

Newfound Landing

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COMPLIMENTARY

Olympian shares her love for Camp Onaway

Gevvie Stone wraps up Tokyo Games with fifth place finish

BY JOSHUA SPAULDING

Sports Editor

TOKYO, Japan — Gevvie Stone may have grown up in Massachusetts, but Newfound Lake has a special spot in her heart and even after a week of hard-fought action in the Tokyo heat at the Summer Olympics, Stone gushed about her time in the Newfound area.

A three-time Olympian, Stone raced in Tokyo in the women's double sculls with rowing partner Kristina Wagner. They kicked off their Olympics with a second place finish in their heat

SEE STONE PAGE A9



Gevvie Stone (right) and partner Kristina Wagner compete in Tokyo last Wednesday morning.

COURTESY

1994-95 boys' hoop team heading to Newfound Hall of Fame



COURTESY PHOTO

The Newfound boys' basketball team of 1994-1995 will be inducted into the Newfound Athletics Hall of Fame.

BRISTOL — The 1994-1995 Newfound Regional High School boys' basketball team was selected for induction into the class of 2021 Newfound Athletics Hall of Fame. These guys were one of the more dominant teams in the area at the

time of their title and stand as one the best seasons in NRHS boys' basketball history.

Leading the way for the team was head coach Dan Peters. The 94-95 boys' basketball team started off its winter campaign trading

off wins and losses every other game. After starting the season at 3-3, the boys then went on to win 14 games in a row. The team knew that good things were to come when they won the annual Gilford Holiday

SEE JHALL OF FAME PAGE A9

Master gardener Bob Richer to present organic gardening program

BRISTOL — On Tuesday, Aug. 10 at 7 p.m., the public is invited to participate in a ZOOM presentation about Organic Gardening by Bob Richer, a well recognized New Hampshire Master Gardener. The program is being made possible through the combined efforts of Pasquaney Garden Club, Minot Sleeper Library and Bristol's Sustainability Committee. Those interested may sign up for the Zoom program by using the following link to register and receive the Zoom information:

<https://us02web.zoom.us/join/register/tZMsdOmqrT4rGd-MU82mGMA4usLHruv-2v91Oc>

One thing Bob Richer

wants to stress is that he has always been a teacher. He worked as a teacher for 37 years, and now retired, is a Master Gardener volunteer teaching others how to garden at the Eco-Learning Collaborative Gardens in Plymouth.

Through the UNH Cooperative Extension Master Gardener program, Richer got his Master Garden credentials in late 2008 and since then has volunteered in the E-LC garden. The Eco-Learning Collaborative (E-LC) garden, sponsored by Granite United Way, is at the Whole Village Family Resource Center. The center's purpose is to "strengthen families while building a community that supports

the healthy development of all children in the community." That goal includes maintaining a 2,900-square foot mandala garden - a raised-bed, permaculture-inspired garden.

"There are rows upon rows in each bed," he explains.

Garden produce goes to local food-related, social programs feeding some of the 7,000 residents in the Plymouth area.

"I was drawn to the [master gardener] program by my passion for gardening and my background in education," Richer says.

Richer, 73, also uses his Groton home garden as a teaching space.

"My garden is a per-

SEE GARDENING PAGE A9

Parade celebrates 80 years of history in Hill

BY DONNA RHODES

Contributing Writer

HILL — When the carnival came to town in Hill last weekend, young and old alike had a great time enjoying all the events put together by the volunteers of the Old Home Day Committee, playing old-time carnival games, wearing red clown noses and lining Crescent Street at noon for a parade unlike any other in the past.

Leading off the 80th Anniversary pa-

rade was a bag piper, followed by resident Natali Mills of the U.S. Air Force and her proud daughters, Rylie and Isabella, who carried a banner thanking all veterans for their service.

Floats, throngs of marching groups and more got in on the fun as well. Hill Library touted their summer reading program, "Tales of Tails," with a troupe of readers dressed in animal costumes who encouraged the public to "Come Stick Your Nose in a Book." One young

reader, dressed as a chicken, even carried a live chicken along the route. Their lively presentation won them the Children's Award from parade judges.

The parade's Animal Award that day went to Hannah Gray and Isabella Bean and their horses from Stone Hill Farm who marched proudly through the village, while the French Family's Chevelle Malibu Mad '64 vehicle took the award for Best (Clas-

SEE HILL PAGE A9



DONNA RHODES

Taking home the award for Best Float in Hill's Old Home Day parade last Saturday was an historic, patriotic entry created by the folks of Hill General Store.

Dr. Kristi Saunders joins Pemi-Baker Community Health



Dr. Kristi Saunders

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Pemi-Baker Community Health is excited to announce that Dr. Kristi Saunders, MD, has joined the team as their

new Hospice Medical Director. After working over twenty years in Family Medicine as a board certified OB/GYN, Dr. Saunders was drawn to palliative care and hospice by the desire to be more involved with her patients when facing serious illnesses and death. She became board certified in Hospice and Palliative Medicine in 2012 and since then has been educating her patients about living and embracing the normalcy of dying. Working with other agencies in New Hampshire and recently re-

ceiving hospice help for her mother in California, has highlighted common challenges that families face. “My past experiences of different cultures, needs and desires made me realize how important it is to really have the time to listen, watch, and not treat everyone like medicine normally does...like everyone else. We are all different and need our care individualized. We spend too much time medicalizing death and not spending more time in what is the hard part... saying goodbye,” said Saunders. Pemi-Baker

Community Health’s mission and philosophy of supporting their patients and families with compassionate care follows closely with Dr. Saunders’ beliefs. “Our goal is to educate families that hospice is really about living, not death. It should be about smiles, hugs and bringing people closer to acceptance as we possibly can,” said Saunders. “Dr. Saunders has been serving our community as one of our hospice physicians since January and we are delighted that she will be taking over as Hospice Medical Director upon

Dr. Arsenault’s retirement. Her commitment to the highest standards of client care blended with her knowledge and compassion make her an ideal fit for Pemi-Baker Community Health,” said Danielle Paquette-Horne, Senior Director of Home Health, Palliative Care & Hospice. With more than 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA),

hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we’re right where you need us. PBCH is located at 101 Boulder Point Drive, Plymouth, NH. To contact us please call: 536-2232 or email: info@pbh-ha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.

Volunteer trail work opportunities at the SLA

HOLDERNESS — Interested in learning firsthand how our hiking trails are maintained for the public? Come volunteer each Sunday from 9 a.m.-1 p.m. with the Squam Lakes Association’s Lakes Region Conservation Corps members as they care for the more than 50 miles of SLA trails! The day’s work will depend on the specific needs of each trail, but typical maintenance efforts include clearing waterbars, removing blowdowns, cutting back branches that encroach on the trail corridor, and brushing in portions of the trail where the path is unclear. All ex-

perience levels welcome and encouraged. This is a fantastic opportunity to get outside while also helping conserve our trails for future hikers. As always, this work is weather dependent. Should any changes to plan arise, we will provide updates. Participants will meet at the trailhead. The trail for the day will be shared via email or phone with those who sign up for the day. Due to shifting priorities, the trail may not be confirmed until the day before the volunteer day. Volunteers should bring appropriate clothing, water-resistant shoes, water, and food. Masks are optional outdoors. Tools and eye

protection will also be provided. Trail days are limited to six volunteers. Registration is required and will close 24 hours prior to the volunteer day. You can register online at www.squam-lakes.org. If you have any questions about the trail day, please call 968-7336 or email volunteer@squam-lakes.org. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character, and resources of the watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use, and shared enjoyment of the lakes,



mountains, forests, open spaces, and wildlife of the Squam Lakes region.

Quincy Bog hosts presentation on 20 years of local Canada Warbler research

RUMNEY — Join retired PSU ecology professor Len Reitsma for an in-person evening talk at the Quincy Bog Nature Center, sharing highlights of nearly 20 years of Canada warbler research in Canada, on Wednesday, Aug. 11 at 7 p.m.

Reitsma has conducted research on Canada warblers for 19 consecutive years spanning habitat selection, breeding ecology, mating system and migration timing and routes. He will share highlights on data and analyses of these aspects of the bird’s life history along with many pretty pictures of birds. At the end, he’ll also share a few images of his 10 years of work on forestry for birds.

