

Newfound Landing

THURSDAY, JUNE 22, 2017

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COMPLIMENTARY

Newfound Class of 2017 praised for respectfulness and independence

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — On June 17, the 76 members of Newfound Regional High School's Class of 2017 gathered for the final time to celebrate their accomplishments, thank those who guided them over the past 12 years of school and hear advice for the future that lies ahead of them as they go off to college, trade schools, the military and the work force.

In his welcoming re-

marks, Principal Paul Hoiriis said the graduates of Newfound Regional High School not only received an education, they were given choices and a voice in their future. They selected many of the classes they wanted to take, explored career choices, and chose from many athletic, academic and community opportunities the teachers, staff and their parents presented to them. By using their voice, they also helped shape school

policy, defended their stance on current topics and became self-advocates. And while this was all done in a safe environment at school, they now have the ability to recognize the importance of their own voice in the world that awaits them.

Hoiriis left them with the reminder that while they were all at NRHS for an education, he learned from them as well. Reviewing things he learned from the Westward



DONNA RHODES

Newfound Regional High School's Class of 2017 Salutatorian, Molly Schilling (left), and Valedictorian Gretchen Dancewicz-Helmers (right) were all smiles after receiving their diplomas last weekend.

Selectmen question police chief's absence from recent forum on opioid crisis

Lewis argues that "boots on the street" are more effective

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — The Bristol Board of Selectmen, emphasizing that appearances are important to the town, took Police Chief Michael Lewis to task last week for not joining officers from other communities at a regional conference to discuss the opioid epidemic.

Lewis remained silent while Chair Rick Alpers and Selectman Leslie Dion said the lack of a Bristol officer at the conference made it appear that Bristol was not interested in solving the drug problem.

"There's got to be someone in your department that's interested in attending," Alpers said. "It could be a patrolman; it doesn't have to be the chief."

Dion said, "I get it that you're seeing it from the front lines and can get jaded, but we have to strike a balance, and that struck me at that conference, that all the other departments were there, and nobody from Bristol. It could be a manpower issue, but it's visual."

When Lewis did respond to the criticism, Alpers took offense.

"If I had the option to be the only duty unit on duty, or attend a meeting to have a

Danish, I want to be here with boots on the street, helping my men

SEE BOS, PAGE A11

Early deadlines for the 4th

MEREDITH — The offices of the Newfound Landing, located at 5 Water St. in Meredith, will be closed Tuesday, July 4 in observance of Independence Day.

To ensure that our July 6 edition arrives on local newsstands and in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up 24 hours, to Monday, July 3 at noon. Submissions can be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brenndan@salmonpress.news.

Any submissions received after noon on the 3rd will be held for publication on July 13.

For information regarding the holiday deadlines for display advertising, please contact our Sales department at 279-4516 or our Sales Representative, Tracy Lewis, at tracy@salmonpress.news.

The staff of the Newfound Landing thanks our readers for their cooperation with this change in our usual submissions schedule, and wishes our everyone a safe and happy Fourth of July.

Put yourself in the spotlight with a Newfound Landing Selfie!

REGION — Here at the Newfound Landing, we believe that each and every one of our readers has a unique story to tell, and we want to give you an opportunity to share yours with a Newfound Landing Selfie!

Tell us a little about yourself by responding to the following questionnaire and submit your answers to us at newfound@salmonpress.com, along with a "selfie" (or self-taken photo), and let us put you in the spotlight! We will choose one "Selfie" each week for publication, so be sure to read the paper regularly because yours might be next!

The Newfound Landing Selfie profile

Name:
Occupation:
I live in:
Family (Are you married? Do you have chil-

dren?):
Pets:
How long have you lived in the area?
Do you have a favorite food?
What is currently

SEE SELFIE, PAGE A11

Bound trips to daily happenings at school, Hoiriis commended them for their many

great qualities- their tenacity, flexibility, perseverance, curiosity, and their ability to

grow and discover new things each day.

"Respectful and in-

SEE GRADUATION, PAGE A11



COURTESY

Shown holding a giant check representing CruCon Cruise Outlet's recent donation to the NHCS PTO's playground project for the New Hampton community, are: Sandy Cleary, CEO and Founder of CruCon and Nora Foster, NHCS PTO fundraising chair.

CruCon Cruise Outlet donates \$25,000 toward new school playground

NEW HAMPTON — New Hampton Community School's Parent Teacher Organization has received a \$25,000 donation from CruCon Cruise Out-

let toward the cost of a new playground for the New Hampton elementary school.

Through the generous support of individuals and business-

es like CruCon, the NHCS PTO has raised enough money to replace the school's deteriorated playground structure.

SEE PLAYGROUND, PAGE A11

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24 pages in 2 sections
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COURTESY

Newfound area's 10U baseball team made it into the championship round of play last weekend and were excited to head into a three-game series this week against the Number One team from Franklin as they both vie for the district championship.

Newfound 10U baseball team celebrates a successful season

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Newfound's 10U baseball team has had a terrific

season in 2017, capped off by a trip to the Josh Clark Tournament a few weeks ago, when they came in second place. In

last weekend's district tournament Coach Kris Bean reported that they had four wins and only one loss in that outing

and were moving on to face the Number One team, Franklin, in a three-game championship series this week.

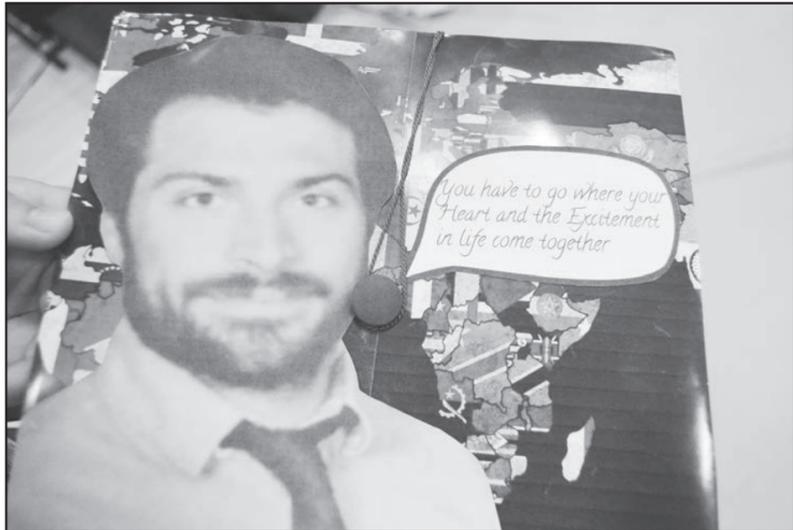


COURTESY

Brayden Jenkins was swarmed by his teammates after hitting a homerun last weekend that helped lead the Newfound area 10U baseball team to the district's championship series this week.

