



THURSDAY, JULY 6, 2017

GILFORD, N.H. - FREE

Shoppers, artisans connect at Gunstock Craft Fair

BY ERIN PLUMMER
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Fourth of July week-end provided an opportunity for artisans to sell their handmade creations to visitors during the annual Gunstock Craft Fair.

Artisans came from all over the state and the Northeast to sell jewelry, pottery, glassware, books, and a number of other goods at Gunstock on Saturday and Sunday.

Show organizer Joyce Endee said attendance at this year's show was down slightly. Endee said a likely reason was the fact the Fourth of July was on a Tuesday this year. Another factor was the weather, with hot temperatures through Saturday followed by strong storms in the evening.

"We were very fortunate yesterday not to be hit by extremely bad weather, but the threat of bad weather did affect

our attendance," Endee said.

Despite this, Endee said the show went well overall.

The fair featured artisans with a variety of different products from all over New Hampshire as well as Massachusetts, Maine, Connecticut, Vermont, and New York.

Ol' Factory Soy Candles are produce right in Gilford by Kim Welch. Welch makes hand poured, 100 percent soy candles mostly by herself with some help from family members. Since starting her business in 2008 she has made 200 unique scents.

The candles can be found at 12 different businesses across the state.

Welch said she really likes coming to the Gunstock fair, which has a home crowd.

"It's been really busy, definitely a consistent stream," Welch said.

Her family enjoyed



ERIN PLUMMER

Kim Welch makes soy candles right in Gilford for her company Ol' factory Soy Candles.

the fair as well and her son was off exploring.

Author K.M. Doherty of Dover was at the fair with copies of his two self-published "Thomas Holland" fantasy books. The third book in the trilogy is in the works.

Doherty has been writing this trilogy about

a boy who is sucked into a magical world for the past three years.

"I was an engineer in my past life," Doherty said.

He has been making appearances with his books including craft fairs. So far he has sold about 5,500 copies of

his first book "Thomas Holland and the Prophe-

cy of Elfhaven" and around 1,200 copies of the second book "Thomas Holland in the Realm of the Ogres." he said he expected to sell around 10,000 books by the end of the year.

"It's been quite popular with teens," Doherty said.

This was Doherty's first time at the Gunstock Fair, saying him and his family regularly skis here.

Patti Harding of Laconia displayed her glass flowers from recycled material she makes for Lakefull Arts.

"They are made out of glass dishes and anything else I can get my hands on," Harding said. SEE **CRAFT FAIR** PAGE A14

Awards and elections for Opechee Garden Club

Opechee Garden Club Presidents Phyllis Corrigan and Audie Clark recently welcomed club members attending the Annual June Meeting and Luncheon, hosted by the Executive Board, at the Gilford Community Church in Gilford. A delicious luncheon was provided by Gilford's Kitchen Cravings Restaurant. Several members took part in a fashion show, modeling clothing from Wholly Tara



COURTESY

(Left) Barbara Sargent, winner of Opechee Garden Club's highest honor, the Orchid Award, is shown holding the gorgeous cut crystal vase, and a beautiful orchid plant.

Shop in Ashland New Hampshire. This was followed by a "trunk sale," much to the delight of the attending club members.

The Business Meeting began with announcements of some recent awards made to the Opechee Garden Club at the Annual Meeting of the New Hampshire Federation of Garden Clubs, held on May 24 at the Birch Wood Vineyards in Derry. The first award received was the President's District Award, a group award given to one of the four Districts in the Federation. District II, of which Opechee Garden Club is a member, won the award for their efforts and work during 2016.

Two individual awards were made by the New Hampshire Federation of Garden Clubs to Opechee Garden Club. The club's Scrapbook, a chronological record using photos, and memorabilia of the club's activities, programs, field trips and other events, won First Place in the Large Club Division. The club's Publicity Press Book, a chronological collection of all published press releases, and evidence of any SEE **OGC** PAGE A12

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford will adopt a change in the Special Events ordinance giving the fire chief oversight on major events, though with some trepidation by one selectman.

The board of selectmen held a public hearing on Wednesday for an amendment to the Special Events ordinance.

Fire Chief Steve Carrier said the proposed change came about in response to some large scale events in town, especially some events his department was unaware of until they read about it in the newspaper.

"We felt that we wanted a little more involvement," Carrier said.

Under the amendment, any event that could stress the fire and EMS services that are provided to the community would require oversight by the fire chief to assign special details to the event. Carrier said events like these include large scale events especially athletic events and those with a potential for the presence of drugs and alcohol.

Currently, police chiefs have this oversight under state law, though there is no law mandating this involvement for fire chiefs.

Selectman Richard Grenier asked about the section in the amendment where activities by the Gunstock Area Commis-

sion were exempt from the ordinance, yet activities at Gunstock had to comply. Town Administrator Scott Dunn said any event organized specifically by the Gunstock Area Commission, which is a government entity, is exempt, but events organized by a third party held at Gunstock, like SoulFest and others, need to comply. Dunn said they have limited ability to impose on another government agency. He said they still have an expectation that any agency holding a big event will come to the town and inform them what is going on.

Grenier pointed out that the town ordinance for the special events application process already requires fire chief recommendation, asking why this new wording is needed. Dunn said otherwise, activities that take place on properties like Gunstock and the Laconia Airport do not require a special event application. He said with the new wording means private agencies doing events on these properties will be required to have review by the police and fire chiefs.

Dunn said currently the police chief has the ability to shut down the event or make the organizers pay for special details, which is not the case with the fire chief.

Grenier asked if state law not giving the fire chief the same SEE **EVENTS** PAGE A12



ERIN PLUMMER

Volunteers serve ice cream to kids at the kickoff party for the Gilford Public Library's Summer Reading program.

Gilford Library kicks off summer reading program

BY ERIN PLUMMER
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Children can learn to "Build a Better World" with reading and creativity at the Gilford Public Library after the kickoff of the summer reading program.

The annual Summer Reading program kicked off on Friday afternoon with a per-

formance by Paul Warnick, followed by ice cream cones.

The theme for this year's national Summer Reading Program is "Build a Better World." Warnick performed a selection of family friendly songs for the kids and talked about the meaning of the program's theme.

"Making a better world is not just about making new stuff; it's about making it a better place to live," Warnick said.

Warnick told the kids one of the best ways to build a better world is to read and get information.

"When you know SEE **LIBRARY** PAGE A12

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

The summer reading program gives the activity of reading a lot of attention. Parents talk about reading levels, book content, how enthusiastic or not their children are for reading, but a lot of the focus is on developing the skill to read, rather than on how what they read affects them. Some parents would love for their kids to read Shakespeare, or “Wuthering Heights,” but when a reluctant reader picks up another “Diary of a Wimpy Kid” book, we smile and think, “At least they are reading.”

There is something to that. We want kids to read and we want them to read things that are

good for them. ‘Good for them’ is really subjective and tough to define, so let’s skip past that and talk about something more simple and acceptable. Reading broadens perspectives—awesome. Reading is one of the best mediums for broadening perspectives, I think, because they take you to so many places, into the minds of so many characters, that the variety, the new experiences, and the new ways of thinking can’t help but rub off. Prolific readers come across as wise to me, because they have traveled the world.

That was melodramatic, but I really love to hear when kids get excited about the places and characters in a book they just read. Now, to

broaden your perspective, you have to read a variety of books and authors, if you only read one or two, then you are only getting one or two perspectives. The 2017 reading challenge is all about encouraging readers to try out different styles of books, something you might not otherwise bother to do. I just finished reading every book by my new favorite author and I was devastated. ‘What am I going to read now?’ I thought, for a moment, before I remembered that I am surrounded by tens of thousands of quality books, most of which would be interesting and worth reading for me.

Let’s talk about Dave, a reluctant reader I made up just now. Dave

may love the “Diary of a Wimpy Kid,” and that means that he will probably love several other similar books. Once he has read all of those, he may be ready for books that have a little in common, like another book in a middle school setting, or with an awkward, underdog protagonist. Before you know it, Dave is reading Harry Potter and he is becoming less prejudiced and more socially capable.

That is quite the jump, but there are studies to prove that reading improves social skills, critical thinking, and helps people to identify with others.

According to an article in the Journal of Applied Psychology, “Recent research shows that

extended contact via story reading is a powerful strategy to improve out-group attitudes” (Vezzali, L., Stathi, S., Giovannini, D., Capozza, D. and Trifiletti, E. (2015), The greatest magic of Harry Potter: Reducing prejudice. J Appl Soc Psychol, 45: 105–121. doi:10.1111/jasp.12279). The treatment of non-magic users (muggles), Voldemort’s demonized prejudice, and the multiple perspectives from the students and teachers at Hogwarts’ school help readers to be less prejudiced and to communicate better.

My advice to young readers, old readers, and to myself is read often, and read all sorts.

Classes & Special Events July 6 to July 12

Thursday, July 6
Hip Hop Dance Workshop, 2-3:30 p.m.

Join dancer Whitney from 3rd Street dance in Tennessee for a fun, creative hip hop dance workshop! Grades K - 4, sign up required.

Conversational French, 3:30-4:30 p.m.

Friday, July 7
Social Bridge, 10:30 a.m.–12:30 p.m.

Build a Better World Playground, 10:30-11:30 a.m.

Join us for this weekly drop-in playgroup. We’ll provide toys, art materials, stories, and more. Ages newborn to five, no sign up necessary.

Knit Wits, 1:30–2:30 p.m.

Conversational German, 2:30–3:30 p.m.

Monday, July 10
Newspaper Towers, 10:30-11:30 a.m.

Let’s build newspaper towers as high as the ceiling! Preschool - 4th grade. No sign up required.

Mahjong, 12:30-3 p.m.

Tuesday, July 11
Teen Maker Camp, 10 a.m.-1 p.m.

Make stuff at the Teen Maker Camp! For three days we will make, craft, code, and play in whatever ways interest us. We will work with everything from Youtube to paint to Raspberry Pi’s. Sign up required with a \$15 charge per person (covers all three days).

Fiber Friends, 10 a.m.-12:30 p.m.

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

Bonnie Deutch will be teaching Beginner Line Dancing in a private setting. Small classes and chance to learn a fantastic and fun exercise program! Irish, Oldies, Waltzes and more to dance to. Sign up at the circulation desk, cost is \$10 a person per session. Session is one hour.

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

Animal Architects, 2-3 p.m.

Join a Squam Lakes Natural Science Center naturalist and her three live wild animal architects! We’ll learn about the animals and the amazing homes they build. Recommended ages four - 4th grade. Sign up required.

Book Bites, 5-6:30 p.m.

Join us for this month’s cookbook club! This month’s theme is BBQ! Sign up at the circulation desk, cost is \$5

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

See Beginner Line Dancing Lessons Above
Gilford Clickers Photography Club, 6:30-7:30 p.m.

Wednesday, July 12
Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

Teen Maker Camp, 10 a.m.-1 p.m.

See Teen Maker Camp Above.

SEE REC NEWS PAGE A12

Laconia Mayor Ed Engler issues proclamation to Temple B’nai Israel honoring 20th Anniversary of Jewish Food Festival

LACONIA — Mayor Ed Engler began the Laconia City Council meeting on Monday evening, June 26 by reading the proclamation announcing “Sunday, July 9, 2017 as Temple B’nai Israel’s Annual Jewish Food Festival Day.” With many members of the temple in attendance, Mrs. Irene Gordon, founder and matriarch of the food festival, stood with the mayor as he read from the proclamation. It was fitting for Irene to receive the proclamation on behalf of Temple B’nai Israel as it was she who began the festival and still plays a major role in the cooking and organization of the annual event.