Wednesday Evening Programs in late July and August will take place at Quincy Bog’s Nature Center, 131 Quincy Bog Rd. in Rumney. Talks are free and open to the public, and are underwritten in part by the Ruth V. Fisher Memorial Fund. Contact Jessica Halm with any questions regarding this or future Quincy Bog presentations by email at jesshalm78@gmail.com.

Newfound searching for some fall coaches

BRISTOL — Newfound Area School District is looking to fill some coaching positions for the 2021-2022 school year. At Newfound Regional High School they are searching for an assistant football coach, JV field hockey coach, varsity girls’ skiing coach and a JV volleyball coach. At Newfound Memorial Middle School they are searching for a boys’ soccer coach, a girls’ soccer coach and an assistant football coach. If interested, please send a letter of intent, resume, and names and phone numbers of three references to Pierre Couture – Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222. Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006 x1507.




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One busy week in the books, one to go



HAD A GOOD TIME at the rugby competition at Tokyo Stadium last week.

JOSHUA SPAULDING

This is being written on Sunday afternoon, Aug. 1, in the Main Press Center at the Tokyo Big Sight. I have now been out of my hotel quarantine for an entire week and have seen a lot of the Olympics in the course of that time.

Of course, there's also plenty I haven't seen, but I can only be one place at a time and have not found a way to get to more than three events in a day.

I started things off with an early morning trip to the Odaiba Marine Park for triathlon and continued that first day with a trip to the historic Nippon Budokan for judo and finished the night at the swimming heats, where I saw Katie Ledecky dominate the field in the 1,500 meters, an event in which she would go on to win the gold medal.

My second day started with a bus ride to

Tokyo Stadium, where I enjoyed four rugby matches, with the United States losing to South Africa in the final match of the morning. From there, I went back to the Tokyo Aquatics Center to see Dover native Jessica Parratto compete in the synchronized 10m platform diving competition. I was definitely glad I made that trip, as she came home with a silver medal. From there, I finished the day

at the Yokohama Stadium where the US softball team came up short in the gold medal game against Japan.

SPORTING CHANCE



By JOSHUA SPAULDING

My third day found me out at the Sea Forest Waterway for rowing, where Wolfeboro's Hillary Gehman coached the US women's quad scull team and Gevvie Stone, a longtime counselor and instructor at Camp Onaway on Newfound Lake, was competing in the women's double sculls. A trip to the Tokyo International Forum was next up to see a little weightlifting. This was one of the most confusing venues to get in and out of, but the building itself was pretty cool. Day three finished with the 3X3 basketball finals, where the US women won gold at Aomi Urban Sports Park.

The next day started with a trip to Shiokaze Park for beach volleyball,

ball, however, while I was there, I realized I had left my phone charger back at the hotel, so I had to scrap plans for my second event of the day and kill a few hours by going back to the hotel. I finished out the day with a trip to the Ariake Arena where the US women's volleyball team survived a strong fight from Turkey.

On Friday, I was at the Ariake Urban Sports Park for the BMX racing event and got the chance to catch up with Dr. Tamara Lovelace of Alton, who is part of US Cycling's medical team. She was busy on that day, as a number of crashes, including one very serious one, marred the racing. After that, I made the trip to the Kasai Canoe Slalom Center, which was a cool venue, but very, very warm and the day finished with another trip to the Yokohama Stadium for the US baseball team's game with Israel.

Yesterday was a bit of a slower day, with a trip out to Asaka Shooting Range to catch a little shotgun trap shooting

and then a trip to Saitama Super Arena, where the US men's basketball team took on the Czech Republic, featuring Brewster alum Blake Schilb.

Today was another trip to Ariake Urban Sports Park for BMX freestyle, which was pretty awesome and the day will finish with a little table tennis action at Tokyo Metropolitan Gymnasium.

It's been a busy week filled with great sports, lots of time on buses and not tons of sleep. But it's still fun. Hopefully week number two brings more of that.

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.

New Hampshire's Parratto makes US diving history

Dover native part of synchronized 10m duo that wins silver

BY JOSHUA SPAULDING
Sports Editor

TOKYO, Japan — It's not how you start, it's how you finish.

Jessica Parratto and Delaney Schnell proved that is indeed the case on Tuesday, July 27, at the Tokyo Aquatics Center.

The American duo sat in seventh place (out of eight teams) after their first dive in the women's synchronized 10m platform

finals. The women dug down, moved up to sixth after their second dive, then moved to fourth after the third dive then moved into silver medal position after their fourth dive.

Parratto, who grew up in Dover, and Schnell saved their best for last, putting up a 78.72 in their final dive of the afternoon to hold off a

charging Mexican duo and capture the silver medal, the first medal of any kind for the United States in synchronized 10m platform diving. China took the gold medal. It marked the first medal for the United States women in the event since it made its Olympic debut.

"I honestly will say I have never woken up for a meet feeling so calm and ready to go," Parratto said. "I didn't even wake up having the nerves until kind of the nervousness happened right before we started competing but that was a good sign honestly to me knowing that I felt as confident as I did that we knew we could hit our dives.

"I feel like this event is always so close," she added. "There's always that team almost fighting to get a bronze so that was kind of what my mindset was, but to come away with a silver is just mind-blowing honestly and it just goes to show that if you stay focused and confident, anything can happen. I just couldn't be more



JOSHUA SPAULDING

THE AMERICAN FLAG is raised in the silver medal spot for Dover's Jessica Parratto and Delaney Schnell after their performance in the synchronized 10m platform diving event in Tokyo last week.

pleased with today."

With their first dive, Parratto and Schnell got 45 points but moved up to 46.8 points with their second dive. They took a big leap forward to 70.2 points on the third dive, then scored 70.08 on the fourth dive and finished things out with the big score of 78.72.

"I'm not a scoreboard watcher, but I knew that we were a little behind after the vols [voluntary dives], but I almost feel

like that's what kind of lit my fire under me," Parratto said of being behind after the first two dives. "I knew that we could do really good optionals, so I wasn't concerned about it, and I think I just tried to keep going dive-by-dive not letting anything affect me that was in the past and I honestly feel like that is what propelled us forward."

The road to Tokyo was actually a fairly

short one for Parratto and Schnell. Parratto, who also competed in the Rio de Janeiro Olympics in 2016 and Schnell only decided to dive together a few weeks before the Olympic trials and earned their spot in Tokyo after training together for just two weeks.

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

Schilb shines in Czech Republic's loss to Team USA

BY JOSHUA SPAULDING
Sports Editor

SAITAMA, Japan — Brewster Academy graduate Blake Schilb did everything in his power to keep his team in the game against the United States men's basketball team on Saturday, July 31.

However, after a great start, the Czech Republic couldn't keep up with the Americans and Team USA got the 119-84 win at Saitama Super Arena.

Schilb was hot from the start, as he drilled the game's first hoop and hit a three-pointer as the Czech team got out to the 9-2 lead out of the gate. Schilb scored 11 points in the first quarter and the Czechs had a 25-18 lead after one quarter of play.

However, Kevin Durant's three-pointer at 6:19 of the second quarter moved him into first on the team's all-time Olympic scoring list and gave the U.S. its first lead of the game at 34-33. He followed it up with another pull-up triple to extend the lead to four. The U.S. wouldn't trail again and headed into halftime up 47-43.

The Americans maintained their high defensive intensity in the third quarter and found their three-point stroke. The Czechs kept it close early in the third before a 10-2 U.S. run pushed the lead to 11 midway through the quarter.

Durant scored seven of his 10 third-quarter points, including a three as the quarter ended, in the final five minutes to help the U.S. build an 82-60 advantage heading into the fourth. Jayson Tatum's red-hot shooting kept the game out of reach. The Celtic star scored 21 of his game-high 27 points in the second half.

Schilb was the leading scorer for the Czech Republic, as he poured in 17 points, 14 of which came in the first half. Fifteen of those points came on three-pointers, as he drained five from beyond the arc.

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

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Edward Jones: Financial Focus

Are trust services right for you?

If you're extremely busy with your career and family and you've accumulated a fair amount of assets, you might be concerned about a variety of issues related to financial management and legacy planning. Specifically, you might think you don't have the time or expertise to deal with these matters effectively. If this is the case, you might want to consider using a trust company.

