to award over \$700,000 to 316 recipients this year. Of the \$700,000 awarded to Lakes Region students, \$147,800 was awarded to 73 present and past graduates of Gilford High School.



Karen Switzer, Executive Director of the Foundation, along with Fredda Osman and Jean Clarke, Trustees of Lakes Region Scholarship Foundation, as well as a few donor representatives, presented students with their award letters on Awards Night, on June 9 at Gilford High School. Those students attending The Huot Center were acknowledged at their award ceremony on May 26 and received their actual award pack-

SEE LRSF PAGE A10

# Notes from the Gilford Public Library

Classes & Special Events  
June 30 - July 7

Thursday, June 30  
T(ween Art Project: Help Build a Recycled Mosaic

Geri Fit, 9-10 a.m.  
Playful Picnic, 10:30-11:30 a.m.  
Bring your favorite picnic blanket and enjoy games out in the sun! There will be light refreshments.

Patriotic Wreath Craft, 10:30-11:30 a.m.  
Come to the meeting room and make a red, white and blue clothespin wreath to hang on your door. All materials will be provided.

French Club, 4-5 p.m.  
T(ween Movie: "Pirates of the Caribbean" Shiver me timbers! Come watch "Pirates of the Caribbean: Curse of the Black Pearl" tonight! Kick back and eat some

popcorn as well! Note: rated PG-13

Friday, July 1  
T(ween Art Project: Help Build a Recycled Mosaic

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

Storytime with Eugene, 10:30-11:30 a.m.

Join us for a special storytime with our guinea pig, Eugene!

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, July 2  
Beginner Line Dancing, 10:30-11:30 a.m.

Monday, July 4  
CLOSED FOR THE HOLIDAY

Tuesday, July 5  
Senior Sculpt, 9-10 a.m.

T(ween Drop-In Craft: Watercolor Bookmarks, 10 a.m.-4 p.m.

3-D Fish Bowl Craft, 10:30-11:30 a.m.

Create your own 3-D paper fish bowl with all your favorite sea animals!

Bridge, 10:30 a.m.-noon

Intermediate Line Dancing, 4-5 p.m.

Mystery Book Group, 5-6 p.m.

Join us for this month's mystery book group! Betty Tidd will lead the discussion of "The Distant Echo" by Val McDermid. Copies of the book will be available at the circulation desk.

Wednesday, July 6  
Check out an Expert, 10 a.m.-noon

T(ween Drop-In Craft: Watercolor Bookmarks, 10 a.m.-4 p.m.

Storytime @ The Beach, noon-1 p.m.

Come to the beach for an exciting storytime and receive a prize!

Chess Group, 1-3 p.m.

Paint Group, 1-3 p.m.

Fermenting, 2-3 p.m.

Sam Pike will show

you how to make fermented foods such as sauerkraut, pickles, wild soda, miso, kombucha, and more! You'll leave the class with a selection of ferments started and ready to eat in a few weeks!

Thursday, July 7  
Geri Fit, 9-10 a.m.

Guided Autobiography Workshop, 10 a.m.-noon

T(ween Drop-In Craft: Watercolor Bookmarks, 10 a.m.-4 p.m.

Make and Take Planter, 2-3 p.m.

Paint and design your own planter and add a succulent plant. All materials will be provided.

French, 4-5 p.m.

Squam Lakes Science Center: Aquatic Animals, 4-6 p.m.

A Squam Lakes Science Center naturalist will be bringing three different live animals and discussing their habitats, adaptations, and populations.

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## Gilford Public Library Top Ten Requests

1. "James Patterson" by James Patterson
2. "Escape" by James Patterson
3. "Sparring Partners" by John Grisham
4. "The Hotel Nantucket" by Elin Hilderbrand
5. "The Homewreckers" by Mary Kay Andrews
6. "22 Seconds" by James Patterson
7. "The Investigator" by John Sandford
8. "Shadows Reel" by C.J. Box
9. "The Summer Place" by Jennifer Weiner
10. "A Face to Die For" by Iris Johansen

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# Gilford Parks and Recreation News

BY HERB GREENE

Gilford Parks and Recreation

Gilford Old Home Day Community Dinner on July 20 The Gilford Old Home Day Committee is sponsoring a Community Dinner on Wednesday, July 20th 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 6:00 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 pasta bake, 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 July 13th. Tickets are available through the Gilford Parks and Recreation Office. Cost: \$20 per meal For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Old Home Day Committee accepting sponsor forms and parade applications The Gilford Old Home Day Committee is currently accepting Sponsorship Forms to have you name listed in the Old Home Day Program Booklet and Parade Applications for the Old Home Day Parade to be held on Aug. 27. These forms are available at both Bank of NH locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation website at www.gilfordrec.com. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

Challenger British Soccer Camp The Gilford Parks and Recreation Department is again sponsoring a week-long Challenger British Soccer Camp. This camp will be held from July 11 - July 15 at the Gilford

Village Field. This camp offers a 1-hour program for children ages 3-5 and a 3-hour program for children ages 6-14. Participants may register by picking up a form from the Parks and Recreation office or by visiting the Challenger Web site at www.challengersports.com. Cost: \$101 for ages 3-5 and \$142 for ages 6-12 For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

WICKED COOL FOR KIDS - Lego Engineering Camp The Gilford Parks and Recreation Department is sponsoring a one-week Lego Engineering Camp the week of July 18 - July 22. The camp is open to children entering grades 1-5 in the fall and will take place in the Gilford Middle School Cafeteria. There is a Half Day option from 9 a.m. - noon and a Full Day option from 9 a.m. - 4 p.m. The LEGO Engineering program includes STEM based challenges and free-building. Participants will build mechanisms that incorporate gears, flywheels, and

cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Kids design a spinning eggbeater and create a car to carry LEGO bricks. Full Day participants will also merge LEGOs with machine power to create a power car, dragster and dog bot! Participants may register by picking up a form from the Parks and Recreation office or by visiting the Gilford Parks and Recreation Web site at www.gilfordrec.com. Cost: Half Day \$250 Full Day \$350 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 Tuesday, July 26 to see the Red Sox play the Cleveland Guardians. Travel to and from the game will be provided aboard a Coach Company, Luxu-

ry Coach fully equipped with climate control, DVD Video System and Lavatory. This trip is limited to 53 participants, so register early! Cost: \$75 per person For more information, please call the Gilford Parks and Recreation Department at 527-4722.

Seacoast United Soccer Camp The Gilford Parks and Recreation Department is sponsoring a week-long Seacoast United Soccer Camp from Aug.

1 - Aug. 5 at the Gilford Village Field. This camp offers a three-hour program for children ages 6-14 and a 45 minute program for children ages three to five. Participants may register by accessing a registration link through the Parks and Recreation Web site at www.gilfordrec.com. Cost: \$140 for ages 6-12 and \$70 for ages 3-5 For more information, please contact the Gilford Parks and Recreation Department at 527-4722.

## Zoltan Stefan earns lax All-State honors



JOSHUA SPAULDING

Zoltan Stefan (27) earned Division III Second Team All-State honors.

BY JOSHUA SPAULDING

Sports Editor

REGION — Following the conclusion of the boys’ lacrosse season, a number of local athletes have been named to the Division III boys’ lacrosse All-State teams, selected by the division coaches.

Plymouth senior goalie Jake Marcoux, who backstopped the Bobcats to another trip to the Division III semifinals, was named the Division III Defensive Player of the Year. Brendan Boschi of Campbell was named Offensive Player of the Year.

Joining Marcoux on the First Team were teammates Nick Therrien in the midfield and Joe Peters on defense.

