

Newfound names top students of Class of 2018

BY DONNA RHODES
drhodes@salmonpress.com

BRISTOL — Newfound Regional High School Principal Paul Hoiiris and Guidance Director Monica Jackson were pleased to announce last week that Emma Lagueux has been named the Valedictorian for the Class of 2018, and Shanley Camara will be the Salutatorian.

Hoiiris said the girls may be different in many ways, but they have a lot in common when it comes to education.

“For them, it was never about the grades; it was about the learning experience. They have both been big advocates for their education,” he said. “Sometimes, they had some tough decisions to make when they couldn’t take all the classes when they wanted to because they



Guidance Director Monica Jackson and Newfound Regional High School Principal Paul Hoiiris announced last week that Shanley Camara (left) has been named Salutatorian for the Class of 2018, and this year’s Valedictorian is Emma Lagueux (right).

were held at the same time. They just wanted to learn as much as they could while they were in school.”

Emma Lagueux is from Bristol, and be-

sides being the top student in her class, she is the treasurer of the National Honor Society. Last summer, she was also accepted to the summer program at St. Paul’s School in Concord where she studied molecular biology. Besides academics, she has filled her time outside the classroom with many activities over the years. She was the high scorer every year on the NRHS Math Team, took part in the Granite State Challenge and was the winner of last year’s Poetry Out Loud competition. Lagueux also participated in the school’s One Act Plays each year and was the

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‘Pledge Your Age’ Campaign to boost scholarships

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The board of the Blakeley-Mills Newfound Regional Scholarship Foundation is looking to engage more alumni in both giving and social activities.

The foundation achieved the designation as a 501(c)(3) charitable organization last April, and in June 2017, it awarded the first four scholarships: two for \$750 and two for \$500. Currently, the fund has \$20,000, and founders Paul Berton and Linda Drake Normandin, both members of the Class of 1972, say they want to get it to a level where scholarships can be awarded from the interest alone.

To help get there,

they have announced a “Pledge Your Age” campaign for Newfound alumni, whether they graduated from Bristol High School, Newfound Memorial High School, or Newfound Regional

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Preparing for spring

With temperatures nearing 50-degrees and nearly all the snow gone from Central Square, Hilda Bruno and Lucille Keegan of the Downtown Decorating Committee began raking out the flowerbeds last Wednesday, uncovering spring daffodils that have already started peeking through the soil.



Leah, Riley and Callie of Bridgewater were quite festive looking with the Easter Bunny face paintings they received at the Tapply-Thompson Community Center’s Easter Egg Hunt last Saturday.

TTCC’s Easter Egg Hunt has participants hopping with excitement

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Boys and girls were hopping with excitement when they arrived at

the Tapply-Thompson Community Center Easter Egg Hunt last Saturday afternoon, where they got to take part not only in the

egg hunt itself but some other fun activities, too.

As each child made their way into

SEE EGG HUNT, PAGE A16

Mae’s Place assisted living facility sold

BRISTOL — Mae’s Place, a licensed 11-bed assisted living /residential care facility for the elderly located at 212 Summer Street, has been sold by Marsha Elder to McCleary Assisted Living Services, LLC.

The transaction was brokered by Gilbert Oriol, Business Intermediary of New Hampshire Business Sales based in Pembroke. Financing was provided by Woodsville Guarantee Savings Bank.

Mae’s Place has helped seniors age with dignity and live full lives while remaining in a familiar and friendly setting. The location in Bristol is known for its quiet neighborhoods and scenic vistas in the Lakes Region in Grafton County.

Marsha Elder purchased and successfully operated the home since 2000. The buyer, Jacob McCleary looks forward

to preserving the good reputation that Mae’s Place has had for more than two decades of service, Oriol said.

New Hampshire Business Sales, based here, has completed its 41st year as the state’s premier business brokerage firm. The company has assisted owners of privately held New Hampshire businesses in valuing, marketing and selling their businesses since 1976. New Hampshire Business Sales, Inc. is a group of experienced business professionals dedicated to maximizing the value of and selling, small to mid-size, privately-held, business and commercial property interests throughout New Hampshire. The firm’s associates have a variety of business backgrounds and ownership experience. Associates work from offices around the state.

New Hampton’s Jennifer MacDonald honored as one of NH’s “40 Under Forty”

CONCORD — Jennifer Dubois MacDonald of New Hampton was honored on March 14 at the Grappone Center in Concord as a member of the 2018 class of the New Hampshire Union Leader 40 Under Forty. The program, now in its 17th year, honors New Hampshire residents who are considered among the state’s top political and community leaders and who have achieved professional and volunteer accomplishments in the state. Citizens Bank sponsored the awards ceremony.

In 2011, working as a public school elementary teacher, MacDonald recognized a need in the Newfound Area for high quality, full-day Kindergarten programming. Set in downtown Bristol, she started the



From left, Citizens Bank Senior Vice President Gregg Stephens, New Hampshire Union Leader Publisher Joe McQuaid, 40 Under Forty honoree Jennifer MacDonald, and Gov. Chris Sununu during the 2018 Union Leader 40 Under 40 awards night held at the Grappone Center in Concord.

to create a nature pre-school for three and four year olds.

An important part of downtown Bristol’s revitalization, MacDonald and her school were important players in the rebuilding of the town’s Kelly Park Playground as well. She also worked directly with the Slim Baker Foundation to operate the Little Pioneers Preschool Playgroup program for children from 18 months to five years that is free and open to the public.

A native of Jefferson, MacDonald is a 1997 graduate of White Mountains Regional High School and a 2001 graduate of Keene State College.

Heart Centered Multi-Age serves children from age 3 through age 8 and is accepting applications for the 2018 - 2019 school year. For more information you can contact Jennifer directly at heartcentered-multiage@hotmail.com or by phone at 340-4949.

Heart Centered Multi-Age School, where children could learn through experiences and play while meeting the needs of each individual learner. A Pre-K

program was eventually added and in the fall of 2016, the school expanded again through a partnership with the Slim Baker Foundation for Outdoor Education

Sounding the alarm for the harbinger of spring: maple syrup

Students, farmers and businesses attend breakfast to hear EPA Regional Administrator discuss environmental priorities for the region

PLYMOUTH — Maple syrup is a New Hampshire institution, but climate change could have significant negative impacts on the future harvest. Almost 75 concerned Granite Staters attended the Climate and Pancakes Breakfast: Maple Syrup and Forests Impacts on Tuesday, March 27 on the Plymouth State campus.

EPA Regional Administrator Alexandra Dunn, who assumed her post Jan. 8, spoke on the Priorities of the new Regional Administrator for EPA New England.

“New England feels climate change in a very, very real way,” said Dunn. “And New England has always had the ability to make decisions in the here and now for the there and then”, pointing to the investments in Boston Harbor 25 years ago resulting in communities and commerce embracing a cleaner Charles River.

While the audience poured New Hampshire maple syrup on pancakes, experts discussed the changes and interruptions to the traditions, landscapes, industries and even the science behind the sweetest harbinger of spring.

Brad Presby, a fifth generation local maple syrup producer, owner of Presby’s Maple Farm in Bethlehem, and past board member of the New Hampshire Maple Producers Association, remarked on the unpredictability of a once predictable season.

“The big thing is how early we’re starting to sugar,” said Presby. “We’re tapping sooner and sooner, and on top of that it’s getting harder to predict. Last year we boiled March 9, this year Feb. 28.”

Presby explained that four million gallons produced in the Northeast and Canada create a \$200 million industry in New Hampshire.

Climate research shows the climate of the Northeast United States has already warmed, and will continue to do so as the century marches forward. Warming trends in New Hampshire and Northern New England will alter the region’s economically important sap season. In much of the Northeast United States, winter temperatures are more than 1.5°F warmer than they were in the first half of the 20th century.

Dr. Lisa Doner, Associate Professor in Environmental Science and Policy and the Center for the Environment at PSU, teaches the course, Climate, Risk and Adaptation at PSU. She spoke to breakfast attendees on how changes in timing and duration of spring thaw might affect the

sugar runs.

“We need swings in temperature to create the sap season,” explained Doner. “The timing of those seasons is starting to change, and in addition the likelihood of maple seedling survival decreases because of stresses of drought, invasive pests, early thaws and late frosts.”


Dr. Eric Kelsey talked about research at the Hubbard Brook Experimental Forest related to the effects of acid precipitation on the health of sugar maples Kelsey serves as the Director of Research for the Mount Washington Observatory in addition to teaching and student advising at PSU.

“Climate change is the big wild card regarding stressors to our forests and we definitely should be concerned. Strong and swift action is necessary to reduce our environmental footprint,” said Kelsey.

“The health and abundance of New England’s iconic sugar maple declined in recent decades due to acid rain. While actions to mitigate the US industrial pollution that causes acid rain have significantly mitigated the acidity of rain, the legacy of acid rain may continue to hinder sugar maple health and regeneration for decades to come,” said Kelsey.

Those in the audience spent the latter half of the event writing letters in support of the Clean Power Plan and methane regulations, expressing

SEE MAPLE, PAGE A15



DONNA RHODES

Bon voyage to bob houses

Open water fishing began on April 1, and when New Hampshire Fish and Game advised that the ice cover was getting thin, bob house owners on Newfound Lake and other state-wide lakes and ponds, cautiously removed their winter fishing headquarters last weekend.

Theme announced for Bristol’s Fourth of July Parade

BRISTOL — It may be spring but the Bristol Events Committee is thinking summer! The theme for this year’s Bristol Fourth of July Parade has been selected and we want everyone

to have plenty of time to plan their entry.

“Celebrate Family” will be the theme and we are confident that many families will want to participate either with a float or walking as a

group. The parade is a great way to kick off the long weekend with family and friends and what better way to do it than be in the parade! Prizes will be awarded!

First ever paddle sports race comes to Baker River Valley

Mountain Village Charter School presents the Baker River Regatta with support from Plymouth State University

PLYMOUTH — Local paddlers gear up! The Baker River Regatta—the Baker River Valley’s first and only paddle sports race and fun event—will be held on May 5. With free clinics leading up to the event and categories for all skill levels, everyone is able to participate. It will be a fun day of canoeing, kayaking, and paddleboarding on the Baker and Pemigewasset Rivers to raise money for the Mountain Village Charter School.


The regatta course runs from Smith

Bridge to the Plymouth Amphitheater and Rotary Park. This section of the river is great for novices as it is smooth and quick without rapids or portages. The course is modified for expert paddlers with additional upstream portions. Classes include men, women, mixed teams, high school, college, business, junior/senior, century and family. There are also some fun categories you can enter such as “best costume” and “most trashed picked up” which are perfect

for paddlers wanting to participate without being timed.

On the two Saturdays prior to the regatta (April 21 and 28), the PSU Outdoor Center in conjunction with the regatta committee will offer free clinics for novices or anyone wanting to preview the entire regatta course. These three or four will also offer information about paddling skills and race tactics. To help paddlers get in shape for the race, students from PSU’s Exercise & Sports

SEE REGATTA, PAGE A15



WEEK OF 4/6 - 4/12

CHAPPAQUIDDICK PG-13
Fri.-Sat.: 1:00, 4:00, 7:00, 9:30 PM
Sun.&Mon.: 1:00, 4:00, 7:00 PM
Tues.-Thurs.: 4:00, 7:00 PM

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Public Notice for the Summer Food Service Program

REGION — The Circle Program is participating in the Summer Food Service Program. Meals will be provided to all eligible children free of charge. To be eligible to receive free meals at a residential or non-residential camp, children must meet the income guidelines for reduced-price meals in the National School Lunch Program. Children who are part of households that receive Supplemental Nutrition Program (SNAP, formerly food stamps) benefits or benefits under the Food Distribution Program on Indian Reservations (FDPIR) or Temporary Assistance to Needy Families (TANF) are automatically eligible to

receive free meals. Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the sites and times as follows:

Circle Camp
June 25 – July 13
Circle Camp
July 18 – Aug. 4
Circle Camp
Aug. 6 – 10

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and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where

they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the

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Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.