At the beginning, it was Gordon’s boundless energy that brought temple members together to cook for the community and share the Jewish cultural traditions that she and others grew up with. Recipes and



COURTESY

Mayor Ed Engler began the Laconia City Council meeting on Monday evening, June 26 by reading the proclamation announcing “Sunday, July 9, 2017 as Temple B’nai Israel’s Annual Jewish Food Festival Day.” With many members of the temple in attendance, Mrs. Irene Gordon, founder and matriarch of the food festival, stood with the mayor as he read from the proclamation.

food customs from congregation members have become the

staples of what is now the Jewish Food Festival. Many different

recipes and traditional foods, such as lox and bagels and gefilte fish, have come and gone over the years as the festival grew and prospered. In response to the community’s feedback, Irene continued to look for new ways to bring the expansive food traditions of the cultural regions where the Jewish communities thrived.

As the Jews scattered throughout the world, they adopted the foods of the regions and countries in which they lived and then created the recipes with a decidedly Jewish flavor. Recipes were adapted to follow the rules of keeping a kosher home. This meant no mixing of milk and meat, as well as no pork or shellfish. In 2010, Irene researched the different cultural foods from the Ashkenazi (Eastern European), Sephardic (Mediterranean) and Israeli communities. It was a

SEE FOOD FESTIVAL PAGE A13

Gilford Public Library Top Ten Requests

1. “Camino Island” by John Grisham
2. “The Women in the Castle” by Jessica Shattuck
3. “No Middle Name” by Lee Child
4. “Dangerous Minds” by Janet Evanovich
5. “Come Sundown” by Nora Roberts
6. “Into the Water” by Paula Hawkins
7. “Same Beach, Next Year” by Dorothea Benton Frank
8. “A Gentleman in Moscow” by Amor Towles
9. “The Identicals” by Elin Hilderbrand
10. “Secrets in Summer” by Nancy Thayer

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Presentation outlines Colonial Theater restoration

BY ERIN PLUMMER
mnews@salmonpress.news

A major restoration project is in progress at the Colonial Theater in downtown Laconia. Project principals have been updating the community on the progress and the community efforts to bring the Colonial back to life.

Justin Slattery, Executive Director of the Belknap Economic Development Council, gave an update on the Colonial project in a presentation at the Gilford Public Library last Tuesday night. Slattery has been going to a number of different community groups in the area and talking about the project.

The BEDC purchased the the Colonial property nearly two years ago and has been collaborating with the city of Laconia. Since the purchase project principals as 609 Main Street LLC has been working with a project team on restoring and renovating the property.

Slattery said the Colonial is an asset to the city that has been sitting there and is waiting to be rebuilt.

“What’s amazing about the theater is its history,” Slattery said. “It’s amazing that we have this structure in the Lakes Region.”

Slattery said historians have come through



Justin Slattery, Executive Director of the Belknap Economic Development Council, gives an update on the Colonial Theater restoration at the Gilford Public Library.

the building and took a look at the theater. The work on the theater has revealed so many details about it.

Construction began

on the Colonial Theater in 1912, and the 750-seat theater opened in 1914. The interior contains materials and decorations that were

high quality for its time, including paintings by Danish artist Peter Holdensen.

The Colonial consists of three adjoining buildings including 18 apartment buildings and four storefronts. Slattery said the building needs a lot of work, but is otherwise in good shape.

well as federal and state tax credits and grants.

“It really takes a community to build this effort,” Slattery said.

He said people have toured the building and told many stories of their time in the Colonial.

“It’s a real personal type of project for many people and it has strong meaning for people in the area,” Slattery said.

He said elementary school students have donated money for the project.

Slattery said the restoration of the Colonial hits on a number of different community topics such as history, the arts, and economic development.

The project aims to reopen the theater for various purposes including theater performances, film showings, and more with modern and digital theater equipment. He said they believe when the theater is completed it will allow artistic growth in the community and open for use by organizations such as Streetcar, the Putnam Fund, area schools, and more.

The city of Laconia will be the building’s principal tenant for at least the next seven years. The BEDC will work closely with the city to help manage it. After seven years the ownership and management of the theater will have to be discussed, including the option of forming a nonprofit.

Plans for the restoration are over 95 percent complete and construction could begin later this year. Construction will take around a year and could be done by late 2018.

For more information and to donate to the project visit 609MainStreet.org or call 524-3057.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Archery lessons

The Gilford Parks and Recreation Department is sponsoring a four-week session of Olympic Archery instruction, to be led by certified archery Instructors from Archery In Motion. This program will be held on Tuesday afternoon/evenings from July 11 – Aug. 1 at the Arthur A. Tilton Ice Rink. The Beginner session will run from 4-5 p.m., with the Intermediate session running from 5:15-6:15 p.m. These classes are open to Youth and Adults ages seven years old and up and no experience is required. Enrollment in this program is limited, so sign up soon! Registration forms can be picked up at the Parks and Recreation office or can be found on the department website at www.gilfordrec.com. Priority will be given to Gilford residents.

Cost: \$65 per person, and includes all necessary equipment; you may also bring your own equipment (with approval by instructor).

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

Senior Moment-um
Walter’s Basin/
Explore Squam Lake
Boat Tour on
Monday July 17!

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um Program on Monday, July 17. Participants will meet at the Gilford Town Hall at 10:45 a.m. to carpool to Holderness to enjoy a lunch at Walter’s Basin Restaurant, followed by a 90 minute boat tour of Squam Lake. The cost of the boat tour is \$20 per person and will be collected from everyone in advance at the Town Hall. Participants are responsible for the cost of their own lunch. All participants must RSVP with the Parks and Recreation Department no later than Thursday, July 13.

To RSVP or 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 August 26th. These forms are available at both Bank of New Hampshire locations in Gilford, Meredith Village Savings Bank Gilford Branch, Franklin Savings Bank Gilford Branch, the Gilford Library, the Gilford Town Hall, the Gilford Recreation Department Office and on the Parks and Recreation Web site at www.gilfordrec.com.

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

Limited tickets still available for Red Sox bus trip on July 19

The Gilford Parks and Recreation Department still has a couple tickets available for their bus trip to watch the Red Sox at Fenway Park this summer. The trip is scheduled for Wednesday, July 19 to see the Red Sox play the Toronto Blue Jays. Travel to and from the game will be provided aboard a Coach Company, Luxury Coach fully equipped with climate control, DVD video system and lavatory. Availability is limited and participants will be accepted on a first come basis.

Cost: \$75 per person

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

Pre-School Summer Soccer Camp

The Gilford Parks and Recreation Department is sponsoring a Pre-School Summer Soccer Camp for children ages four and five from Aug. 7 – Aug. 10. This camp will take place from 8:30-9:30 a.m. at the Gilford Village Field. This camp will provide participants with a fun introduction to the basic skills associated with soccer, while at the same time learning teamwork, following directions and developing a true sense of sportsmanship. Some of the skills we will be concentrating on are: Dribbling, Passing and Ball Control. Participants should come prepared to play outdoors. In the event of rain, the program will be held at the Gilford Youth Center. Mouth guards, shin guards and cleats are encouraged but not required. All participants should bring a bottle of water and a snack. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com.

Cost: \$40 per participant

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

Sciensational workshop for kids! “Arcade Electronics Galore!”

The Gilford Parks

and Recreation Department is sponsoring a workshop through Sciensational Workshops for Kids for children ages seven to 12, from 9 a.m. – 4:30 p.m. on Aug. 14 and 15. Participants will build and play their own arcade games and more. You will have at your disposal, resistors, switches, wires, LED diodes, transistors and more. You will program the spinning light fan to display different sayings. Build and play a Home Run Derby game. See who gets the most home runs before getting 10 outs. A winning song will cheer. Build circuits to test your memory. Build an electronic circuit that plays the card game 21. You can learn to program the circuit board to emit different funky sounds. Play with the disco ball, sirens, or a light show. Learn the effects of the different electronic components. Learn what amps, volts, resistance and power are. Yes, this is Sciensational Workshops learn by doing. That is STEM. Registration is taking place at the Gilford Parks and Recreation Office and forms are also available on-line at www.gilfordrec.com.

Cost: \$137 per participant

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

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Michael Vincent Band to perform at the Belknap Mill

LACONIA — The Belknap Mill is excited to present the Michael Vincent Band Concert on Friday, July 7 from 6:30-8 p.m. in Rotary Riverside Park and Gazebo located behind the Mill. This concert series is generously sponsored by the Putnam Fund to provide the citizens of the greater Laconia area the opportunity to gather and enjoy musical talents in the heart of downtown Laconia.

The Michael Vincent Band is a tight knit group of friends that have been playing together since 2005. They have countless musical influences, some of which can be heard in their own music. Artists like Steve Ray Vaughan were very influential early on, but as they grew, they progressed to the older blues with artists such as Otis Rush, Johnnie Taylor, Buddy Guy, and of course Freddie King and B. B. King. Tab Benoit, Doyle Bramhall Jr. and Warren Haynes are some newer artists that have also been inspirations for the band. The Michael Vincent Band has found that home is where the blues is, and they thrive playing the music they learned from listening to these other artists they revere and look up to.

This year, the series will fall on scheduled Friday evenings with the exception of The 39th Army Band NH National Guard concert which will be held on Thursday, July 20. This is a



The Belknap Mill is excited to present the Michael Vincent Band Concert on Friday, July 7 from 6:30-8 p.m. in Rotary Riverside Park and Gazebo located behind the Mill.

Don't miss Kirk Doulgas' screen debut on LRPA

“The Strange Loves of Martha Ivers” is this weekend’s After Dark feature

LACONIA — Join Lakes Region Public Access Television this Friday and Saturday night (July 7 & 8) for our “LRPA After Dark” presentation of 1946’s film noir classic “The Strange Love of Martha Ivers,” starring Barbara Stanwyck, Van Heflin, Elizabeth Scott and Kirk Douglas (in his debut role!).

In 1928, the young heiress Martha Ivers tries to escape her claustrophobic life with her authoritarian aunt, Mrs. Ivers (Dame Judith Anderson). She wants to run away with local bad boy Sam Masterson, but the police catch them and bring her home. Martha and her aunt argue, and in the heat of the moment, the teenager pushes Mrs. Ivers

down the stairs, killing her. The son of her tutor, Walter O’Neill, witnesses the event. When Martha lies to her tutor about how the accident happened (an intruder killed her!), Walter backs up her story. Walter’s father suspects that young Martha is lying, and so manipulates the situation to one of financial gain for his son. Fast forward nearly 20 years. A grown Martha (Stanwyck) is now married to Walter (Douglas), an alcoholic district attorney. Martha has built her aunt’s factory into a small empire. Their marriage is a disaster, as he loves her, but she doesn’t return the feelings. Meanwhile, Sam Masterson (Heflin), now an aimless drifter, winds up back in his hometown dues to a car wreck.

While waiting for his car to be repaired, he meets the lovely Toni Marachek (Scott), who’s just gotten out of jail. After Toni gets picked up for violating her parole, Sam visits Walter to see if he can help her out of this jam. Walter is wary of Sam, as he thinks that Sam is in town to blackmail the couple for what he knows about Miss Iver’s death. Martha sees Sam again for the first time in nearly two decades, and Walter jealously realizes that Martha never lost her feelings for Sam. What follows is an unfortunate chain of events that prove the cold, calculating and vengeful nature of four human beings.

If you’re a lover of classic movies and of film noir in particular, then “Martha Ivers” has

it all: murder, blackmail, greed, deceit, dirty secrets and ruthless dames. It received an Oscar nomination for Best Original Story, and deservedly so. Every actor gives a stellar performance, particularly Van Heflin, who played here against type as the sneering, hard-boiled bad boy. In writing about the film debut of Kirk Douglas, famed columnist Louella Parsons noted that Paramount Pictures had “unearthed themselves another wonder boy,” and she certainly was right. Critic Leonard Maltin described “Martha Ivers” as a “... gripping melodrama – 3 out of 4 stars.” What more do you need to know? So grab your popcorn and join LRPA after dark for this vintage classic!