Congratulations to the NRHS Class of 2017!

PHOTOS BY DONNA RHODES AND LEIGH SHARPS



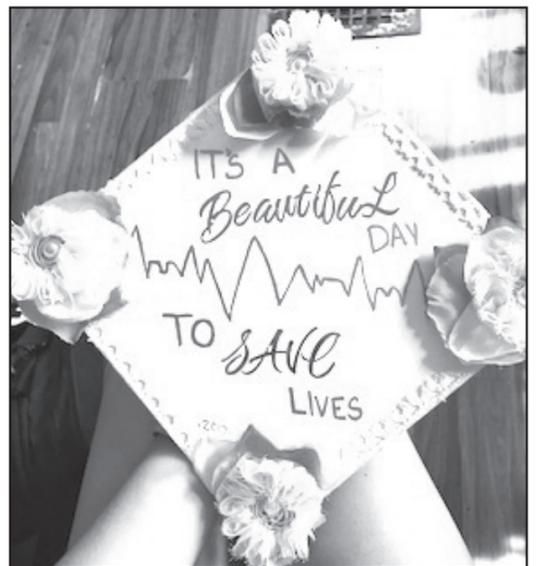
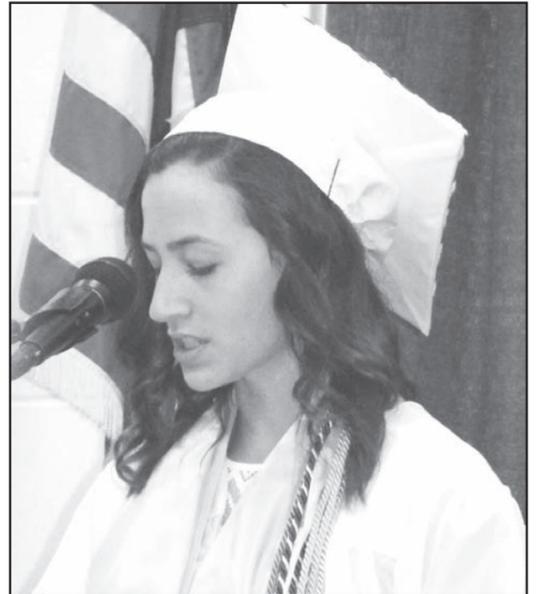
Alec Dosty used his graduation cap to pay a photographic tribute to the Newfound Regional High School's Class of 2017 graduation speaker John Lellos during commencement ceremonies last Saturday morning.



As Grace Page, president of the Newfound Regional High School Class of 2017, declared them all to be graduates, hats flew through the air in celebration of their many accomplishments over the past 12 years.



During graduation ceremonies last Saturday, Principal Paul Hoiriis offered a round of applause to teachers, staff and parents who contributed to the success of the Newfound Regional High School's Class of 2017.



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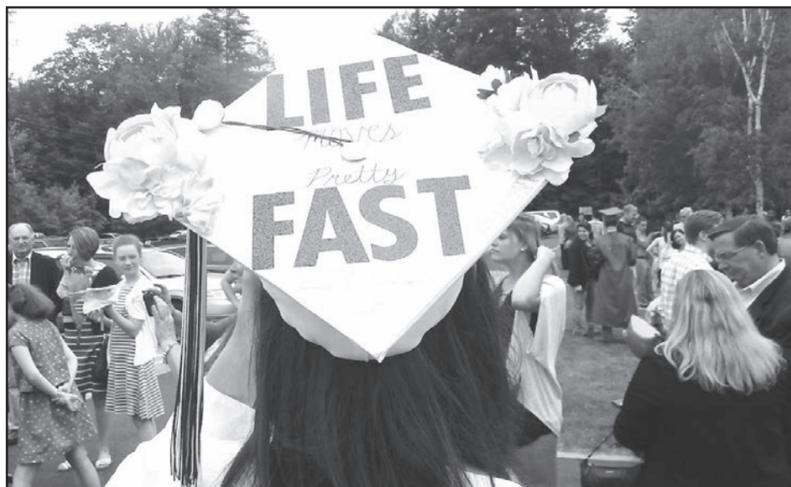
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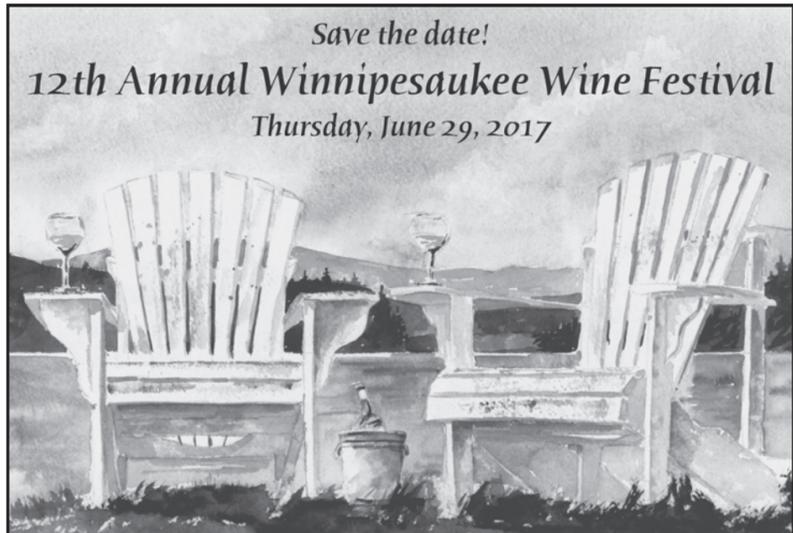
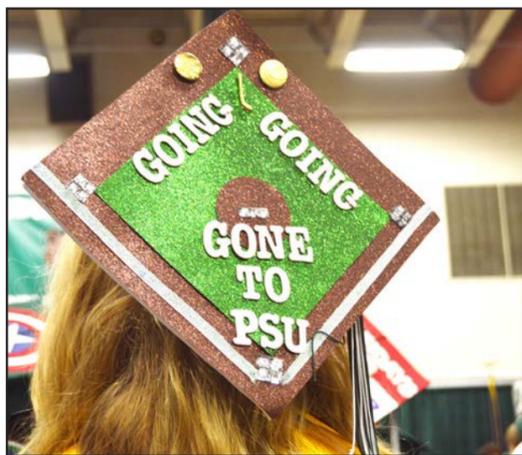
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Congratulations to the NRHS Class of 2017!