You might think you need to have a large estate or millions of dollars to benefit from working with a trust company, but that's not the case. And if you're not familiar with what a trust company can do, you might be surprised at all the services it can provide, including the following:

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children. The company can manage retirement accounts, monitor investments and disburse funds, make changes as needed and ensure compliance with government reporting for contributions, withdrawals and rollovers. While different companies operate in different ways, you may have an arrangement in which you work with a personal financial advisor and a separate portfolio manager.

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- Financial management during incapacity – If you were to become incapacitated and couldn't make financial decisions, a trust company can step in, giving you peace of mind from knowing that your financial assets will be managed by a team of professionals, helping protect you and your family from potentially dire consequences.
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a revocable living trust, which can allow your estate to avoid probate while providing you with great control over how your assets will be distributed at your passing. Alternatively, the trust company can work alongside an individual you've designated to execute the terms of a trust. If your selected trustee resigns or becomes unable to make decisions, the trust company can serve as successor trustee. When it's time to settle your estate, the trust company can handle the valuation, dispersion and re-titling of assets, pay off any debts and expenses, and complete any tax returns related to your estate.

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disbursements and the value of assets within the trust.

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CADY Corner

How alcohol affects driving ability

BY DEB NARO
Contributor

Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. All these abilities are essential to operating a vehicle safely.

As alcohol levels rise in a person's system, the negative effects on the central nervous system increase. Alcohol is absorbed directly through the walls of the stomach and small intestine. Then it passes into the bloodstream where it accumulates until it is metabolized by the liver. A person's alcohol level is measured by the weight of the alcohol in a certain volume of blood. This is called Blood Alcohol Concentration, or BAC. At a BAC of .08 grams of alcohol per deciliter (g/dL) of blood, crash risk increases exponentially. Because of this risk, it's illegal in all 50 states, the District of Columbia and Puerto Rico to drive with a BAC of .08 or higher, except in Utah where the BAC limit is .05.

Even a small amount of alcohol can affect driving ability. In 2019, there were 1,775 people killed in alcohol-related crashes where a driver had a BAC of .01 to .07 g/dL. As blood alcohol content continues to increase, so do the risks. At a BAC of .02, there is a decline in visual functions and ability to perform two tasks at the same time. At a BAC of .08, there is a decline in concentration, signs of short-term memory loss, speed control, reduced information processing capability and impaired perception. With a BAC of .10, there is a reduced ability to maintain lane position and brake appropriately and at a BAC of .15, there is substantial impairment in vehicle control, attention to driving, and in necessary visual and auditory information processing.

Driving after drinking is deadly. Yet it continues to happen across the United States. Driving while impaired could lead to an arrest, or worse a fatal traffic accident. Approximately one-third of all traffic fatalities in the United States involve drunk drivers. In 2019, 10,142 people were killed in these preventable crashes. In fact, on average over the 10-year period 2010-2019, more than 10,000 people died every year in drunk-driving crashes. In every state, it's illegal to drive drunk, yet one person was killed in a drunk-driving crash every 52 minutes in the United States in 2019.

Driving a vehicle while impaired is a dangerous crime. Tough enforcement of drunk-driving laws has been a major factor in reducing drunk-driving deaths since the 1980s. Charges range from misdemeanors to felony offenses, and penalties for impaired driving can include driver's license revocation, fines, and jail time. It's also extremely expensive. A first-time offense can cost the driver upwards of \$10,000 in fines and legal fees.

Talk to your child early and often about the risks of underage drinking and impaired driving, for tips visit our website at www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



NORMA LUNNEY

Sunshine on a stem

Even on a cloudy, humid day, daylilies brighten our lives.

Sustainable Bristol

How to stay cool the eco-friendly way

BY LAUREN THERIAULT

My, oh my, is it getting hot. Do your bills skyrocket higher than a 4th of July firework in the summer trying to keep cool? All that money represents, obviously hard earned dollars for you, but also energy that had to come from somewhere, probably fossil fuels. Here are some ways to stay cool that don't require running the air conditioner.

Open the windows. Keep them open in the evening and night into morning. When it starts getting hot, close them. This lets the cool air in and keeps it there. Nothing beats the cool morning scent in your house either.

Cover the windows. Wait, didn't I just tell you to open them? When

it's really hot, keep the shades drawn to keep the sunlight out. I still remember how my mom would tack a bedsheet across the windows in our house on 90-degree days and let us watch movies to stay out of the blazing sun.

Rest during the hottest hours of the day. Do your chores, work and exercising in the morning or evening so that you don't have to exert extra energy at the hottest time of day. I give you permission to read a book or watch a movie on the couch while slowly fanning yourself to stay cool between the hours of 11 a.m.-2 p.m.

Take a dip. One of the best parts about our area of New Hampshire is the ample swimming locales, most of which are freezing cold no matter

what time of year it is. In our family we like to go to the lake after dinner; it kills two birds with one stone, bathtime, and we are all cooled down and ready for bed.

Dress for the weather: Just like winter in New Hampshire requires certain clothes, so does summer. Wear lightweight breathable clothing options to keep cool.

Sleep somewhere else. I know people who sleep in their basements when it's really hot, bring a mattress or blow up mattress downstairs and sleep where it's cooler. This could also be a time to go camping.

Wet t-shirt contest. (Did I really just say that?) Believe it or not, wearing a wet shirt and keeping it wet can really keep your temperature down.

Use a fan. Ceiling, oscillating, or box fans help move the air around and keep you cool and really do use a lot less energy than an AC unit.

Don't use the oven. Grill your food or better yet have a smoothie, watermelon or popsicle.

Really hot still? Visit somewhere cooler like a library, splashpad, park, or movie theater if you feel comfortable doing so.

Still too hot and need to use an AC? Fine. Keep doors closed so the cool air stays where you want it. Turn it off or set it on a timer so it's not being used when no one is home. If you're buying a new one, make sure it's energy efficient. Getting rid of an old one? Make sure you take it to the correct place to recycle it. Stay cool!

North Country Notebook

Hummingbirds; propane tanks; gas cans; the Greely Expedition



By JOHN HARRIGAN
COLUMNIST

Various notes bearing curious things seem to float around my desk, sometimes bearing items that don't even make sense. It's like finding something new in Pharaoh's tomb.

This week, I snatched one as it flew by my nose again, and it said:

- Hummingbird mix;
- Propane tanks;
- Jeep gas can;
- Greely Expedition.

Now, it's still not too late to mix up some sugar and water; and make the usual hummingbird nectar and hang it on the porch, and the occasional hummingbird will show up, probably



COURTESY — VICKI BROWN/UNH COOPERATIVE EXTENSION

A feeder is fine if kept clean, but a key to encouraging hummingbirds is to plant the right plants.

at this late date the one assigned to scout the territory for free grub.

I've missed the early part of the season, when the hummingbirds arrive after flying stupendous distances, panting hard, their little tongues hanging out like dogs

back from a run, doctors holding tiny stethoscopes to their little chests, like that. Heart monitors, even.

When hummingbirds arrive back in northern New Hampshire they are famished, and there aren't exactly a lot of

nectar-bearing flowers or shrubberies in bloom amidst the snow-squalls. Still, they're eager to start raising kids, and set up housekeeping as soon as they can.

I missed out on this because I was lax in mix-

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Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Yes, it's August! Hopefully a dryer month and one full of more summer memories. I count my blessings as another of my grandchildren goes off to college, while the youngest has one more year of high school. Where does the time go? Good luck for a 'normal' year of studies...

Tonight, Thursday, Aug. 5, Annie and the Orphans will be featured at the Bristol Summer Concert on Kelley Park at 6:30 until 8 p.m.! Gather friends and family and enjoy the fun!

Saturday, Aug. 7 will be a busy day in the Newfound Area: The Friends of Minot-Sleeper Library Book Sale will be held from 9 a.m. until 2 p.m. at the MSL, The Newfound Lake Region Association Annual Meeting and Gathering will take place at Grey Rocks in Hebron (registration required, www.newfoundlake.org), Family Archery, ages 8 and up, will take place at Slim Baker Area at 9:30 a.m., www.slimbaker.org, Parade of Cars will be held at Whittemore Point Road, with line-up starting at 305 Whittemore Point Rd. North at 10 a.m. (744-8010), The Buskers will be featured at the Hebron Gazebo Concert and BBQ at 6 p.m. Have fun trying to fit all of those in on one

day!