You can’t find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)
Lakes Region Public Access Television (LRPA) is a nonprofit,

noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via Live Stream at www.lrpa.org. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that:

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

Story Slam at Pitman’s Freight Room to benefit NH Humane Society

LACONIA — “Real Stories North Of Concord” presents a “StorySlam” on Thursday, July 13 at 7:30 p.m. at Pitman’s Freight Room in Laconia as a fundraiser for the New Hampshire Humane Society. A “StorySlam” is where those interested in sharing a real-life, personal story based on the theme for the evening can register. Twelve storytellers will be selected at random and have up to six minutes to tell their story. Not all who have a story will be picked if more than 12 names are entered. Stories can be funny, sad, inspirational or all three, but please, no politics or preaching, we all get enough of that every day as it is.

The theme for this StorySlam is: “It Seemed Like A Good Idea” and judging will be based on how close the story is to the theme, whether or not the storyteller stayed within the allotted time and other categories. Marylee Gorham, Executive Director of the New Hampshire Humane Society, and a couple of other celebrity judges will be on hand as well as a couple of judges selected at random from those in attendance. There will also be an audience favorite story

teller selected. Prizes will be awarded and a good time will be had by all.

“Story slams” are hugely popular events across the country, but very few, if any, have been held North of Concord. The hope is to bring this extremely entertaining event to the Lakes Region and north. What better way to introduce it here than with a benefit for one of the area’s favorite charities?

More information can be found on “Real Stories North Of Concord” Facebook page. Those who are interested in telling a story can register in advance by sending their name to realstoriesnoc@gmail.com. Registering does not guarantee that you will be picked to tell your story, but be ready. Everyone must have paid admission to be participate.

Tickets are \$15, and all proceeds will go to benefit the New Hampshire Humane Society. Seating is limited so call Pitman’s at 527-0043 for tickets. Pitman’s Freight Room is a bring your own food and drinks venue. Pitman’s is located at 94 New Salem St. in Laconia.

The NH Humane So-

ciety is a privately funded 501(c)3 non-profit whose mission is to provide shelter for the lost, abandoned and unwanted animals; find responsible and caring forever homes for them, and; advocate and be the voice for the voiceless. The Society works hard to prevent cruelty to animals

and offers education and outreach programs, pet therapy, and many community programs and initiatives to help responsible pet owners and their animals.

To view adoptable pets, make a donation or check out other upcoming events, please visit www.nhhumane.org.

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Selectmen vote against pursuit of police grant

BY ERIN PLUMMER
mnews@salmonpress.news

The selectmen denied the Police Department's request to pursue a federal grant that could have partially funded a new officer position.

The board of selectmen unanimously voted for the town to not go forward with the application process for a Community Oriented Policing Services (COPS) grant.

Lt. Kris Kelley of the Gilford Police Department spoke with the selectmen during Wednesday's meeting about the federally funded grant from the Department of Justice. This round of grant funding will focus on violent offenses, drugs, and homeland security.

Kelley said this grant could be an opportunity to hire an ad-

ditional police officer.

"Obviously, that's a bigger discussion that we'll have later down the road," Kelley said.

He said they could take steps now to get funding for such a position if they decide to go forward with it in the future.

He said Laconia was looking into a similar grant covering 75 percent of a position, or up to \$125,000 for the duration of the grant, depending on the officer's salary and benefits.

Kelley said the potential for the town getting these limited funds depends on who else is competing for them. Kelley said a rough estimate \$1.5 million is available in funds for New Hampshire and larger communities tend to get priority. He said the town had a 50 percent or less chance to get

this funding.

Kelley said he was ready to fill out the form to look into the grant. The application would have to go for state review and receive a recommendation from a state senator among other requirements.

"There's a lot of hoops you've got to jump through," Kelley said.

Kelley asked for permission from the selectmen to start with this process.

"It doesn't suggest that the town has any obligation to accept any funds," Kelley said. "It doesn't suggest that you are in any way, shape or form suggesting that we are getting a position, that we need one, or any of those sorts."

Kelley said they would get the money as soon as the new po-

sition was put in place and there is a time-frame they would have to use it.

Selectman Richard Grenier asked if rejecting an awarded grant would hurt their chances for getting

another grant in the future. Kelley said he didn't know and figured rejected money would go back into the applicant pool.

Selectman Gus Benavides made the motion to not authorize

application for this grant. Benavides said this was based on the board's decision last year not to get a new officer. The motion was approved unanimously.

Gilford FD helps injured hiker make it off Mt. Belknap

On June 28 at 11:10 a.m., units from Gilford Fire-Rescue were toned to an injured hiker on Belknap Mountain.

Upon gathering further information, it was determined that the patient was located on the Boulder Loop trail just below the East Gilford trail just over the summit of Mt. Belknap. The decision was made to access the location from Carriage Road and the Green Trail to the summit of Mt Belknap to avoid carrying the patient out over the boulder field on the Boulder Loop Trail.

The initial rescue crew hiked to the patient with good weather and hiking conditions. The patient was contacted and evaluated. The male patient was suffering

from a leg injury and was unable to leave the mountain under his own power. Crew members applied a splint, started an IV and kept the patient comfortable while two other crews from GFR made their way up the mountain to assist with the carry out. Additional assistance was requested to assist with the carry out and crews from Alton and Belmont responded.

The patient was carried back up to the summit of Mt Belknap where Belmont and Alton crews assisted with the carry down the Green Trail. At times the crews utilized a rope belay system to assist in lowering the patient and crew down slippery and difficult terrain. Approximately two

thirds of the way down the Green Trail, the patient was placed in GFR's six wheel Polaris UTV to be brought down to the awaiting ambulance. He was then transported to Lakes Region General Hospital for further evaluation and care.

In all, 13 personnel participated in the rescue, including two from Alton Fire Department and 3 from Belmont Fire Department. There were no other injuries to rescuers.

Chief Stephen Carrier stated, "This was a labor-intensive rescue. The patient was carried by hand most of the way off the mountain. They took their time and ensured the safety of both the patient and the rescuers."

Saturday Summer Worship in the Chapel

The First United Methodist Church of Gilford is holding Saturday evening worship services this summer at 5 p.m. in the Charles French Outdoor Chapel that is located behind the church (follow the signs). If the weather is uncooperative, the service will be held in the church's sanctuary.

These informal services will last about 45

minutes. This coming Saturday, July 8, Pastor Marilyn Ayer will be leading worship. The theme will be based on Matthew 11:16-19, 25-30, "About that Yoke." Marilyn is a retired pastor who lives in the Wesley Woods behind the church. She has served in Ashland, Plymouth, Thornton and at the Weirs Beach. In retirement she has served as

interim pastor to Chichester United Methodist Church.

The church is located at 18 Wesley Way (off Route 11A, near the 3/11 bypass). If you need directions, please call the church office Monday – Friday 8:30 a.m. – noon, at 524-3289. Come join the fellowship and share in this unique worship experience with your family and friends.

Ben & Jerry's makes saving animals part of its mission

MEREDITH — The Ben & Jerry's Scoop Shop in Meredith, a long-time cornerstone of the Mill Falls Marketplace, is expanding its philanthropic mission to include the animals at the NH Humane Society. Effective immediately, The Meredith Scoop Shop will donate 50 percent of the proceeds of every Doggie Delight ice cream bowl sold to the shelter.

Jayne Cohen, president of the local franchise, fully embraces Ben & Jerry's social mission, to use the company in innovative ways to make the world a better place, by partnering with other Lakes Region charities, but as an animal-lover and rescue Mom herself, she was eager to create a new partnership with the New Hampshire Humane Society, the local animal welfare and rescue agency.

"I have rescued animals and fostered cats in the past, and I know that the Humane Society is doing tremendous work here in the Lakes Region," says Ms. Cohen. "We run a dog friendly shop here, and wanted to welcome canine companions in our newly expanded space,



COURTESY

The Ben & Jerry's Scoop Shop in Meredith, a long-time cornerstone of the Mill Falls Marketplace, is expanding its philanthropic mission to include the animals at the NH Humane Society. Effective immediately, The Meredith Scoop Shop will donate 50 percent of the proceeds of every Doggie Delight ice cream bowl sold to the shelter.

as well as help those animals who are less fortunate and still seeking their forever homes at the shelter. It's a win-win."

The Meredith Scoop Shop will be hosting an Open House and Grand Opening on Saturday, July 15 from 1-4 p.m., SEE BEN & JERRYS PAGE A13

Sen. Andy Sanborn to address Belknap County Republicans

L A C O N I A — The Belknap County Republican Committee (BCRC) will hold their next monthly meeting on Wednesday, July 12 at 6:30 p.m. Please note the location change – the Committee meeting will be held at the Shang Hai Restaurant, 331 Main St. in Laconia.

This month's guest speaker will be State Sen. Andy Sanborn, a recently declared candidate for Congress in District One. Sanborn is currently serving his fourth consecutive two-year term as a State Senator, where he's the chair of the Health and Human Services Com-

mittee, and a member of the Energy & Natural Resources Committee and the Ways & Means Committee. He's a New Hampshire native, and a small business owner of The Draft sports bar in Concord. Senator Sanborn will be facing another declared Republican candidate, Eddie Edwards, in a primary next year with the winner moving on to challenge Democrat Carol Shea-Porter. Sanborn will share his reasons for deciding to run for Congress, and he'll discuss his goals and objectives if he's elected.

Belknap County GOP meetings are open

to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The Committee thanks its members for their past food pantry donations and wishes to remind them to continue to bring non-perishable food items to the meeting.

For more information, please check the Committee's Web site at www.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.



COURTESY

Muskrats honor local first responders

First Responders were honored at the Muskrats Game at the Robbie Mills Sports Complex on June 22. Pictured are members of the Lakes Region Community Emergency Response Team with Laconia Fire and Police Department Representatives.

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University of New Hampshire announces Dean's List for the Spring 2017 Semester

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the spring 2017 semester.

Richard Edson of Gilford with Honors

Seth McNutt of Gilford with Honors

Jesse Ross of Gilford with High Honors

Jake Adams of Gilford with Honors

Hunter Anderson of Gilford with Highest Honors

Brandon Sasserson of Gilford with Honors

Marek Blais of Gilford with Honors

Cassidy Bartlett of Gilford with Highest Honors

Bryce Workman of Gilford with High Honors

Emily Wernig of Gilford with High Honors

Andrew Caulfield of Gilford with Highest Honors

Daniel Dormody of Gilford with High Honors

Emily Zieg of Gilford

with Highest Honors

Abigail Reera of Gilford with Honors

Carter Mercer of Gilford with Honors

David Walker of Gilford with High Honors

Andrew Stokes of Gilford with Highest Honors

Hanna Palanchian of Gilford with Honors

Sierra Juneau of Gilmanton with Highest Honors

Sawyer Gardner of Gilmanton with High Honors

David Morrison of Gilmanton with High Honors

Katelyn Bailey of Laconia with Highest Honors

Jordan Smith of Laconia with High Honors

Michael Titlebaum of Laconia with High Honors

Emily Woods of Laconia with High Honors

Mariah Goulet of Laconia with Highest Honors

ors

Kaela Sweetland of Laconia with Honors

Faith McEvoy of Laconia with Honors

Mikayla Minor of Laconia with High Honors

Taylor Gagne of Laconia with Highest Honors

Natalie Compton of Laconia with Honors

Matthew Sweeney of Laconia with High Honors

Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose

grade point average is 3.5 through 3.64 are awarded honors.

The University of New Hampshire is a flagship research university that inspires innovation and transforms lives in our state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire, visit: www.unh.edu.