PHOTOS BY DONNA RHODES AND LEIGH SHARPS



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Recovery from addiction

BY DEBRA NARO
Contributor

Drug addiction is a brain disease because drugs change how the brain works. People who are addicted to drugs can't stop using them, even when they really want to. Their priorities change and getting drugs can become more important than their loved ones, responsibilities, and life goals. Drug addiction can be treated, but recovery can take time—sometimes a long time. Like other chronic diseases such as heart disease, drug addiction often requires treatment throughout a person's life. Even after a sustained time in recovery, a person with addiction may have a relapse or recurrence, meaning they start to use again. When relapse occurs, this signals that more or different treatment in order.

Why do some people become addicted while others do not? A person's risk for addiction is affected by several factors: genetics (genes may make people more prone to addiction); family and social environment (negative influences can include peer pressure, physical or sexual abuse, stress, poor relationships with parents or friends, and availability of drugs); mental health (mental illness can place some people at a greater risk for addiction); and age (the younger a person is when drug use begins, the greater the chance for addiction). One thing is for certain: addiction can never develop in people who never use drugs.

In 2012, 23 million people in the U.S. needed treatment for alcohol or other substance

use disorders. Of those 23 million people, however, only four million received treatment, making recovery even more challenging. Most people who succeed in treatment commit to a lifelong process of recovery; getting more treatment when needed, living a healthy lifestyle, and relying on family, friends, and others in recovery for support.

Why does relapse happen? Relapse happens because substances change the wiring in an individual's brain. Once addicted, a person is at high risk of using drugs when "triggered." Like patients with chronic diseases such as asthma and diabetes, patients with drug addiction must learn to carefully manage their condition to avoid relapse. Triggers can be situations, people, smells, and even songs that remind someone of using drugs. These cause the brain to release the chemical dopamine, which signals pleasure and creates intense drug cravings. Triggers differ for each person and are often subconscious, meaning the person isn't aware of what is happening. Treatment helps people learn how to handle their triggers.

Recovery from addiction means overcoming many obstacles: finding and paying for the right treatment for as long as needed; maintaining permanent lifestyle changes to avoid drug use (A strong support system of family, friends, and/or others in recovery can help.); and avoiding triggers by staying away from drug users or parties with drugs, or other

SEE CADY, PAGE A11

PET of the Week Audrey



Sweet, petite, demure, words to describe this little dark tabby girl Audrey, who has been calling this shelter home since February 2017.

Audrey arrived thanks to a caring stranger who scooped her up off the cold, icy street in a neighboring town. Audrey was shy, not a little bewildered and very obviously, lost.

No-one claimed her, even though we are sure she was a housecat and constant companion for somebody, somewhere. Slowly she's come out of her shell and is trusting humans once more.

Now, that the sun is shining, she re-

sides happily in the Small Feline Social Room, a.k.a. The Fat Cat Lounge, basking blissfully in the window and enjoying the company of other cats.

You will be rewarded when you visit, with her quiet gentil-

ity has she meanders between feet and ankles, loving brushing your legs with her rotund little body. Did we mention she has the tiniest little cat feet! So endearing and a gentler, more serene soul you will not find.

June is Adopt A Shelter Cat Month. Could not our Audrey, aged just about three years young, find her permanent home soon?

Check www.nhhuman.org for more details.

Strategies for Living

BY LARRY SCOTT

Jesus once said, "Come to me, all you who are weary and burdened, and I will give you rest. ... I am gentle and humble in heart, and you will find rest for your souls." Tough to believe sometimes, for life has a way of throwing us some very wicked curves; each of us have had to deal with crises we never anticipated.

You would think that if I lived a respectable, godly life, if I "loved my neighbor as I love myself" that God would cut me a break. But God, I note, does not offer me a life of ease; what He gives is peace of mind. There are no shortcuts to honesty and integrity. To be patient, to forgive, to accept the unacceptable with grace, is never easy for me and I must admit I

don't always do well. The Christian life is no walk in the park.

Character, you see, never comes easy. The deep, dark valleys through which I have had to walk, the sleepless nights, the times I have been completely disoriented, these have had their impact on my life. I am not the man I want to be, but neither am I the man I hope to be. I am, in short, a work in progress.

But fortunately for me, the God I serve is no man's debtor; He never takes more than He gives in return. The rest of which Jesus spoke is real. To know that I have been forgiven, despite the past, that God is ready to strengthen and direct me through the issues of life, that, with eternity in view, there is a light at the end of my

tunnel ... these things bring me a peace of mind and a sense of purpose that is genuine but difficult to explain.

It is, I know, easy for me to come across as arrogant, proud, and self-righteous, but please believe me, I know I have no warrant for such an attitude, and those who know me well will agree. I am just so profoundly grateful ... not to say amazed ... at what has been happening in my life.

I have often pictured my spiritual experience as a journey, and I have discovered that my growth and development has not come through some miraculous or supernatural experience. No dreams or visions or voices in the night here. Life, just as it is, has become the forum

for my growth. The decisions I must make, the pressures I must accept, the storms I must weather, and the temptations I must fight, these have been to my benefit.

Perhaps it is because I believe God has designed so much of the day-to-day routine of my life, not to make me happy but to help me mature. It is in the thick and thin of living that I find the challenges that develop character and lead to personal growth. While I am not always pleased with my progress, I am thankful that change for the better is taking place. I may have a long way to go ... but I am determined to be a better man tomorrow than I am today.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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Letters to the Editor

Migliore will provide the respectable voice we need in Concord

To the Editor:

Yes, folks, a special election is to be held on July 18 to select a respectable voice at the State House replacing our long serving State Rep., Jeff Shackett.

Why not vote for Vincent Paul Migliore, an experienced and successful businessman and founder of Budget Blinds here in Bristol. He will command respect among new colleagues in the state legislature, and with the recent sale of his business, will devote full time to representing us in Concord.

Vincent is a current member of the Newfound Area School District, as well as the Bristol Economic Development committee and is very knowledgeable on critical issues facing our region.

He speaks in favor of term limits and the re-

striction of wind power in our state. Neither does he want to see a sales tax in New Hampshire, nor the approval of recreational drug use. He sees no need to change the second amendment.

Proven fiscal prudence has saved taxpayers thousands of dollars in a decade of service in the school district.

Voters in Alexandria, Ashland, Bristol, Bridgewater, and Grafton should back him by casting their vote strategically for our towns.