Earning Second Team honors were Plymouth attacks Brendan Marcoux and Caden Sanborn and midfielder Mamush Tighe and Gilford senior defender Zoltan Stefan.

Also earning First Team honors were attacks Griffin Auch of

Lebanon, Boschi, Quinn Whitehead of Hopkinton and Andrew Willnus of Campbell, midfielders Logan Barnhill of Milford, Otto Bourne and Hunter Grant of Lebanon, Aidan Burns of Hopkinton, Cam Cooke of Pelham, Jack Noury of Campbell, Austin Pepin of Trinity and Cole Roy of Laconia, faceoff specialist Paula Vasquez of Hillsboro-Deering, long stick midfielder Zach Whitney of Laconia, defenders Eric Coates of Campbell, Matt Miclette of Trinity, Jacob Mello of Laconia and Steven Reddy of Hopkinton and goaltenders Cam Harri-man of Laconia and Eli Standerfer of Hopkinton.

Also earning Second Team honors were attacks Connor Hamilton of Pelham, Andrew Overy of Trinity and Evan Rollins of Laconia, midfielders Tim Ausevich of Laconia, Garrett Cerda of Bishop Brady, Josh Duval and Ethan Molnar of Hopkinton, Lucas Frazier of Trinity,

John Newell of Campbell, Carson Tucker of Laconia and Chuck Urda of Milford, faceoff specialist Ethan Giniewicz of Pelham, long stick midfielder Jackson Kanaley of Campbell, defenders Cam Bassett of Hopkinton, Edgar Conroy of Laconia, Colbie DeLisie of Lebanon and Josh Lampanelli of Bishop Brady and goalie Chase Hunt of Trinity.

The Division III Co-Coaches of the Year were Cole Flannery of Lebanon and Josh Knight of Campbell and the Assistant Coach of the Year is Rod Roy of Laconia.

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



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Juneteenth is more than just one day

Last year, President Joe Biden signed legislation making Juneteenth a federal holiday. The House approved the legislation in an overwhelming bipartisan vote of 415-14. All 14 who voted against the legislation were Republicans, despite even former president Donald Trump’s support of the holiday.

This day commemorates the actual end of slavery in our country, a day that should be celebrated by all. An entire race of people was now free, two years after Lincoln signed the Emancipation Proclamation, what’s not to celebrate? If that bothers anyone, we have to wonder why. Adding a Federal Holiday does not negate, nor take away from any other holiday. It just doesn’t.

In 1776, just under 100 years earlier, Thomas Jefferson wrote in the Declaration of Independence “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.”

However, not all Americans were ‘free’ until June 19, 1865, when Maj. Gen. Gordon Granger in Galveston, Texas, issued General Order No. 3, which stated that in accordance with the Emancipation Proclamation, “all slaves are free.” Several months later, the 13th Amendment was ratified, abolishing slavery in the final four border states that had not been subjected to President Abraham Lincoln’s order.

During that time, Union presence was weak in Texas, therefore enforcement wasn’t strong, allowing people to still own other people. Anytime evil is undone, as it was on that day in 1865, it should be celebrated.

Lawrence Alexander, an African American from New Hampshire, shared his thoughts on Juneteenth: “Feeling ambivalent about celebrating Juneteenth? Feeling like a national holiday is a tad too much? Well, that’s how many of us feel about July 4th. July 4th is an 89 year head start on freedom for every American except African Americans. July 4th is like throwing me a birthday party at another kid’s house on their birthday and making me serve cake. Juneteenth is an opportunity to acknowledge that our mutual freedom is inexorably linked to everyone’s liberation. Juneteenth is the only holiday where ‘All lives Matter.’”

In current times, the goal is for all law abiding Americans to enjoy the same opportunities and rights as one another. Such a simple concept yet so many continue to feel threatened by our differences. How great would it be if everyone was just kind to each other, despite our differences, why is that so hard? The fact is, it’s not hard to try to understand each other. Maybe we may never understand each other but that’s ok. We can guarantee that anyone you meet, has something in common with you, even if it’s something as simple as preferring Pepsi over Coke. Start there.

Make it a point this week to seek someone out who lives and feels completely different than you and just be kind to them. It is possible to have different views on different topics yet still possible to treat each other with respect and dignity. We all deserve that, no matter who you vote for, what you look like, what you do for work or who you love.

Addressing Americans, the President said, “The promise of equality is not going to be fulfilled until we become real, it becomes real in our schools and on our Main Streets and in our neighborhoods,”



COURTESY

Celebrate a ‘crafty’ 4th at Gunstock

Come and celebrate at the Fourth of July Weekend Craft Fair at Gunstock on Saturday & Sunday, July 2 & 3, 10 a.m. to 5 p.m. both days. There will be more than 90 fabulous exhibitors plus live music with North River and food. Some of the exhibits will include alpaca products, resin art, vintage boat decor, handmade basketry, inlaid wooden furniture and mirrors, cedar wood furniture, jewelry, ceramics & pottery, fiber arts, quilts, gourmet food items, amazing positivity wall signs, beautiful handpainted wood/slate/glass, kettle corn, wildlife photography, handsome dog collars & leashes, hand poured soaps, CBD products & lots more! Friendly, leashed pets welcome! Rain or shine under canopies. Free admission & free parking. For more information, call Joyce at (603) 387-1510 or visit www.joycescraftshows.com. See you there!

North Country Notebook

No longer any time for a three-tine fork



By JOHN HARRIGAN  
COLUMNIST

Old Allen Forbes did not like lodged hay. It made it hard for a man to pick up scatterings from the edge of a hayfield.

Yet this was his sole remaining job in haying season, a time he loved, when I knew him one summer out East, where I was working on a dairy farm in Colebrook. I can still see him in his faded greens, an old hat on his old head, three-tine pitchfork in hand.

A week or two earlier, old Allie had watched me lugging pails of water for the calves. “I’ve been watching the way you walk,” he’d said. “You ought to be a farmer.”

Of course nobody called him Allie, except his son Lyman. It was always “Mr. Forbes,” befitting a man in his 80s. The way he said it made me proud, as if I’d passed some kind of test. But I had no idea where life would take me, least of all to down on the farm.

New ways of farming had already washed over the land by the time old Allen got out of it and Lyman took over the farm. Bulk tanks to cool and agitate the milk until a truck could pick it up were the new order of the day. It was the beginning of an era that would stand dairy farming on its head in a single generation.

The trend toward bigness that would transform dairy farming overnight was in fact a fairly quick process. When seen against the country’s slow clock, it just took a while to see it clearly.

Refrigerated railroad cars had emerged after the Civil War. All you



JOHN HARRIGAN

Lodged hay, rained on and blown down by a storm into what Lyman Forbes called “One mell of a hess.”

needed was a railroad. It arrived in Colebrook in 1887, when lumber baron George Van Dyke built a line up from North Stratford. He kept going north, all the way to Lime Ridge, Quebec. There he could get lime for tired soil.

However, he’d have some competition. Local farmers were getting lime from the bottom of aptly-named Lime Pond just south of Colebrook, in Columbia. To dig out the lime, crews built a cofferdam from the pond’s north shore.

The railroad had come to Colebrook in 1887. The town’s citizens held a big celebration to mark the occasion, roasting two oxen and hiring bands to augment the parade. It was a big deal, after all.

Wars spawn inventions, not all of them deadly. The Civil War spurred on the railroads and fostered telephones and electricity. Now all sorts of products could be shipped to markets far beyond the reach and range of farm wagons.