On Tuesday, Aug. 10, Slim Baker Area will have a Fireside Chat with NLRA Executive Director Rebecca Hanson from 6 to 7 p.m. on Newfound Water Quality (slimbaker.org).

The Bristol Rotary Club Annual Penny Sale will be held at Newfound Regional High School on Thursday, Aug. 12 at 6:30 p.m. Proceeds benefit the Bristol Rotary Club Scholarship Fund.

Saturday, Aug. 14 will be another very busy day in the Newfound Area! Events during the day will include: Alexandria Village Church Craft Fair from 9 a.m. until 3 p.m. (393-9376), Alexandria Town-wide Yard Sale from 9 a.m. until 3 p.m. (744-5383), Family Fun Day at the Hebron Gazebo and BBQ from 11 a.m. until 8:30 p.m. featuring corn hole, book sale, music, dessert contest, vintage car show and fireworks.

The Minot-Sleeper Library Youth Summer Reading features STEAM Boxes to Go and Book Bundles! STEAM Boxes are targeted for different age groups to provide fun STEAM related crafts. The Book Bundles offer fun stories related to different themes. Depending on the age group each Book Bundle will include a book(s) and activities. To reserve a STEAM box To Go or a Book Bun-

dle, please contact the library: minotsleeperlibrary@gmail.com or 744-3352.

The Mill Stream Farmers Market is held every Saturday at the Mill Stream Park in Bristol on Saturdays from 10 a.m. until 2 p.m. Many vendors are selling a variety of goods including: meats, fish, maple syrup, vegetables, knit goods, soap, blankets, jellies and jams, jewelry, plants and bird houses with many new items each week. Please avail yourself of the many local wares.

The TTCC needs volunteers for the Annual Old Home Day and Lobster & Chicken Supper coming up on Aug. 28. Baked items needed include: pies, cupcakes, cake items. If you can be there to help that day, corn-shuckers, salad prep, staffing TTCC ticket booth are needed from noon until 3 p.m. Prep for dinner help is needed from 3 – 5 p.m. Dinner serving and clean up is needed from 5 – 8 p.m. (fresh crew preferable).

Other volunteers are needed to deliver posters for upcoming events monthly at various businesses and boards. Also needed are folders for Fall fliers for the schools to be done by the end of August. These can be taken home to be worked on. (744-2713 or bccfun@metrocast.net).

Looks like a busy month ahead, if these

last two weeks are any indication. Have fun!

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Fair
Nice to see so many people out and about at the Hebron Church Fair. It was a nice fall day for the Fair however after a while it did warm up and everyone was able to finally shed their sweat-shirts and jackets and take advantage of the sun.

Churches

Christian Science Society, Plymouth

This past weekend, members put up a new little book box in front of the church. It's a "tiny library" which will have magazines and books available to pick up for free at any time! You can walk or drive by and check it out and take whatever you'd like to read. Everyone is most welcome to use this service which is part of our Reading Room activity.

We'd love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. This week the subject of the Bible lesson is "Spirit." The lesson leads with the verse from Galatians: "...the fruit of the Spirit is love, joy, peace longsuffering, gentleness, goodness, faith."

On Wednesday evenings, we have a meeting at 6 p.m. which includes short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our Bible study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. Visit our website at cs-plymouth-nh.org to request a link to these services.

We hold Sunday school for children and young people up to the age of twenty. We welcome all youngsters who would like to participate. Students become familiar with the Bible, and learn truths which can help them in their everyday lives. It meets the same time as the church service. There is also a nursery for little ones.

On www.jsh.christianscience.com there are many resources both to listen to and read. You can sign up for a free newsletter with helpful articles which will come by email. This week there is a helpful audio podcast "Living the newness now."

On www.christianscience.com you can learn more about Christian

Hebron Gazebo Program

On Saturday August 7th at 6pm. the Hebron Gazebo Program will be hosting The Buskers. BBQ by the Hebron Store.

Hebron Library
Hebron Library will have a Book Sale on Aug. 14, noon-4 p.m. Come browse our fantastic selection of sale books newish and old. Wonderful additions to your personal collection!

Hebron Historical Society Program

On Friday, Aug. 20, the Hebron Historical Society will be hosting a program at 7PM featuring NH historian and humorist

Rebecca Rule with "That Reminds Me of a Story."

The program is sponsored by the NH Humanities Council and will be held at the Hebron Community Hall, 16 Church Lane.

It is handicapped accessible, free of charge, and open to the public. Light refreshments to follow. For more information, call 744-3335.

is one among us who pays deep attention to nature, and as she does so, she encounters wonder and beauty. Join us as she guides us in understanding the wonder and beauty of hummingbirds.

AUG. 15

The Purpose of Time Travel

Rev. Barbara H. Gadon & the worship staff at Eliot Unitarian Chapel, St. Louis, Mo.

36 years have passed since this iconic film was released in 1985--longer than Marty McFly travels to encounter his parents as teenagers. What does this movie say to us now? And why are we so in love with time travel?

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site: www.starrkingfellowship.org

536-8908 the normally travelled way--old town roads and the like. It includes a 2.5-gallon gas container, which I borrowed to mix oil and gas in for the trimmer.

It seems hard to find simple containers without all kinds of gizmos on them, most related to safety, insurance, or lawsuits--and many of them impractical. Nozzles and what they will (or will not) fit are a particular problem.

The best thing, with chainsaws and weed-whackers and the like, is to use a small pipe-clamp to attach a short piece of rubber hose to the snout. But then you have to scrounge up an attachable tip-plug from the Scrounge Bin.

+++++

Finally, we have "Greely Expedition." What's up with that?

This was a note I made while reading something else. The original and more detailed note is somewhere on my desk.

And it's too good a story for just another item, so I'm saving it for another time.

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

Comfort Keepers
The respiratory system: Age-related changes & COPD

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Chronic obstructive pulmonary disease, more commonly referred to as COPD, is a health problem facing adults in the U.S. Because of its progressive nature and increased age as a leading factor, there is a greater prevalence of COPD in seniors. The good news is that many adults can easily reduce their risk of COPD through lifestyle management.

COPD represents a group of lung diseases, with the two most common being emphysema and chronic bronchitis.

Symptoms of COPD include
Constant coughing
Wheezing
Shortness of breath
Coughing up mucus
Tightness in the chest

Research also suggests that there may be a link between poor air quality and COPD. The American Lung Association estimates that between 80-90 percent of COPD cases result from smoking. Unsurprisingly, secondhand smoke is a significant risk factor as well.

Seniors should take the following steps to reduce their risk of COPD:
Older adults that

smoke should get support from a primary care physician and take steps to quit. There are many programs, services, and products that can help.

Seniors should avoid contact with second-hand smoke whenever possible.

Reducing exposure to air pollution can help relieve symptoms. Many cities issue poor air quality warnings--when these warnings are in effect, seniors should limit outside activities.

Seniors should avoid airborne irritants (chemicals, fumes, etc.) in the home.

A healthy diet and exercise plan can improve lung function and overall health with direction from a physician.

Older adults should understand the impact of aging on their respiratory system and reduce their risk of any related diseases, illnesses, or conditions.

Doctors may recommend getting vaccinations for both influenza and pneumococcal pneumonia to guard against further breathing complications.

Comfort Keepers® can help

Comfort Keepers elevates the human spirit for today's seniors and their families through a unique, individualized approach to care that helps seniors thrive and achieve greater wellbe-

ing by fostering everyday positive moments, connection, and a more purposeful life no matter their age or acuity. As part of a healthcare team, an in-home caregiver can assist with activities that slow disease progression or reduce the risk for those with respiratory issues. Comfort Keepers caregivers can help by supporting physician-recommended health programs, preparing meals, encouraging prescribed physical activity, reminding seniors to take medications, and providing transportation to scheduled appointments.

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 nhcomfortkeepers.com for more information.

One day, two unique sports



JOSHUA SPAULDING

CHECKED OUT the BMX racing course at Ariake Urban Sports Park in Tokyo on Friday.