We need a voice with staying power, the ability to win this September and finally to run again in November 2018-when the regular election will occur to fill a full term. His voice as our State Rep will be loud and clear about what is, and is not needed in our state government.

*Lorraine Bohmiller and Barbara Greenwood
Bristol*

CLASSIFIED SELLS IT ALL

North Country Notebook

Wait! It's something on my back! It's (you guessed it) (ugh) a tick...



By JOHN HARRIGAN
COLUMNIST



GLEN ZIBOLIS — COURTESY

The pond at Brunswick Springs has been the subject of lots of mystery over the years, such as being bottomless, like some of its swimmers, and its environs also happen to harbor ticks.

I'm having to get used to the reality of ticks, as in "Yechhh."

Others in more tick-acclimated climes will be shrugging and saying "Whoa up, poor guy! Get used to it!"

Still, when you have not had to live with ticks, or even think about them...

Not so long ago, there were no ticks where I live, which is in northern New Hampshire near the 45th Parallel.

(Okay, "not so long ago" in my case means maybe 20 or 30 years ago. Two decades is an eye-blink when you've reached 70. Still, it gives me hope. The other day I saw Joan and Don-

ald Dickson, walking around town and picking up the trash that the New Millennials don't seem to think or care about. (Donald's pushing, oh, at least 95, and they have a room waiting for him at The Home. Joan, by contrast, is a mere child.)

But the climate has been warming, and even just that little tenth of a degree or something over a few years gives certain insects the edge they need to expand their range, which all of us, as a species, man and cockroaches and ticks, seem wont to do.

Even though I'm proud and lucky to have

taken an entomology course from the fabled Tom Fisher back when UNH was running night courses in Manchester, I'm no expert when it comes to creepy-crawlies and wing-ed beasts. For that I call the State Entomologist, or even Tom Fisher, who when he's not singing in a barbershop quartet somewhere still answers my questions about things that creep, crawl, bore, tunnel, rasp, sting, bite, and fly.

Anyway, the experts tell me that ticks tend to extend their territory by following rivers, which makes sense (lowest places, hence usually the overall warmest weather, lots of animals traveling hither and yon to feed on, plus water), and it only made sense, alas, that they would follow the Connecticut River north, and then up the

confluence of the Mohawk and Beaver Brook, and then up the various tributaries to (yup) my place, where we are always plunging in and out of tall grass and shruberies and trees that now harbor (some heavy music here) ticks.

Longtime friend Glen Zibolis, now of Rhode Island but dating back to Merrimack and my first newspapering job at the Nashua Telegraph (1968), was up last year and, having plunged into the surrounding greenery, discovered, upon feeling something creeping, a tick. It was what is commonly referred to as a dog tick, fairly large and easy to locate and catch as it creeps upward (always upward) from legs to torso (that's where the "Ugh" comes in).

This year it was my turn. Glen came up for a weekend of scouting



COURTESY — FRIENDS OF THE FELLS

This tick is increasingly found in northern climes as the climate warms, and is commonly known as the dog tick.

around the territory, and our meanderings took us to Brunswick Springs, an ancient Wobanaki (Abenaki) (Coashauke) mineral spring that falls into the Connecticut just below where the Nulhegan comes in. It is a place well known to people who canoe.

I'd forgotten that I'd had a heart attack and was supposed to be on therapy and stuff, and down we capered, to think a lot about history and admire the abundant totems and petroglyphs

and respect the place, and then we capered (well, maybe the slow version of "caper") back. It was a hike equal to a hike into camp, which we might have done otherwise.

The next day, I felt something crawling up my left leg as I sat watching the latest unbelievable follies on TV, the fawning and so embarrassing Cabinet meeting, out of Washington. I grabbed it and it squirmed away. I love "squirmed" in this sense, sort of like "obsequious," which in some way reminds me of the totally reprehensible stuff coming out of Washington.

I was reaching behind my back to catch this tick, which I did when it entered a crevasse (never mind), and then I took it out onto the kitchen counter to crush it. To do this I ultimately, almost, had to fetch a hammer.

Dog ticks will, along with earwigs, inherit the earth, and probably are here for longer than I am.

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

Mark A. Hession, 82

HEBRON — Mark A. Hession died at his residence June 12.

Mark was born in Yonkers Hospital, N.Y. Sept. 26, 1934, the only son of John and Sarah Hession of Hasting on Hudson. The family moved to Darien, Conn. in 1936.

He attended schools in Darien, and graduated from Avon Old Farms School.

Mark attended Case Tech and Michigan State University in 1953 after moving to Lansing Michigan.

He married Nadine Hicks from Alma, Mich. In 1955, and resided in East Lansing, where their first son, John W. Hession, was born.

The family moved back to Darien in 1957, where their second son, Richard H. Hession, was born in 1959.

He worked in advertising and marketing in New York City, and later in kitchen design in Darien until forming his own business in 1971.

He was owner and president of Darien Service Corporation and Hession Electric, Inc. until his retirement in 1997, when he and Nadine to Hebron on New-



found lake.

Mark enjoyed single shell rowing, boating, and shooting trap with friends and family at his local sports club.

He was very active in his community, and enjoyed helping others on projects.

He is survived by his wife of 61 years, Nadine Hession, and his sons, John W. Hession and his wife Valerie Michaud Hession of Dorchester and Richard Hession and his wife Loraine Hession of Bethel Connecticut; four grandchildren; and two great grandchildren.

He will be cremated and have a memorial Celebration Of Life at the convenience of his family.

Memorial donations may be made to Pemi Baker Hospice, Hebron Volunteer Fire Department or to Hebron New Hampshire Audubon Society.

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New fence

The Pasquaney Garden Club says a big "Thank you" to Mark Bucklin and Bristol DPW for the striking fence they installed to replace the one damaged in this years snow storms. The six-by-six posts look like they will stand up to the weather for a long time.

NRHS Graduation

It was our first experience attending the event. Obviously, it was not new to the school or police departments. Parking was smooth, seating organized, music well done, the students were as respective as "Pomp and Circumstance" dictated. It was impressive. Best of luck to all.

From the town

Property taxes due to be paid by July 6.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, June 24. Conversation and refreshments will follow. All are welcome and encouraged to attend. Church services will continue without interruption during the LCHIP historic preservation project work. And... save the date - Saturday, July 29, 9 a.m. to 2 p.m. - for the famous South Danbury Church Fair! Details coming soon.