Shayla Hubbard, of Laconia, named to Assumption College's Spring 2017 Dean's List

WORCESTER, Mass. — Assumption College has announced that 535 students have been named to the College's prestigious undergraduate Dean's List for the spring 2017 semester, including Shayla Hubbard, Class of 2017, from Laconia.

To earn a spot on the Dean's List, Assumption students must achieve a grade point average of 3.5 for a five-class, 15-credit semester. The Dean's List is announced twice per academic year, once at the completion of the fall semester, and again at the completion of the spring semester.

"The Assumption College Dean's List recognizes those students who have dedicated themselves to academic excellence in the classroom," said Assumption College President Francesco C. Cesareo, Ph.D. "The achievements

of these top scholars demonstrates exemplary leadership by students who are passionate about learning and who will use their gifts and acquired knowledge to improve the world in which they live."

The Assumption College curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students-whether studying on the Worcester, Massachusetts or Rome, Italy campus-become engaged participants in Assumption's classic liberal arts education and professional programs, exploring new ideas, making connections across disciplines, and pushing themselves to achieve more than they ever thought possible. To prepare for the workforce, students learn cutting-edge theory and

best practices, and develop excellent communication and critical-analysis skills - quintessential skills of a liberal arts education - through classroom work, internships, and involvement in extracurricular activities.

Founded in 1904 by the Augustinians of the Assumption in Worcester, Mass., Assumption College is a Catholic liberal arts institution that offers undergraduate students 42 majors and 48 minors in the liberal arts, sciences, business, and professional studies; as well as master's and continuing education degrees and professional certificate programs-each through an educational experience that is grounded in the rich Catholic intellectual tradition. The curriculum enables students to gain a depth and breadth of knowledge that leads to professional success and personal fulfillment. Students-whether on the Worcester campus or at the College's Rome, Italy, campus-become engaged participants in Assumption's classic liberal arts education, exploring new ideas and making connections across disciplines. To prepare for the workforce, students learn cutting-edge theory and best practices, conduct innovative research, and develop excellent communication and critical-analysis skills. Assumption graduates are also known for their thoughtful citizenship and compassionate service to their community. For more information about Assumption College, please visit www.assumption.edu.

Ethan Carrier of Gilford to attend Clarkson University

POTSDAM, N.Y. — Ethan M Carrier of Gilford, a graduate of Gilford Middle High School, will attend Clarkson University in Potsdam, N.Y., as a member of the Class of 2021. Carrier, who will be majoring in civil engineering, will begin studying at Clarkson in the fall.

"We look forward to having Ethan join us on campus in August," said Vice President for Enrollment and Student Advancement Brian T. Grant.


High school students can schedule a personalized visit to Clarkson, which includes a campus tour tailored to their interests, the opportunity to sit in on a class, a visit with an admissions counselor, and a one-on-one meeting with a professor. Just contact the Admissions Office at 800-527-6577 or admission@clarkson.edu.

Clarkson University educates the leaders of the global economy. One in five alumni already leads as an owner, CEO, VP or equivalent senior executive of a company. With its main campus

located in Potsdam, New York, and additional graduate program and research facilities in the Capital Region and Beacon, N.Y., Clarkson is a nationally recognized research university with signature areas of academic excellence and research directed toward the world's pressing issues. Through more than 50 rigorous programs of study in engineering, business, arts, education, sciences and the health professions, the entire learning-living community spans boundaries across disciplines, nations and cultures to build powers of observation, challenge the status quo and connect discovery and innovation with enterprise.

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Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

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LRAA announces Artists of the Month for June

REGION — At their June members meeting the Lakes Region Art Association (LRAA) selected the Association’s Artists of the Month for June. The artists and the locations at which they will be showing their work until July 17 are: Ruth Webb showing at Northway Bank, Belknap Mall, Belmont; Sally Hibberd at the Franklin Savings Bank main office, Franklin; Melissa Dillier at the Northway Bank, Laconia; Tom Hitchcock at the Laconia Library; Jini Lambert at Bank of New Hampshire, Gilford; Barbara McClintock at the Lakes Region Chamber of Commerce, Laconia; Gerri Harvey at the Northway Bank, Tilton; Duane Hammond at the Meredith Village Savings Bank, Meredith; Marlene Witham at the Northway Bank, Mere-



dith and G. Edward Hudson at the Franklin Savings Bank, Gilford.

In addition to displaying member artwork at businesses around the

region, the Lakes Region Art Association also features the work of member

artists at the LRAA Gallery located at the Tanger Outlets in Tilton, where

COURTESY
LRAA Artists of the Month for June and the locations at which their artwork is displayed are: (front row) Ruth Webb, Northway Bank, Belknap Mall, Belmont; Sally Hibberd, Franklin Savings Bank, Franklin, main office.; Melissa Dillier, Northway Bank, Laconia; Tom Hitchcock, Laconia Library. Back row: Jini Lambert, Bank of NH, Gilford; Barbara McClintock, Lakes Region Chamber of Commerce, Laconia; Gerri Harvey, Northway Bank, Tilton; Duane Hammond, Meredith Village Savings Bank, Meredith; Marlene Witham, Northway Bank, Meredith; G. Edward Hudson, Franklin Savings Bank, Gilford.

original artworks and prints by the gallery’s regular participating artists in various mediums including oils, acrylics, watercolor, pastels, inks and mixed media are displayed and available for purchase. LRAA is also currently holding an “Around the Lakes” show at the LRAA Art Gallery through July 17. The show features more than 65 pieces of original artwork from local member artists, depicting scenes from around New Hampshire lakes and waterways.

The Lakes Region Art Association (LRAA), founded in 1940, is a non-profit group providing education and support to local artists, both emerging and professional, in the Lakes Region. For more information on the association and its gallery, see www.lraanh.org

Lakes Region Fairs and Festival Fun

NH’s Lakes Region guide to family fun!

REGION — Fairs and festivals are family favorites in the Lakes Region during summer and fall. Here are a few of the favorite event destinations:

Aug. 3-5 will mark the 20th annual SoulFest held at Gunstock Mountain Resorts in Gilford. With the picturesque Belknap Mountains and beautiful lakes of Gilford, SoulFest has an unmatched setting for their one-of-a-kind festival. SoulFest is New England’s Largest Christian Music Festival, with over 10,000 attendees and close to 100 world-renowned and Grammy winning Christian artists and speakers. For a full artist line-up, visit www.thesoulfest.com.

The 25th Annual Pemi Valley Bluegrass Festival will be held at the Sugar Shack Campground in Thornton from Aug. 2-5. The festival this year features International Bluegrass Music As-

sociation’s award winning bands including Rhonda Vincent and the Rage, Doyle Lawson and Quicksilver, The Gibson Brothers, The Lonely Heartstring Band and many more. Check the complete list on the performer’s page of the Web site, <http://www.pemivalleybluegrass.com/>. Whether you come for the day or the entire weekend there are discounts available for tickets and camping.

The 38th Annual Lakes Region Fine Arts and Crafts Festival will be held among Meredith Village Shops and the Mill Falls Marketplace. Main Street will be closed to vehicle traffic for this special event. This is an outdoor event on Aug. 26 – 27th featuring juried arts and crafts exhibitions and sale of fine arts and fine crafts. This event will have more than 80 artists and craftspeople. This Festival creates an ex-

citing weekend of art, crafts, music, entertainment and food.

Sept. 15 – 17, check out The NH Highland Games at Loon Mountain Resort in Lincoln, the largest Scottish festival in the Northeast and one of the most popular events of the year in the Lakes Region. This festival celebrates everything Scottish, including food, music, culture, dancing, athletics, and more.

Fall wouldn’t be complete without a traditional town agricultural fair, Remick Country Doctor Museum and Farm in Tamworth will be hosting their 13th Annual Harvest Festival on Sept. 23. This event is a celebration of agricultural life and accompanying historic crafts, trades and traditions. This festival is fun for the whole family, featuring horse-drawn wagon rides, seasonal games, observe and interact with farm animals and much more!

Visit one of the oldest fairs in the area, the Sandwich Fair in Sandwich Oct. 8-10. The whole weekend is full of entertainment, as well as an Antique Auto Show, Parade, Antique Tractor Pull and much more. This fair is also proud to provide a family friendly midway with rides and games for all ages and food for any taste. Whether you enjoy the animal competition or exhibits, stage shows or food, there is something for everyone.

Throughout the year, check out the Castleberry Fairs and Joyce Endee Craft Fairs. These Arts and Crafts events are held throughout New England and bring professional artisans, craftsmen and shoppers together. Some of the media at the events include fine art, primitive crafts, country and contemporary décor, gourmet foods, furniture and lots more!

These events rep-

resent the highlights of the fairs and festivals happening in the Lakes Region of New Hampshire, but there are many more events to attend. For more events, itinerary suggestions, and more, visit www.lakesregion.org.

The Lakes Region Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail establishments and accommodations. For more information or visitors’ guides, visit LakesRegion.org, facebook.com/NHLakesRegion or follow on Twitter. For more information about New Hampshire, go to www.visitnh.gov. The LRTA office is located just off exit 20 on I-93, Route 3 in Tilton, and can be reached by calling (800) 60-LAKES.

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From the CAHS Staff
Left to right:
Shana Lund, Dr. Nan Beury, Virginia Moore, Stefanie Labbe, Natalie Parker, Debra Cameron, Kiersten Grieb, Emily Andrews, Katy Bailey, Marilyn Kelly and Kristie McNulty... and the giant poster of Della the Dane!

Thank you to all of the generous people in our MW Valley and surrounding communities including Wolfeboro, Ossipee, Alton Bay and countless others! As The Great Danes continue to improve health wise we are happy to say they all have homes pending. They will be with us for a while still as we deal with their many medical issues, and we continue to welcome donations, but without all of you the little shelter that could would not have survived this rescue financially.

Thank you, Thank you, Thank you!

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Summer Concert Series

Saturdays Throughout the Summer

July 8 - Greg Logins and Revival

July 15 - Alegiance

July 22 - Devoted

July 29 - Lakeside

Concerts start at 7:00pm on the grounds of Alton Bay Christian Conference Center. The July 4th concert is a ticketed event, \$20.00 a ticket, contact ABCCC by email or phone: info@altonbay.org or 603-875-6161.

MARK ON THE MARKETS

New Math of planning



BY MARK PATTERSON

The “new math” in distribution planning isn’t a new concept or even new at all. What it is really referring to is the math used in the accumulation phase of your life vs the distribution phase. Average returns in your investment portfolio, which are useful in accumulation-phase planning, are less meaningful when cash outflows become a key model assumption. The math changes at the beginning of the distribution phase.

Asset diversification is a very important part of successful investment planning for the accumulation and distribution period. During the accumulation phase a well-rounded diverse portfolio mix, modern portfolio theory, will increase gains while reducing volatility. During the accumulation phase, you typically have time to ride out the market corrections and periods of volatility that is just how markets behave.

The difference in the distribution phase is that regular portfolio withdrawals compound losses. The math of slow and steady gains during the accumulation period gives way to more complex calculations based on the compounding effects of negative cash flow.

All this leads to the “sequence of returns” that can have a dramatic effect on your retirement.

To put it in simple terms, I will use an example of what sequence of returns means to the average investor. Mary and John are getting ready to retire. They both have

their retirement funds. John in an IRA and Mary in a 403b that is in stock based mutual funds. Their plan is to take out 4 percent per year which is a common rule of thumb. The markets have sharp declines early in their distribution phase and is compounded by their 4 percent withdrawals. Within 11 to 13 years, they run out of money.

Conversely if the markets do very well in the first decade of withdrawals their money increases over and beyond the withdrawals and may never run out of money.

Jack Bogle, the founder and chairman of mutual-fund giant Vanguard group, last year stated that in the next decade he expected two 25-30 percent, even up to 50 percent declines in the markets.