The other day I drove by my favorite farm in all the landscape, this one on the Vermont side of the river. It achieved by gravity what others could do only with motors. Hay, grain, and water went downhill into the barn. Milk was produced in the middle. Manure got pushed out onto the ground below, to be spread on fields all



Mount Monadnock—our Monadnock, the one just across the river in Vermont’s Northeast Kingdom—looms in the distance, as fog dissipates over downtown Colebrook.

around.

This was a barn built under ideal conditions. It was indeed a marvelous setup, allowing gravity to do much of the work. Like so many small farms in northern New Hampshire and Vermont, it’s always referred to in the past tense, as in “gone.”

Rural electrification allowed farmers to get out from under debt, adapt to changing times, and actually make some money. It was all a huge benefit from Roosevelt’s New Deal. But farmers had to find ever more land, make ever more hay, milk ever more cows.

In a very short time, life on the farm had gone from milking by hand to electricity to bulk tanks, much of it in my own young lifetime. Jimmy Ricker had talked about the old ways in Clarksville, and now Lyman

Forbes about the old days in East Colebrook. It was a thing I learned early on, in the hunting camps where customs held on. When the old-timers spoke, you listened.

Then too, my own grandmother had lived from the arrival of railroads to the invention of electric lights and the telephone, and could remember getting a licking for wearing bloomers.

Bewildering times, indeed, which makes me glad I didn’t take old Allie’s advice, and become a farmer. And in truth, I don’t think I’d have stood it.

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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# Haddocks brothers compete in NH Decathlon



Anthony Haddocks competed in the New Hampshire Decathlon over the weekend in Nashua.

BY JOSHUA SPAULDING  
Sports Editor

NASHUA — Local athletes competed in the annual New Hampshire Decathlon and Heptathlon last Saturday and Sunday at Nashua South High School.

In the decathlon, Cole Ahern of Plymouth finished in fifth place with 5,056 points, Malaki Ingram of Newfound was 14th with 4,053 points, Anthony Haddocks of Gilford finished in 15th place with 4,049 points, Nicholas Haddocks of Gilford placed 27th with 3,686 points, Landon Fogg of Plymouth was

28th with 3,553 points and Alex Luehrs of Plymouth was 42nd with 2,987 points.

In the 100 meters, Fogg was 14th in 12.13 seconds, Ahern was 16th in 12.18 seconds, Anthony Haddocks was 21st in 12.24 seconds, Nicholas Haddocks was 23rd in 12.29 seconds, Ingram was 31st in 12.49 seconds and Luehrs was 38th in 12.71 seconds.

Ingram finished sixth in the long jump at 5.65 meters, Ahern was ninth at 5.55 meters, Anthony Haddocks was 17th at 5.25 meters, Luehrs



Nicholas Haddocks competed in the New Hampshire Decathlon in Nashua over the weekend.

was 32nd at 4.76 meters, Nicholas Haddocks was 39th at 4.65 meters and Fogg was 42nd at 4.62 meters.

Luehrs placed sixth in the shot put at 10.43 meters, Ahern was 18th at 9.31 meters, Anthony Haddocks was 19th at 9.3 meters, Fogg was 36th at 8.1 meters, Ingram finished in 41st place at 7.82 meters and Nicholas Haddocks was 56th at 6.12 meters.

In the high jump, Ahern finished in second place at 1.78 meters, with Ingram in sixth place at 1.73 meters, Nicholas Haddocks in ninth at 1.68 meters, Anthony Haddocks in 13th at 1.63 meters and Fogg and Luehrs in a tie for 32nd place at 1.42 meters.

Fogg finished in ninth place in the 400 meters in 56.58 seconds, Ahern was 17th in 57.53 seconds, Nicholas Haddocks finished in 57.97 seconds for 19th place, Ingram was

28th in 59.42 seconds, Anthony Haddocks placed 39th in 1:01.31 and Luehrs was 47th in a time of 1:03.96.

Ahern took third in the 110-meter hurdles in 16.49 seconds, Nicholas Haddocks was 15th in 18.69 seconds, Ingram was 16th in 18.74 seconds, Anthony Haddocks was 27th in 20.46 seconds, Fogg was 30th in 20.95 seconds and Luehrs was 49th in 23.99 seconds.

Ahern was fourth in the discus at 31.69 meters, Luehrs was fifth at 30.88 meters, Anthony Haddocks finished in 20th place at 23.39 meters, Ingram threw 16.18 meters for 54th place and Nicholas Haddocks was 55th at 15.91 meters.

In the pole vault, Ahern was third at 3.35 meters, Anthony Haddocks was eighth at 2.74 meters, Ingram was 20th at 2.44 meters, Fogg was 24th at 2.29 meters and Nicholas Haddocks was

31st overall at 2.13 meters.

Anthony Haddocks finished in third place in the javelin at 39.28 meters, Ingram finished 13th at 31.9 seconds, Fogg was 18th at 30.83 meters, Ahern was 23rd at 29.95 meters, Luehrs threw 26.06 meters for 31st place and Nicholas Haddocks was 34th at 25.58 meters.

In the 1,500 meters, Fogg was ninth in a time of 4:55.03, Ahern was 21st in 5:15.71, Nicholas Haddocks was 27th in 5:20.78, Ingram was 29th in 5:27.04, Anthony Haddocks was 40th in 5:43.93 and Luehrs was 53rd in 6:24.78.

Katherine Luehrs of Plymouth captured the heptathlon win, finishing with a total of 3,787 points for the school's first-ever win in the competition. Malina Bohlmann of Newfound finished in fifth place with 3,092 points, Alexis Daughen of Plymouth was 29th overall with 1,789 points and Isadora Robert of Newfound finished 35th with 1,506 points.

In the 100-meter hurdles, Luehrs won with

a time of 15.46 seconds, Bohlmann was eighth in 18.63 seconds, Robert was 25th in 21.46 seconds and Daughen was 34th in 23.19 seconds.

In the shot put, Luehrs finished in seventh place with a toss of 8.11 meters, Bohlmann was ninth at 7.92 meters, Robert was 10th at 7.7 meters and Daughen finished in 24th place at 6.15 meters.

Luehrs took third in the high jump, clearing 1.47 meters, Bohlmann cleared 1.32 meters for 13th place, Daughen was 24th at 1.22 meters and Robert cleared 1.07 meters for 41st place overall.

Bohlmann won the javelin with a toss of 31.56 meters, Luehrs finished in 20th place at 16.97 seconds, Robert was 23rd at 16.69 meters and Daughen finished in 31st place at 13.8 meters.

In the 200 meters, Luehrs finished in third place in 26.59 seconds, Bohlmann finished in 20th place in a time of 29.75 seconds, Daughen ran to 28th place in 31.63 seconds and Robert took 37th in a time of 33.99 seconds.

For the long jump, Luehrs was third at 4.65 meters, Bohlmann finished in ninth place at 4.35 meters, Daughen finished in 33rd place at 3.38 meters and Robert finished 39th with a jump of 3.08 meters.

Luehrs took sixth in the 800 meters with a time of 2:40.63, Bohlmann finished in 13th place in 2:51.64, Daughen finished in 17th in 3:00.54 and Robert finished in 34th place in 3:28.17.

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

## Gilford Hills is the place to be this summer

GILFORD — With new ownership in 2022, improvements and upgrades to fitness equipment, a new tennis director, and new programs for kids and adults, Gilford Hills is the place for fitness and fun this summer.

Marc and Heidi Bourgeois became sole owners of Gilford Hills Tennis and Fitness Club in January. As avid tennis players, and fitness enthusiasts, they are making many improvements to all areas of the club and are excited to see Gilford Hills grow into an innovative, premier tennis and athletic training facility for the families of the Lakes Region.