DONNA RHODES

Spring brings return of outdoor fun

Last Saturday was a great day for early spring outdoor recreation, and while some took to the white slopes of Ragged Mountain and Waterville Valley Ski Resort, others opted to tackle the white water of the Smith River in Alexandria for some kayaking adventures.

Plymouth State University hosting Sidore Lecture with Dr. Celia Chen

PLYMOUTH —Dr. Celia Chen will be the speaker in the Sidore Lecture Series on April 17 at 7 p.m. in Smith Recital Hall of the Silver Center for the Arts on the Plymouth State University campus.

Chen is a Research Professor of Biology at Dartmouth College and a lead scientist in the Dartmouth Toxic Metals Superfund Research Program. Over the last 23 years, her research has focused on the bioaccumulation and fate of metals and mercury, in particular, in aquatic ecosystems including lakes and ponds, reservoirs, streams and rivers, and estuaries. In addition to her research program on mercury, she is also the Project Leader of the Research Translation Core (RTC) of the Dartmouth Superfund Research Program (SRP), which is tasked with communicating and facilitating the application of the research findings of the Dartmouth SRP to policy makers, other stakeholder groups and the public. In this role, she has led and participated in numerous panels and workshops to bring science to inform policy. This has included leading efforts to synthesize and summarize mercury science for the negotiation and implementation of

the Minamata Convention, the international treaty on mercury. She

has also served on US Environmental Protection Agency Science

Advisory Board Panels on mercury and nutrition. SEE CHEN, PAGE A15

Local resident Lisa A. Olech named finalist for national award

REGION — Romance Writers of America® is pleased to announce that the novel “Within a Captian’s Soul” by author,

Lisa A. Olech has been named as a finalist in the Historical Short category of the 2018 RITA® awards. The RITA, the

highest award of distinction in the romance publishing industry, recognizes excellence in SEE OLECH, PAGE A15

White Mountain National Forest YCC program deadline approaching

CAMPTON —The Youth Conservation Corp (YCC) is an eight week summer employment program from June 18 through Aug. 10 for area youths ages 15-18 who will work, learn, and earn together in the great outdoors. The purpose of the YCC program is to accomplish needed conservation work on public lands, while providing an educational experience. The program is sponsored by the Pemigewasset Ranger

District, White Mountain National Forest in Campton. Applications must be mailed, emailed or faxed to the Pemigewasset Ranger District, 71 White Mountain Drive, Campton NH, 03223. The application deadline is April 18. For more information or to print an application: Youth Conservation Corp Program, or contact YCC Program Manager Ryan Twomey at rtwomey@fs.fed.us or 536-6103. A crew of six

students will work a 37.5 hour week earning minimum wage, and projects will include: trail maintenance, clean-up and maintenance of recreation sites, wildlife habitat improvement work, and other projects supporting timber and fire management. The YCC crew will also spend one day each week learning about natural resource conservation and management during dedicated education days.



COURTESY

Friends of Newfound Football recognized for tackling hunger

Friends of Newfound Football recently received a gift from the Lois Dickerman Fund for our participation in NH Tackles Hunger. FONF thought it was only right for us to give part of this gift back to our community. This photo shows Sandie Pagani, President of FONF, giving Leslie Dion of the TTCC a check from FONF for \$250.

Applications open for NHEC Foundation scholarships

PLYMOUTH — Applications are now being accepted for seven scholarships to be awarded this year by the New Hampshire Electric Co-op (NHEC) Foundation.

The NHEC Foundation will award six \$1,500 scholarships in 2018 (one of which will be reserved for a student entering a vocational/technical institution) to support the education and resulting careers of NHEC members and their children. Applicants must be at least a senior in high school at the time of applying and must either be a NHEC member or the child of a NHEC member. College and non-traditional students are eligible and welcome to apply. The deadline for applications is April 20.

The NHEC Foundation will also be awarding the Kathy Anderson Scholarship to a deserving female adult learner

who is working towards her undergraduate degree. This \$2,500 scholarship will be awarded to the applicant who best exemplifies the legacy of Kathy Anderson, the wife of former NHEC President/CEO Fred Anderson, who passed away in 2010. The deadline for applications is May 18.

For eligibility criteria and scholarship applications for both programs, please visit the Community tab at www.nhec.com, or call 536-8884.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. The NHEC Foundation, a non-profit 501(c)(3) organization, has awarded more than \$3 million to non-profits and charities in New Hampshire since 2006.


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SAM releases study on impact of marijuana legalization

BY DEB NARO
Contributor

Smart Approaches to Marijuana (SAM), the leading, nonpartisan U.S. organization offering a science-based approach to marijuana policy, recently released the most comprehensive study to date entitled: Lessons from Marijuana Legalization in Four U.S. States and D.C. This study, validated by scientists around the country, found that since legalization, marijuana use has soared, the black market is thriving, and communities of color are being negatively affected.

The study found that legalized states are leading the nation in past-year marijuana use among every age group. Among those states, Colorado currently holds the lead for first-time marijuana use among youth aged 12-17, representing a 65 percent increase since legalization. Young adult use is also highest in legalized states. Further, the number of young people arrested for marijuana use in Colorado saw an increase from 2015-2016. Not only are more young people being arrested for marijuana use in states that have legalized the substance, but Colorado has also seen an increase in the amount of youth on probation who have tested positive for the drug.

This rise in youth use of marijuana is particularly frightening to see given the long-term implications involved with young people becoming addicted to marijuana. "Since commercialization, those of us in addiction treatment have been seeing an increase in the number of patients who have become addicted to marijuana. Their symptoms, particularly sleep disturbance, appetite disturbance and psychosis, don't consistently

remit after ninety days of treatment," said Bari Platter, Clinical Nurse Specialist at the University of Colorado Hospital's CeDAR (Center for Dependency, Addiction and Rehabilitation).

"We need to do more research about the devastating long-term effects of marijuana before considering commercialization in other states," continued Platter.

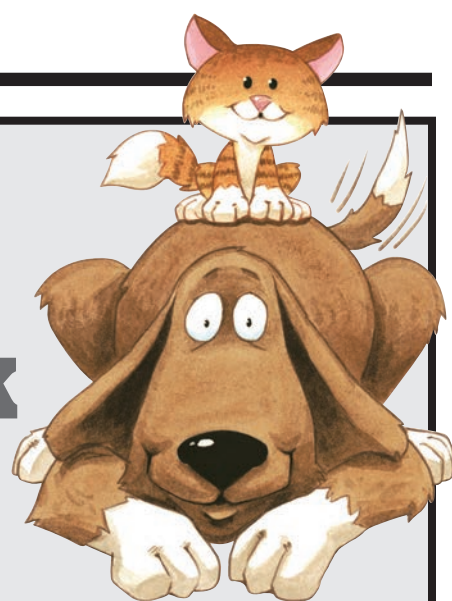
Some supporters of legalization have argued that the relaxing of marijuana laws would lead to lower rates of alcohol consumption, but the data shows this is not the case. In the immediate year following legalization of marijuana, there was a clear drop off, but by year three alcohol consumption was at a multi-year high.

Commercialization advocates have long argued that legalization will reduce black market marijuana activity in legalized states. However, criminal activity has increased. In 2016 alone, Colorado law enforcement confiscated 7,116 pounds of marijuana, carried out 252 felony arrests, and made 346 highway interdictions of marijuana headed to 36 different U.S. states. The U.S. mail system has also been affected by the black market, seeing an 844 percent increase in postal marijuana seizures. Narcotics officers in Colorado have been busy responding to the 50 percent increase in illegal growing operations across rural areas in the state.

"It's very concerning that this data is not what we're hearing in the news, but is instead spin jobs, incomplete information, and biased information promoted and pushed by Big Marijuana," said Dr. Aaron Weiner, PhD, Director of Addictions at Linden

SEE **CADY**, PAGE A15

PET of the Week Molly



What's a perfectly nice dog, like Molly doing, still waiting in a place like New Hampshire Humane Society, for a forever home?

Molly, the Beagle mix, aged not quite 2 years old, arrived from Texas in December. The hold up to a permanent home is perplexing to us who take care of her every day.

She has some quirks, a broad smile on her furry face, all the time, being the top endearing factor in this sweet dogs profile. Yes, she actually smiles, some



dogs do!

A beagle is indeed a busy dog, with superior intelligence. Ergo a home where she will continue to thrive, learn, interact and enjoy life is what we hope for now as Spring arrives and the snow dissipates. If you're ready for hiking, and outdoor pursuits with a canine by your side, them Miss Molly surely is worth a meet and greet supervised by one of our Adoption Counselling team?

Call 524-3252 – check www.nhhumane.org

TV show inspires thoughts of the (not so) lowly beaver

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



My siblings and I were fortunate to grow up within reconnoitering distance of a swamp. My mother, a non-helicopter Mom before her time, saw swamps as safer than streets and sidewalks. Hence her frequent suggestion, "Go play in the swamp."

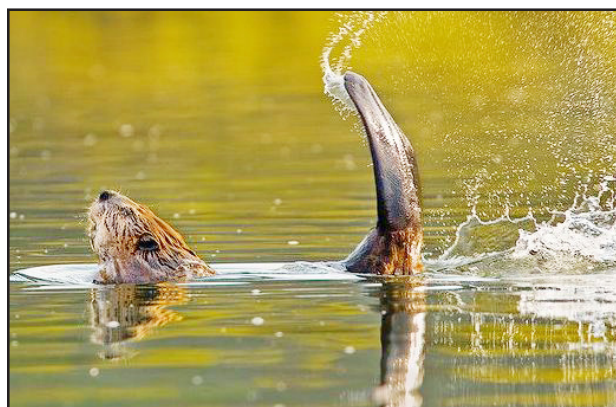
I only had to hear this suggestion once, and the further I explored the swamp the more of it I wanted. And it wasn't long before I came smack up against the works of the beaver.

+++++

Beaver Brook, which begins in Stewartstown and Colebrook as springs and trickles amongst the ridges of South Hill, in those years pretty much ended in a huge alder swamp behind our house on Park Street, one of the main routes into town. It was here, in the vestiges of an 1880s water-powered manufacturing complex, that I stumbled onto an amazing waterworks complex of the beaver's very own.

There were major dams and minor dams, wing dams and canals, and in the midst of it all, quite a far cry apart, two very big and very active beaver lodges.

Soon I was absorbing all that I could get to know about beavers, adding to in-the-field observations by looking stuff up. The beaver, resources said, is among Earth's oldest warm-blooded species. And the beaver has done more to reshape major landscapes and to create or alter habitat than any other creature on the planet, including man.



COURTESY

A beaver about to make a big splash. I've long thought that this startling tail-slap is an inherited trait to gain a second or two on the beaver's would-be predator (a bear, a coyote) rather than to warn the rest of the colony, as is so often told. (Courtesy NH Fish & Game, ardea.com)



COURTESY

There's plenty going on in this 18th Century fantasized illustration of a beaver colony—beavers building a dam, another felling a tree, and others here and there if one looks, some actual beavers, some not. (Courtesy NH Fish & Game, shutterstock.com)

What dredged all this up was a Nature series special I bumped into on late-night TV on, of course, the beaver.

+++++

The swamp inspired a big part of my early life. It was the source of my first public drawing, in Mrs., Drew's fourth grade class (I think).

It was a rendition of a red-winged blackbird perched on a cattail. I remember that I first sketched it out in black and white, because it was for a class in water-color painting. When I had the soft lines of pencil just where I wanted them, I painted in the colors.

I had chosen the red-winged blackbird because it was among the first birds of spring, right along with the crows, which back then were mi-

gratory. The crows, hungry upon arriving back home, made a lot of noise, being a garrulous bunch by nature. When the crew at Pollard's slaughterhouse up on Cooper Hill threw out bones and offal, they became downright raucous.