Here at my office, we have software that can simulate market gyrations and the distribution of assets. If Jack is correct and you are planning on the 4% distribution rule for your retirement, it is not a pleasant picture that you will face.

It is unnecessary to take that risk when there are tools to take that market risk out of your retirement income picture. Because the markets have been good over the last 6 years, we often forget about 2001-2011 lost decade of minimal returns or the 2008-2009 correction. If you were in the accumulation phase they may have been painful, but if you are approaching distribution of assets, i.e. retirement, market corrections can be far more destructive. It is unrealistic to expect an investment portfolio designed for growth to provide steady, sustainable income throughout retirement.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.



COURTESY

Wescott Law presents to Leadership alumni group

The Wescott Law Firm, based in Laconia and with offices in Bristol, Meredith and the Seacoast Area, recently made a presentation on Estate and Medical Planning to an alumni group of Leadership Lakes Region. The group was treated to a catered lunch at the Belknap Mill by the law firm followed by a presentation with question and answer session by Attorney Dorcas Gordon of Wescott Law. Joining Attorney Gordon were Attorney Rod Dyer and Paralegal Alice Cormier. Ms. Cormier got the idea during her Leadership Lakes Region Program Year when numerous classmates had questions about end of life medical legal issues. She subsequently approached her employer and the information session was scheduled. The attendees and Leadership Lakes Region express their thanks to Wescott Law for its outreach with this timely and informative presentation.



COURTESY

Graham & Graham PC will be the presenting sponsor for the July 29 Lakes Region Rotary Car Show. Owner Jeff Graham will have several of his classic cars on display including this 1926 Graham Brothers G Boy one and one half ton. More than 150 car owners participate each year from across New England.

Lakes Region Rotary Car Show set for July 29

LACONIA — Graham & Graham, PC will be the Presenting Sponsor of the Fifth Annual Lakes Region Rotary Car Show, to be held Saturday, July 29 from 10 a.m. to 2 p.m. at Faro Italian Grille in Weirs Beach.

The Lakes Region Rotary Car Show is a family-friendly event featuring top-of-the-line classic and modern cars. Proceeds from the event each year benefit a local nonprofit organization. The featured charity this year is the Greater Lakes

Child Advocacy Center. In addition, several other local organizations and scholarship programs will receive donations in support of aspiring students. Since the first show in 2013, the Lakes Region Rotary Club has donated more than \$40,000 to local charities.

Vintage and classic cars wanted! This event is a great opportunity for enthusiasts to showcase their one-of-a-kind cars, all for a great local cause. Registration forms are available at www.lakesregionrotary.org/carshow.

lakesregionrotary.org/carshow. Awards will be presented to “Best in Show” and “People’s Choice” among others... so spectators get ready to cast your votes! More than 150 vehicles are on display with nearly 1,000 spectators each year. Mark your calendar!

Sponsorship opportunities are still available. For more information or to register your classic car for the July 29 show visit www.lakesregionrotary.org/carshow or email carshow@LakesRegionRotary.org.

In addition, the Lakes Region Rotary is also always looking for new, enthusiastic members! Join us anytime for breakfast at the Water Street Café in Laconia – Tuesday, 7 a.m. A fun group that does good work for our community. The Lakes Region Rotary foundation is a 501(c)(3) organization and a local chapter of Rotary International and undertakes a number of charitable and service-oriented projects and events each year to benefit both local and international causes.

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REGION— New Hampshire’s Lakes Region is known for its fishing, with 273 lakes and ponds in the region, it is an anglers dream come true. Some of the largest lakes in

the region to fish on are Lake Winnepesaukee, Newfound Lake, Squam Lake, Lake Winnisquam and Lake Sunapee. Are you still learning to fish or want to

expand your knowledge of fishing? The Lakes Region has some great fishing and guide services to help you land your dream bass or teach you some of the tricks of the trade. Fish

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will provide all the fishing equipment necessary to make your trip a successful one. Loon Pond Outfitters offers guided kayak fishing, fly fishing, bass fishing, ice fishing and fly casting fishing trips in New Hampshire. They are committed to making your fishing and outdoor experience a fun and relaxing time, by providing all the fishing equipment needed, and targeting fish during different months to optimize your fishing success. Tim Moore Outdoors has years of outdoor and fishing experience to help guide you with ice fishing, boat fishing, kayak fishing and even turkey hunting. They offer the experience, know-how and equipment to provide you with a trip of a lifetime. Tim Moore Outdoors also offers a Kayak University for all skill levels. This opportunity costs \$450 per person and includes all meals, two night lodging, seminars, giveaways and private access to fish big and little Squam Lakes. For more information or to set your reservation, contact Cottage Place on Squam Lake on their Web site, www.cottageplaceonsquam.com, or by phone at 968-7116.

Renting a boat in the Lakes Region of New Hampshire is a great way to experience the beauty and fun of different lakes throughout the area. Anchor Marine Corporation in Laconia offers boat rentals with many sizes and configurations to choose from. They are conveniently located on the Winnepesaukee

Pier in Weirs Beach. Asquam Marina at Holderness Harbor is a full-service marina on Squam Lake that also offers boat, canoe and kayak rentals. Fay’s Boat Yard in Gilford prides themselves in giving guests personal service with their boat sales, boat rental and storage. Fay’s Boat Yard offers visitors a choice of canoes, kayaks, fishing boats, sport boats, sail boats and pontoon boats. You’ll also want to keep in mind that boat rental options will sell out quickly during the summer season, so you should definitely call ahead to discuss your needs and make reservations.

For your fishing itinerary, a great resource is the Lakes Region Tourism Association. They provide a wealth of information on lakesregion.org and even provide free travel guides.

The Lakes Region Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail establishments and accommodations. For more information or visitors’ guides, visit LakesRegion.org, facebook.com/NHLakesRegion or follow on Twitter. For more information about New Hampshire, go to www.visitnh.gov. The LRTA office is located just off exit 20 on I-93, Route 3 in Tilton, and can be reached by calling (800) 60-LAKES.



COURTESY

Local youths from the Lakes Region rehearse the musical “Cinderella” with Interlakes Children's Theatre for performances July 8 and 9 at 11 a.m. For tickets and information, call 707-6035 or visit interlakeschildrenstheatre.org.

M/S Mount Washington’s sunset dinner dance cruise season has begun

LACONIA — Enjoy a romantic evening cruising Lake Winnepesaukee aboard the M/S Mount Washington. Dinner dance cruises include a delicious buffet dinner and dancing to live music. Swing to the tunes of the fabulous '50s; revisit the '60s or get out your platform dancing shoes for our '70s disco night. Whatever your taste or favorite era, our popular themed cruises have something

for you. During July and August we offer dinner dance cruises Monday, Wednesday, Friday and Saturday evenings.

Monday night dinner dance cruises are \$42 for children and seniors and \$52 for adults. This cruise leaves from Weirs Beach every Monday and goes from 6-9 p.m. Guests can enjoy the music of some of their favorite eras with Swinging to the Oldies; Rock, Roll and Remem-

ber; Elvis tributes, and a Beach Boys tribute.

Wednesday is family party night aboard the Mount, with entertainers geared toward children and families on the Main Deck. Children ages 12 and under are free (limit two per family, except for children four and under). Adult tickets are \$48 and additional youth tickets (ages 13-16) are \$38. This includes a buffet dinner with carved turkey and

a second entrée. These cruises leave Weirs Beach every Wednesday, July 5 through Aug. 23, and cruise around the lake from 6-8 p.m. with boarding beginning at 5:15 p.m.

Themes on Friday and Saturday nights vary throughout the season but include special events like 80’s Wave, Lobsterfest, Parrot Head parties and more. Check the Cruise NH schedule for more information and ticket prices.

The official 2017 daily cruising season for the M/S Mount Washington, and her sister vessels, runs until October 22 offering daily cruises from its summer port of Weirs Beach and servicing the other ports of Alton Bay, Center Harbor, Meredith and Wolfeboro. Cruising times and options vary depending on the season with July and August having the most cruises available. Options include daily scenic, evening dinner dance and island mail delivery cruises.

13th Annual LRTA Golf Tournament benefits hospitality scholarships

REGION — The 13th Annual Lakes Region Tourism Association Hospitality Golf Tournament, presented by Vantiv, is scheduled for Wednesday, July 12 at the Lochmere Golf & Country Club, 360 Laconia Rd., Tilton. The tournament benefits the LRTA’s three annual scholarships and the promotion of the region to visitors.

Individual and Corporate Sponsorship packages of all sizes are available. Options include:

-\$100 Tee Sponsorship, sponsor’s name and logo is featured on a tee sign. \$575 Team Registration Sponsorship, which includes 18-holes of golf with cart for four people, gift bags, continental breakfast and dinner with awards and raffle prizes.

-\$650 Birdie Sponsorship, 18 holes of golf with cart for 4

people, signage with company name and logo displayed on the golf course, company name and logo on 1,000 flyers, company name and logo on events program, gift bags, continental breakfast and dinner with awards and raffle prizes.

-\$1,000 Hole in One Sponsorship, combining all of the above with the company logo and name inclusion

on event flyers, email blasts, press release and the association newsletter. Company name and logo will have a tile banner displayed on the Association’s website with a link to web site (three months).

Vantiv is the presenting sponsor. Signature sponsors include: AIM Mutual, NH Employer’s Insurance SEE GOLF PAGE A13



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LIBRARY

(Continued from Page A1)

stuff you don't have to depend on someone else to make your decisions for you," Warnick said.

He also told the kids to get outside and explore their world.

After the performance, Warnick said it was great performing at the event.

"It was a really nice group of kids," Warnick said. "They were all super attentive, they all participated; seemed like they had a lot of fun."

Ice cream for the event was provided by Sawyer's Dairy Bar.

Children's Librarian Abi Maxwell said they will aim to have two children's programs a week over the course of the summer.

A few days after the kickoff party, Hampstead Stage Company performed "Beauty and the Beast."

A local man made a replica of R2D2 from "Star Wars" and will bring the robot to the library on July 18. Lindsey and her Puppet Pals will be back this summer. There will also be a magic show and more programs will be coming over the summer.



Paul Warnick and friends get up and dance.



Kids can share how to "Build a Better World" on a big chalkboard structure in the back of the building.

Kids can record their reading progress over the summer for a chance to win tickets to a number of area attractions, including Canobie Lake Park and Water Country.

"The goal is that the children read and log five hours a week and check out a lot of books," Maxwell said.

Maxwell said the li-

brary is also doing a community art project for the program. Children's Library Assistant Bethany Clarke and some volunteers built a wall on the outside patio of the library and painted it with chalk paint. Kids can write on the wall with how they plan to make a better world.

OGC

(Continued from Page A1)

form of advertising issued from the club, also won a First Place in the Extra Large Category.

Opechee Garden Club's Publicity Press Book additionally won two more First Place Awards, one from the New England Region, the competition coming from the five surrounding state winners, and the other First Place was awarded by The National Garden Club, where competition included winners from the other seven Regions of the country. This First Place was notable as it is the first National Garden Club award for Opechee Garden Club.

More locally, the newest and most prestigious award given by Opechee Garden Club, the Orchid Award, begun in 2014, is announced and given yearly to a member of the club for exemplary service over a significant period of time. The actual award is a large cut crystal vase, created by Gilford's own Pepi Herrmann, and is passed from recipient to recipient each year. To keep everyone guessing, the name of the winner is kept secret from all except the Co-Presidents, who make the announcement at the Annual Meeting in June. The 2017 recipient and honoree is Barbara Sargent, who has been a club member since 2006.