The tennis program at Gilford Hills has grown quickly under the leadership of the new Tennis Director Andres Velasco Posada. Velasco Posada is a PTR certified tennis pro, originally from Cali, Columbia and brings his vast experience as a pro at the IMG Academy, and private coaching to Gilford Hills. The coaching staff has grown, to

include his brother, PTR certified Mateo Velasco Posada, PTR Certified Jon Judge, and USTA Certified Curt Chesley. Adult clinics, junior clinics, Tennis Bootcamp, and Junior Tennis camps will be offered all summer. Gilford Hills will also be hosting junior and adult USTA Tournaments this fall.

The fitness division at Gilford Hills will be seeing some major upgrades this summer, with a new Nautilus Circuit, new cardio equipment, new Hoist cable machines, new free weights, an expanded spin room, and a brand-new Functional Fitness/Cross Training room, which will be open for member use as well as scheduled classes. In addition, Gilford Hills continues to offer unlimited group classes with all membership levels at no additional charge, and complimentary childcare.

This summer Gilford Hills is offering several evening leagues open to members and non-members. The men's Tuesday

night basketball league will begin their second session June 28. This league offers organized refereed games on the indoor basketball court. The new Thursday night Cornhole League begins July 7. This league will last six weeks, and will be held rain or shine, as we have indoor space available. Mixed Doubles Tennis and pick-up pickleball are held the first and third Friday evening each month. The Overhead Lounge is open weeknights 5:30-9 p.m. Additional information can be found at [gilfordhills.com](http://gilfordhills.com) or by contacting the front desk at 603-293-7546.

New this year, Summer Camps are being

offered for kids aged 4-18 in both tennis and basketball. The basketball camps will run on a weekly basis and are scheduled by age divisions. Tennis camps are offered on a daily or weekly basis and are scheduled by age and ability level. They are also offering a one-day basketball clinic on Saturday, June 25, for girls and boys aged 10-18. Please contact the front desk for additional information or to register, 603-293-7546.

Stop by for a tour or give them a call for additional information on membership options for your family.

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# Comfort Keepers

## Finding your source of joy

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” -Henri J.M. Nouwen

Comfort Keepers believes so much in the power of joy that we founded a National Day of Joy. I took a moment to reflect and consider the true impact joy has on our lives. Science proves that attaining daily doses of joy – big or small – works wonders on our overall wellness, including our physical and mental health. The actual factors that bring about joy, whether they be situations, people, activities, or things, are highly personal and individual to each one of us. Yet, when you are a joyful person, happiness has a way of being contagious and can help spread hope and positivity to others.

Yes, perhaps we can all agree that living joyfully is important, but how do we do that when we all get caught up in our busy lives? Why is seeking joy particularly important for aging adults? This article will explore ways seniors can find these moments of joy and laughter within themselves or with their family, friends, or their caregivers to improve their mood and overall well-being on the Day of Joy - or any day.

Laughter is the best medicine

Moments of joy are a must for all of us but especially for older adults. Depression and isolation are more prevalent for seniors and living a life full of joy, happiness and

laughter is a great way to lift their spirits and create overall health benefits. Many therapies that focus on seniors are now beginning to incorporate humor and laughter to create more joy. A little bit of joy can go a long way when it comes to improving a senior's health, both physically and mentally!

Whether you're guffawing out loud at a sitcom on Netflix or quietly chuckling at a funny meme, there is no doubt that laughing does you good! One of the most important aspects of laughter, regardless of age, is that it releases what is referred to as 'happy hormones.' Serotonin, dopamine, oxytocin, and endorphins are famously happy hormones that promote positive feelings like enhanced mood, pleasure, joyfulness, and even love. So much research is available that speaks to the advantages of being happy, particularly the 'head to toe' benefits we receive if we incorporate laughter in our lives on the regular! By seeking out more opportunities for humor and laughter, we can all improve our emotional health, strengthen our relationships, and find greater joy and happiness—some say it might even add years to your life!

The importance of social interaction

There's no doubt that taking the time to connect with people is essential for living well as you age. You don't grow as an individual if you simply disengage. By exposing yourself to people with different outlooks on life, you can open up a whole new world. Social disen-

agement and loneliness are often considered to be routinely associated with physical limitations causing us to become even more isolated. However, studies have shown that an active social life improves cognitive function and overall brain health, especially for older adults.

As we get older, we tend to become creatures of habit – even more so than we were in our younger days. While routines are comforting, research tells us that one of the habits many of us adopt as we mature is the tendency to become disconnected from friends and family on a purely 'social' level (as opposed to a sense of obligation or responsibility). With that in mind, brain researchers have discovered that when we consciously develop new habits and activities, we can actually jumpstart our 'trains of thought' onto new, innovative tracks. Reconnecting and consequently becoming more socially active may just do the trick!

As life continues to get back to normal, the ability to finally get together again with family and friends is critical, especially for older adults. I don't think any of us truly realized how much our friends and family provide us with a sense of identity and belonging until those interactions were curtailed or shut off entirely like they were during the pandemic.

Seniors need social interaction to reduce feelings of isolation and loneliness. Research shows that older adults who have more social interactions keep higher lev-

els of cognitive function longer, and their memories do not deteriorate as quickly as their more isolated peers. Seniors who stay in touch with family and close friends have also been shown to have lower risks of dementia.

Family/friend gatherings are also important because this is when 'experiences' are passed down between generations. In addition to being something to look forward to, spending time together establishes a foundation for family/friend values and serves as special bonding experiences. For older adults, these moments together are also a way of transferring the family's history and culture from one generation to the next.

Simple tips on ways seniors can find joy

Finding moments of joy every day does not have to be a daunting task. Following are some of my favorite tips to attain joy every day:

Embrace your Interests: try something new that you always thought about or connect with people who share your current interests or hobbies

Prioritize Family and Friends: a recent Comfort Keepers study found that connecting with family, loved ones and friends delivered the most joy compared to activities, events and things

Bond with Family Virtually: in-person visits are not always possible, so we're so lucky that we have mobile phones, social media and technology to help us keep in touch from far away. The same Comfort Keepers study found that seniors have embraced texting,

emojis and social media to bond with the grand-kids

Indoor or Outdoor Exercise: exercise can result in joy! Studies have indicated that people who worked out only once or twice a week said they felt much happier than those who never exercised – plus it leads to improved physical health for seniors. Exercise can apply to a wide variety of strength and mobility and can include stretching, balance exercises, yoga, Tai Chi, walking, gardening, bicycling, and swimming.

Comfort Keepers® can help At Comfort Keepers®, our professional care team is trained to identify changes in client behavior and report them to the family. For those suffering from Alzheimer's or dementia, our caregivers can help them remain safe and comfortable at home, while providing everything from laun-

dry and housekeeping to meal preparation and transportation. Learn more about how we can help seniors and other adult clients by contacting your local Comfort Keepers location today.

About Comfort Keepers

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

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Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## Gilford now collecting styrofoam for recycling program

By Erin Plummer  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

Gilford is now accepting polystyrene foam for recycling with different drop off locations available for residents and members of the community.

The Department of Public Works has been working with the Gilford Rotary as part of an initiative by the NH Network Plastics Work Group and the District Governors of the Rotary Club on a Rotary program to collect Styrofoam. The DPW is in the process of getting a densifier unit which takes out the air in the foam and turns it into plastic material that can be sold.

The DPW and the Rotary are working to create a local hub for polystyrene recycling for people across the area.