Cooking Matters Workshop

If you heard good things about the Cooking Matters workshop held this winter at the Danbury Market, you have another chance to attend. The program will be held at the Wilmot Farmers Market on July 22 from 10-11:30 a.m. The program is designed to get the most out of your market shopping dollars. There will be a guided market tour along with tips on buying fresh

and local fruits, vegetables and meats. Participants get a reusable grocery bag, a recipe and market tip booklet and \$10 in Wilmot Market dollars. Preregistration is required by calling Haley Earl at 796-2151 or haley.earl@unh.edu.

Opening day for the Wilmot Farmers Market is this Saturday, June 24. A farm animal display will be provided by Danbury's own Cheryl Sisson. The market will be open 9 a.m.-noon, every Saturday through Sept. 30. Local Danbury folks like Maria Polizzi, matriarch of Double Z Ranch (formerly known as Aqua Tree Farm) will be serving up breakfast sandwiches and her famous cannoli. Huntoon Farm will be there also, with baked goods, ready to bake entrees, meats and eggs. Beyond these two Danbury vendors, you will also find many vendors from Danbury's winter market at Wilmot's summer market.

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.

Sundays

9 a.m. — Early Worship Service, followed by coffee/fellowship in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

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

Special Needs Ministry

Becky McCuin will be leading a new special needs ministry for high school students and adults at the Early Worship Service. Please let Ernie know if you know of anyone that might be interested in joining this class. We are very excited about this opportunity.

New college/career group (ages 18-25)

Monday nights, 6:30-8 p.m., at Plymouth State University. Contact Ernie Madden for more information.

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com. We believe that you will love it at 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 do the same.

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

Don't forget the free community breakfast served 8 - 9 a.m. in Sherrill Hall. All welcome to enjoy St.

Mark's famous French Toast, eggs any style, English Muffins, bacon, sausage, home fries, beverages, coffee. Saturday, June 24.

Sunday Services 8 a.m. at Holy spirit in Plymouth; 9:30 a.m. at St. Mark's in Ashland.

Sunday School at 9:30 a.m.

Holy Trinity (Roman Catholic)

Day Away program

Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. Come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region. Volunteers are always needed. Visit our Web site at www.respiteforcaregiverdayaway.wordpress.com.

GotLunch - Plymouth, a healthy summer lunch program for school aged children living in Plymouth, begins its fifth season on Monday, June 19th, and ends on Aug. 21. Please consider volunteering to help pack and deliver bags of food on Monday mornings. Volunteers meet at Starr King Fellowship Hall on Fairgrounds Road. Packing takes place from 8:30 to 9 a.m. Delivery is from 9 a.m. to about 10:30 a.m. Detailed information about the program can be found at www.gotlunchplymouth.org. Volunteer forms are available from the website, or please contact Mary Kietzman (536-1076).

GotLunch -Ashland and Holderness committee is gearing up for its 6th year of providing healthy lunch foods for this year's 10 weeks of school summer vacation. We anticipate serving 60-70 school-aged children in our communities. Volunteers meet at St. Mark's Episcopal Church in Ashland on Monday mornings starting June 19 for packing between 8:45 and 9:30 a.m., with deliveries shortly thereafter. For more information, to volunteer, or to make a donation, please contact Elena Worrall at 744-0105.

No matter what your personal histo-

ry, age, background, race...no matter what your present status in the Catholic Church... no matter what your current family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

Fortnight for Freedom The USCCB has called for a "Fortnight for Freedom," a 14-day period of prayer, education, and action in support of religious freedom, from June 21 to July 4. This is a time when our liturgical calendar celebrates a series of great martyrs who remained faithful in the face of persecution by political power.

Becoming Catholic If you are not a Catholic, or if you are a Catholic in need of completing your Sacraments of Initiation, (Eucharist or Confirmation), inquiry is just as it sounds. It is a time set aside for asking questions and exploring God's call in an informal setting. There are no commitments or costs, only questions answered and information shared. RCIA is a gradual process that will take place at Holy Trinity Parish beginning this October. If you or someone you know is interested in more information, call the rectory at 536-4700.

Parish Registrations In 2006, when we became Holy Trinity Parish, we asked that all parishioners fill out a registration form. We still need some of you to register with the parish. It makes us more efficient in serving you! If you are new to the parish or a seasonal parishioner, we ask that you would also fill out a registration form. They are in the back of all churches. Thank you for your cooperation!

Homebound Ministry If you or someone you know is homebound and would like to receive a communion visit, please call the Plymouth office at 536-4700 and talk with Deacon Mike. He will coordinate the schedule from there. Thank you!

Weekly Meetings

Thursday, June 22 Day Away Program, Simard Hall, 9 a.m.

Men's Group, North American Martyrs Oratory, 10 a.m.

Cub Scout Meeting, St. Matthew Hall, 6 p.m.

Saturday, June 24 CDA Meeting, St. Matthew Hall, 5 p.m.

Sunday, June 25 Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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, June 25, 9:30 a.m. The Gift of Being Together

Cindy Spring

This will be the first of our informal summer presentations and discussions. We will talk about the importance of having people in our lives who are willing to explore the "big questions." Years ago there was "Wisdom Circle" and then "Covenant Groups." Now we have "Soul Matters." What is the draw? Please come ready to share your experiences with small groups. There is no choir, no coffee hour and no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the church.

Social Justice Community Outreach Please bring canned or dry packaged food items for our local Community Closet collection basket in the foyer.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. Summer hours for the office are Tuesday, Wednesday and Thursday mornings. The Web site is www.starrkingfellowship.org where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship and other activities we enjoy together.

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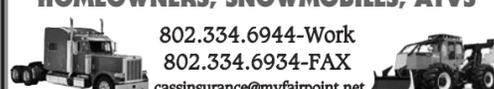
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Bristol Summer Concert Series begins June 29

BRISTOL — Bristol's free Summer Concerts in Kelley Park are scheduled to begin on Thursday, June 29. The concerts, which are coordinated by the Bristol Community Events Committee, will be held on Thursday nights from 6:30 – 8 p.m. in the Kelley Park Concert Pavilion. The Committee wishes to thank Plymouth General Dentistry for sponsoring the concerts this summer. The concerts

are free and open to the public. Families are encouraged to bring blankets and chairs to enjoy the park and the sounds of some great local musicians.

Concerts are rain or shine, and in case of inclement weather the concerts will be held indoors at the Old Bristol Town Hall on Pleasant Street.

The concert schedule for 2017 is as follows:

June 29 — Studio

Two—The Beatles Tribute ... Start off the season with a trip back in time...back to the '60's with true Beatles classics!

July 6 — Jordan Tirrell-Wysocki Trio... Back by popular demand – enjoy traditional Celtic tune with a fresh and creative twist!