Sargent has been a very active member since joining the club, taking part in many activities, and she is one who has been willing to take a leadership role in being a Chairman for numerous Workshops -- "Making Fairy Gardens," "Succulents Love Pumpkins", and "Christmas Crafts" for many holiday Boutiques. She Co-Chaired the 2011 "Gardening For All Ages" Garden Tour, and later com-

plied a comprehensive Guide for Chairing a Garden Tour with her Co-Chair, Judy Robertson. Barbara also Chaired an evening event, "The Little Black Dress" with popular presenter, Bill Graham. Additionally, she volunteered her home for the "Homes For The Holidays Tour", and has been a regular participant in both "Art In Bloom" and "Books In Bloom" flower show events at the Gilford Library. She served two terms, four years, on the Executive Board as a Program Director, a time-consuming and sometimes difficult position where she was responsible for planning the entire year's programs, activities, field trips, luncheons and workshops. One of Barb's greatest interests has been with the community/civic gardens that Opechee Garden Club plants and maintains in Laconia and Gilford. She has Co-Chaired with Suzanne Perley in planning and maintaining the gardens of the WOW Trailhead on Elm Street in Laconia since its beginning. She has worked in several other of the civic gardens as well, and because of her aptitude and knowledge of all the civic gardens was appointed Chairman of (all) Civic Gardens in 2014. Here she coordinated and organized the work of all chairs of the various gardens, a post she held until 2017. For all the many jobs and positions she has held through her years as a club member, Opechee Garden Club nominated Barbara for a New Hampshire Federation of Garden Clubs honor, the Silver Seal Citation, which she received at the 2015 Annual Federation Meeting.

Along with the crystal vase she will keep for the year, Sargent also received a beauti-

ful orchid plant which she will keep permanently, as a reminder of the club's affection, appreciation and acknowledgement of all she has contributed during her membership.

Outgoing Board members whose terms of office have ended included: Recording Secretary - Susan Primeau, Program Directors - Ginny West and Sandy Stafford, Hospitality Director - Judy Nelson, Auditor - Debbie Cotton, Scrapbook & Photography - Marge Dyer, were each given a gift in appreciation of their work on behalf of the club.

Newly elected and installed officers for 2017-2018 are: Co-Presidents - Audie Clark and Phyllis Corrigan, Vice President - Helen Murphy, Recording Secretary - Linda Belcher, Correspondence Secretary - Donna Abjornson, Membership - Sandy Hickok, Treasurer - Suzanne Perley, Past Presidents - Judy Robertson and Doreen Worthley, Hospitality Directors - Helen Murphy and Sandy Stafford, Program Directors - Barbara O'Shea and Hollis Thompson. Appointed Standing Committee Chairs for 2017 - 2018 are: Auditor - Ginny West, Civic Gardens - Brenda O'Brien, Club Administrator - Suzanne Perley, Parliamentarian - Susan Primeau, Publicity - Jean Therrien and Marge Dyer, Scrapbook/Historian - Donna Abjornson and Lois Bolduc, and Scholarships & Awards - Suzanne Perley.

Opechee Garden Club meets at 1 p.m. on the first Monday of most months, at the Gilford Community Church, 19 Potter Hill Rd. in Gilford. New members are always welcome! Contact us at opecheegardenclub2012@gmail.com.

Edward Jones: Financial Focus

What Can Investors Learn from the All Stars?

Next week, the 2017 Major League Baseball All-Star Game will be held in Marlins Park in Miami. If you're a baseball fan, you may tune in to admire the skills and grace of the players. And if you're an investor, you can learn some valuable lessons from the All Stars, including these:

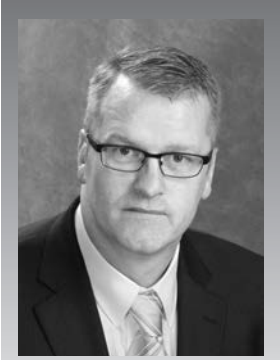
- Alertness – Most of us can only dream of having the outstanding reflexes of major league ballplayers. But we can develop a similar trait: alertness. Just as a ballplayer who wants to steal a base needs to be alert to the pitcher's delivery and the strength of the catcher's throwing arm, you should be vigilant about investment opportunities and the potential need to make changes to your portfolio.
- For instance, you might realize that, over time, your portfolio has become too top-heavy with the same types of investments. Since these investments are likely to move in the same direction at the same time, you could take a big hit during a market downturn. Consequently, you may want to diversify among a wider range of vehicles, including stocks, bonds, government securities and others. While this type of diversification, by itself, can't guarantee a profit or protect against all losses, it can help you reduce the effects of volatility on your portfolio.
- Patience – When you watch the best hitters – such as those appearing in the All-Star Game – you will notice that most of them are very patient, willing to wait for several pitches until they get the one they feel they can hit. As an investor, you, too, need patience. The investment world contains many myths, one of which is that it's possible to get rich quick

by finding "hot" stocks when they're cheap and selling them after a meteoric rise. But these events are actually pretty rare. The most successful investors are typically the ones who invest steadily, through good markets and bad ones, and who follow a long-term strategy appropriate for their needs, goals and risk tolerance.

- Preparation – During the All-Star Game – or, for that matter, during any game – the ballplayers will know exactly what to do in almost any given situation. To take one example, consider what happens when a runner is on first base and the batter hits a ground ball to the shortstop. Almost without thinking – because he's already prepared for this very scenario – the shortstop will flip the ball to the second baseman, who is already standing on the bag, because he too is ready for this play. The second baseman completes the double play by immediately throwing to the first baseman, who is also in the right place, standing on first base. When you invest, you also need to be prepared for certain situations and how you'll respond. When your children head off to college, you should know if and how you'll help them pay for it, maybe because you've prepared by saving in a 529 plan or another college-savings vehicle. When the day comes for you to retire, you should know how you'd like to tap into your retirement accounts, such as your 401(k) and IRA.

By being alert, showing patience and preparing for your goals, you can put some of the All-Stars' skills to work when you invest – and by doing so, you might improve your personal "box score."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Member SIPC

EVENTS

(Continued from Page A1)

oversight as the police chief was done intentionally by the legislature. Dunn said this was probably by happenstance and he believed Carrier will be addressing this issue with the New Hampshire Fire Chiefs Association.

"The gist for all of this is, the fire chief didn't want to find out about an event by reading the newspaper," Dunn said.

Grenier said the provision for fire chief review is already in the application process.

"We're giving an authority to the chief to tell them they're going to do this and they're going to do that," Grenier said.

The amendment passed in a vote of two to one, with Grenier opposed.

REC NEWS

(Continued from Page A2)

Storytime at Gilford Beach, noon-12:30 p.m.

All ages, no sign-up required.

Petals in the Pines, 4-5:30 p.m.

Would you like to learn how to create enticing natural play spaces for your kids/grandkids in your

very own back yard? Perhaps you'd like to attract more birds, native bees, and pollinators to your property while reducing time spent on yard work! Donna Miller, of Petals in the Pines, has done both on her seven acres in Canterbury.

She'll present a slideshow of how she and her husband have nurtured their land and created a space that attracts both people and wildlife. Bring the kids! There'll be some hands-on activities for them to enjoy during the program.

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FOOD FESTIVAL

(Continued from Page A2)

tremendous effort with Irene spending many hours to find just the right mix of foods to serve that year which included a Moroccan chicken and spiced lentil salad.

There are several distinct types of Jewish cuisine. Most of the Jews who live in the United States are of Ashkenazi descent, from the countries of Northern Europe where the climate in these cold regions is the basis for hearty, sometimes pickled dishes. Sephardic Jews come from the warmer climates of Mediterranean countries and base their cooking on aromatic spices, fresh fish, fruits, vegetable and legumes. Many Sephardic Jews make up the Israeli population. Where Ashkenazi and Sephardic meet, in the Mediterranean climate of Israel, Israeli foods have taken on a blend of Jewish foods from other parts of the world. The resultant foods include distinctly Israeli salads, falafel and hummus. Irene said “teaching people about Jewish cuisine is what I enjoy most about the festival.”

The beginnings of the Food Festival go back to the temple rum-

mage sale which was held in the summer to raise funds for temple programs throughout the year. When Irene Gordon suggested selling “knockers” (knockwurst, or fat hot dogs) and cold borscht soup, the customers of the rummage sale asked for more and thus the Food Festival was born. Today, the rummage sale tradition continues with the Nearly New Boutique where gently used household items, toys, books and other unique items can be found.

Now in its 20th year, Gordon has taken a back seat letting others in the temple run the show. But her presence and input is still a major part of what happens on the day of the event. This year, Irene has made gallons of chicken soup with matzah balls, led the team of chefs preparing rugelach and helped out at just about every cooking session since March when preparations for the July 9th Food Festival began.

Temple B’nai Israel will welcome the community to feast on a variety of homemade traditional Jewish foods at the temple grounds, 210 Court

Street in Laconia, from 11 a.m. to 2 p.m. “Eat under the tent or take home” and go early to get the best selection from the menu of deli sandwiches including corned beef, pastrami, or tongue supplied by Evan’s New York Style Deli in Marblehead, Mass., on choice of roll or freshly baked rye bread from The Olde Craft Bakery in Dover, with a side of coleslaw and a deli pickle. Or select the mouthwatering brisket for your sandwich, a staple of the food festival from the beginning. Blintzes will be cooked fresh that day, knishes stuffed with meat or potatoes will be hot and ready to devour. There will be bakery items too numerous to mention, but the “icing on the cake” are the homemade strudel, rugelach and hamentashen, a traditional cookie eaten during the holiday of Purim. In addition to all this, there will be chicken soup with matzo balls, stuffed cabbage, and potato latkes available for take-out, as long as supplies last.

Join with the Lakes Region community at the Jewish Food Festival and celebrate tradition and culture.

NOTEBOOK

(Continued from Page A4)

government--have figured out that it’s at least a third cheaper to keep our older folks at home.

I have personal experience with loved ones who forever regretted the day they left their homes, for alleged and exaggerated “problems”---things that were in fact easily and relatively inexpensively solvable.

So hooray for the Keep ‘Em Home movement---and old ones and

young ones, please take notice.

++++

And on that note, hooray for us. It’s not just the nation’s birthday, it’s ours. It’s this our only truly guilt-free holiday, a time to celebrate all that’s worth celebrating, and for those of us lucky to live here, that’s plenty.

And so as usual, I’ll have a big fire in the

fire-pit, and hunt up the wherewithal to make a little noise, and find more than one way to fly the Grand Old Flag.

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

BEN & JERRYS

(Continued from Page A7)

featuring ice cream specials all day and a visit from co-founders Ben Cohen and Jerry Greenfield at 2 p.m. The New Hampshire Humane Society will be on hand to share information about all of the programs and services offered at the Laconia shelter, in to the 17 communities serviced throughout the region.

“We are delighted to be joining Ben & Jerry’s

in fulfilling its mission to make the world a better place for animals,” says Marylee Gorham, Executive Director of the NH Humane Society.

The NH Humane Society is a 501(c)3 non-profit whose mission is to find responsible and caring forever homes; provide shelter for the lost, abandoned and unwanted animals; advocate and be the

voice for the voiceless. The Society works hard to prevent cruelty to animals and offers education and outreach programs, pet therapy, and many community initiatives to help people and their pets. For more information about the NH Humane Society, its mission and ways to help the animals in need, visit www.nhhumane.org.

GOLF

(Continued from Page A11)

Company and Eastern Propane. Additional Sponsors include: Rowley Agency, Gunstock Mountain Resort, Waste Management, Globe Direct, Windham Group, T-BONES and Cactus Jacks, Pepsi, Boston Globe, Crazy Gringo, Bonnette Page and Stone, Bank of NH, Common Man Family of Restaurants, Ellacoya Barn and Grill, Preferred Vacation Rentals by Natural Retreats, M/S Mount Washington, Stinson Associates, Kellerhaus Byse Agency, Watermark, Dental Expressions, Patrick’s Pub and Eatery, Steven Geer, Maxfield Real Estate, Broken Spoke, Meredith Valley Savings Bank, Laconia Harley Davidson, Franklin Savings Bank, Mill Falls, Laconia Daily Sun, LTD Company, Tanger Outlets, Tranquility Springs Wellness Spa, Big Cat and Tylergraphics . The “Hole in One Car” is donated by Irwin Automotive Group

Proceeds from the golf tournament promote scholarships for students pursuing degrees in tourism and

hospitality. One of the LRTA’s largest fundraisers, the golf tournament helps fund local industry education programs, including the Mildred A. Beach Hospitality Scholarship; the Ron Meade Scholarship; the Mel Borrin Family Scholarship.