On June 23, Public Works announced the recycling center is now accepting polystyrene.

Gilford residents can bring the material to the town recycling during normal hours. Public Works announced a large container has been set up at the center to collect the foam and will remain there for the next few weeks until the foam densifier unit is fully installed and staff are trained.

People are asked to bring “clean and empty” foam while they dispose of their other trash and recyclables.

The DPW also has a drop-off bin at its building on Cherry Valley Road accessible 24-7 by members of the general public.

For more information on foam recycling and what is allowed and not allowed can be found on a flyer at [https://www.gilfordnh.org/file/2627/Flyer\\_-\\_GSWC\\_Foam\\_101.pdf](https://www.gilfordnh.org/file/2627/Flyer_-_GSWC_Foam_101.pdf). Right now, all acceptable foam must have the #6 recycling symbol. Items that are being accepted include foam coolers, clean meat and produce trays, clean plates and cups, packing blocks, and foam egg cartons, among many others. They are not accepting packing peanuts, pipe insulation, or dirty materials, and others.

The town will be using a densifier unit on a trial basis but is looking to purchase one. At Wednesday's meeting the selectmen approved accepting a \$50,000 grant from the Foam Recycling Coalition during a public hearing on Wednesday toward the purchase of a densified unit.

Board chair Kevin Hayes asked Public Works Director Meghan Theriault about the status of funds for the foam recycling machine. Theriault said with the \$50,000 grant they will need at least \$32,000 more. She said they are working to find grant opportunities for this. The Gilford Rotary Club is also working on this and are working with other Rotary Clubs.

# Local students graduate from Clarkson University

POTSDAM, N.Y. — Clarkson University awarded nearly 800 bachelor's, master's and doctoral degrees to students from 31 states, 19 countries and 59 New York state counties at its spring 2022 commencement in May. (An additional 189 students received degrees this past winter and summer.)

Aria Lee Stephan of Gilford received a Bachelor of Science with distinction in chemical engineering, honors program, materials engineering minor, mathematics minor, from Clarkson University in May 2022.

Micaela Paige Niskala of Gilford received a Bachelor of Science with distinction in civil engi-

neering, architectural & fac eng minor, from Clarkson University in May 2022.

The weekend was also marked by the commissioning of United States Army and United States Air Force officers on Friday. In addition to the graduating students, receiving honorary doctor of science degrees and addressing students, families and guests were Dr. France A. Cordova, president of the Science Philanthropy Alliance and former director of the National Science Foundation, Sveinung Loset, professor of arctic marine technology at the Norwegian University of Science and Technology (NTNU) in Trondheim, Norway, Dr.

Toby Cosgrove, M.D., former CEO and current executive advisor of Cleveland Clinic, and, Dr. Mae C. Jemison, the first woman of color in space, leader of the 100-Year Starship organization, and founder and president of the Jemison Group and BioSentient Corp.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to

innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

### PETS OF THE WEEK

#### Coco

Looking for a fun, outgoing pup to keep you on your toes? Coco is your gal! This silly, active girl is the life of the party you never knew you needed. She's social and spunky, with the energy and smarts to back it up! Due to a few insecurities, Coco is in our behavior program. Check out what she's working on below!

Coco's strengths: smart, social, and motivated by food and toys, this little pup has a lot going for her!

What needs some improvement:

Coco can be nervous about her resources being taken from her such as food and toys. We have been working to teach her that people approaching her food bowl and other high value items means that good things happen and we aren't there to take her stuff away. So far, she is making great progress!

What Coco is working on: Coco is learning that she does not have to fear her resources being taken from her. She can also get a little uncomfortable with restraint, so she is working on building positive associations with handling.

What Coco needs in an adopter: Coco is looking for someone who is patient and has lots of love to give! She's a really sweet girl that needs to be shown that her fears in life aren't so scary after all. Through an adopter willing to continue down the path of positive experiences and training, Coco will grow up to be a lovely dog!

Adoption information-

Kids: no kiddos

Cats: no feline friends

Dogs: Coco may do well on some supervised doggie playdates, but is not ready to go home with another dog due to her insecurity around food and toys.





#### Lina

Miss Lina. She is an adorable little cat looking for a quiet home where she can learn to trust and accept attention from her human friends. She might benefit from having another cat to help her warm up, but with the right patient human she should flourish.



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# Edward Jones: Financial Focus

## Take steps toward financial freedom

Next week, we observe Independence Day, an opportunity to celebrate all the liberties we enjoy in this country. Of course, there are different types of freedoms – such as financial freedom, which can open the doors to many other opportunities. What steps can you take to gain your financial independence?

Here are a few suggestions:

- **Save, invest... and repeat.** There's really no shortcut to achieving financial freedom – you do have to save and invest for many years. And that means you should take full advantage of the opportunities available to you. If you have a 401(k) or similar retirement plan at work, try to put in as much as you can afford each year, and when your salary goes up, increase your contributions. Even if you have a 401(k), you may also be eligible to

fund an IRA. Both a 401(k) and an IRA offer tax benefits and an array of investment options, so they are powerful retirement savings vehicles.

- **Invest for growth.** How much you invest is obviously a key factor in reaching your financial freedom. But how you invest is also important. If you're going to accumulate the resources you need to retire comfortably and meet your other financial goals, you will need to devote a reasonable percentage of your investment dollars to growth-oriented vehicles, including stocks and stock-based mutual funds. Of course, these investments will fluctuate in value, so you'll need to be prepared to accept a certain level of risk. Your individual risk tolerance will help determine how much of your portfolio should be devoted to growth investments.
- **Put financial windfalls to work.**

Whenever you receive a financial windfall, such as a bonus from your employer, a tax refund or even an inheritance, consider putting some of it to work in your investment portfolio. Over time, these windfalls can add up.

- **Reduce your debts.** It may be easier said than done, but try to reduce, or eliminate, as many debts as you can. The less money you have to pay each month on your debts, the more you'll have available to save and invest. Of course, some debts, such as your mortgage, can't be easily erased, but if you can find ways to cut down on spending, you may be surprised at how much progress you can make toward debt reduction.

- **Prepare for the unexpected.** Life is unpredictable – and some unforeseen events could threaten

your ability to achieve, and maintain, your financial independence. For example, if you were unable to work for a while due to illness or injury, you might be forced to dip into your savings and long-term investments just to help meet your cost of living. You can help protect yourself from this risk by building an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account. And you may want to consult with a financial professional to learn about other protection strategies. It will take a concerted effort to reach your financial independence – but, like all freedoms, it offers immense benefits.