BY JOSHUA SPAULDING
Sports Editor

TOKYO, Japan — Getting to experience unique sports is part of the fun of the Olympics and Friday, July 30, was a day to get in a couple of sports that we don't get to experience every day. The day kicked off with a morning trip to the Ariake Urban Sports Park, where the BMX races were taking place. The Tokyo weather had other ideas, as Mother Nature brought in some rain and the start was delayed by 45 minutes. Having watched BMX racing in previous Summer Olympics, I knew what to expect, but I walked away having a

greater appreciation for the sport, as it was a ton of fun to watch the cyclists powering themselves over the bumps and dips and ripping through the turns. The races were marred by a couple of hard crashes by American riders, including one that sent the defending Olympic champion, Connor Fields, to the hospital. One of the main reasons for checking out BMX was the fact that Dr. Tamara Lovelace of Alton is on the medical staff for the US Cycling Team and was there to take care of the athletes. As it turned out, she had a pretty busy day, as she was pressed into duty

by a couple of the crashes, including the Fields crash. Dr. Lovelace, who owns Seacoast Spine and Sports Injury Clinic, serves as a team doctor for the Kingswood and Prospect Mountain programs. From there, after a couple of bus rides, I arrived at the Kasai Canoe Slalom Center to watch the whitewater action. This is a sport that always has intrigued me and it was a lot of fun to



THE KASAI CANOE SLALOM COURSE provided the action on Friday afternoon.

see the paddlers making their way through the course. There was also a bit of local interest in this event. A few months back, I went and did a story on the new whitewater park being constructed on the Winnepesaukee River in Franklin. This ambitious project is sure to be a boon to the local economy and takes advantage of the great natural water source that the river provides. However,

I found out during that interview that the plans for this started back when Boston was looking at hosting the Olympics and they would need a whitewater facility. The facility in Tokyo is nothing like what Franklin will have in one way, since it is entirely man-made. It is a beautiful facility, but it is tucked away next to an industrial area and seems a bit out of place. However, it was blazing hot. Part of the prob-

lem was that this was the first day since I've been in Japan that all the events that I covered were outside (I finished the day at US-Israel baseball). No doubt it was a long day in the heat, but a chance to check out two unique sports is always appreciated.

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

Owl's Nest to host Special Olympics Cup Golf Tournament

THORNTON — After training and remaining active on their own during the nearly 16 months of COVID-necessitated isolation, more than 3,000 Special Olympics athletes in New Hampshire are now returning to in-person training. Returning more than 65 local programs across the state to in-person activities is a massive effort being undertaken by the thousands of volunteers who are the true engine of SONH. In support of these efforts, the Special Olym-

pics New Hampshire Board of Directors is proud to announce the first-ever Special Olympics Cup Golf Tournament on Tuesday, Aug. 17, at the Owl's Nest Resort and Golf Club in Thornton. Funds from the event will assist the programs of SONH as in-person training and competitions come roaring back to life statewide. Presenting sponsors for the event include Eversource, Maverick Corporation/One Source Power and Quanta Services. "Special Olympics New Hampshire exemplifies the power of inclusion in the Granite State," said Eversource NH President Joe Purington. "We're always proud at Eversource to partner with Special Olympics New Hampshire in support of their critical work transforming the lives of countless children and adults." SONH board member and Chair of the Development Committee Wayne Griffin notes "This event wouldn't be

possible without the dedication of staff, volunteers and sponsors who have enthusiastically stepped up." "It's a true honor for Maverick and One Source Power to support Special Olympics New Hampshire and turn dreams into realities for SONH athletes" according to Michael McNally, CEO, President and Founder of Maverick Corporation. "We are thrilled with all the interest in the first annual Special Olympics Cup," said SONH VP of Development Carol Cray. "This event's success will support our athletes who are finally returning to activity" she continued. Jim Tighe is a VP of Business Development with Quanta Services. He commented "Quanta Services would like to thank Eversource and SONH for their leadership on establishing this event which will greatly benefit the athletes of Special Olympics New Hampshire as they reach towards their dreams."

The event is an 18-hole four-person scramble with an 8:30 a.m. shotgun start. As the tourney name implies, there is a trophy cup for the winning foursome. One for each member of the winning team as well as a larger version for display in the winners' place of business. In addition to the golf tournament, there will also be a cornhole tournament that is open to the public. Cornhole competition will feature 48 pairs of players and runs from 9 a.m. to 1 p.m. Registration is just \$25 per person and includes lunch. There will be cash prizes for cornhole tournament winners. Cornhole registration available at <https://tinyurl.com/k65sz69u>. More information about Special Olympics New Hampshire is available at www.SONH.org. More information about the Owl's Nest Resort is at www.OwlsNestResort.com. Details about New Hampshire's only Nicklaus-designed golf course can be found there.

**REQUEST FOR PROPOSAL
SNOW PLOWING AND SANDING
FOR THORNTON PUBLIC LIBRARY**

The Thornton Public Library is accepting proposals for snow removal and sanding. The contract will be for a period of two years. Inspection of the site can be arranged by calling Library Director Nina Sargent at 603-726-8981 between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday. Specifications for work to be performed may be picked up at the library. Proposals must be received by Friday, August 6, 2021 at 3:00 p.m.

The Trustees of the Thornton Public Library reserve the right to reject any or all proposals. Mail or deliver proposals to:

**Thornton Public Library
1884 NH Rte 175
Thornton, NH 03285**

Sealed proposals should be marked
"Snow Plowing and Sanding Proposal"
on the outside of the envelope.

STATE OF NEW HAMPSHIRE
DEPARTMENT OF ENVIRONMENTAL SERVICES
AIR RESOURCES DIVISION
CONCORD, NEW HAMPSHIRE

**NOTICE OF TITLE V OPERATING PERMIT REVIEW
PUBLIC HEARING AND COMMENT PERIOD**

Pursuant to the New Hampshire Code of Administrative Rules, Env-A 622.02, notice is hereby given that the Director of the New Hampshire Department of Environmental Services, Air Resources Division (Director), has received a Title V Operating Permit application from, and based on the information received to date, intends to **issue such Title V Operating Permit to:**

Hebron-Bridgewater Regional Refuse District
Located at:
**290A Dick Brown Road
Bridgewater, NH 03222**

The Hebron-Bridgewater Regional Refuse Disposal District (HBRRD) is a regional municipal facility owned and operated by the Town of Bridgewater. HBRRD processes residential solid waste into biodegradable municipal waste by removing non-combustible materials such as glass and metals from the waste stream. Plastics, wood, and other contaminants are also separated and recycled. The remaining material is processed through the solid waste incinerator. The device is required to hold a Title V permit pursuant to 40 CFR Part 60 subpart FFFF, *Emission Guidelines and Compliance Times for Other Solid Waste Incineration Units that Commenced Construction On or Before December 9, 2004* and Env-A 609.01(a)(2).

The application and draft permit are on file with the Director, New Hampshire Department of Environmental Services, Air Resources Division, 29 Hazen Drive, P.O. Box 95, Concord, NH 03302-0095, (603) 271-1370. The application and draft permit are available through the NHDES OneStop online database at: <https://www4.des.state.nh.us/DESOnestop/BasicSearch.aspx>. Please contact us at the above address and phone number if you would like to review the application or draft permit but cannot access it through OneStop. Additional information may also be obtained by contacting Sheila Rydel at the above address and phone number. Requests for a public hearing and/or written comments filed with the Director in accordance with Env-A 622.05, and received no later than Tuesday, September 7, 2021, will be considered by the Director in making a final decision.