For more information about this tournament or the LRTA, visit www.lakesregion.org.

To become a sponsor of the tournament or to register a team or individual player please call the LRTA office at 286-8008 or email kobrien@lakesregion.org.

About the LRTA
The Lakes Region

Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail establishments and accommodations. For more information or visitors’ guides, visit LakesRegion.org, [facebook.com/NHLakesRegion](https://www.facebook.com/NHLakesRegion) or follow on Twitter. For more information about New Hampshire, go to www.visitnh.gov. The LRTA office is on Route 3 in Tilton, and it can be reached by calling (800) 60-LAKES.

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CRAFT FAIR

(Continued from Page A1)

She will get glass dishes, bowls, cups, shot glasses, ashtrays, and anything else in a variety of places. She will even ask friends if they have glass pieces they don't want anymore and said she also got more glass from a fellow vendor. Harding will drill holes at the bottom of the pieces and bolt them together them into the shape of flowers.

"It's basically my garden," Harding said.

Harding has been making the flowers for a couple years. In addition to some craft fairs, they can also be found at Oglethorpe Fine Arts and Crafts and Artisans



ERIN PLUMMER
Glass flowers made by Patti Harding of Lakefull Arts on display at the Gunstock Craft Fair.

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ERIN PLUMMER
Author K.M. Doherty sold copies of his books.

RECYCLE

By the Bay in Meredith. This was Harding's first year at the Gunstock fair.

Harding said. "I said I'm going to do it this year."

Despite a slow Saturday, Harding said she enjoyed the show and she wants to do it again.

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SPORTS



BOB MARTIN

The Lake Winnepesaukee Sailing Association has classes underway, with youth campers taking advantage of the nice weather on the water.



BOB MARTIN

Campers at the Lake Winnepesaukee Sailing Association launch on a sunny Friday morning.

A sailing tradition

Youth sailing school has kids out on the water

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Since 1988 the Lake Winnepesaukee Sailing Association has operated a youth sailing school, as well as promoting organized sailboat racing and cruising around Lake Winnepesaukee. This tradition continues this summer,

with Executive Director Amy Tripp saying that children of all ages have been taking advantage of time on the water already.

The association is not only focused on sailing, but also building character for children 7 to 16 through learning to “appreciate, harness and re-

spect” wind and water, according to the web site. This involves students with all interests and abilities, as well as means as financial aid is offered. Since the association’s inception, LWSA has taught more than 2,500 sailors.

“Our biggest week is 40 campers, but we have seven instructors, six junior instructors and myself,” said Tripp.

Tripp said the sailors are a combination of local children and those who are up vacationing during the summer. She even said last year a boy from Germany was in the camp.

The association has

a 37-boat fleet that includes Optimist sailing dinghies, Vanguard 420s, 23-foot Sonar keelboats and 10 Open Bic sailing dinghies.

“The really great part of the Lake Winnepesaukee Sailing Association is exposing young people to sailing who have never done it before, and/or came last year and are moving up in the levels,” said Tripp.

Tripp said an example is an eight-year-old boy who lives on the water and has a small sailing boat. He went for one session and recently was able to go out on his own to sail. She said she loves hearing these success stories.

New this year is an advanced curriculum, as the association has added an Advanced Seamanship class focused on challenging experienced sailors.

There has also been an expanded schedule, as adult lessons and private began on May 22 this year. The group adult lessons are for beginner and intermediate level sailors. Many of the participants are new boat owners of small sailboats, while others want to fine tune their racing skills. The private sessions are for those who want to just go out and sail without

any instruction.

“There are lots of big things going on this summer,” said Tripp. “The biggest thing is that we have an eight-week youth camp session. Every week there is a younger session that starts and then the older children mainly go for two weeks.”

Classes start at 9 a.m. and the day begins with a white board session, she said, where children are in a classroom talking about things like knot tying, wind direction and

more. The campers get taught through the week how to rig out their own boats and hit the water. As of the campers’ second week, there were some who were already sailing individually.

Another aspect of the association is a race club that is on Tuesdays and Thursdays taught by head instructor Ben Crosby. Tripp said he is a wealth of knowledge for campers, and added that all instructors

SEE SAILING PAGE B3

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Summer recreation abundant in Gilford

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — Whether you live in Gilford or are in town for vacation, one of the best things about the quaint little Lake Winnepesaukee town is the natural resources that it possesses. Parks and Recreation Director Herb Greene has some tips for those looking for something to do during the beautiful summer months, many of which are completely free for the public.

“In this area, being the Lakes Region, there are public beaches all around the lake - not even just Winnepesaukee but in Squam, Winnisquam, Opechee and more,” said Greene.

Greene said boating and fishing are some of the most popular activities in the area, and there are plenty of spots to kayak, canoe and ride a motorboat. This leads to other watersports like water skiing, wakeboarding and tubing that is fun for all ages.



BOB MARTIN

Lockes Hill Trail is one of the great trails moderate to beginner hikers in the town of Gilford. Pictured is Audra Kelly with her nine-year-old daughter Kylie and 11-year-old son Derek.

Every year Gilford holds its annual Old Home Day celebration, and the Gunstock Nordic Association sponsors a 5K road race. This takes place on Aug. 26.

Gilford is home to Gunstock Mountain, which offers an array of

outdoor sports, including hiking, fishing and mountain biking.

Greene added that there is also the Lockes Hill Trail, which has a trailhead on Route 11. Lockes Hill is less than two miles and goes in a loop. It offers outstand-

ing views of Lake Winnepesaukee, and is regarded as an easy to moderate hike. If you bring a dog along, be sure to take a leash.

“It’s a nice little loop trail that people really love that offers a great view of the lake,” said Greene.

Just down Route 11 heading into Alton is Mount Major, which is one of the most popular hiking trails in the state located just minutes from the Gilford line. It has three looped trails with varying difficulty, and atop the summit is one of the best views of Lake Winnepesaukee and the Ossipee Mountain Range.

For those who want to take a road trip can find hikes up Mount Belknap, Mount Piper and Whiteface. If people are looking for smaller walks through the woods they can go to Ramblin’

Vewe Farm or Weeks Woods. The recreational trail system at Ramblin’ Vewe can be accessed either from Morrill Street or from Boyd Hill Road, while Weeks Woods is located almost directly across the road from the town hall.

Weeks Woods trails have two loops, one that is along logging roads and is wide and flat. Another is a single track hiking path. The hikes can be either 1.3 miles or two miles by including both loops.

According to Forestsociety.com, Weeks Woods was owned by John and Esther Weeks after they acquired 85 acres in 1943. They used part of the property for tree harvesting between 1952 and 1962, and since the logging roads still exist they make for great easy hiking. The Forest Society took over care of the property in 1988 and

11 years later purchased 22 more acres to bring it to 107 acres.

“There are lots of nice hiking trails around here,” Greene said. “The department runs hiking programs for adults in the fall and spring, but the local trails are something people really enjoy.”

Archery lessons are held on Tuesday afternoons and evenings from July 11 to Aug. 1 at the Arthur A. Tilton Ice Rink. It involves instructors from Archery in Motion for youths and people seven-years-old and up. Beginner lessons are from 4 to 5 p.m. and intermediate lessons go from 5:15 to 6:15 p.m.

There are also programs for children, which include a girls’ beach basketball camp led by Steven McCann on Thursdays starting July 6 going through July 27 from 10 to 11 a.m. at Gilford Beach. It is open for girls entering grades five and six and is free of charge.

Gilford Parks and Recreation will also be partnering with Lakes Region Riding Academy for two, one-week sessions of the basics of riding in the Summer Horseman Camp. Session 1 is July 10 to 14 and session 2 is Aug. 14 to 18 from 8:30 a.m. to noon. It takes place at the Lakes Region Riding Academy at 26 Young Road in Gilford and is instructed by Julie Lawrence. It is open for children aged seven to 15.

For any questions about outdoor activities around the town of Gilford, log onto www.gilfordrec.com.

Fit for a Cure 5K is Sept. 24

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Laconia Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22..

The race takes place Sunday, Sept. 24, at 8:30 a.m. at the Tanger Outlets at 120 Laconia Road in Tilton.

For more information or to register, visit www.tangeroutlets.com/race. If a business

or organization will have 10 or more participants, please contact Tanger General Manag-

er Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.

Barnstead 5K set for Aug. 19

BARNSTEAD — The Barnstead Firefighters Association is pleased to announce its sixth annual 5K road race and fun walk to start at the Barnstead Parade grounds on Aug. 19 at 9 a.m.

The course is an “out and back” that follows the Suncook River from the Parade to the intersection with Route 126 and then returns to the Parade along the same route for the finish. The race course is USATF certified for accuracy and is considered flat and fast. Refreshments will follow the race along with a fun race for the kids.

Part of the proceeds from this year’s race are designated for the Jake Weber Scholarship Fund. This fund will be used to assist with education costs to those interested in a career in fire safety or emergency medical services.

Pre-registration (at a discount) must be received by Aug. 15. Registration forms are available at www.bfr06.com; e-mail bfa5kroadrace@gmail.com or call 312-5648. Online registration is also available at www.running4free.com. Race day registration will also be available.

Masonic trail races start July 13

WOLFEBORO — In July the Wolfeboro Free Masons will be hosting a family friendly running series at Abenaki ski area. There will be a three-mile trail race for all abilities, a short one-mile course and a pop-sicle dash for toddlers. The trails used are maintained by the Lakes Region Conservation Trust. The three-mile race will be timed, the one-mile race will not be timed as they would like it to be stress free and fun for all abilities. The dates for the races will be July 13, 20 and 27. It will be called the Wolfeboro Masonic Summer Cross Country Series. The toddler dash will start at 6 p.m., the one-mile fun run at 6:05

p.m. and the three-mile race at 6:30 p.m. All races will start on time.

This summer race series is for first time runners and seasoned runners. The goal is to create a non-intimidating environment that brings adults, children, families, new runners and fast runners together. Track teams are encouraged to come out and run too. With three different race options on well-marked courses there is something for everyone who wants to get out in the woods and make new friends. Socialization before, during and after the races will be encouraged and the last race will offer an awards ceremony for series winners as well

as a potluck barbecue.

The proceeds from the race will benefit the Wolfeboro Masons and \$2 from every race entry fee will be donated to the Lakes Region Conservation Trust.

Entry for each race will be \$15 for adults racing the three-mile course and \$10 for students. If you choose to register in advance for the series it will be \$30 for each adult and \$20 for students. The one-mile course and toddler race will be free but donations are encouraged.

Organizers are looking for a photographer to take pictures of the runners and if anyone is willing to donate food for the barbecue, Gatorade for during the race, timing equipment to be used during the race, survey flagging, raffle prizes or money to offset the cost of race insurance, bib numbers and trophies for the winners, please e-mail kfolcik2@gmail.com.

You can register the day of the race or save some money by preregistering for the entire series at www.runreg.com/summerxc. Races will happen rain or shine.

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New mission bringing tennis to kids from around region

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD —Free tennis lessons led by some of the top instructors in the area will once again be held in various Lakes Region communities, but this time it will also expand to a statewide endeavor.

Advantage Kids is the new name of what was Lakes Region Tennis Association for the past five years, and according to President Bob Ronstadt, the organization has “morphed into a new entity and mission.”