It was the caws of crows that somehow became the signal for my brother Peter and I to throw our bedroom window open for the first breath of spring air. And right along behind the crows came the song of the male red-winged blackbird, announcing his territory and seeking someone to share it.

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Beavers young and old were building and digging and channeling and cruising all over the swamp, and eventually

some of them became less wary as Pete and I built rafts and poled them all over the place. They became less prone to frantic tail-splashing and swimming away, and sometimes just followed along, perhaps out of curiosity.

As I explored much farther to fish, most often alone, the beaver encounters became up close and personal. Once, as I roll-cast my baited hook up under alders arching over the deep channel, a submerged beaver swimming by became entangled in my line. Once we both relaxed things a little, he went on his way unhooked.

+++++

I've often looked through old town histories, as Helenette Silver did in researching her classic History of New Hampshire Game and Furbearers, and the reader encounters some great stories about beavers and beaver dams.

These accounts often mention loggers in the 1800s finding beaver dams of twenty and even thirty feet in height, hard to imagine. Even harder to imagine is how these dams survived spring freshets. But of course sooner or later a particularly hard winter and abrupt spring came along, and the oldest and weakest dams went out. What the loggers found were the survivors.

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During my years of statewide feature writing for the New Hampshire Sunday News, my search for the state's longest trap-line led me to Elias Hopps of Groveton, who had a seemingly never-ending trap-line up in the Phillips Brook country. We

SEE **NOTEBOOK**, PAGE A16

Newfound Landing

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Albert R. Conkey, Jr., 82

GROTON — Albert R. Conkey, Jr., 82, passed away peacefully on Feb. 24, 2018 in Plymouth.

Albert was born on Nov. 28, 1935 in Thornton, the oldest son of Albert R. Conkey Sr. and Irene (Avery) Conkey.

Growing up in Ellsworth, Albert left school early to help support his family, while his father was serving his country during World War II. Albert was known for being hard working and supporting his family during hard times, being the oldest of 10 children he worked hard with his family to keep the family farm running

He loved fishing and sitting in his “bob house” ice fishing and chasing flags. He was an

avid outdoorsman and had great pride in running his bait shop in Groton. He will be greatly missed by his bait shop customers and family and friends. He also enjoyed hunting and bring home dinner was always a surprise. He always loved the outdoors, often sleeping on the porch during the summer just to be outside.

He is survived by his brothers, Albin Conkey, Arthur Conkey, Raymond Conkey, and John Conkey and sister Emiline Niles. He also leaves behind a half-brother, Leslie Nichols, and his son; Al Conkey and daughter Nancy Smith; six grandchildren, 16 great-grandchildren, and one great-great-

grandchild.

He was predeceased by his wife, Phyllis Conkey; his parents; brothers George Conkey; a son, Bobby Conkey; and two sisters, Sylvia Latouche and Maxine Poitris.

A graveside service will be held at the Blair Cemetery in Campton on Tuesday, May 8, 2018 at 11 a.m.

Memorial Contributions may be made to the Bridge House, 260 Highland St., Plymouth, NH 03264.

The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements. To view Albert's online book of memories, go to www.mayhewfuneralhomes.com.

Roxanne Jewell, 63

PLYMOUTH — Roxanne Jewell, 63, of Fairgrounds Road died Friday, March 30 at her home.

She was born in Franklin, the daughter of Kenneth Jewell, Sr. and Cecille (Brown) and Harrold “Bub” Sheffield. Roxanne grew up in the Newfound Area, and graduated from Newfound Memorial High School.

After graduation, she moved to the Portsmouth and Hampton area where she worked in the Loan Department of GMAC and then as a manager for Human Resources for Brazonics for over 15 years. She returned to live in Hebron and Plym-

outh four years ago.

Roxanne was an active member of the Union Congregational Church of Hebron and the Hebron Woman's Club. She loved to read and was a patron of the Minot-Sleeper Library, she enjoyed listening to music, watching movies, and especially enjoyed cooking shows on TV although she rarely cooked.

She is survived by her father, Harold “Bub” Sheffield of Bristol; one brother, Kenneth (and wife Sally) Jewell, Jr. of Winter Haven, Fla.; two sisters, Renee Field of E. Bridgewater, Mass. and Ann (and husband Chris) Victor of Bristol;

many nieces, nephews, great nieces, great nephews, cousins, aunts and uncles.

She was predeceased by one sister, Resa King, and a brother David Sheffield.

A memorial service will be held Friday, April 6 at 11 a.m. at the Union Congregational Church of Hebron. Inurnment will take place later this summer in Homeland Cemetery, Bristol. In lieu of flowers, donations may be made in her memory to the Union Congregational Church of Hebron, PO Box 67, Hebron, NH 03241. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Kathleen J. Pope, 73

LACONIA — Kathleen J. Pope, 73, died Saturday, March 31, 2018 at the Laconia Center in Laconia.

She was born in Hyde Park, Mass., the daughter of William Huber, Sr. and Evelyn (Paton) Huber. She grew up around the Norwood, Mass. area. Her family moved to the Bristol area in 1978. She graduated from St. Claire's Catholic School. Kathleen had worked for Just Like Home a facility for care of patients with Alzheimer's disease.

Kathleen enjoyed listening to soft rock music, liked to play scrabble, do

crossword puzzles and play cards with family and friends.

Family members include one son, H. Frederick Pope of North Carolina; three daughters, Denise Pope of Belmont, Christine Taggett of Meredith, and Bernadette Sturtevant of Bristol; five grandchildren; two great grandchildren; two brothers, Robert Huber of Bristol and Dennis Huber of Franklin; four sisters (Geraldine “Bunny” Lynch of Florida, Betsy McSweeney of Bristol, Thais Mooney and Ellen Braley, both of Alexandria); many niec-

es, nephews, great and great great nieces and nephews.

She was predeceased by a sister, Linda, and a brother, Richard “Dickie” Huber.

Memorial calling hours were held on Wednesday, April 4, 2018 from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A memorial service will be held on Thursday, April 5 at 10 a.m. at the Bristol Baptist Church. In lieu of flowers, donations may be made in her memory to the American Cancer Society, 2 Commerce Dr., #110, Bedford, NH 03110.

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

My week certainly got off to the best start ever! The phone rang bright and early, and the cheerful voice on the other end was none other than my little sidekick. Miss Kayleigh let me know her Dad had made a special breakfast of blueberry pancakes before school.

Town

Just a couple of reminders this week!

The Town Clerk/Tax Collector's Office will be closed on Thursdays until further notice. We apologize for any inconvenience.

Rabies Clinic: Alexandria Volunteer Firefighters Association will be hosting a Rabies Clinic at the Alexandria Fire Station, 158 Washburn Road, on Tuesday, April 10 from 6 to 7 p.m. \$10/pet. All cats & dogs over three months. Please have pets on leash or otherwise restrained. Benefit AVFD John Pyne Memorial Rabies Clinic.

Alexandria UMC Community Dinner Saturday, April 7 at 5 p.m. in the Vestry. Come join us for a tasty meal and great fellowship.

Sunday, April 8: Sunday worship at 9 a.m., with Fellowship time after the worship. The children will gather for Sunday School after Fellowship time. Administrative Council will meet at 6:30 p.m.

Tuesday, April 10, WAAC will meet at 10 a.m. at the home of June Flanders.

It was wonderful to see Gene Tucker in church this morning! We have missed you, but glad to see you feeling much better and able to get out.

Time for me to get busy. Have to travel to Concord this week to get a shot in my hip. Will plan on going real easy for a day or so after. Need to get the joints working as the snow is going away quickly now, and there is work to be done. Saw a woodchuck in the backyard the other day, looking for something to eat. Have a wonderful week and be safe in your travels!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship at the South Danbury Christian Church on April 8 will be at 11 a.m., with conversation and refreshments afterward. Everyone is welcome! For anyone who would like to attend worship or church events but needs a ride, contact us by email or Facebook Messenger to make arrangements. We'll be happy to help.

For more information about the South Danbury Church and its activities, follow “Friends of the South Danbury Christian Church” on Facebook, email south-danburychurch@gmail.com, or call 603-491-3196. The South Danbury Church, an Open & Affirming congregation of the United Church of Christ, is located at 1411 U.S. Route 4 in South Danbury, New Hampshire.

Farmers Market

The last farmers market of the season will be held on April 7 from 9 a.m.-1 p.m. There will be hot breakfast and lunch served. At press time, 18 vendors are scheduled to participate. After Saturday, the next opportunity to obtain products at the grange market will be on April 21 at the third Saturday pickup.

Stampin Up Camp

The grange will host their second Stampin Up Camp at the grange hall on Saturday, April 21 starting at 9 a.m. Led by Danbury's cannoli lady, Marie Polizzi, the cost will be \$10 for three cards. All supplies included however please bring your own paper adhesive. Sign ups appreciated by April 18.

Danbury Grows Garden Workshop

Tom Curran will speak at the Grange's third Saturday workshop on April 21 from 10 to 11:30 a.m. Hosted by Danbury Grows, the workshop will be all things garden. Come share, ask questions and

get ready for the next growing season.

Chicken pie Supper

The first grange supper of the season kicks off with chicken pie on April 21 from 5 to 6:30 p.m. The event partners with the second annual Dutch Auction hosted by the United Church of Danbury. There will be many nice prizes. Lucky ticket holders will be drawn at 6:30. You do not have to be present to win.

Baking Class

On April 28 at 9:30 a.m., there will be a bread baking class held at the grange hall. Geared towards students ages five to 13, adults and teens are welcomed to attend as the fundamentals of bread baking are taken on. Some items will be donated to the Danbury Food Pantry and some will be taken home by the bakers! Lunch is included with the bread anticipated to be finished around 1:30 p.m. Signup by calling 768-5579 or emailing blazingstargrange71@gmail.com. There is no cost to participate.

Groton

Ruth Millett 603-786-2926
rem1752nh@gmail.com

There will be a Select Board Meeting on Tuesday with more to report at that time. We had some discussion over items from Town Meeting at the last Select Board meeting on March 20. We had the “Swearing in Ceremony” for the new Town Officers.

Discussion over Town Meeting items

The overall budget was reduced \$6,250. This amount came out of the Police part-time line 4210.3 on the Town budget and so reduced our operating expenses by that amount. Warrant Article 10 was reduced from \$100,000 to \$25,000 by an amendment from the floor. This means the total proposed expenditures was reduced by \$81,250.

The Town will be moving forward to order

SEE TOWNS, PAGE A6

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Edward Jones: Financial Focus

Should You Make Extra Mortgage Payments or Boost Your Investments?

Every month, you pay your mortgage. And, depending on your circumstances, you may be able to afford to put in additional payments – perhaps sizable ones. But should you? Or, if you really have the extra money, should you invest it?

Initially, you might think it would be quite nice to rid yourself of that mortgage sooner, rather than later. But is it really the burden it seems?

Actually, you get some real benefits from a mortgage. It certainly provides something of great value to you

– your home. If you got your mortgage – or refinanced your home – within the past decade or so, you are borrowing money at a pretty favorable interest rate, by historical standards. And even assuming a mild rate of inflation, such as we've had for the past several years, you'll essentially be paying off your mortgage with cheaper and cheaper dollars over time. Plus, your interest payments may well be tax deductible. (The new tax laws limit deductions on new mortgages of \$750,000 or more. For questions

on your specific situation, consult your tax professional.)

So, given these advantages, an argument could be made that you should be in no hurry to pay off your mortgage. Still, you might be tempted to make the extra payments because you'll be building home equity. After all, isn't this equity valuable? It is – to a degree. The larger your home equity, the more money you'll get to keep when you eventually sell your home.