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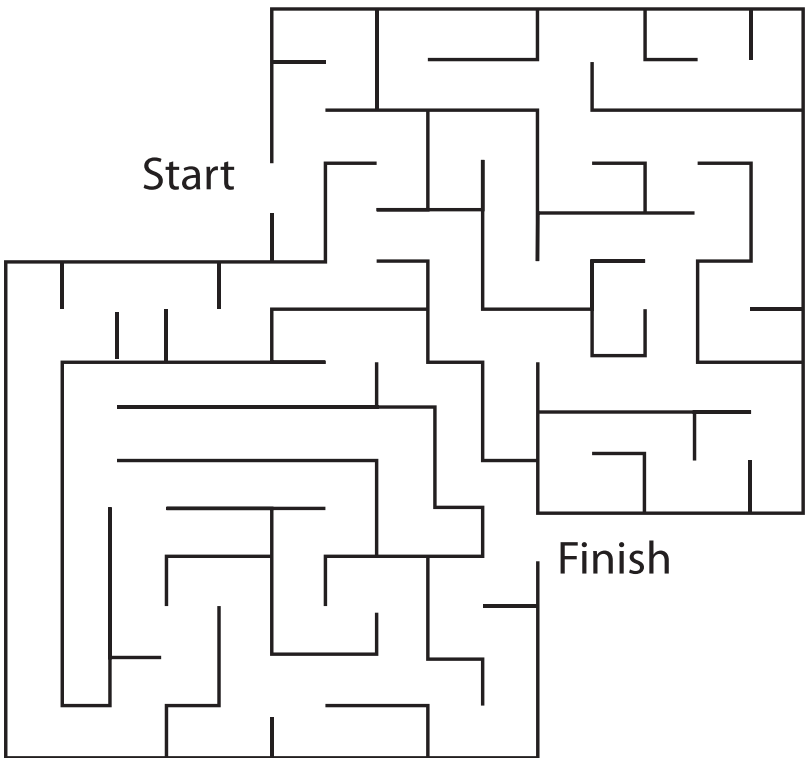
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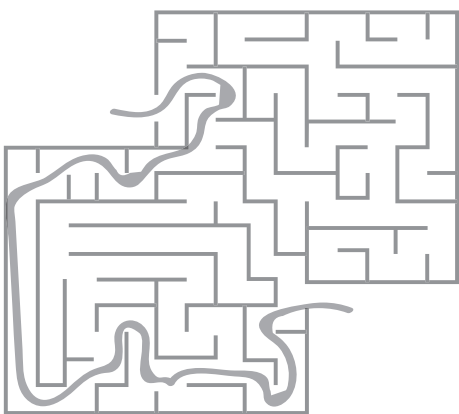
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Clue: Fall vertically

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Clue: Velocity

C. 17 10 6 25 19 19 9

Clue: Exciting experiences

D. 6 25 12 14

Clue: Amusement structure

Answers: A. drop B. speed C. thrills D. ride

SUDOKU

	2	1					3	
	4			8	6			2
					8			
		2	7	1	9			
5						4		
6		7	9		2			5
								8
				3			9	

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	6	9	6	7	3	8	5	1	2
8	2	7	5	6	1	6	3	4	9
5	1	3	2	4	9	8	7	6	3
1	7	4	3	2	6	8	5	9	4
3	8	5	9	1	7	1	9	5	8
9	2	6	8	4	5	8	2	6	9
2	5	1	6	3	8	3	4	9	7
6	3	9	4	7	5	1	2	6	8
7	8	4	1	9	3	6	5	2	3

ANSWER:

# Full throttle ... or maybe not quite full throttle

GETTING BEHIND THE WHEEL OF A STOCK CAR AT NHMS

BY JOSHUA SPAULDING  
Sports Editor

LOUDON — I’m putting my foot to the floor, riding inches from the ground as I get up to speed and enter the race track, my heart pounding and a voice in my ear telling me to move up and get between the lines. The number eight Budweiser Monte Carlo, long a fixture of Dale Earnhardt, Jr., is now carrying a guy who barely fit through the window and is super happy he took his blood pressure medication earlier in the day.

That being said, as the car circled the track, with my foot hammering down coming out of turns two and four looking to pick up speed on the straightaways, the thrill was real. It felt like I was flying. In reality, I was probably going about the speed I do on Interstate 93 when I’m heading to Littleton to cover a basketball game.

A little backstory.

A few years ago, I was in the media center at New Hampshire Motor Speedway when someone came in and asked if anyone wanted to take a ride in the pace car. It seemed like a great opportunity and I took advantage. I did it again the next year as well and it was a blast, riding inches from the wall at speeds over 100 miles per hour. As a fan of NASCAR, it was great to see just how the cars hit the track and how hard it is to drive at those speeds, never mind with three-dozen-plus others banging alongside you trying to get ahead. It was one of the coolest moments of my journalism career.

This year, I decided to take it to another level and spend my time behind the wheel of a NASCAR car as the NHMS Media Challenge made its annual stop at the speedway ahead of next month’s NASCAR weekend. The Rusty Wallace Racing Challenge brings stock cars to the track and lets people get behind the wheel and see how they fare. The media relations department at NHMS invites the media to come out and give it a try and this was my



RC GREENWOOD

BELIEVE IT OR NOT, that’s me driving the Budweiser car at NHMS last week.

first attempt at getting behind the wheel (and hopefully not my last).

My goal going in was to not wreck the car and not be the slowest person out there. Much to my surprise, I succeeded in both goals, though when the official results were announced, I was a bit disappointed in my overall effort.

The group of media members gathered in them media center as we were given lessons in what to do (stay between the lines on the track) and what not to do (don’t downshift). The guy giving the presentation made it sound pretty simple, but deep inside, I was thinking to myself that was not going to be the case. He went over all the necessary safety information, told us what to do if we felt the car getting away from us (don’t try to correct it, just turn left) and when and where to hit the gas and let off the throttle.

They then led us to the garage area, where we had to don our fire-suits. As a short guy with a larger stomach, the XXL worked in the stomach area but was a bit long in the legs, but



MOMENTS BEFORE I squeezed into the Budweiser car for a few laps around New Hampshire Motor Speedway.

are his, as he followed me around and got some great shots. As we walked toward the row of cars lined up, I said to him I was kind of hoping for one of the Dale Jr. cars (there was an 88 and the old Budweiser 8 car).

As luck would have it, I got the 8 car. Once the staffer helped me squeeze through the window and got me all buckled in, they did a test of the ear piece (we had a spotter watching us the entire way). He then fired up the engine and told me to move down pit road and wait for the go-ahead from the spotter.

Now, going in, I thought we would be on the track by ourselves, but this was not the case.



CLIMBING IN THE CAR for the ride-along during the Media Challenge last Friday.

As I got on the speedway, there were a couple of other media members driving and also the professionals still giving the ride-alongs. As I pulled out onto the track coming out of turn two, my spotter said “ride-along car coming on your right, stay in your lane,” and sure enough, the car went flying by seconds later.

I put in my laps, getting a little more comfortable each time around the track before the spotter told me the checkered flag was out and it was time to bring it in. While I was well aware I was not the fastest person out there, I felt like I was moving right along and had done

pretty well.

I was definitely mistaken. While I had achieved my goals of not crashing and not being the slowest, I was way down the list. My best lap time was 57.671 seconds, which translates to an average speed of just over 66 mph. I was certainly going faster on the straightaways, but need to punch the gas a little more next time.

Kudos to the great Justin McIsaac for his top-10 finish and Jon Decker from the Laconia Daily Sun for beating my times.

While I was a little disappointed, this was an amazing experience and I’m hopeful to do it again in the coming years.

If you want to see the stars of the NASCAR Cup Series in action in person (they will be driving faster than I did), visit NHMS.com for ticket information for the NASCAR weekend, coming July 15-17. And check out some of the cool exclusive food offerings (the cheeseburger poutine and frozen hot chocolate shake were delicious) NHMS is offering for the NASCAR weekend.

And remember, race weekend is bound to be more exciting than me putting around the track for a few laps.

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



THIS YEAR featured the largest group of media members doing the Media Challenge at NHMS.