July 13 — Ragged Mountain Band...

July 20 —Swing Rocket... Great Swing, and Jazzy tunes from

the '30's, '40's and more from this local family band!

July 27 — Club Soda...Another local favorite – this band will keep you on your feet - playing top hits and favorites from the '50's through today!

Aug. 3—Bryan Conway... The Uncle Steve Band is back to play for one of their favorite audiences! A little, rock, a little blues – well known and home grown!

Aug. 10—No Concert... please support the Bristol Rotary Club Penny Sale tonight.

Aug. 17 – Annie & the Orphans... Bring your dancing shoes to really enjoy some old time Rock & Roll - with Anatole!

bonus concert at the end of August! In addition to this great Thursday night line-up of music, there will be a special bonus concert on Friday, Aug. 25 to help kick off Old Home Day weekend. Join the "Country Mile Band" band on Friday, Aug. 25 from 7 to 9 p.m. at the Bristol Old Town Hall. This popular New England band will be playing some great country classics as well as some newer country rock – all for your listening and dancing pleasure!

Kelley Park is the place to be on Thursday nights as the Bristol Summer Concert Series brings people of all ages together to enjoy and celebrate some great local music. Up to date concert info is

posted on the Town of Bristol web site at www.townofbristolnh.org, on local Bristol TV and on the TTCC web site at www.tccrec.org. You can also follow the Bristol Community Events Committee on Facebook – Facebook.com/BristolCommunityEvents.

In addition to planning the Summer Concerts in the Park, the Bristol Community Events Committee is hard at work planning the Bristol Old Home Day which will take place on Saturday, Aug. 26. For more information about the concerts or Old Home Day contact the Tapply Thompson Community Center at 744-2713, or the Town of Bristol at 744-3354.

Explore the roots of Rock & Roll at the Flying Monkey

PLYMOUTH —The Flying Monkey Performance Center presents Texan Los Lonely Boys on Thursday, July 13 and New Orleans based Subdudes on Friday, July 14. Tickets start at \$35.

Los Lonely Boys' "Texan Rock n' Roll," as the band describes it, combines elements of rock and roll, Texas blues, brown-eyed soul, country and Tejano. The Grammy Award-winning rock band was thrust upon with national scene with the chart-topping hit, "Heaven."

While maintaining that infectiously melodic fusion of styles has long endeared Los Lonely Boys to critics, it's their live shows that forge its fiercely loyal fan base.

"We want to make music that brings people together," said bass player and vocalist Jojo Garza. "We want to create music that's about the love and the energy and the spirit that we all carry as people."

If that's not quite your style of rock, the very next day showcases the musical gumbo of The Subdudes.

The New Orleans-formed group is a living encapsulation of American music, a vi-



The Flying Monkey Performance Center presents Texan Los Lonely Boys (above) on Thursday, July 13 and New Orleans based Subdudes (right) on Friday, July 14.



brant cauldron of sounds that stirs together meaty grooves and jazzy dynamics, soulful R&B swagger, easy vocal harmonies, cheeky rock 'n' roll attitude and folksy social consciousness - not to mention some of the sharpest musicianship and ensemble playing you'll ever hear.

The finale of each show is a much-anticipated part of the live performance when The Subdudes unplug from the stage and join the audience on the floor to play an intimate and rousing acoustic set.

"We get a new life going when we're out in

the crowd singing," said John Magnie, "Some songs from our eight albums go over really well live -especially- when we're out in the audience playing."

Tickets to see Los Lonely Boys are \$47, and \$53 for premier seating. Tickets to see The Subdudes are \$35, and \$45 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.flying-monkeyNH.com.

TJ Wheeler to kick off summer reading program at Gordon Nash Library

NEW HAMPTON — The Gordon Nash Library in New Hampton will begin its 2017 Summer Reading Program on Tuesday evening, June 27, with a 6:30 p.m. performance by renowned New Hampshire musician TJ Wheeler.

Wheeler is a roots-related musician who performs blues, jazz, and ragtime on a variety of stringed instruments, like seven string guitar, ukulele and banjo, all while foot-tapping percussion. He has received state and national awards for his lively music. Area families are invited to attend this high-energy, entertaining kick-off to our Summer schedule of events. Ice cream, donated by The New Hampton School, will be served and, if children have not yet signed up for the Summer Reading Pro-



The Gordon Nash Library in New Hampton will begin its 2017 Summer Reading Program on Tuesday evening, June 27, with a 6:30 p.m. performance by renowned New Hampshire musician TJ Wheeler.

gram, they may do so at that time.

Funding for this Kids, Books, and the Arts event is provided by the Jack and Dorothy Byrne Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the NH State Council on the Arts and the National Endowment for the Arts as well as funds administered by

the New Hampshire State Library and provided by the Institute of Museum and Library Services.

If you have any questions, please call the Gordon Nash Library at 744-8061. The library is located at 69 Main St. in New Hampton, and is a private non-profit library that is open to all residents, students, and sojourners.

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Edward Jones: Financial Focus

Don't Let Your Investments Take a "Vacation"

It's summer again – time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Here are a few suggestions:

- Avoid owning too many "low growth" investments. As you know, different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want them to grow in value so that you can eventually sell them for a profit. Other investments, such as certificates of deposit (CDs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like CDs don't offer much in the way of growth. So if you own too many of them, you might be slowing your progress toward your important financial goals, such as a comfortable retirement.
- Don't let your portfolio go "unsupervised." Your investment portfolio can be subject to "drift" if left alone for extended time periods. In fact, without your making any moves at all, your portfolio can move in directions that may not be favorable to you. Suppose you think your holdings should be made up of 70% stocks, but due to strong gains, your stocks now make up 80% of your portfolio. This development could lead to a risk level that feels uncomfortably high to you. That's why you should review your portfolio at least once a year, possibly with the help of a financial professional, to check your progress and make adjustments as needed.
- Don't stop at the nearest "resting place." Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns.

In other words, investing is a long-term endeavor, and you need a portfolio that reflects this reality. The investment moves you make today may pay off for you decades from now. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

Hopefully, you will enjoy a pleasant vacation sometime this summer. But your investment portfolio shouldn't take time off.

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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White Mountain National Forest announces 2017 artist in residence

CAMP TON — The White Mountain National Forest and the Arts Alliance of Northern New Hampshire are pleased to announce that musician and sound artist Steve Wilkes has been chosen as the White Mountain National Forest Artist in Residence for 2017.

Wilkes will spend three weeks during July and August recording sounds of the Forest and posting them on an online aural map.