Craig A. Wright
Director
Air Resources Division

**HEBRON HISTORIC DISTRICT
COMMISSION**

Notice of Hearing

You are hereby notified that the following Application for Certificate of Approval for Andrew Comendul Tax Map#17 Lot#14, 5 Cross Road will be heard at a Public Hearing to be held on **Monday, August 9, 2021 at 7PM** at the Town Offices, 7 School Street, Hebron, NH 03241 Second Floor Conference Room. **Masks are not required but social distancing will be enforced.**

Would like to replace existing front yard wooden fence with a vinyl fence that would be 16 panels (3'x8'), 17 posts, all white picket style

Hebron Historic District Commission

Chair: John Dunklee

**LOOK TWICE
SAVE A LIFE**



**MOTORCYCLES
ARE EVERYWHERE**

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	26 Knowles Hill Rd.	Single-Family Residence	\$45,000	Brian and Richard Powers	Eric E. and Lara C. Peterson
Alexandria	N/A	N/A	\$41,000	John M. Antonis and Martha F. Kuplin	Nicholas A. and Samantha R. Haas
Ashland	43 Highland St.	Single-Family Residence	\$180,000	Ray J. and Joy R. Poitras	Paige G. Davis
Ashland	5 Potter Place	Single-Family Residence	\$160,000	Dennis M. Potter	Eric Potter and Jessica Squires
Bridgewater	Dick Brown Road	Residential Developed Land	\$116,000	Terry L. and Karen S. Beek	Ripple Realty LLC
Bridgewater	Route 3, Lot 1	N/A	\$1,025,000	2639 Pollard Path Realty	GJC NH LLC and Pollard Path Properties LLC
Bristol	145 Lake St.	Single-Family Residence	\$175,000	Gary T. and Susan N. Howard	Cynthia and Lawrence Fay
Bristol	401 Wulamat Rd.	Single-Family Residence	\$1,888,533	Bednaz RET and Frank G. Bednaz	Daniel M. and Melanie Lewis
Bristol	N/A (Lot 94b)	N/A	\$110,000	John A. and Wallis E. Murphy	Kevin T. Comerford
Campton	136 Pond Rd.	Single-Family Residence	\$270,000	Robert W. and Kerri Burhoe	Nicholaus A. Yager and Ann M. Pedersen-Yager
Campton	Ryder Road	Residential Open Land	\$35,000	Pelletier Desjardins RET and Gail A. Desjardins	Joseph Desjardins
Campton	96 Ryder Rd.	Single-Family Residence	\$400,533	Frank Mineo and Terri L. Klager	Meng Lun Lee
Campton	29 Saddle Back Circle	Mobile Home	\$225,000	Richard D. and Mary L. Frarie	Desa Facey
Campton	US Route 3	N/A	\$125,000	Green Acre Woodlands Inc.	Mount 360 LLC
Campton	2249 US Route 3	Single-Family Residence	\$325,000	Eric D. and Deborah Johnson	Randal and Marissa Schroeder
Groton	N/A	N/A	\$225,000	Kenneth H. Gould Estate and Ida Gould	Paul J. and Janet K. Bernhardt
Hebron	Valley View Road	N/A	\$205,000	Wolstenholme Fiscal Trust and Marc W. Wolstenholme	Allen and Elizabeth Lerner
Hebron	N/A (Lot 21)	N/A	\$2,000,000	Thomas E. Gallery	R.H. Dellacanonica RET
Hebron	N/A (Lot 2b2)	N/A	\$445,533	William C. and Paula Cummings	Greenwell Fiscal Trust and William T. Greenwell
Holderness	69 Sargent Rd.	Single-Family Residence	\$875,000	Scott A. and Linda Grey	Patrick T. and Susan E. Hendricks
New Hampton	176 Main St.	Single-Family Residence	\$244,000	Wade E. and Debra Bouley	Lena T. Bartenstein
Plymouth	57 Carmel Dr.	Single-Family Residence	\$450,000	Patrick G. and Deborah A. Sullivan	Frederick and Susan Welch
Thornton	Amory Leland Road	Residential Open Land	\$77,500	John F. Cullen Estate and David M. McGlone	Mark invernizzi
Thornton	24 Apple Hill Lane	Single-Family Residence	\$247,000	Kyle B. and Stephanie R. Darling	Kassandra Cote
Thornton	52 Northpointe Rd.	Single-Family Residence	\$360,000	James V. Lennon Fiscal Trust	Richie Ribeiro
Thornton	Upper Mad River Road	N/A	\$60,000	James P. Roberts	L. Parker and Carolyn A. Uhlman
Waterville	Valley 28 Packards Rd., Unit 338	Condominium	\$145,000	Golden Hour Services LLC	Ryan M. and Pooja M. Deveau
Wentworth	42 Philbrick Rd.	Single-Family Residence	\$85,000	Travis Avery	Rebecalyn A. Miville and Cody M. Avery

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 in-

volve 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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

A morning of rugby is a learning experience

BY JOSHUA SPAULDING

Sports Editor
TOKYO, Japan — One of the good things about the Olympics is getting to experience sports that I don't usually see.

On Tuesday, July 27, after plenty of bus drama plus an hour-long ride from the Main Transport Mall to Tokyo Stadium, I got to experience a number of rugby sevens men's matches. Four to be exact.

I got there just as Argentina and Korea were getting under way and then saw Australia and New Zealand, Kenya and Ireland and the United States and South Africa.

From the start, the best I could tell was it has some elements of our American football, in that players carry the ball toward the end of the field and the other team tries to bring them down. And at some point, they also kick the ball through a set of uprights.

Off to the interwebs I went to learn a little bit more about rugby and as I did, the first game came to a close. As it turns out, rugby sevens are quick games, with just seven-minute halves, so with a short halftime break, the game is over in about 20 min-



JOSHUA SPAULDING

TOKYO STADIUM provided the backdrop for rugby sevens at the Tokyo Olympics.

utes. Rugby sevens (as opposed to the normal 15 players) began as a way to make sure that tournaments could be held in a day or a weekend and it made it especially convenient for a reporter who had a few other things to cover and numerous bus rides in between.

Strangely enough, in rugby sevens, there are seven players on each team on the field at one

time, three forwards and four backs. Each team also has five subs for a total of 12 players. The scrums are made up of three players from each team, with three forwards bound into the scrum, a scrum-half waiting to retrieve the ball once it exits the scrum, and three backs positioned to receive a pass.

In open play, a typi-

cal defensive formation involves a line of six defenders, with one sweeper behind the line. With the attacking team using all seven players against the defending team's six in the line, the attacking team often attempts to move the ball to create an overload. The defensive line can be put under pressure if the defending team makes a tackle and commits players to the ruck; with few-

er players in the defending line, it leaves more space for the attacking team to exploit.

Unlike the American football game, throwing the ball forward in rugby is not allowed, the ball can only be moved forward by someone carrying it or kicking it. Also unlike football, if a player is brought down, the play is not over.

As for the scoring, a score is called a try and

each one is worth five points, achieved when a player touches the ball to the ground in the opposing team's end zone. Like in American football, after scoring five points with the try, the team can get two more points for a conversion. If a penalty is called, the other team gets a penalty kick chance, if the ball splits the uprights it is worth three points. A team can also get three points for drop kicking the ball through the uprights in open play.

Rugby sevens was first introduced as an Olympic sport for the 2016 Games in Rio de Janeiro, Brazil, with Fiji winning the first gold medal, followed by Great Britain and South Africa.

Also notable on this particular day was that a robot brought the ball to the center line for the start of the game. I am sure that is not the case in normal rugby matches.

Many thanks to Wikipedia for some of the information contained here. And many thanks to the eight teams I saw for an enjoyable morning of Olympic action.

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

Panther hockey players named All-American Scholars

PLYMOUTH — Thirteen members of the Plymouth State University men's ice hockey program were among a group of 721 student-athletes recognized by the American Hockey Coaches Association (AHCA) as AHCA/Krampade All-American Scholars the organization announced on Tuesday.

AHCA member schools are eligible to nominate student-athletes who achieved a minimum 3.60 grade point average in each semester of the 2020-21 academic year. Now in its fourth year of existence, the organization traditionally requires nominees to also participate in a minimum percentage of their school's contests, though that

condition was waived for 2020-21 as a number of schools opted out or played reduced schedules due to the COVID-19 pandemic.

The 721 honorees represent men's hockey players from NCAA Division II and III. Plymouth State's 13 honorees were easily the most of any Massachusetts State Collegiate Athletic Conference (MASCAC) member institutions, followed by Worcester State University (10), Westfield State University (seven), University of Massachusetts Dartmouth (five) and Fitchburg State University and Salem State University (four each).