But in the meantime, that home equity may be less

useful than you might imagine. For one thing, just building more equity won't make your home more valuable – it will rise (or fall) in value along with whatever's happening in the housing market. By contrast, you could take the extra money and buy more shares in an investment such as stocks – and the more shares you own, the more valuable your investment will be if the price per share rises.

Also, if you were to experience a temporary job loss or some other financial emergency, your home

equity might not help you much; if you're not working, you could even have trouble getting a home equity loan. Conversely, your investment portfolio can offer you greater liquidity, depending on your specific investments. Most investment vehicles, such as stocks and bonds, generally can be sold quickly, without much difficulty. (Keep in mind, though, that if you were forced to sell investments when their price was down, you could take a loss on the sale.)

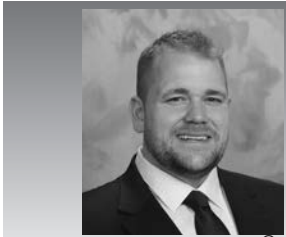
Clearly, you could gain some advantages by using

any extra money to invest, rather than paying down your mortgage. Nonetheless, you may simply get emotional and psychological satisfaction by speeding your progress toward the day when your house is paid off – and that type of satisfaction certainly has value. You'll need to weigh these intangible factors carefully in deciding whether to increase your investments or make extra mortgage payments – because, ultimately, you need to feel that you're doing the right thing, for the right reasons.

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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Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

Member SIPC

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind

the church.
Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashland-communitychurch.com

Sundays:
9 a.m. - Early Wor-

committee.

John Rescigno will be the Select Board liaison to the Planning Board.

Christina Goodwin will continue as the Select Board Chair for now.

Jeremy Haney has been nominated by Roger Thompson and appointed by the Select Board as a Deputy Fire Warden.

The Select Board will be updating this list in the next few Select Board meetings as they begin to work on items that were voted on at the Town Meeting.

Meetings and Closures Coming Up

Select Board Work Sessions - Tuesdays - April 17 5 p.m. and May 1 at 6 p.m. at the Town House

Road Committee Meeting - Wednesday, April 4, 6 p.m. at the Town House

Select Board Meetings - Tuesdays - April 17 and May 1 at 7 p.m. at the Town House.

The Planning Board will be meeting at the Town House on Wednesday, April 25 at 7 p.m.

The Conservation Commission will be meeting at the Town House on Thursday, April 19 at 7 p.m.

ship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics Anonymous Group:

Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Holy Trinity (Roman Catholic)

Support for Separated & Divorced Divorce and separation can be painful experiences. Support groups are available to those who are seeking healing, comfort, and empowerment. Visit www.catholicnh.org/ support for a listing of groups. Do you know someone who is going through a separation or divorce? Please consider passing this information along to them.

Monthly Knights of Columbs breakfast

The Knights breakfast will be on Sunday, April 8, St. Matthew Hall, 7 - 9 a.m., Plymouth. Hope to see you there!

All are welcome! No matter what your personal history, age, background, race... no matter what your present status in the Catholic Church...no matter what your cur-

rent family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

Central NH VNA and Hospice Grief Support Groups for All Ages Dan Kusch ~ Bereavement Care Coordinator Call: 524-8444

Passing on the Faith to Family and Friends April 7 from 9 a.m. - 4 p.m., Immaculate Heart of Mary Parish, 180 Loudon Rd., Concord. For more information, contact Bob Otis at bobotisalpha@gmail.com.

Weekly Meetings: Thursday, April 5

Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Boy Scout Meeting, St. Matthew Hall, 6 p.m., Weblo Meeting, St. Matthew Meeting Room, 6 p.m.

Friday, April 6

Ultreya, St. Agnes Church & Hall, 7 p.m. Saturday, April 7

CDA Meeting, St. Matthew Hall, 5 p.m.

Sunday, April 8

Faith Formation: Ashland: St. Agnes Hall, 9:15 - 10:45 a.m. (with Divine Mercy Chaplet) Bristol: Simard Hall, 10:30 a.m. - noon

Confirmation: Bristol: Marian Center, 9:30 - 10:30 a.m. (Mass Included) (Confirmation Students Only) Plymouth, St. Matthew Meeting Room, 10:15 a.m. - 12:30 p.m. (Mass Included)

AA meeting Monday-Saturday, St. Matthew Hall, 11 a.m.

Restoration Church, Plymouth (Assemblies of God)

Happy New Year and greetings from Restoration Church Plymouth located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 1-603-536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5 we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during

our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, April 8 Nursery and Religious Education - 9:30 a.m. - 10:30 a.m. - Contact: Jane Clay, DRE

Service 9:30 - 10:30 a.m. - Where (April) Fools Rush In

Dr. Rev. Linda Barnes and Other Fools

Sarah Dan Jones, Music Director and Choir

Join a cast of fools and characters for our annual April Fools Service. It's an opportunity to laugh at each other and ourselves because, honestly, the world is choked full of absurdity. It would be a shame to let it go to waste.

Visit our Web site
www.starrkingfellowship.org
536-8908

Please join family and friends for a celebration of life for longtime member Helen Lindstrom who died March 17. The service will held on Friday, April 6 at 11 a.m., here at Starr King and be followed with a light lunch and reception. In lieu of flowers, Bob Lindstrom has asked that donations in her memory be offered to the New Hampshire Association for the Blind. More information can be found at https://futureinsight.org/ways-of-giving/memorials-tributes. We extend sincerest condolences to Bob and family.

Piano Dedication, Sunday April 15, 4 p.m. Join us for a celebration of gratitude for the new Yamaha Grand Piano that now graces our sanctuary. This gift of love was made possible by the generosity of the Gannett and Crowell families, in honor of their beloved parents. The hour-long service will feature congregational singing, as well as piano and voice music by musicians who have contributed to Starr

King's music ministry. Led by Director of Music, Sarah Dan Jones, other artists include Laura Belanger, Abigail Charbeneau, Will Gunn, Emily Jaworski, Betty Nicholson, and Lydie Marunowski.

Join the festivities for "An Evening in Good Company" this Saturday, April 7 at 5:30 p.m., our annual Auction and musical concert with New Hampshire's own award-winning composer and pianist, Will Ogmundson. Enjoy silent and live auctions, raffles, delicious snacks and libations. You can start your bidding online. Click here to see the offerings and start bidding now! charityauction.bid/2018skuuf

Please Note: The Vespers Service scheduled for Friday, April 13 has been cancelled. The next Vespers Service will be held on May 11 at 6 p.m.

The Conversation Project - Have you had the conversation? Ninety percent of people say that talking with their loved ones about end-of-life care is important, twenty-seven percent have actually done so. Pemi-Baker Community Health is offering The Conversation Project to encourage individuals and families to talk about their wishes for end of life care, put them in writing, and share them with others. Join us on Sunday, April 22 at 11 a.m. to learn how to have the conversation.

The Tea Party is Coming! The Tea Party is Coming! Don't Be Late! Don't Be Late! Plans are underway for our annual tea party to be on Sunday, April 29 from 4 - 6 p.m.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, April 25 from 10:30 a.m. to noon.

What's Happening Around the Starr King UU??

Breakfast Club: On April 6, join us for breakfast, conversation, and community at the PSU Prospect dining hall on High St. at 8:30 a.m.

Second Sunday Hike to Quincy Bog: This is a wonderful activity for walkers of all ages! We will leave SKUUF lower lot at 11:30 a.m. For more information on Quincy Bog, go to QuincyBog.org. Let Mitch Manseau know if you are coming at mitch@newfoundfarm.org

For more information on either of these events, go to the Starr King home page at http://starrkingfellowship.org/ and look under 'What's Next at Starr King.'



How to Submit Announcements & Obituaries To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers. Obituaries can be sent to: obituaries@salmonpress.com

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

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

Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Heifetz on Tour returns to New Hampshire Music Festival

PLYMOUTH — Following up on their mutual pledge to expand and promote classical music performances and education in New Hampshire, today the New Hampshire Music Festival (NHMF), based in Plymouth and the Heifetz International Music Institute, based in Staunton, Virginia announced an expanded residency program that will bring three outstanding performers from the Heifetz Institute to the Granite State to expose primary school students to inspir-

ing classroom performances, master classes, and workshops, as well as a culminating public concert at the Smith Recital Hall at Plymouth State University's Silver Center for the Arts on Wednesday, April 18 at 7:30 p.m.

The trio of Granite State performers - violinist June Lee, cellist Noémie Raymond-Friset, and faculty pianist Carlos Avila - were all participants in the 2017 Heifetz Institute, the highly regarded string instruction program and accompany-

ing festival located on the campus of Mary Baldwin University in Staunton, Va. Founded by virtuoso soloist and pedagogue Daniel Heifetz, the Institute is known for its Heifetz Performance and Communication Training a unique approach to music training, education, and presentation.

For violinist June Lee, the residency represents a homecoming: She was a student at the Heifetz Institute during the summers of 2007 and 2008, when the Institute was located on the campus

of Brewster Academy in Wolfeboro. The Institute was located in Wolfeboro from 2002 to 2011, a period when it experienced exponential growth and cemented its global reputation.

Lee and her Heifetz colleagues will perform a program called "April

in Paris," featuring some of the greatest works of solo and chamber works by noted French composers Claude Debussy, Maurice Ravel, and Camille, Saint-Saëns, along with those who studied, worked, gambled, and otherwise left their mark on the City of Light, in-

cluding Fritz Kriesler, Niccolò Paganini, and even the Argentinian tango master Astor Piazzolla!

Go to www.nhmf.org for tickets and other information, which can be purchased in advance for \$20 for adults and free for students.

Indie rockers Carbon Leaf celebrate silver anniversary in Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Carbon Leaf on Friday, April 20 at 7:30 p.m. Carbon Leaf is known by legions of loyal fans as DIY indie rockers with energetic live shows. Tickets for this show start at \$25.

Sitting amid stops in major cities up and down the east coast, Virginia-based alt-country indie rock band Carbon Leaf makes a stop at The Flying Monkey Performance Center in Plymouth on April 20.

The band celebrates their 25th anniversary behind a new album and the polish, precision and maturity is palpable in the band's sound, which spans from rocky-pop to folky, Celtic-infused jams to twangy alt-country.



COURTESY

The Flying Monkey Performance Center presents Carbon Leaf on Friday, April 20 at 7:30 p.m.

The group jumped onto the national scene in 2002, winning an American Music Awards in the "New Music," category performing its Irish-tinged song "The Boxer" to an audience of 80 million TV viewers as an unsigned band.

Over the years, the quintet has shared the stage with such acts as

The Avett Brothers, Toad The Wet Sprocket, Dave Matthews Band, Jason Mraz and David Gray.

Tickets to see Carbon Leaf are \$25, and \$35 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

Allman Brothers' next generation comes to the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents The Devon Allman Project featuring Duane Betts on Saturday, April 21 at 7:30 p.m. Devon is the son of Gregg Allman, and Duane of Dickey Betts. Tickets for this show start at \$29.

When you're a part of a musical dynasty, it's only natural that the personal and professional aspects of your life should intersect. It was no different for Devon Allman, whose late father Gregg Allman helped helm one of the most important and influential American bands of the past 50 years. It's also little wonder that the younger Allman, an accomplished singer, songwriter and guitarist in his own right, should feel the tug of family responsibility and the desire to honor his father's fabled legacy.

In March, his new six-piece band, The Devon Allman Project, launched a world tour with special guest Duane Betts, the son of Allman Brothers co-founder Dickey Betts. The two men have known each since they were kids in the '80s.

"We've had this enduring friendship ever since we were kids," Devon muses. "We've



COURTESY

The Flying Monkey Performance Center presents The Devon Allman Project featuring Duane Betts on Saturday, April 21 at 7:30 p.m.

always talked about going out on tour together, and now the time seems right. He'll start the show, then I'll do my portion and finally the two of us will share the stage for the encore."