Wilkes is a professor of music at Berklee College of Music in Boston, his alma mater, where he has designed core curriculum in Native American Drumming and Studio Drumming Techniques and Applications. He has received a number of awards for his work, including a Newbury

Comics Faculty Fellowship, and he is a three-time recipient of the Japan Foundation Uchida Fellowship. Wilkes has performed globally -- at Carnegie Hall, the National Cathedral, Suntory Hall and Tokyo Opera City, the National Concert Hall in Taiwan, and Petronas Towers Concert Hall in Malaysia. He was a cast member of the Blue Man Group production of Tubes in Boston. From 2010 to 2013 Wilkes recorded sounds on Cape Cod as part of his "Hear Cape Cod" project.

"As a musician, I listen for what intrigues my ear," says Wilkes. "My work represents an artistic effort to document and archive geographical locations through sound. I'm excited about working with the Forest Service and interested indi-

viduals, communities, and organizations to encourage listening to -- and recording -- the world around us in a musical way."

In addition to his field ecology and sound recording work, Wilkes will offer several public programs, including workshops that will provide residents and visitors with the tools to contribute to the ongoing sound file collection on the White Mountain National Forest.

"I am in awe of this opportunity to immerse myself in the act of listening to a National Forest," he says. "I cannot imagine a more diverse and inspiring soundscape. I hope to be able to express and communicate to others this profound sense of inspiration - and to help everyone slow down a bit, and really

listen."

During his time on the Forest, Wilkes will be hosted by Friends of Mead Base Conservation Center in Center Sandwich.

"After meeting with Steve I am struck by the idea of how sound changes over time and how this project is being done as the Forest turns 100 years old in 2018," notes Forest Supervisor Tom Wagner. "How will the sounds be different in 25, 50 or 100 years from now? It's terrific that we will have a sound

archive to listen to and learn from."

"This is a particularly exciting residency for us," adds Arts Alliance Executive Director Frumie Selchen, "because the work is completely accessible to the public -- and because we'll be able to invite people to participate directly in a real and valuable way not only this summer but into the future. We are really looking forward to having sound archives that can be used by everyone studying -- or just interested in

-- the Forest."

Details on Wilkes' work, his residency and specific programs, including opportunities for public participation, will be available in early July. For more information about the Artist in Residence program, contact the Arts Alliance at 323-7302 or info@aannh.org; or visit the Arts Alliance website (www.aannh.org) and the White Mountain National Forest Web site (www.fs.usda.gov/whitemountain) for updates.

Science Center, Photo Club team up for new show

HOLDERNESS — The Squam Lakes Natural Science Center is partnering with the Community Photo Club of Plymouth this summer to present a show titled, "On the Wild Side."

The Community Photo Club of Plymouth is displaying a selection of their photographs in the Trailhead Gallery at the Science Center. These pieces were specially chosen by members of the Community Photo Club to relate to the Science Center's mission. There are over twenty nature-related photographs for visitors to see. These pieces represent the artistic creativity of the Community Photo Club members. Some photos show animals native to New Hampshire and others show natural scenes. Animals included in the artwork range from woodland creatures such as deer, chipmunks, frogs, and salamanders, to porcupine, owls and more.

Visitors will enjoy viewing the artwork from the Community Photo Club, which

features an array of nature-themed photographs by local artists. Members of the Photo Club have different backgrounds that have contributed to the show and each artist represents their own perspective with nature. Club members are all at different developmental stages of taking photographs, but believe that photography is about the pictures taken and not the equipment used. Each of the local artists challenges one another with subject matter and looks to learn new angles and ways of taking photos to express their creativity and skill level. Any photo in the exhibit may be purchased either as the original and eight-by-10-inch print or a greeting card by contacting snapit1@live.com. To learn more about the Community Photo Club of Plymouth, visit: <https://www.communityphotoclubnh.com/about>.

"On the Wild Side" is included in regular trail admission. The Science Center is open daily from 9:30 a.m. to

5 p.m., with last trail admission at 3:30 p.m.

About Squam Lakes Natural Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, an informal public garden, and lake cruises, the Science Center has educated and enlightened visitors since 1966 about the importance of our natural world. Squam Lakes Natural Science Center is located on Route 113 in Holderness, an easy drive from exit 24 off I-93, and is open daily from May 1 through Nov. 1. The Science Center is accredited by the Association of Zoos and Aquariums (AZA) and is the only AZA-accredited institution in all of northern New England. For further information about the Science Center, call 968-7194 or visit www.nhnature.org.



COURTESY

Mid-State's Becky Chicco enjoying the efficiency of the new equipment acquired with the award from Northeast Delta Dental.

Mid-State Health Center receives award from Northeast Delta Dental Funds support installation of upgraded and new equipment in its oral health clinic

BRISTOL — Mid-State Health Center recently received an award from Northeast Delta Dental to acquire new equipment for its growing Oral Health Program in its Bristol office. Since adding oral health to its integrated primary care model in 2014, Mid-State's dental team has been hard at work bringing much-needed oral health services to the region.

"Our dental team is very appreciative of the continued support from companies like Northeast Delta Dental. Their contribution helps us deliver high quality, com-

prehensive oral health services to our community," shared Dr. Kelly Perry, Mid-State's Dental Director.

The dental program currently serves more than 1,200 community members of all ages and the demand for services continues to grow. With the investment from the Northeast Delta Dental, Mid-State installed upgraded and new equipment to ensure it is able to continue to serve the growing oral health needs of the region it serves.

"Mid-State Health Center truly grateful for Northeast Delta Dental's

support and we are excited to make our dental operations even more effective," said Sharon Beaty, Mid-State's CEO.

Mid-State is accepting new patients of all ages and encourages anyone interested in learning more about Mid-State's dental team and its services to visit them on the web at midstatehealth.org or call 603-744-6200. As part of its community health center model, Mid-State ensure access to these services for all in the community regardless their ability to pay by offering a sliding fee scale for those who qualify.

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Herbal supplements and prescription medications: What seniors should know

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Against the Grain

Think of any condition, disease, or ailment. The odds are pretty high that at least one type of prescription medication exists for it. And attaining said medication generally requires nothing more than a trip to the doctor's office and pharmacy (depending on the ailment). In spite of this, some may not be so quick to embrace prescription medications, due in part to increasing cost. The other major deterrent? The looming possibility that the side effects may cause more harm than the ailment itself. Those looking for alternatives often turn to herbal remedies or supplements.