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**Tuftonboro, NH**  
**Finance Manager**

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**Summary**  
The Finance Manager, a member of the ~15 person year round team, is responsible for overseeing the execution of all aspects of Belknap's finance and benefits administration. The Finance Manager responsibilities include but are not limited to: the administration of payroll and accounts payable, reporting of financial data, managing camper accounts, bank reconciliations, contract and health benefit management and execution of finance related policies and procedures. In addition, the Finance Manager provides support to the Executive Director and Board of Trustees on initiatives around fiscal stewardship and financial management. With the ability to work some of the time remote, a strong compensation package and excellent health benefits the ideal candidate will have:

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- Experience with working in a team and an appreciation for the opportunity for collaborative interactions with staff and campers
- Knowledge and experience managing health benefits
- Strong sense of personal responsibility

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PHOTO BY ERIN PLUMMER

A four-legged family’s Sunday walk

Sunday afternoon was a good day for a family walk around Gilford Village, including families of the four-legged variety. As this photographer was scoping out work on the Tannery Hill Bridge, a family of white-tailed deer ran through the park and down the road to the Gilford Police Department’s parking lot. The doe and her three fawns scoped out the grass and trees before going into the woods behind town hall.



Kids try to keep up with mom behind Gilford Town Hall.

2



Mom noticed the person standing on the hill with the camera.



Fawns get a chance to look around the grass.



While ice cream and French fries are among popular summer treats for human kids, these particular children were probably looking for acorns, lichens, mushrooms, and other tasty foods enjoyed by white-tailed deer.

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**New Durham Public Library Public Hearing**

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TANNERY

(Continued from Page A1)

wasn't personally in favor of spending \$400,000 to \$500,000 for this project.

"My recommended approach was to come up with two beams, lay them across, so far across that the erosion of the retaining wall is not going to be an issue for hundreds of years and let nature take its course and I think we can do that with much less than \$100,00," Dunn said. "Definitely not as pretty, I mean, ideally we would rebuild that retaining wall because it's very nice looking,

but I wouldn't want to see us spend that kind of money."

The selectmen also said they would rather see something done for less money, including not going to so much effort to rebuild the retaining wall to original condition.

"I would agree having a proper facade and whatnot is something (we) definitely would like to have, the question is can we justify the expenditure?" said Selectman Chan Eddy.

Board chair Kevin Hayes asked if it would be possible to use the facade stone to cover up the wall after the fact.

Therault said the main cost is to deal with the structure that's several hundred years old and likely hasn't been maintained and never rebuilt. She said before she came to Gilford that bridge was on the Red List and has needed to be dealt with for a long time. At the same time, they have to work with the sewer main, the dewatering, and other construction difficulties.

She also said construction cost are going to be high right now anyway and this is a situation of "Pay me now or pay me later." Just recently the expansion joint project for the Governor's Island Bridge cost around \$400,000.

Hayes said while he didn't want to spend \$600,000 on this, he hoped there was a solution closer to \$300,000 or less.

Therault said she would speak to the rest of the project team to see what could be worked out and would come back to the board with any new numbers.

BEACH

(Continued from Page A1)

season.

This spring a few sinkholes opened up along the nature trail towards Outer Hole. Greene said when Public Works went to fill the hole their equipment started to sink in, and they found a much bigger issue. Greene said he has been in contact with someone from Belknap Landscaping


On what it would take to properly fix this and what permitting would need to be done with the wetland in the area. Right now, that area is roped off.

"Overall were excited to be underway and anticipating a busy summer season," Greene said.

Planning is also underway for Old Home Day on Aug. 27. This year's theme is "A Night at the Movies."



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Meredith: 5BR, 7BA in the Grouse Point Club, Lake Winnepesaukee's premier gated community. Situated on a level lot with amazing view of the lake. Enjoy all the amenities that the community has to offer. Home includes its very own boat slip! \$2,600,000 MLS# 4917370

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LRSF

(Continued from Page A1)

et at their respective schools’ award night.

Below is the list of Gilford High School graduates, both past and present, who received awards.

Entering Freshmen  
Shealagh A Brown: Harry & Nancy Bryant Memorial, Wilderness Youth Fund. Shannon A Burton: R. Everett & Gwendolyn I. Cochran Memorial, David Fillion Memorial, NHBB Manufacturing Excellence Award, Santa Fund of the Greater Lakes Region Award in Memory of Julie Upham, Rebecca A. Tebbetts Memorial. Cassandra E Ellis: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund. Vanessa E Genakos: Ava Doris Memorial Fund, Elizabeth Gagne Award, Gilford Education Association, Saralee Wheeler Memorial. Danielle D Giardini: Annalee Thorndike Art Award. Tyler J Hazelton: Aavid Thermalloy, LLC Award in Honor of Fred Payne. Maura Hughes: Aaron T. Francoeur Memorial. Hale E Kutuk: R. Everett & Gwendolyn I. Cochran Memorial, Elizabeth Gagne Award, Jenni Ann Harmon Memorial, Society of St. Vincent de Paul - Laconia Conference, Ruth A & Leonard A Stockwell Award. Cordelia M Larivee-Ambrose: Gilford High School Behavioral Health & Suicide Awareness Fund, Helen M. Hill Award, Arline Gifford “Piff” Kelley Memorial. Karina J MacLeod: R. Everett & Gwendolyn I. Cochran Memorial. Riley Marsh: Aaron T. Francoeur Memorial. Jaiden E McKenna: Aaron T. Francoeur Memorial, Lillian A. Krasnow Memorial Fund. Marlow P Mikulis: Chelsea R. Bowen Memorial, Lillian A. Krasnow Memorial Fund, B. Charles Smith II Memorial. Samantha C O’Rourke: R. Everett & Gwendolyn I. Cochran Memorial, Laconia-Gilford Lions Club. Mackenzie B Roys: Kelly A. Carter Memorial, NHBB Manufacturing Excellence Award, Penny Pitou & Milo Pike Fund. Reece Sadler: Lakes Region Board of Realtors, Herbert L. & Hazel R. Noyes Fund. Maegan Shute: Gregory G. Bryar II Memorial, Gilford District PTA. Catherine N Stow: Harry & Nancy Bryant Memorial, Penny Pitou & Milo Pike Fund. Kate C Sullivan: R. Everett & Gwendolyn I. Cochran Memorial, Aaron T. Francoeur Memorial, Winsheblo Award. Mitchell D Townsend: Alcide O. Cormier Family Fund, Lillian A. Krasnow Memorial Fund. Alex H Waite: R. Everett & Gwendolyn I. Cochran Memorial, Alcide O. Cormier Family Fund, Elizabeth Gagne Award, Gilmanton PTA, Lillian A. Krasnow Memorial Fund, Lakes Region Board of Realtors.

Entering Sophomores  
Blake H Bolduc: Al- len Family Award. Kyle N Brent: Belknap County Sportsmen’s Association, Wilderness Youth Fund. Connor R Caldon: R. Everett & Gwendolyn I. Cochran Memorial, Herbert L. & Hazel

R. Noyes Fund. Alexa S Dahl: Elizabeth Gagne Award, Jane Kidder Memorial, Society of St. Vincent de Paul - Laconia Conference, Elsie B. McCarthy Willey Nursing Fund. Bridgette C Dahl: Elizabeth Gagne Award, Jane Kidder Memorial, Jo-Ann Nolan Memorial, Elsie B. McCarthy Willey Nursing Fund. Kimberly A Daigneault: Lillian A. Krasnow Memorial Fund. Annabelle E Eisenmann: R. Everett & Gwendolyn I. Cochran Memorial, Linda J Desrochers Memorial Fund, Stone Family Award, Harold T. “Pappy” Whittum Memorial. Ashley M Hart: Nancy L. Dow Memorial, Aaron T. Francoeur Memorial, Lillian A. Krasnow Memorial Fund, Esther Nighswander Memorial. Jacquelyn Jaran: Gilford Rotary Club, Lillian A. Krasnow Memorial Fund. Kendall N Jones: Lillian A. Krasnow Memorial Fund, Penny Pitou & Milo Pike Fund, Charles E. & Nancy E. Wilder Award. Kalya A Loureiro: Lillian A. Krasnow Memorial Fund, Bert & Anita Morin Family Award, Penny Pitou & Milo Pike Fund. Kaelan M O’Connor: R. Everett & Gwendolyn I. Cochran Memorial. Catherine Angela L Pingol: Janet “Jan” Bolduc Memorial, Lillian A. Krasnow Memorial Fund. Lindsey R Sanderson: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund. Sofia D Sawyer: R. Everett & Gwendolyn I. Cochran Memorial, John F. Mullen Memorial. Morgan A Taylor: Alcide O. Cormier Family Fund, Drouin-MacEslin Award, Mazzaschi Family Award. Cyndal L Vansteensburg: R. Everett & Gwendolyn I. Cochran Memorial, John Rogers Scholarship Fund. Abigail L Warren: Alcide O. Cormier Family Fund, CJ Graham Memorial Art Award. Jordan D Witham: Lawrence J. Smith and Nancy Smith Award.