Earning the distinction for PSU were seniors Brandon Barillaro (Alexandria, On-

tario) and Jake Gerbner (Havertown, Pa.), juniors Ben Chipman (North Vancouver, British Columbia), Mike McPherson (Somerville, Mass.) and Jarrett Slear (West Chester, Pa.), sophomores Brendahn Brawley (Morton, Pa.), Kyler Harding (Wilmington, N.C.) and Leo Stolpe (Stockholm, Sweden), and freshmen Kalle Andersson (Taby, Sweden), Luca Marini (Light-house Point, Fla.), Anton Nasstrom (Ornskoldsvik, Sweden), Jeromey Rancourt (Lewiston, Maine) and Colin Tracy (Bow).

Under the direction of 11-year head coach Craig Russell, the Panthers went 4-4-0 over the pandemic-shortened season

PSU women's lax team, players earn academic honors

PLYMOUTH — The Plymouth State University women's lacrosse team and six individual student-athletes were rewarded for their efforts in the classroom when the Intercollegiate Women's Lacrosse Coaches Association (IWLCA) released its 2021 Division III Academic Honor Roll and Academic Honor Squads on Tuesday.

Plymouth State has earned IWLCA Academic Squad recognition for eight of the last nine years. The organization did not select winners during the 2019-20 academic year due to the COVID-19 pandemic. To qualify for the award a team must post a 3.20 or higher team GPA

for the academic year. Plymouth State was one of four Little East Conference (LEC) schools to achieve the honor, joined by Eastern Connecticut State University, University of Southern Maine and Western Connecticut State University.

Additionally, six individual team members were named to the IWLCA Division III Academic Honor Roll; juniors Devon Mello (Laconia) and Kaylee St. Laurent (Alfred, Maine), seniors Meaghan Allard (Amherst) and Faye Brown (Londonderry) and graduate students Sydney Dubois (Goffstown) and Sarah Jackes (Londonderry). To be eligible, student-athletes

must be a junior, senior or graduate student and have earned a cumulative GPA of 3.50 or greater. Dubois and Jackes are both two-time honorees.

The six selections were the most among LEC schools, followed by Eastern Connecticut (four) and Southern Maine (two).

Under fifth-year head coach Sandy Bridgeman the Panthers went 7-3 on the season and advanced to the championship game of the LEC Tournament for the seventh straight year, though the team's bid to become the league's first four-peat champion was denied by Western Connecticut State.



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Stone

FROM PAGE A1

the morning of the Opening Ceremonies on July 23, finishing in 6:55.65. That moved them into the semifinals two days later and they finished in third place with a time of 7:11.14 to advance to the finals, which took place on Wednesday, July 28, at Sea Forest Waterway in Tokyo. Stone and Wagner raced their way to fifth place overall with their best time of the Olympics, finishing in 6:52.98. Romania won the gold medal in 6:41.03, New Zealand was second in 6:44.82 and Netherlands took bronze in

6:45.73. Romania blasted off of the start and took command of the race early. The Romanian crew built more than a 3.5-second advantage at the midway point and held that margin the rest of the way down the course, leaving the rest of the crews to fight for the silver and bronze medals. The U.S. sat about a length off a medal position through the first half of the race but could never cut into the deficit. “We raced hard,” Stone said. “It was the Olympic final, and we worked hard in the semi to put ourselves there.

Hall of Fame

FROM PAGE A1

Tournament for the first time in program history. At the time, the holiday tournament had been running for 21 years. During the season, there were a couple of individual highlights. It is rare to have a single 1,000-point scorer in a season, but the 94-95 team had two 1,000-point scoring efforts. Seniors Eric Pescinski and Ethan Holmes each surpassed those goals and still hang on the records boards in the gym to this day. The boys finished their regular season with an impressive 19-4 record and a lot of confidence going into the playoffs. They rode that confidence all the way to the finals at Plymouth State where they squared off against Conant. During the exciting championship game, the boys clinched the title by a score of 67-59. The team rode back to Bristol holding their heads high and making the community proud. The 1994-1995 boys’ basketball cham-

pionship still hangs as the lone NHIAA boys’ basketball banner in the NRHS gym. Members of the 1995 playoff program roster include: #10 Peter Bascom, #11 Kenny Dearborn, #12 Kevin Stevens, #13 Matt Gallagher, #15 BJ Cote, #20 Ethan Holmes, #21 Eric Pescinski, #22 Wally Laws, #23 Ryan Smith, #24 Mike Peabody, #25 Mat Bose, #30 Ken Mackay, #33 Toby Knowlton, #42 Mike Bruno, head coach Dan Peters, assistant coach Gary Barney, assistant coach Howard Deuso. Newfound will be celebrating their sixth annual Athletics Hall of Fame Ceremony on Oct. 3 at Newfound Regional High School. This year Newfound will be welcoming in five individuals and one team. Congratulations to Diane (O’Connor) George, Kelsey (Watson) Maxwell, Calvin Follansbee, Trevor Brown, Dean Brown and the 1994/1995 Newfound Regional High School boys’ basketball team.

The goal was to go out and have a great race in the hopes that that would put us on the podium. We attacked it from the first stroke. We didn’t give them a head start today, and I really think we fought every stroke. Lithuania and the Dutch took off with 500 to go and we tried to go with them.” And while Stone was preparing to finish up her time in Tokyo (athletes are required to leave Japan as soon as their last event is finished, a COVID protocol measure), she took some time to talk about the time she spent at Camp Onaway on Newfound

Lake. She noted that for 11 summers starting in 1995, she spent time at Camp Onaway, starting as a camper for five years, spending one year as an OWLE, one year as an aide and three years as a counselor, most recently in 2009. She now returns each summer she can for a few days to teach rowing in addition to sailing and swimming. “Onaway, and Newfound Lake, is one of my happy places, one of the places I feel the most myself and the most content with who I am,” she said. “I remember summer afternoons spent sailing

after which my face hurt from smiling so much.” Stone also pointed out that while she teaches rowing and other water sports to campers now, there are lessons far more important than what the kids will learn about those sports. “I return to teach the physical skill of rowing, but it’s the character lessons I learned at camp which are most valuable to me today,” Stone stated. “As a camper, Onaway taught me to be myself, as crazy or as vulnerable or as strong as that may be. “As a counselor, I relearned to treasure the small moments in life

and to find a deep satisfaction in helping others,” she added. Even her bio on the US Rowing Team’s web site touts her love for camp. “Gevvie said she can go on talking for too long about ice cream, my dog, Echo, and my summer camp (the old-fashioned, all-girls kind).” Needless to say, even Olympians have places that they feel right at home and Camp Onaway just might be that place for Gevvie Stone.

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

Gardening

FROM PAGE A1

maculture forest garden where each plant has many functions,” he says. For instance, he has planted “many perennial nuts, berries, grapes, rhubarb, fruit trees, medicinal plants to fit in guilds, which is a group of plants, animals and insects that function with each other for best results. He also uses hugelkultur, planting in organic material piled on mounds of wood which helps plants survive droughts. (The information about Bob Richer is taken from the UNH Extension Master Gardener Web site.)



Bob Richer

The Zoom presentation on Aug. 10 at 7 p.m., will focus on Organic Gardening and incorporate many of Bob’s techniques and experiences. PGC Master Gardeners Shirley Yorks, Jane White and Louise Migliore are also members of the UNH Extension Master Gardeners Program and contribute hundreds of hours

of Gardening work and expertise in the greater Newfound area. Other Garden Club notes... The beautiful gardens and planters around Bristol Village, beaches, and pathways continue to be a huge source of enjoyment for residents and visitors. Once again, we acknowledge the ongoing support and volunteer efforts of Pasquaney Garden Club, Bristol Downtown Decorating Committee, numerous businesses

and retailers who have added planters of their own and importantly, the financial donation from the Town of Bristol to PGC and BDCC each year. Butterfly Garden summer workdays with Pasquaney Garden Club members are on Aug. 3, Aug. 24 and Sept. 7. Gardeners work between 9 and 11 a.m. and visitors and volunteers are encouraged to participate for any length of time that is convenient. On a recent workday, the gardeners observed a fami-

ly of hummingbirds as well as several varieties of butterflies. Aug. 21 is National Honey Bee Day. Help the bees by using organic gardening and planting a variety of flowers that bloom all season! PGC Bulb sale is coming. Plant bulbs this fall for a delightful spring show. Details will follow shortly! Pasquaney Garden Club is a 501(c)3 nonprofit organization.