It will, he says, be about comfort, remembrance and a special bond between musical brothers, sentiments

that are especially meaningful at this particular time.

Tickets to see The Devon Allman Project are \$29, and \$39 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

The Flying Monkey welcomes the Jimi Hendrix of the ukulele

PLYMOUTH — The Flying Monkey Performance Center presents Jake Shimabukuro on Friday, April 13 at 7:30 p.m. Shimabukuro is known as one of the most innovative uke players in the history of the instrument. Tickets for this show start at \$44.50.

Jake Shimabukuro can still vividly remember the first time he held

a ukulele, at age four. It was an encounter that would shape his destiny and give the world one of the most exceptional and innovative uke players in the history of the instrument—an artist who has drawn comparisons to musical titans such as Jimi Hendrix and Miles Davis.

Though some still have trouble pronouncing SEE JAKE, PAGE A16

Living legends Hot Tuna set their sights on the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents an acoustic evening with Hot Tuna on Thursday, April 5. Jorma Kaukonen and Jack Casady are known as both successful solo artists and as founding members of Jefferson Airplane. Tickets for this concert start at \$45.

The name Hot Tuna invokes as many different moods and reactions as there are Hot Tuna fans — millions of them. To some, Hot Tuna is a reminder of some wild and happy times. To others, that name will forever be linked to their own discovery of the power and depth of American blues and roots music. To newer fans, Hot Tuna is a tight, masterful duo that is on the cutting edge of



COURTESY

The Flying Monkey Performance Center presents an acoustic evening with Hot Tuna on Thursday, April 5.

great music.

All of those things are correct, and more. For more than four decades, Hot Tuna has played, toured, and recorded some of the best and most memorable acoustic and electric music ever. And Hot Tuna is still going strong — some would say stronger than ever.

In the mid-1960s, Kau-

konen was invited to play in a rock 'n roll band that was forming in San Francisco; he knew just the guy to play bass and summoned his old friend from back east. The striking signature guitar and bass riffs in the now-legendary songs by the Jefferson Airplane were the result.

SEE HOT TUNA, PAGE A16

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Bristol Laundry

Cumberland Farms Bristol

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Pemi Baker Community Health honors Hospice Director for 20 years of service

P L Y M O U T H — Pemi-Baker Community Health is celebrating our Hospice Medical Director, Dr. Diane Arsenault, who has been serving our Hospice & Palliative Care patients for 20 years! As a long-time physician in the Plymouth area, Arsenault became the hospice medical director in 1998 and has supported frail elders and terminally ill patients tirelessly these many years. Diane was certified as a Hospice Medical Director in 2012 and as a Hospice & Pallia-

tive Care Physician in 2014. Along with her impressive credentials and experience, comes Diane's friendly bedside manner and availability to patients for home visits, that old-school medical care that many of us long to return to. In her quiet, respectful way, she listens to the troubles of her patients and makes suggestions for care options that align with patient goals. Hospice care, also known as end of life care, is often perceived as a sorrowful or



Dr. Diane Arsenault

scary time for patients and their families. Though there is sadness around death and dying, there are gentle ways of supporting patients through these challenging times that make the way more peaceful and purposeful. Arsenault has a way about her that both encourages and relaxes patients as they make the very personal choices around how, where and with whom they want to die. In speaking to a 96 year old patient recently, he shared the following wisdom: "None of us gets out of here alive." Truer words were never spoken. Given this reality, it is prudent to make conversations around death and dying a more comfortable part of our family and community conversations. As an expert in the field of

palliative and end of life medicine, Dr. Arsenault, reassures us all of the possibility of a comfortable dying process with compassionate care provided by our hospice team. Pemi-Baker Community Health is a 50-year old nonprofit home health agency serving more than 900 clients and their families annually from 12 member towns in central New Hampshire. Services include at home healthcare, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including fitness classes in our 90-degree therapy pool and fitness gym. Please visit our Web site, www.pbhha.org, or like us on Facebook: Pemi Baker Community Health.

Have you had “the conversation?”

The month of April is National Healthcare Decisions Month. This is the perfect time to start having the conversation with your loved ones. What is the conversation? The conversation is talking with our loved ones about their wishes for end-of-life care. Thankfully, The Conversation Project is specifically tailored to this and they have developed The Conversation Starter Kit as a tool to help people have conversations with their loved ones about their wishes. The Conversation Starter Kit is a free resource to help guide you through the process. The goal is to make these difficult conversations easier and to make them happen before a medical crisis occurs. They aim to make an individual's wishes expressed and respected. Let's consider some facts:

- 80 percent of people say that if seriously ill, they would want to talk to their doctor about end-of-life-care but only 7 percent report having had an end-of-life conversation with their doctor.
- 82 percent of people say it's important to put

their wishes in writing, but only 23 percent have actually done it. Considering that the number of people who have these conversations are so low, the solution is to start having these conversations with our loved ones as early as we can. Once you have the conversation, it becomes easier to fill out advance directive forms. Having an advance directive can be very beneficial, as it allows you to specify your wishes while easing the decision-making burden on your loved ones. Advance directives can provide clear guidance to health care providers, reduce the likelihood of a dispute with and among family members and ensure you avoid unwanted procedures. Planning for a time when we might not be capable of making important medical decisions is crucial for each of us. Most hospitals and nursing homes have forms for advance directives available. However, as with all legal documents, it is most advisable to consult with a legal professional to understand your rights and to tailor documents to fit your desires. That

way, family members, courts, and healthcare providers will have clear guidance as to what care to give and who makes the decision whether to continue or terminate care. Start by having conversations with your loved ones about you and their end-of-life care wishes. Having a full honest conversation before a medical crisis can give everyone an understanding of what matters most to you at the end of life. The starter kit can be used when you are getting ready to tell someone else what you want, or you want to help someone else get ready to share their wishes. theconversationproject.org Come join us and learn how to have The Conversation

Sunday, April 8: Plymouth Congregational Church Fellowship Hall (downstairs), 11 a.m.

Tuesday, April 17, Plymouth Senior Center, 10:30 a.m.

Tuesday, April 17: Pease Library, 6 p.m.

Sunday, April 22: Starr King Unitarian Universalist Fellowship (SKUUF) 11 a.m.

Article written by

Marissa Martinez, Social Work Intern, Pemi-Baker Community Health Hospice & Palliative Care Program, www.pbhha.org

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Please drive carefully.

Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.

Most parents don't realize they are the **No. 1** influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view

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16th Annual Summer Camps '18

Five reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year

ends. Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around



physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health

benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of

success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children

the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.



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16th Annual Summer Camps '18

Get prepared for summer camp season

Summer camp season is just around the corner. Each summer, millions of children depart for campsites around the country to swim, hike, craft, and enjoy the companionship of friends.

Summer camps in North America were first established in the 1880s and were attended by children without their parents for overnight stays. By the 20th century, summer camps had become an international phenomenon,

and various organizations hosted traditional summer camps or camps geared toward religion, sports, music and other subjects and activities. According to the American Camp Association, each year more than 14 million children and adults in the United States attend camp. America is home to more than 14,000 day and resident camps (8,400 are overnight camps and 5,600 are day camps). Nonprofit groups are



the largest sponsors of summer camps.

Many people put off summer camp planning until it is too late. Parents should keep in mind that camps begin registration early in the year and have specific cut-off dates for enrollment. Parents

who want to beat the crowds this year can use this guide to help plan a summer camp agenda.

- Attend an orientation seminar. Take the time to visit prospective camps for a tour, and use this open house as an opportunity

to learn more about the programs offered. If available, find a camp employee to discuss your child's eligibility for enrollment. Some camps may offer webinars for convenience.

- Fill out the enrollment package completely. Each camp has their own requirements for registration. Expect to submit some personal information, including a medical background and proof of insurance, names and numbers of emergency contacts, and any other pertinent information as it applies to the camper. This may include allergies, fears, physical or mental disabilities, or even preferences in camp courses.

- Establish payment schedules. Summer camps vary in price. The ACA says camp costs range from \$100 to more than \$1,500 per week. However, many accredited camps offer some sort of financial assistance for children from families with limited financial means. If cost is a factor, be sure to broach the subject.

- Prepare children for the physical challenges a camp may present. Summer camp activities may be rigorous, and campers may need to be cleared by a physician before starting. Be sure to schedule your child a physical and bring along any pertinent forms. Children also can increase their levels of physical activity compared to the often sedentary nature of winter. Such preparation can prevent injuries when engaging in outdoor and physical activities.

- Shop for supplies. Camps are likely to provide a list of requirements with regard to clothing and other equipment campers will need. Make sure kids have enough shorts, T-shirts, socks, athletic shoes, swim-suits, toiletries, and other camp necessities before they leave.

- Keep children in the loop. Engage children in the planning process to help alleviate their fears and get them excited about summer camp.

Summer camp can foster lifelong memories. Parents can help kids prepare in advance for the fun that's soon to arrive.

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Wolfeboro Parks & Recreation offers a wide variety of summer programs and events. Programs include: A day camp, youth sailing, adult sailing, an award winning sailboat sharing program, swim lessons, youth tennis lessons, adult tennis lessons, and pickleball lessons. Events include: Movies in the Park, Granite Kid Triathlon, and Granite Man Triathlon. For more information on any of these programs or events visit our website at www.wolfeboronh.us/parks-recreation.

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- Indoor Space
- Food Days
- Splash Splash Fun Days
- Arts & Crafts
- Sports
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Exploring Sarcoidosis

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Under the Radar

There are a number of diseases and conditions that have fully made their way into our shared lexicon, from the mild to the severe. Diabetes. Alzheimer's. Arthritis. Cancer. These only represent a few, but there's a good chance that you can think of someone who has dealt with each. One that you may not be so familiar with, however, is sarcoidosis – a chronic disease that leads to the formation of inflammatory cells in various organs throughout the body. And more than a third of those affected by sarcoidosis are older adults. While it can affect the eyes, liver, and heart, sarcoidosis usually impacts the lungs and skin, causing intense shortness of breath and lesions, respectively.

If sarcoidosis is starting to sound somewhat familiar, you may remember hearing about it back in 2008, after the death of comedian Bernie Mac. In 1983, Mac was diagnosed with the disease, which left his lungs in a weakened state. It wasn't until the last few years of his life that he publicly discussed his struggle with sarcoidosis, but he was determined to create greater awareness, and

even helped establish a foundation dedicated to the cause. Mac's official cause of death was complications from pneumonia, but there were some who expressed that there may have been a link between the pneumonia and the disease with which he battled for so long.

An Ongoing Search

Fortunately, awareness of sarcoidosis and research efforts have expanded the last few years, but overall, there's still little that we know about the disease. Researchers believe that it is the result of abnormal immune system response, but what triggers this remains a mystery. Some suspect that it's brought on by the inhalation of certain harmful airborne toxins. In fact, a recent study showed a significant number of EMS and firefighters who helped in rescue and recovery during 9/11 have been diagnosed with sarcoidosis. Genetic susceptibility to sarcoidosis is also thought to be a primary factor.

What we do know about sarcoidosis is that it can affect anybody – and while it is often seen in those between the ages of 20 and 40, approximately 30% of all cases occur in older adults (those over 65 years of

age). In this instance it is known as elderly-onset sarcoidosis.

Treatment and Living with Sarcoidosis

If seniors suspect that they may have sarcoidosis, based on the known symptoms (shortness of breath, fatigue, lesions on the skin, etc.), they should immediately contact their physician. He or she will examine the organs for granulomas and ask about medical history, with specific focus on family history of sarcoidosis, occupations that may have increased risk, exposure to beryllium metal, or contact with organic dust. A physician will then run a series of diagnostic tests, including chest x-rays, lung function tests, and biopsies.