Ronstadt said the association has been very successful, offering tennis lessons to five Lakes Region communities including Gilford, Meredith, Tilton, Franklin and Laconia. It is a non-profit organization that is an official Community Tennis Association of the United States Tennis Association. Ronstadt, who founded LRTA along with Phil Eisenmann, said it is about providing tennis to children and adults in the area.

This idea expanded this year, and now there will be Advantage Kids Lakes Region, Advantage Kids Concord and they are setting up a program in Bedford.

“Our mission has been altered to include education,” said Ronstadt. “We are one of the only organizations that the United States Tennis Association designated as a National Junior Tennis and Learning chapter. The key word is ‘learning.’”

Ronstadt said Advantage Kids is the only NJTL in the state of New Hampshire.

Ronstadt said they use tennis in a way to help teach kid about life skills and communication. This year there is a tennis and reading program, where children are in a tennis league that they competitively against other towns around them. The twist is that the children need do their summer reading and report on it to be a part of the team.



COURTESY PHOTO

Free tennis classes are offered in a variety of Lakes Region towns, as well as others around the state, through Advantage Kids.

“The whole idea is to make the kids successful on and off the court,” said Ronstadt.

Advantage Kids also partners with Boys and Girls Clubs of Central New Hampshire, including the one in Laconia. There are also after school programs in middle schools and high schools.

“We now have this statewide focus and this educational mission which makes it different than what we have been doing,” said Ronstadt. “New Hampshire is a very underserved state in terms of tennis.”

Ronstadt said the tennis infrastructure is very thin. There are only two community tennis associations in the entire state.

“If you went to somewhere like Connecticut there would be 30,” said Ronstadt.

Last summer alone, LRTA had 247 children and 60 adults involved. He said it is a great program because the adults always want to learn, as well.

“At the launch at the Tilton School the parents said, ‘gee, can we take lessons, too?’” said Ronstadt. “A couple of them hopped in with the older group, but we’ll end up having a separate group with adults.”

Ronstadt said there are a number of special events this summer, as well, with one that he believes is the first to be done in the country. There will be a tennis golf event where holes

will be enlarged and there will be golfing with tennis balls and rackets. There will be 18 teams, lunch and prizes will be given for best hole. This takes place on July 27.

There is also a tennis-a-thon where children are sponsored to play tennis for eight hours in a team format at Memorial Park in Laconia on Aug. 27.

Along with Ronstadt, the Lakes Region there are four main coaches including Gilford High School boys’ tennis coach Terry Wilson, Kamal Gosine, Andrew Caulfield and Sue Connolly.

According to the organization’s web site, part of the mission is to involve and develop tennis instructors

who have experience and success teaching younger students. The teachers volunteer their time and all coaches and trainers have gone through training with the United States Tennis Association.

All tennis instructors must be USTA members, take USTA development training seminars and workshops; engage in league play and become a certified professional instructor.

The lessons in Gilford, Meredith and Tilton meet on Mondays and Wednesdays. The programs start at 5 or 5:30 p.m. for children aged 6 to 9 and then 6 or 6:30 p.m. for 10 to 13-year-olds.

There are a limited number of children that can participate in the free lessons so people are urged to register by calling 527-4722. Residents of Alton can also take part in the lessons by calling the same number. Lessons take place at the Gilford Town Courts.

Those with questions can contact Ronstadt at Robert. Ronstadt@lakesregion-tennis.org, or log onto www.advantagekids.net. Information can also be found on Facebook at https://www.facebook.com/NHLRTA/.

PMHS searching for JV volleyball coach

ALTON — Prospect Mountain High School in Alton is accepting applications for a JV volleyball coach for the fall

2017 season. Anyone interested in the position can contact the SAU office at 875-8600 for more information.

Prospect planning alumni soccer games

ALTON — Prospect Mountain soccer will be bringing back the alumni game this year on Aug. 19. The girls will play at 2 p.m. and boys at 4 p.m. with a cookout planned as well. They

are asking all alumni that are interested in playing to e-mail coach Cory Halvorsen at cory_halvorsen@icloud.com by Aug. 1 so they can send out details of the games.

SAILING

(Continued from Page B1)

have U.S. Sailing Level 1 certification and can teach to high levels.

Each year the association puts on the Winnepesaukee Annual Regatta, where youth sailors and sailing organizations from New England, New York and beyond are participating. This year the event is scheduled for July 20 and is run out

of the Winnepesaukee Yacht Club.

The camp is run out of Smith Cove and is located at 25 Davis Road. It is an ideal spot for the sailors to launch from. Tripp said one of the best days comes on Fun Fridays where they sail out to an island, swim and eat lunch.

“That’s really fun

for them to use the skills they learned all week,” said Tripp.

Tripp is in her second year as the executive director and she said one of her goals is to create more community camping sessions where they are always focused on safety, fun and learning.

“You remember when you were eight

or nine learning to sail, helping each other to become better sailors and better people,” said Tripp. “This is all primarily about getting out on the water sailing, working on skills and drills, but most of all having fun.”

For more information log onto www.lwsa.org.

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- Background in Early Childhood Ed
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Please send in your resume, cover letter and 3 references to

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Real Estate


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CENTER STREET

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WOLFEBORO: Perfect for the whole family with 4,300 sq ft of living space, hardwood & tile floors, updated baths, granite, stainless and more! A large deck and beautifully landscaped yard completes the picture.

POINTE SEAWALL ROAD

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TUFTONBORO: Simply spectacular! Custom Lake Lodge home on beautiful Lake Winnepesaukee with 220' of wf, 2-bay boathouse, large dock & breakwater, 2 moorings, perched sandy beach, solar in-ground pool and more!

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TUFTONBORO: Here it is! 2 lots, totaling 6 level, south facing acres and over 200' of wf with 50 ft beach, boat house w/lift, dock & patio with fire pit. Plenty of room with a 3BR/3BA main house, guest house & 2 garages for all the toys.

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RATTLESNAKE ISL. - ALTON // Spacious 2BR/2BA log home on the broadside of the island. Interior features floor-to-ceiling FP, granite counters & natural wood. 150' of sandy WF, u-shaped dock, deck & endless 180° views.
\$534,500 (4624997) Call 569-3128



ALTON // Winnepesaukee, Western Exposure, Double Crib Dock with Canopy. Open Concept Living, Dining & Kitchen with Cathedral Ceilings and a Wall of Windows to enjoy the views.
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NEW HAMPTON // A private setting that offers access to a pristine lake? This "rare" beautiful estate consists of a main house, 2 car detached gar., 2 sep. heated bldgs. on over 17acs close to Meredith town line w/priv. access to Forest Pond.
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MEREDITH // Spacious ranch with HW flooring, master bedroom with bath, walk-in pantry, deck and farmer's porch. Beautiful country setting and easy access to downtown Meredith and Center Harbor.
\$309,000 (4642513) Call 253-9360



ALTON // Lovely, completely remodeled New Englander. Wrap around deck, granite counters, hardwood floors, newer appliances including washer/dryer. Great location for your home business with large detached garage.
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MOULTONBOROUGH // Three bedroom cape with open floor plan, wood and propane fireplaces, wood stove and plenty of charm. Detached, two car garage with work shop and storage above.
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Alton, \$1,649,000 #4602392
Lake Winnepesaukee Craftsman style home with gorgeous views! Covered dock with breakwater, granite steps, walkways & patios, paved driveway, garden shed, 2 parking areas & end of the road location on Black Point.
Ellen Mulligan 603-387-0369

Moultonboro \$1,149,000 #4643863
Charming Lakehouse style home in a great location with fantastic views of the Ossipee Mountain range. Many recent improvements, open floor plan, amazing landscaping with new stone walls, irrigation system, sandy beach.
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Moultonboro, \$899,000 #4642098
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Belmont, \$329,900 #4631402
New Ranch style home with Lake Winnisquam views! 3 BR, 2 BA and attached 2 car garage. Still time to choose your colors.
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Laconia, \$289,000 #4504796
Deeded beach rights to Lake Winnisquam w/ boat launch and tennis courts come with this stately, spacious Colonial.
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New Hampton \$229,000 #4643755
Great Location! Easy access to I-93, Route 104 and Ashland! This home is on a level parcel with plenty of room to park. Large back yard, spacious living area, private deck, garage.
Kay Huston 603-387-3483

Meredith \$200,000 #4643692
Large 4 BR home with lots of built-ins, wood fireplace and a great screened porch plus attached office space with bathroom. Great for an in home business!
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Ashland, \$179,000 #4477092
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Underwater Word Find

Find the hidden words in the puzzle.

CORAL CRAB DIVE FISH				GILLS LOBSTER MOLLUSK OCEAN				SALTWATER SEA SHELLS WAVES			
Y	B	C	S	C	L	O	K	N	P	S	D
V	N	R	E	C	O	R	A	L	L	I	M
S	W	A	V	T	B	F	W	L	V	K	M
J	A	B	A	L	S	H	I	E	W	O	I
Z	A	L	W	B	T	G	V	S	L	J	E
S	Q	F	T	K	E	C	O	L	H	H	Q
K	X	N	N	W	R	H	U	J	K	H	T
Z	U	R	A	Y	A	S	L	L	E	H	S
P	U	K	C	E	K	T	J	U	O	E	S
L	A	Z	D	X	C	R	E	Z	J	U	K
B	T	B	S	V	P	O	L	R	A	E	S
F	V	G	S	Y	I	B	R	C	C	R	D

Get Scrambled

Unscramble the words to determine the phrase.

A S E F L I E

Answer: Sea life

THIS DAY IN...



HISTORY

- 1494: SPAIN AND PORTUGAL SIGN THE TREATY OF TORDESILLAS.
- 1776: RICHARD HENRY LEE INTRODUCES A RESOLUTION THAT ULTIMATELY LEADS TO THE U.S. DECLARATION OF INDEPENDENCE.
- 1929: VATICAN CITY BECOMES A SOVEREIGN STATE.



HOW MANY OCEANS ARE THERE ACROSS THE GLOBE?

ANSWER: HISTORICALLY, THERE WERE 4 OCEANS. NOW, A FIFTH, THE SOUTHERN (ANTARCTIC) OCEAN, IS RECOGNIZED.



TIDE

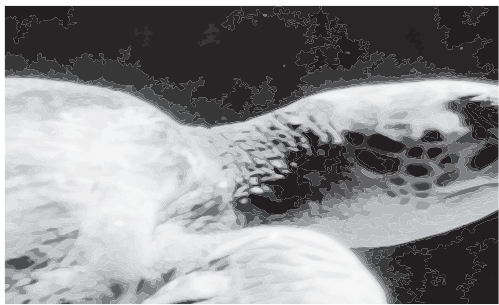
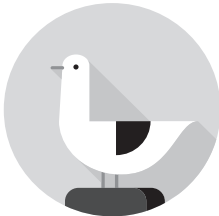
the rising and falling of the sea



- ENGLISH: Salt
- SPANISH: Sal
- ITALIAN: Sale
- FRENCH: Sel
- GERMAN: Salz



MANY COASTAL BIRDS ARE ADEPT AT HUNTING FOR FISH AND OTHER SEA CREATURES THAT MAKE UP THEIR DIETS.



Can you guess what the bigger picture is?

ANSWER: SEA TURTLE

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to cycling.
Each number corresponds to a letter.
(Hint: 5 = e)

A. 25 5 21 17 8

Clue: Powers a bike

B. 24 2 14 3 14 8 5

Clue: Two-wheeled device

C. 15 2 21 5

Clue: Travel on

D. 23 15 17 2 8

Clue: Path

Answers: A. pedal B. bicycle C. ride D. trail

SUDOKU

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

Level: Beginner

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!

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

ANSWER:



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Buy For **\$23,300***

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MSRP **\$32,140**
AutoServ - \$1740
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#KT7196

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