Hill

FROM PAGE A1

sic/Antique) Car among the many participants. With many great entries in this year’s parade, two others stood out and took home awards as well. Hill General Store entered a large patriotic Conestoga wagon-style float, which was a real crowd pleaser and took home the Best Float award. It was the Hall’s Burner Service entry that really had everyone clapping though as

the entire Hall family, whose business has been serving the town since the 1959, was given the Best Theme award. The family went all out for their entry with older family members waving from their picnic table in the back of the company truck while younger generations marched behind, portraying every aspect of a carnival that could be imagined. There was one young man leading the way dressed as the Barker, a two-headed couple walking as one, lions, mon-

keys, elephants, tight-rope walkers and more. There was even a large box of popcorn marching along with them. Another special participant who did not receive an award but did get many accolades from the public was Capt. Bob O’Donnell and his customized “Engine 603 of the Winnepesaukee Special Operations Unit.” O’Donnell, a retired fire captain from Stoughton, Mass., now lives in Moultonborough and purchased the Meredith Fire Depart-

ment’s retired Engine 4. He refurbished the engine into a community service truck and now travels throughout the state (thus, it’s called Engine 603) to help support causes large and small. His mission is to spread “Hope, Positivity and Support” wherever he goes. On board the engine are all types of great bubble blowing equipment for kids to enjoy, speakers to broadcast upbeat party music and O’Donnell invites people to some ring his special fire bell in honor

of fallen fire fighters everywhere. The parade was only one part of the all-day affair though. Carnival games, a comedic juggling act, Touch-A-Truck, a car show, informational booths, historical exhibits, music, food

and even cotton candy were more highlights in the day. The busy celebration capped off with a chicken barbecue provided by the men and women of the Hill Fire Department, followed by a street dance then fireworks after sundown.



The Hall Family really got into the carnival spirit during Hill’s Old Home Day celebration last weekend. These are just a few of the typical characters they represented in the parade that were once seen at carnivals all around the country. Their entry, much larger than what is shown here, won the award for Best Theme.



Hill residents Jesslyn and Jay took time out of their activities to pose in a classic carnival photo booth at Hill’s Old Home Day last Saturday. Jay was also celebrating his first place win in the morning’s 5K Road Race as the town celebrated its 80th Anniversary in the “new” Hill Village.

US offense comes up short in softball gold medal game

BY JOSHUA SPAULDING
Sports Editor

YOKOHAMA, Japan — The dark clouds that gathered over Yokohama Stadium prior to game time seemed destined to dampen the spirits of somebody in the Olympic gold medal softball game on Tuesday, July 27.

While those clouds never materialized as rain, it was the spirits of the United States women that ended up damp, as the US struggled to gain any traction on offense and Japan took advantage, playing small ball and getting great defense and pitching on the way to a 2-0 win to take the Olympic championship.

“The disappointment is only from the end result, it’s not from the whole tournament, it’s not from the whole game,” said pitcher Cat Osterman, who pitched into the third inning and didn’t allow a single run. “Obviously, we’re a little bit disappointed,” said Osterman. “You get to the gold medal game and you have your eye that prize, and to not accomplish that – it stings.”

“Our team had tremendous effort tonight,” said head coach Ken Eriksen. “It wasn’t our day. We had some bad luck, but at the same time I think you have to credit Team Japan for playing a really good game of softball.”

By virtue of beating Japan the previous day, the US women were the home team and Osterman worked around a leadoff hit. Japan followed with a couple of sacrifices, but shortstop Delaney Spaulding made a strong play on a slow grounder to get the US out of the inning.

Janie Reed had a one-out triple in the bottom of the first inning and tried to race home



YOKOHAMA STADIUM played host to the softball gold medal game on July 27.

JOSHUA SPAULDING

when Amanda Chidester reached on a dropped third strike, but Reed was cut down at the plate. Chidester moved around the bases on wild pitches but was stranded at third.

Japan threatened again in the top of the second inning with a one-out double. However, right fielder Michelle Moultrie raced to the fence and hauled in a long drive by Japan to end the inning. Spaulding worked a walk in the bottom of the inning, but Japan turned a double play to get out of the inning.

After Osterman walked a runner to start the top of the third, Eriksen made the move to Ally Carda in the pitching circle and she got out of the inning with nobody crossing the plate. The United States went quietly in the bottom of the inning and Japan got on the board in the top of the fourth. After a leadoff base hit, a pair of sacrifice grounders moved the runners up

and an infield hit plated the first run of the game. Carda got a strikeout to end the inning, but Japan had all the runs they would need.

The United States went quietly again in the bottom of the fourth and Japan added a little insurance in the top of the fifth inning. After Carda gave up a two-out base hit, Eriksen brought Monica Abbott in to pitch and a base hit drove in the second run of the game.

Ali Aguilar led off the bottom of the fifth inning with a walk and one out later she was moved up to second, but she was stranded there. Japan got a base hit and a sacrifice in the top of the sixth inning, but Abbott kept them from plating a run.

In the bottom of the sixth, the US had a great chance, as Moultrie singled to left to start the inning. One out later, Reed singled up the middle to move Moultrie to second and Chidester stepped to the plate and ripped a

shot that appeared destined for left field. The rocket deflected off the glove of Japan’s third

baseman and right into the glove of the shortstop, who quickly fired to second to turn the 5-6-

4 double play, ending the best threat for the United States.

Japan got a leadoff base hit in the top of the seventh but the US had its own defensive play of the game two outs later when a shot appeared headed over the fence in left field that would’ve doubled the lead. However, Reed made a leaping catch, hauling the ball back in from the other side of the fence and keeping the lead at 2-0.

The US, however went down in order in the bottom of the seventh and Japan had the 2-0 win and the gold medal in softball’s first turn at the Olympics for the first time since 2008, when Japan also beat the United States in the gold medal game in Beijing.

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

Plymouth State track programs earn academic honors

PLYMOUTH — The Plymouth State University men’s and women’s track and field programs were honored by the U.S. Track and Field and Cross Country Coaches Association when the organization announced its NCAA Division III All-Academic Teams last week.

To be eligible, the cumulative team grade point average of all student-athletes who used a season of eligibility during the 2020-21 academic year must be at least a 3.10 on a 4.00 scale. Graduate students must take all undergraduate plus graduate coursework into account.

The women’s program earned a cumulative 3.32 GPA to nip the men’s team’s cumulative 3.31. Plymouth State was one of four Little East Conference (LEC) schools to earn the honors for both men’s and women’s programs, joined by Castleton University, University of Southern Maine and University of Massachusetts Dartmouth.

A complete list of all NCAA Division III teams to earn the honor can be found at www.usfccca.org.

Quincy Bog Natural Area hosts fern walk

RUMNEY — Join field botanist Joann Hoy for a guided walk to find and identify ferns around Quincy Bog on Saturday, Aug. 7 from 9 a.m. to noon. In the case of inclement weather, this program will be held at the same time on Sunday, Aug. 8.

Over the years, 19 fern species have been found at Quincy Bog. We’ll try to find as many of them as we can! Bring a fern field guide and 10X hand lens if you would like, but they’re not essential.

Walks and workshops at Quincy Bog are free and open to the public. Cancellations will be posted on the kiosks at the Bog and on the Quincy Bog Facebook page. All walks leave from the Nature Center (131 Quincy Bog Rd., Rumney). For more information or to check for cancellation, contact Betty Jo Taffe, bjtaffe@gmail.com.



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HOLDERNESS—Join self-proclaimed tree expert and flora enthusiast Cecilia on a guided hike up the Brooks Fisher trail ending at an overlook of Squam Lake on Friday, Aug. 13 from 10 a.m.-1 p.m.

Come revel in the extreme green brought on by the recent influx of rain and learn to identify trees native to New Hampshire. We will chat about the process of ecological succession and the types of foliage associated with earlier and later stages of forest development, as well as the implications for humans and wildlife.

This is a topic easily tailored to all ages and levels of experience and all are welcome and encouraged to join!

Registration is required and space is limited to 10 people. For more information, or to sign up for this Adventure Ecology program, visit the SLA Web site (squam lakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



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