If sarcoidosis is diagnosed, there are forms of treatment available, but they may not be for everyone. For those whose organs have been significantly impacted,

treatment will almost certainly be recommended. Prescribed treatment will involve improving organ functionality, relieving symptoms, and reducing inflammation (through a steroid called prednisone). Sarcoidosis may naturally go away for some, making treatment unnecessary. However, though symptoms may dissipate, organs can still be damaged from sarcoidosis, ultimately making it more difficult to fight infection – a factor that, as noted above, may have been involved in Bernie Mac's complications from pneumonia.

In all cases of sarcoidosis, individuals should follow up regularly with their health care team to have everything reassessed. And just like with any other disease, living with sarcoidosis may lead to feelings of anxiety or depression. That's why having a support system comprised of family and friends is key – especially for older

adults who may be struggling with these feelings anyway. Seniors can also take advantage of support groups – available through the Foundation for Sarcoidosis Research – and connect with those who have dealt with sarcoidosis. While it may not have the same level of public awareness as other diseases, it's important to remember that sarcoidosis should be taken just as seriously.

Comfort Keepers® Can Help

The compassionate, professional team of caregivers at Comfort Keepers® can help support seniors as they recover from sarcoidosis. Whether that means providing companionship throughout the week and reminding them to take medication or simply helping with laundry and meal preparation, we can help make life easier for them. Our caregivers can also as-

sist in providing transportation to scheduled medical appointments or anywhere else seniors need to go. Learn more about Comfort Keepers' unique style of caregiving by contacting your local Comfort Keepers office today

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Eliminating lower back pain

BY REBECCA CHASE

RehabFit

Plymouth
The lower back, or lumbar region, is a complicated structure of bones, joints, nerves, ligaments, and muscles to provide support, strength and mobility to the body. This intricate structure is sensitive to pain and injury, especially in today's low-activity modern society. Eighty percent of adults will experience lower back pain during their life. While there are many causes of lower back pain there are also many treatments including some simple easy solutions that may make a profound improvement in the life of someone with back pain.

Causes of lower back pain include torn muscle or tendon, over-stretched ligament, herniated or inflammation of discs, degenerative disc disease, joint dysfunction, spinal stenosis, arthritis, trauma, compression of the spine, a deformity like curvature of the spine in scoliosis, and muscle overuse. The most common symptoms of lower back pain is pain in the lower back. Not as obvious symptoms include increased pain

while sitting or changing positions, pain that travels from the lower back to the feet, pain that is worse after waking up and improves throughout the day, and shooting pains and numbness or tingling in the legs. Loss of bladder or bowel control, recent weight loss, fever and chills, and severe or unrelenting pain in the abdomen are serious symptoms that should be explained to a medical professional right away.

Treatments for lower back pain can include surgery, injection, and medication. There are other at-home, on your own or natural treatments for lower back pain that may be very helpful depending on the diagnosis and cause of lower back pain. Two options are visiting an acupuncturist or a chiropractor. A doctor can refer a patient to physical therapy where a therapist can reduce lower back pain with manual therapy, posture changes, strengthening and flexibility. Lifestyle changes can take place at home or on a person's own time and greatly improve lower back pain and overall health. These

lifestyle changes changes include being mindful of posture, increasing exercise and physical activity, reducing time spent sitting or inactive, weight loss, and mindful meditation. A fitness professional or fitness center can help a person make lifestyle changes.

RehabFit and Choice Physical Therapy are great resources for reducing lower back pain. Therapists can diagnose and treat lower back pain with manual therapy, posture changes, strengthening and flexibility exercises. Many Choice Physical Therapy patients finish therapy and continue lower back pain treatment and improving their health by joining RehabFit. RehabFit is a fitness center that does not require a referral and specializes in exercise for all populations including medical conditions. RehabFit Exercise Specialists Becky and Marisa create exercise programs for members to target individual needs and goals. A common exercise program is created to improve overall health and fitness, reduce the risk of injury an individual seems susceptible to and continue to

treat or strengthen areas of weakness or injury. RehabFit offers a variety of group exercise classes that can help improve endurance, muscular and core strength, balance and flexibility to combat lower back pain. Back on Track and Gentle Yoga may be two of the best classes for lower back pain at RehabFit. Back on Track is a class designed to specifically relieve and prevent lower back pain with stretching and strengthening. Gentle Yoga is a slow paced, low-intensity class designed to improve flexibility, mobility and help participants relax and restore! Gentle Yoga is offered noon-1 p.m. every Wednesday for just \$10 per class. Back on Track will begin in May and will be offered every Tuesday and Thursday from 8-9 a.m. for 12 weeks. Back on Track is free for RehabFit members and \$2 per class for non-members. RehabFit is located at Speare Memorial Boulder Point in Plymouth and classes are open to both members and non-members. For more information about classes or joining RehabFit, please call Becky or Marisa at 238-2225.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Campton	8 Panaway Dr.	Single-Family Residence	\$227,533	Rita D. Layton	Shannon Walsh and Jessica Albrecht
Campton	34 Weetamoo Trail, Unit 9	Condominium	\$50,000	Jared O. Couillard and Kirsty N. Couillard	Joanne Lamore
Holderness	Coxboro Road	N/A	\$280,400	Susan Levin	Peter D. and Adam M. Levin
Holderness	Coxboro Road	N/A	\$238,000	Peter D. and Adam M. Levin	Susan Levin
Rumney	70 Glory Ave.	Single-Family Residence	\$100,000	Arthur P. and Marsha L. Savage	John E. Anderson
Warren	7 Bixby Lane	Single-Family Residence	\$71,200	James E. Horne	Herbert C. and Rebecca B. Gray
Waterville Valley	23 Black Bear Rd. , Unit 1207a	Condominium	\$70,000	Anthony L. and Luigina M. Spadorcia	Johanna E. Rawson

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

MARK ON THE MARKETS

Can you explain it?



BY MARK PATTERSON

Financial literacy would have been another title getting to the point of what I wanted to address this week, but because of discussions with potential clients looking for help with investments, but not having an accurate

accounting of what they have, I have a simple question! Do you know what you have? Can you explain it? On several occasions in the recent months, I have been asked for help regarding a retirement income plan. When asked how their money was invested, they replied that they were in mutual funds. As a part of my assessment of the portfolio I ask to see their statement with a listing of the funds in it. If you have been reading my column you would know that I would probably extract the top holdings from these funds, put them on a spreadsheet and

look for overlap in companies or lack of diversification of asset class. But there it is again! An insurance product with mutual funds in it called a “variable annuity.” Not one of these people that I was attempting to help knew that they were in a product that traditionally has high fees, market risks and a monetary penalty for early withdrawals or surrender. When I asked them why they were in the VA, not one person knew why they were in this product or any potential benefits, risk or features that should have been explained by the salesperson that sold it to them. Most variable

annuity owners were also not clear on the “guarantees” that the salesperson mentioned.

I am not opposed to a product if it is what is best for the client, it just happened to be a poor choice for these particular people that that I was attempting to help. Anything with the word “variable” likely has market risk associated with it. While market risk is fine for some, it is not for others. If you wanted to take on market risk for higher potential gains, then you could go with mutual funds, stocks or exchange traded funds. The Annuity just defers taxes and may have some income fea-

tures, but an IRA is tax deferred already, or as we discussed last week you may want to pay taxes now and take it tax free later. To be fair and open minded I have asked a few registered reps or advisors, those licensed to sell VA’s, the advantages to investing in a VA vs mutual funds or ETF’s in an IRA. The consensus answer, although not admitting it right away, is that the compensation they make is higher in a VA than the other “investments” and that they are “product placement” advisors as opposed to investment advisors.

An easy way to determine if an investment

is right for you would be to have a basic understanding of the investment and the fees, risks, benefits and how it fits into your overall plan. Not that you have to understand every nuance of this investment, but can you explain it to your spouse, friend or parents? If you are aware of all the fees, risks and early surrender charges, if they apply, then able to articulate why this fits into your financial or retirement income plan, then go for it!

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



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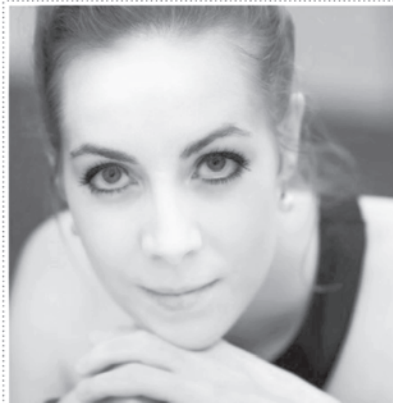
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The WFOM is supported in part by a grant from the New Hampshire State Council on the Arts and the National Endowment for the Arts

Welcome to the Lantern Inn B&B, where friendships are made & memories are cherished

Editor's note: The following article is in a series of seven detailing several unique and beautiful bed & breakfasts located in the Lakes Region. These articles will lead up to the Lakes Region B&B Association's annual Muffin & Scone Tour on April 21 & 22.

LACONIA — Located in the beautiful Lakes Region of New Hampshire, the Lantern Inn B&B is a delightful year-round retreat situated on 5 beautiful acres, just minutes from Weirs Beach, Lake Winnepesaukee. Any time of the year is the perfect time to stay at the Lantern Inn! Come see the beautiful blooms in the spring. Visit during the warm summer months to hike, bike, kayak, sail or golf in the Lakes Region. You can even take a cruise aboard the Mount Washington! (We are only one and a half miles away from the loading dock!) Autumn brings a burst of color to the lakes region and is ideal for leaf peeping! Ski enthusiasts welcome the snow with the many ski slopes the Lakes Region and the White Mountains have to offer. Gunstock Mountain Resort is 15 minutes away!

Our mission at the Lantern Inn B&B is to provide our guests with the finest lodging experience that will make them feel at home during their



stay with us. Our B&B delivers an easygoing charm with an accent on comfort and genuine hospitality.

We offer five cozy guestrooms each with an en suite bathroom. Whether you're looking for something romantic, peaceful, inspiring, cozy or rustic, our five beautiful guest rooms - Shabby Chic, Bohemian, Coastal, French Country, or Rustic Lake- will help set the tone for an unforgettable stay. Every guest-

room has been carefully decorated to radiate its own unique style and make you feel as if you have stepped into a tranquil haven.

Our B&B caters to couples and traveling companions who are looking for an ideal escape and who wish to unwind and enjoy a serene atmosphere, but yet still be close enough to enjoy all the amenities that Weirs Beach and the surrounding area has to offer. We are less than five miles from

major banks, grocery stores, shopping and Meadowbrook Pavilion - which hosts numerous concerts throughout the summer! Funspot - a gigantic arcade, and Monkey Trunks - a zip lining course, are less than a mile up the road! For all you NASCAR fans, we are less than 20 miles away from NH Motor Speedway! Summer Soulfest is less than 10 miles away in Gilford.

The Lantern Inn B&B is also the perfect place

for intimate wedding events (Shay is a Justice of the Peace), small family gatherings, holiday parties, girl's getaways, knitter's or quilter's retreats, scrap-booking get-togethers, or other special occasions or celebrations.

Our Gathering Room is the hub of activity at the Inn. It's where breakfast is served, books are read, afternoon snacks and beverages can be found, stories are shared and where friendships are formed.

If you like being outdoors, step outside and get swept away by the sounds of summer as you relax on our pavilion or in one of our many Adirondack chairs on a warm, sunny day sipping a cool

beverage. Revel in the landscape and take a stroll on the five beautiful acres that surround the B&B.

The Inn itself was originally built as a family summer home at the end of WWII by ship-builder Byron Hedblom, who brought the Mount Washington cruise ship to Lake Winnepesaukee. Mr. Hedblom also built the Doris E. and the Sophie C., both of which will take you on day excursions either delivering mail to some of the islands within the lake or a short trip over to Meredith for dining and shopping.

Come enjoy the simple pleasures in life! Book a stay with the Lantern Inn B&B!