Entering Juniors  
Alysha R Burton: R. Everett & Gwendolyn I. Cochran Memorial, James & Nancy Farr Memorial, Perley Family Memorial, James P. Rogers Fund. Myranda G Byars: Bank of New Hampshire - fka Laconia Savings Bank, Kiwanis Club of Laconia. Jaiden E Carter: Linda J Desrochers Memorial Fund, Wallace A. and Christene F. Peebles Memorial, James P. Rogers Fund, Margot C Thomas Memorial Scholarship. Shelby Cole: Aaron T. Francoeur Memorial, Alida Millham Lakes Region Rotary Club. Meredith F Ellis: Martha Virginia Wood Guild Memorial, Lillian A. Krasnow Memorial Fund, John L. Paradise Memorial. Anthony Flanders: Aaron T. Francoeur Memorial. Erin C Hart: Aime & Cecile Charest Memorial, Aaron T. Francoeur Memorial, Burton & Dorothy Kellogg Trust, Lillian A. Krasnow Memorial Fund, Esther Nighswander Memorial. Steven C MacDonald: Lillian A. Krasnow Memorial Fund. Gregory T Madore: Allen Family Award, Dr. Kenneth

Steuer Memorial Scholarship. Abigail K O’Connor: Edward & Natalie Davis Memorial, Eileen M. Roy Memorial. Hannah A Perkins: Aaron T. Francoeur Memorial, Lillian A. Krasnow Memorial Fund. Grace H Shoemaker: Rev. Joseph E. Dubois Fund, Bruce Gibbs Memorial, Lawrence J. Smith and Nancy Smith Award. Ian D Taylor: R. Everett & Gwendolyn I. Cochran Memorial, Elizabeth Gagne Award. Joshua R Testa: R. Everett & Gwendolyn I. Cochran Memorial. Kendall H Yuknewicz-Boisvert: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund.

Entering Seniors  
Brendan D Bergman: Florence & Signe Bianco Memorial, Penny Pitou & Milo Pike Fund, Stone Family Award. Brandon J Cole: Lillian A. Krasnow Memorial Fund, John L. Paradise Memorial. Melody A Davies: Richard V. and Priscilla Breton Award, Herbert L. & Hazel R. Noyes Fund, Tom Tobey Memorial. Michael J Eisenmann: Stone Family Award, Wilderness Youth Fund. Sandor J Gamache: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund. Ashley N Loureiro: Lillian A. Krasnow Memorial Fund, Wallace A. and Christene F. Peebles Memorial. Michael S Maltais: Alcide O. Cormier Family Fund, Lillian A. Krasnow Memorial Fund. Margaret R McNeil: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund, John Reider and Nancy Svindland Memorial. Samuel Mercer: Alton & Emily Fairbrother Award, Aaron

T. Francoeur Memorial. Emily E Waite: R. Everett & Gwendolyn I. Cochran Memorial, Lillian A. Krasnow Memorial Fund. Hannah G Waite: R. Everett & Gwendolyn I. Cochran Memorial, Bert & Anita Morin Family Award. Carly J White: R. Everett & Gwendolyn I. Cochran Memorial, Dr. Mark H. Engelhardt Memorial, Paul Gauthier Memorial Scholarship Fund, Lillian A. Krasnow Memorial Fund, Bert & Anita Morin Family Award, Elsie B. McCarthy Willey Nursing Fund. Ryan P Witham: Rita B Breton Memorial, Chocorua Lodge #51 IOOF, Colby Family Memorial, Glenn Gary DePine Memorial, Kenneth A. Lund Memorial.

Graduate Students:

Julien Davis: Lillian A. Krasnow Memorial Fund, John Rogers Scholarship Fund. Siobhan K Kirwan: Gregory G. Bryar II Memorial, Lillian A. Krasnow Memorial Fund, Miller C. Lovett Family Fund, James P. Rogers Fund. Mason P McGonagle: Gilford Rotary Club, Lillian A. Krasnow Memorial Fund. Brianna R Perkins: R. Everett &

Gwendolyn I. Cochran Memorial, Gilford Police Relief Association - Officer Kainen Flynn Memorial, Miller C. Lovett Family Fund.

Other  
Elizabeth M Relf: Chase-Waterman-Leonard Fund, R. Everett & Gwendolyn I. Cochran Memorial, Kyle Harri- man Memorial Scholar- ship.



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**JULY 4TH SPECTACULAR**

**2022 SCHEDULE OF EVENTS**



**Gorham, New Hampshire**

**Thursday, June 30th**  
3:00 pm - 6:00 pm Gorham Farmers Market  
featuring Music by Randy Messineo

**Friday, July 1st**  
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival  
Specialty Day: Rec Department Day  
5:00 pm - 10:00 pm Miller Amusements Carnival Midway  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm **CONCERT: Don Boudreau as Elvis/Beatles**

**Saturday, July 2nd**  
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
1:00 pm **Cornhole Tournament** Cost: \$30 Per Team  
Registration Starts at 1:00PM  
2:00 pm Cornhole Tournament Games Begin (Rain Date Sunday)  
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm **CONCERT: Peter Kilpatrick**

**Sunday, July 3rd**  
11:00 am Classic Car Parade Line Up (Ed Fenn School)  
11:30 am **Classic Car Parade** Sponsored by ColorWorks  
(Down Rt 16 to Railroad st)  
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
12:00 pm - 2:00 pm **Classic Car Show** on the Common  
12:00 pm - 2:00 pm 50's & 60's Music at the Bandstand by Mountain Music  
2:00 pm - 4:00 pm Karaoke by Mountain Music  
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
6:30 pm - 8:30 pm **CONCERT: Timothy Paul and special guest Jackie Lee**

**Monday, July 4th**  
10:00 am - 10:45 am REGISTRATION For Kiddies Parade  
(Registration is a MUST at Ed Fenn School)  
11:00 am **Kiddies Parade** (Starts at Ed Fenn School)  
Sponsored by American Legion Auxiliary & Northern Edge ReMax  
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens  
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00  
1:00 pm Parade Line up begins  
2:00 pm - 4:00 pm DJ Music at the Bandstand by Mountain Music  
2:00 pm **Main Parade - Sponsored by Northway Bank**  
(Starts at Dublin Street down Rt 16 to Railroad St.)  
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues  
Night Bracelet Pay ONE PRICE On The Rides \$25.00  
7:00 pm - 10:00 pm **Concert: Straightaway**  
10:00 pm **Fireworks Display**  
by JPI Pyrotechnics



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