You'll be glad you did

HEBRON ZONING BOARD
OF ADJUSTMENT
MEETING AND HEARING AGENDA
April 10, 2018
7:00 P.M.
Hebron Town Office

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet in the Hebron Town Office, at 7:00 p.m. on Tuesday, April 10, 2018, to address the following:

- Minutes and other administrative matters
- Hearing of the application of the Collins Camp Corporation for a variance with respect to Article IV, Section H.1, of the Hebron Zoning Ordinance to permit the construction of a 38.5 foot x 51 foot seasonal summer cabin partially within a boundary setback area on its property at 47 Lillard Lane (Tax Map 19A, Lot 2) (Case #275)
- Any other business that may come before the Board

Peter N. Carey, Chairman

NEWS NOTICE
HISTORIC DISTRICT
COMMISSION
Town of Bristol, NH

Notice is hereby given that a Public Hearing will be held at 7:00 p.m. on Tuesday, April 10, 2018 at the Town Office, 230 Lake Street, Bristol, NH concerning a Certificate of Approval for Jacob Goodrum. The applicant wishes to add grey decking and white railings to the front of the building. The property is located at 24-26 Central Street, Tax Map and Lot #114-125 in the Downtown Commercial and Historic Districts.



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Students

FROM PAGE A1

manager for the ski and track teams. When NRHS was preparing for re-accreditation from the New England Association of Schools and Colleges, she also took a lead role in helping to rewrite the core values of the school and participated in every other aspect of the process.

“I’m kind of the person everyone comes to to get things done. I’ve had a lot of late nights here at the school,” she said with a laugh.

Science has been her favorite academic subject and Lagueux especially enjoyed her classes with science teacher Roger Shelton.

“He has a fun sense of humor that made it easy to learn,” she said.

Her love for sciences will be carried over to college next year when she attends the University of New Haven in Connecticut. Lagueux said she will be majoring in forensic science and hopes to one day work in a state forensic lab. Eventually she would like to move up to work with the FBI.

While she is excited to further her education in college, she is grateful for the experiences she had in high school.

“I loved Newfound High School. There were a lot more opportunities available here than I ever would have considered,” Lagueux said.

Salutatorian Shanley Camara of Bristol is a quiet and hard-working young woman who focused much of her time on academics.

“I took all the AP classes I could because I like to challenge myself,” she said. “I really didn’t care about my Grade Point Average, I just enjoyed taking the classes.”

While her GPA didn’t actually concern her, Camara, like Lagueux, has still been at the top of the class all four years and is a member of the National Honor Society. In the winter months she took time to participate on the NRHS ski team and for one year she played in the school band. As a senior now, when she isn’t studying or skiing, she can be found working after school at The Bridgewater Inn.

Camara also has a passion for science and said biology is her favorite subject. Her interest started in middle school and has stayed with her throughout the years. She is especially interested in the topics of evolution and ecology. She has yet to make a final decision on where she will go to college in the fall but is leaning toward the University of New England in Biddeford, Maine where she can pursue those interests.

While at NRHS, Camara said she especially liked the people, and the faculty member she enjoyed the most was history teacher Dan Champagne.

“He is just easy to get along with, so I really liked his classes,” said Camara.

She was pleased to learn she was named the Salutatorian for her class and looks forward to graduation except for one small aspect of it all.

lage Charter School. For more information about the regatta, the clinics, and the fitness training opportunities, visit the website above or email regatta@mountainvillagecharterschool.org.

Now in its fourth year, the Mountain Village Charter School is a tuition-free public school open to all New Hampshire residents. Located in Plymouth, the school offers a nature-based, Montessori education to students. Charter schools in New Hampshire receive only 38 percent of the funding that traditional public schools receive so fundraisers like the Baker Valley Regatta are extremely important to the continued success of the institution.

Maple

FROM PAGE A2

their concerns over the direction of the Environmental Protection Agency under the current EPA Administrator Scott Pruitt, and joining a letter to Gov. Sununu asking him to support the Clean Power Plan.

The Climate Im-

pacts Maple Breakfast is sponsored by Moms Clean Air Force, League of Conservation Voters, New Hampshire Sierra Club, and Union of Concerned Scientists, in partnership with the PSU Center for the Environment. Common Ground PSU and Plymouth Area Renewable Energy Initiative.

Age

FROM PAGE A1

High School.

The theory is that recent graduates who are bearing college costs would still be able to pledge \$18, \$19, or \$20, while those who have reached retirement age can spare the \$65 or \$70 that reflects their age. Donations of that size will help supplement the more hefty contributions they hope to get from businesses and individuals who are able to give more.

The scholarship is named after retired teachers and coaches Alan Blakeley and Earl Mills. Blakeley came to the Newfound Area School District straight out of college in 1964 and remained for 37 years. Mills started out as a baseball and soccer coach but after re-instituting the cross-country program in 1976, he went on to coach more than 80 Newfound teams in eight sports.

While both men are known for their work in athletics, the scholarship is not just for athletes. Normandin stressed that anyone — even someone

who is no longer attending Newfound schools — is eligible. The applicant need not be attending college, either. Those looking to go into the trades or other specialized training at technical schools, or even just seeking a certificate, also may qualify.

Berton said the idea for the scholarship came to him during the financial crisis, when people learned that the wealth everyone had been celebrating actually turned out to be a mountain of debt.

“It made me sit back and look,” he said. “Things aren’t always as they appear.”

Berton said he did an analysis of what a college education cost in 1971 and what it costs today. The median family income in Bristol in 1971 was \$12,000, and the average cost for college was \$2,500, or about 21 percent of that income. Today, the medium income here is \$30,000 — the same amount as the average cost of college.

The alumni at the University of New Hampshire, where Berton had been a long-time downhill ski instructor, had

set up a scholarship in his name, and he thought of doing something similar at Newfound. He contacted Normandin, who had completed a 30-year career in banking, ending as president and chief operating officer at Laconia Savings Bank.

“I wouldn’t have been able to go to college without help,” Normandin said about her decision to join Berton in launching the Newfound scholarship program.

Berton naturally thought of Blakeley and Mills, both members the NH Coaches Association Hall of Fame who recently had been the first inductees in the Newfound Regional High School Hall of Fame, and Normandin thought it would be another way to honor the two coaches. They, in turn, agreed to lend their names to the scholarship.

Getting the word out has been a challenge, they said. The old alumni association that used to offer scholarships had disbanded, and it took a while to pull together the alumni names, let alone finding out where they are today.

Last fall, with the

help of classmate Terry Corneau, they launched a new website, www.newfoundalumni.com, in an attempt to reconnect with Newfound graduates. It has helped, but they are finding that many of the alumni have moved on and lost interest in their alma mater.

They are hoping to overcome that problem by coming up with new ways to engage others. They are asking for help in coming up with ideas for get-togethers, during Old Home Day or other summer events. They also want to use the Web site to highlight the stories of alumni.

One current initiative is to start that process by identifying alumni who still live in the area, who have established their own businesses and have raised families who also are Newfound alumni.

The multi-pronged approach is intended to reunite the alumni and to focus on the generations to come by helping them to succeed.

Donations to the scholarship fund are welcome, and may be mailed to PO Box 691, Bristol, NH 03222.

Chen

FROM PAGE A3

ent loading. Chen has also received research grants from numerous federal agencies including the US Environmental Protection Agency, National Oceanic and Atmospheric Administration, the National Science Foundation, the Department of Energy, and the National Institute of Environmental Health Sciences.

The theme for this year’s Sidore Lecture Series is Checks and Balances, systems that are in place or needed in order to protect and serve the general public in countering forces not in the public’s best interest. Chen’s concurrent efforts in obtaining the data on mercury in the environment are necessary for setting and advocating for such policy at national and international scales, giving her

an especially appropriate lens to talk about the interface between science and policy. The work of Chen and her collaborators has resulted in many publications in scientific journals and reports for policy-makers, which informed the development of regional, national and international policy on the management of mercury pollution. In addition, Chen has devoted a great amount

of professional attention to public outreach, heightening general awareness of the issues of bioaccumulation, especially regarding mercury in aquatic systems in the Northeastern US. She will use mercury as a high-profile example of how science informs policy, but also compels scientists to engage in the public forum that leads to protection of human health and the environment.

Olech

FROM PAGE A3

published romance novels and novellas. The author is a resident of the Lakes Region.

Up to 2,000 romance novels and novellas from

13 different categories are judged each year in the RITA competition. After the first round of judging by fellow published romance authors, the competition narrows to approximately 100 finalists.

Winners of the awards will be announced Thursday, July 19, at an Awards Ceremony to be held at the 38th Annual RWA Conference in Denver, Colorado.

A complete list of finalists can be found

on the RWA Web site www.rwa.org at in the Contests and Awards section. For further information about the RITA awards, e-mail contests@rwa.org or call 832-717-5200, ext. 127.

CADY

FROM PAGE A4

Oaks Behavioral Health.

“It’s impossible to read this brief and not want push back to keep our kids and young adults safe from this predatory industry,” Wiener continued.

The study also found a trend in that drugged driving and motor vehicle fatalities have increased in states that

have legalized recreational marijuana. The number of drivers in Colorado intoxicated with marijuana and involved in fatal traffic crashes increased 88 percent from 2013-2015 and marijuana-related traffic deaths increased 66 percent between the four-year averages before and after legalization.

“The marijuana industry is actively work-



ing to become the next Big Tobacco. The use of THC candies and drinks are catering to young people and getting them into the drug at an early age,” said SAM President Kevin Sabet, PhD.

“At a time when our nation is struggling with a crippling opioid epidemic, the last thing we need is young people getting caught up in drug use thanks to a relaxing of drug laws.

This study should serve as an eye-opener for our policy makers at both the state and federal level,” continued Sabet.

For more information, visit <https://learnaboutsam.org> and the CADY Web site at www.cadyinc.org. If you or someone you know struggles with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357.





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Egg Hunt

FROM PAGE A1

the gym, they found the Easter Bunny was there to pose for photos with them all. There was also a jelly-bean-guessing contest and a coloring contest to take part in, and adding to all that fun was the NH Balloon Man who was busy creating balloon animals and balloon sculptures of many kinds. There was also some festive holiday face painting,



While three-year-old Kendyl was visiting family in Bridgewater and enjoyed a trip to the Easter Egg Hunt in Bristol where she got a pretty balloon flower from the NH Balloon Man.

DONNA RHODES

Notebook

FROM PAGE A4

arranged to meet one day at four in the morning, and off we went, first by snowmobiles, then on snowshoes. The day will always stand out for me in many ways, not the least because I got to help Elias pull two traps that had what the old-timers called “plenty big beaver” in them.

I will remember the day best for using our snowshoes to dig a big hole in the snow, wherein to kindle a fire for lunch. There we were, in the middle of this vast, silent wild place, alone. Well, not quite. With hardly a movement of an alder branch, out stepped game warden Arthur Muise. We had not had a clue that he was there. “Hello, boys,” said

Arthur, digging for his pipe. “Hello, Arthur,” said Elias, looking surprised. “Join us for lunch?” He did, and there was none of what Elias later referred to as “that official talk stuff,” just visiting as if encountering each other in that vastness was the most natural thing in the world. I’ll always savor that day, and that part of it in particular. As for Elias,

he was happy to call it, as he happily did on the way home, a two-beaver day. (This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)



11-year-old Sam from Bristol was excited to receive balloon swords and a balloon cat as he waited to take part in the annual Easter Egg Hunt at Tapply-Thompson Community Center.

DONNA RHODES

Hot Tuna

FROM PAGE A7

The half-decade foray into 1960s San Francisco rock music was for Jack and Jorma an additional destination, not the final one. They continued to play their acoustic blues on the side, sometimes performing a mini-concert amid a Jefferson Airplane performance, sometimes finding a gig

afterwards in some local club. They were, as Casady says, “Scouting, always scouting, for places where we could play.” The duo did not go unnoticed and soon there was a record contract and not long afterwards a tour. Thus began a career that would result in more than two-dozen albums, thousands of concerts around the world,

and continued popularity. Hot Tuna has gone through changes, certainly, but the one constant has always been Jorma and Jack. Hot Tuna has never broken up, never ceased to exist, nor have the two boyhood pals ever wavered in one of the most enduring friendships in music. Two things have never changed: They still

love playing as much as they did as kids in Washington, D.C. and there are still many, many exciting miles yet to travel on their musical odyssey. Tickets for the Hot Tuna concert are \$45, and \$55 for premium seats. For tickets and more information on concerts and the Flying Monkey Performance Center, visit www.flyingmonkeynh.com or call 536-2551.

Jake

FROM PAGE A7

ing his last name and the instrument he plays, Jake Shimabukuro (she-ma-BOO-koo-row) is recognized as one of the world’s most exciting and innovative ukulele (oo-koo-LAY-lay) players and composers. Renowned for lightning-fast fingers and revolutionary playing techniques, Jake views the ukulele as an “untapped source of music with unlimited potential.” His virtuosity defies label or category. Playing jazz, blues, funk, classical, blue-

grass, folk, flamenco, and rock, Jake’s mission is to show everyone that the ukulele is capable of so much more than the traditional Hawaiian music - or corny showbiz routines -- many associate it with. Shimabukuro’s mother gave him his first ukulele lesson when he was but four years old. “When I played my first chord I was hooked,” he says, “I fell in love with the instrument.” That love grew into a deep passion to create and innovate. Experimenting with various techniques allows Jake



COURTESY

The Flying Monkey Performance Center presents Jake Shimabukuro on Friday, April 13 at 7:30 p.m.

to create sounds never thought possible on the tiny four-string, two-octave instrument. A true showman, his performance captivates audiences with intri-

cate strumming and plucking, electrifying high-energy grooves and smooth, melodic ballads. His collaborations and special projects are varied. He’s toured with Bela Fleck & the Flecktones and recorded on their “Little Worlds” (2003) album. He was also featured on Ziggy Marley’s Grammy-Award winning “Love is My Religion” (2006). Since Jimmy Buffet made him a semi-regular member of his Coral Reefers band, Shimabukuro has appeared on three of their CDs as well as two DVDs. At the end of 2008, he was a guest artist on

Yo-Yo Ma’s holiday album, “Songs of Joy and Peace.” Energy, imagination, and innovation have been his keys to success. He plans to continue recording, performing, collaborating, and staying happy. “I love what I do,” he comments. “I’m forever thankful for music.” Tickets to see Jake Shimabukuro are \$44.50, and \$49.50 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

information booths from local Boy and Girl Scout troops, and sweet treats on sale from the TTCC Teen Council as they continue their fund raising efforts for improvements to the gym. When the egg hunt itself got underway, children participated in groups according to age. That gave everyone a fair chance to gather eggs hidden either on the top floor of the community center or in the Game Room. Each round of the hunt also awarded 25 lucky boys and girls with tickets found inside the eggs that could be redeemed at the Prize Counter, then one very lucky person in each round who discovered a toy chick inside one of the eggs received a special Grand Prize. With approximately 170 children taking part in the event, TTCC staff set aside a reserve of candy for smaller children who perhaps did not find an egg in their hunt. That meant everyone was able to walk away with a smile and treats to enjoy. TTCC’s Executive Director Leslie Dion said this year the center was grateful for the help they received from New Hampton School. Over the course of the week prior to Easter weekend, the students worked on a number of volunteer projects at the community center, which included filling the 1,400 eggs for the Easter Egg Hunt. “I don’t know how we could have done it without them,” Dion said.

What’s Happening at Plymouth State University

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Not sure which program is right for you? You can take up to 12 credits before being admitted to Plymouth State. Registration for Summer term begins April 16. Visit plymouth.edu/prospective/graduate for more information.



See further up here.

What's On Tap

The spring sports season is scheduled to get under way this week at the local high schools, conditions permitting.

At Newfound, the baseball team is scheduled to open the season on Monday, April 9, at home against Newport at 4 p.m.

The Newfound track team is scheduled to kick off its season at Winnisquam at 4 p.m. on Tuesday, April 10.

At Plymouth, the tennis boys will be hosting Trinity on Friday, April 6, and Goffstown on Wednesday, April 11, before visiting Bishop Brady on Thursday, April 12, all with 4 p.m. start times.

The Bobcat tennis girls will be at Trinity on Friday, April 6, and at Goffstown on Wednesday, April 11, both at 4 p.m.

The Plymouth softball team will be hosting Merrimack Valley on Monday, April 9, and visiting Lebanon at 4 p.m. on Wednesday, April 11.

The baseball Bobcats will be at Bow for a 4 p.m. game on Wednesday, April 11.

The Bobcat lacrosse teams will open against Belmont on Tuesday, April 10, with the boys on the road and the girls at home, both at 4 p.m.

Strong numbers, experience for Plymouth net girls

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — Large numbers and solid returning experience from a playoff team from a year ago had Plymouth girls' tennis coaches Diane and Tony DiNardo excited about this year's team.

And the team has rewarded that excitement with hard work in the preseason, including coming together with the boys' team to shovel off the school's tennis courts.

"It's a great sign of commitment, competition and teamwork between the boys and the girls," the Bobcat coaches said. "We said, 'this is what we have to do' Monday, Tuesday and Wednesday and we were on the courts today."

The Bobcats feature 27 girls on the team, with five seniors returning to the lineup and a total of 14 players vying for playing time in the top six as the season gets under way.

Hannah Bellerose and Lydia Marden return with the most varsity experience in their senior



The Plymouth tennis girls and boys joined together to shovel off the team's courts.

COURTESY PHOTO

seasons, while Christina Fungal, Khalilah Abdul-Jabbar and Bri Custance will all be looking to make their mark on the team.

"Hannah and Lydia have the most varsity experience, but the other three got a good taste of varsity," the Bobcat coaches stated. "All of them should be able to contribute something this year."

"Their leadership has

been terrific," the DiNardos pointed out.

Among juniors, Kacie Collins returns after a strong sophomore campaign and will be expected to fill one of the spots in the top six. She is joined by classmates Kiah Newton, Ciara O'Brien and Libby Van DeMoere.

Jocelyn LaClair was on the team as a freshman and returns for her sophomore year looking

to earn some playing time and classmates Mia Sullivan and Sophie Untersee will also vying to find court time for the Bobcats.

Freshman Kaylie Sampson has also impressed in the early going and the Bobcat coaches expect that she could see some time as well.

"They're all vying for playing time," the Bobcat coaches said.

The DiNardos pointed out that last year's trip to the playoffs was certainly a boon for the program and infused the returning players with some solid energy as they head into the new year.

"The playoffs have served as an incentive for the returning players," the coaches pointed out. "They got some experience with that and we hope the kids continue to play hard throughout the season."

The Bobcats will play two games each against rivals Kingswood and Kennett as well as a pair against Manchester West and Kearsarge and sin-

gle games with Trinity, Pembroke, Goffstown, Coe-Brown, Milford and Windham.

The season was set to begin after deadline on Wednesday and will continue on Friday, April 6, at Trinity. The team is back at home on Monday, April 9, to host Pembroke, then visits Goffstown on Wednesday, April 11, with all matches set for 4 p.m. start times.

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

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Newfound Babe Ruth fundraiser April 14

BRISTOL — A fundraising banquet to benefit Newfound Babe Ruth will be held at Kathleen's Cottage at 90 Lake St. in Bristol on Saturday, April 14. The proceeds from this event will benefit the Kelley Park Improvement Fund for the new scoreboards and future improvements.

Area residents are advised to enjoy a fun-filled night of music, food, drinks and raffle prizes that include 100 gallons of heating oil from Dead River, a kayak from Dick's Sporting Goods, Fisher Cats tickets and more.

The ticket price includes full dinner and dessert, two raffle tickets, entertainment and free childcare provided by the Tapply-Thompson Teen Council.

Tickets can be purchased at the Tapply-Thompson Community Center office or online at www.ttcrc.org.

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Record Enterprise
Winnisquam Echo
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The Tilton-Northfield Fire District is accepting applications for the position of Part Time Clerk. The position provides a wide variety of administrative support to the Fire Chief and the Administrative Assistant. The position is generally Monday through Friday four hours per day. Candidates with clerical experience and an associate degree will be preferred. Successful candidates will have to complete a driving and criminal background check. A complete job description and application can be found at www.tnfd.org under Job Openings. Applications and a letter of interest will be accepted via mail, email or in person until 4 PM April 30, 2018.

Submit by email to: mwsitar@tnfd.org or to Chief Michael Sitar, Tilton-Northfield Fire District 12 Center Street, Tilton, NH 03276.

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Full or Part Time considered.
Year Round or Seasonal considered.

Forward resume to
David Ames, Ames Associates,
164 NH Route 25,
Meredith, NH 03253,
david@amesassociates.com.
603-279-5705.

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to
The Federal Fair Housing Law which makes it illegal
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ACHS **EOE**

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**Underage
drinking**

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IT'S A FACT. New research shows alcohol affects a teenager's developing brain differently than an adult's. Memory, learning and impulse control can be impaired seriously. The risk of addiction goes up dramatically. So talk to your kids about the dangers of alcohol and set clear rules about no alcohol use.

How to talk with your kids:
timefortalk.org

**PARTNERSHIP FOR
drugfreeNH.org**
1-800-804-0909

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THINK AGAIN.

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AnyoneAnytimeNH is an initiative of the New Hampshire Department of Health and Human Services

Gearing up for busy spring with a little time in the sun

Sometimes a break is needed and that's just what came about last week when I traveled with the Kingswood baseball team to Vero Beach, Fla. for a little spring training action.

The Knights have made the trek to Florida five times in the last six years and I've gone

SPORTING CHANCE



By JOSHUA SPAULDING

with them each time. I use this as an opportunity to get away from the winter weather and break up the time between the winter

and spring sports season with a little sun.

First and foremost, I am not a huge fan of the heat, but if you're going to go to Florida, spring is not a horrible time to do it. Temperatures were in the low 80s for most of the trip and despite threatening to rain a bit on the last day, it never

rained during the time the players were on the fields.

At Vero Beach, the team trained and stayed at Historic Dodgertown, which is where the Brooklyn and then Los Angeles Dodgers trained for many years. The location features tons of baseball fields (as well as a few softball fields), plus batting cages and dorms for the players to stay in. There is also a dining hall and a pool among the other facilities. Thanks to assistant coach Jason Walsh going to dinner with his father one night, the Knights had an extra dining ticket and I had dinner in the dining hall on Friday, which reminded me a lot of my college days.

I just happened to book the same flights that the team did, leaving at 6 a.m. out of Manchester on Thursday morning. Because I had to work at Brewster on Wednesday night, I left Wolfeboro at about 2 a.m. when I

finished cleaning and went straight to the airport. Because it was so early, there was no security line, which was an added bonus of being there at that time. We arrived in Orlando around 10 a.m. and I got my rental car and headed south to Vero Beach. Before getting to Dodgertown, I headed to the beach for a few minutes (just enough to say I was there and get my feet a little wet).

The Knights had cage time the first night and then the next day had practice, two games and more cage time. They had another game on Saturday morning and one more practice before they headed out to the airport. So, all told, I saw three games and a couple of practices, got some good pictures and got myself ready for the spring sports season, which was slated to start not long after I returned to New Hampshire, weather permitting. I also got

in a few cuts in the batting cage and made a detour to Daytona International Speedway on the way back to the airport.

The Florida trip was once again a nice break from the regular roll of the season and it was nice to take a bit of time to head south to the sunshine. But by the time this comes out, the spring sports season was already under way and the routine was back on.

Finally, have a great day Jason Walsh.

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

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