Although there is a rather substantial segment of Americans that pay for prescription drugs (approximately \$200 billion annually), usage of herbal remedies or supplements is still quite profound, with an annual spend of around \$20 billion. However, even with such a high volume of herbal consumers, it's not uncommon for medical professionals to recommend prescription medication over natural supplements.

A Matter of Regulation

One reason for this hesitation is that these herbal alternatives are not actively investigated or approved by organizations such as the United States Food and Drug Administration (FDA). While pharmaceutical drugs go through extensive trials to prove out both efficacy and safety, herbal supplements often do not have substantial

evidence to prove their marketing claims. However, it should be noted that these FDA trials for pharmaceutical drugs are not as black and white as they may appear.

While early research may be conducted by a separate entity, trials are generally sponsored by the pharmaceutical company itself, which can allow for some bias. Similarly, the FDA approval committees that ultimately deem a drug safe for the marketplace, are often comprised of company members. Recommendations have been made to the FDA insisting that these approval committees not have as many members with financial stakes in the products.

In spite of some of the inherent challenges of regulation, advocates for alternative medicine continue to push for the research and trialing of herbal supplements. It's sug-

gested that this would ultimately benefit consumers by providing them the opportunity to compare potential side effects and weigh their options accordingly.

Knowledge Is Power

The history and tradition behind herbal remedies is certainly evident. Centuries before the onset of modern pharmaceutical companies, we relied solely on botanical concoctions to cure ailments – and many of these continue to be passed down to subsequent generations. It should come as no surprise that many people want to find ways of healing that are more natural. After all, if it's more natural, it should be better for the body. Unfortunately, that may not always be the case.

Similar to pharmaceutical drugs, there are some herbal supplements that can cause negative side effects,

especially when combined with other drugs and/or supplements. A recent study indicated that of the adults who take herbal supplements along with prescription drugs (approximately 1 in 6), many have little to no understanding of how one interacts with the other. For older adults, many of whom take at least one prescription drug, there is an even greater possibility of a negative reaction from the combination of supplements and medications.

As the demand for alternative medicine continues to grow, the number of companies wanting to capitalize on it will only increase. And while some of these companies may be motivated by the desire to help people through more natural products, others may only be interested in profit. Ultimately, the key for consumers is to research both forms of medicine as thoroughly as possible and to consult with a physician/dietician to understand the positives and negatives behind both.

On the research side, there are several helpful resources that provide insight into the latest pharmaceutical and herbal products. Here are a few sites that you or your aging loved one can utilize to help inform

their decisions:

- FamilyDoctor.org
- Nutrition.gov
- SafeMedication.com
- ConsumerLab.com
- ConsumerReports.org

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Free program about 10 Warning Signs of Alzheimer's

PLYMOUTH — In an effort to inform the public on the warning signs of Alzheimer's and dementia, the Alzheimer's Association will present a program on Wednesday, June 28, from 2 - 3:30 p.m., at the Pease Public Library, 1 Russell St., Plymouth.

"Know the 10 Signs: Early Detection Matters" addresses the difference between typical aging and memory loss and behavior changes severe enough to disrupt daily life. The program can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. To reserve your spot or for more information call 1-800-272-3900 or visit alz.org/MANH.

The Alzheimer's Association is dedicated to providing care and support for those affected by the disease, as well as advancing research into causes, treatments and cures. With headquarters in Waltham,

and regional offices in Raynham, Springfield, and Worcester, Mass. and Bedford, the Alzheimer's Association, Massachusetts/New Hampshire Chapter provides programs and services

such as support groups, professional training, educational programs, care consultation and a 24/7 Helpline at 1-800-272-3900. For more information, visit alz.org/MANH.

MARK ON THE MARKETS



BY MARK PATTERSON

Before I begin to share information regarding the financial abuse amongst our seniors, I must state that I know or have known people near 100 that have not lost cognitive

Financial abuse and older Americans

abilities and remain very sharp, so just realize that this information is a generalized statistical study.

According to new research from Daniel Marson, a professor of neurology at the University of Alabama-Birmingham, adults in their 60s and 70s start to exhibit declines in financial abilities, including a vulnerability to potential telephone fraud, difficulty with making change at checkout and having a harder time at prioritizing bills. Those di-

minished abilities can become a real struggle when trying to keep up with everyday financial management tasks.

The findings suggest that there are several warning signs that friends or family members can look for in order to give them indications that there may be trouble ahead for this person. An untouched stack of mail may indicate that bills are not being paid and they have fallen behind which is even more of a problem. Calculating

a tip at a restaurant or figuring out a deductible on a medical bill could be a sign of cognitive decline. Overlooking investment risks and focusing on the benefits rather than the risks of potential loss is a problem that may be associated with age.

Research also confirms that people typically live longer than they had anticipated, creating planning problems around their long term health plans, or just having

SEE **MARKETS**, PAGE A11



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DURING

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- 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

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Who to Call → Where to Meet → What to Pack

Ready

Graduation

FROM PAGE A1
dependent is who you have become, Class of 2017,” Hoiriis said, closing with the anonymous quote, “I hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known.”

Newfound Area School Board chair Jeff Levesque also took a moment to congratulate them all and said that while many have asked the graduates about their hopes and dreams in the past weeks, he had a hope for them as well.

“My hope is that you make the world a better place,” he said. By sharing their kindness, respect, sportsmanship, and other fine qualities, Levesque said they will make his hopes for them all come true.

Science educator John Lellos was chosen by the class to give the Graduation Address, one in which he promised with a grin to be “short, sweet and powerful.”

He started out by asking the graduates to look under their chairs. Finding nothing there, he told them this wasn’t a filming for the Oprah show, no one was winning a new car and nothing in life is really free. It is all earned, he said, as he encouraged them to do good things in their future.

Lellos said he wasn’t asking them to find a cure for cancer or to become president, but he was asking that they always do their very best.

“Make a constant effort every day to be better than you were yesterday,” he told them.

“Believe it or not, life is harder after high school. All of you will fail at something but that’s okay; learn from your failures.”

What is important is how they choose to embrace failure and whether they use the knowledge gained from those tough times to further themselves in the future, he said as he wished them all the best in the years to come.

Salutatorian Molly Schilling came to NRHS in 2015 after being home-schooled for many years. Entering high school that first day she said she found friendship and encouragement, something she urged her classmates to also remember in their future, no matter where it may lead. While it is often easier to walk away from a tough situation someone is facing, she reminded them that they could also be walking away from the chance to impact someone’s life.

“My challenge to you today is to take the time to be an encouragement,” Schilling said. “I leave you with this quote from Mother Teresa, ‘Kind words can be short and easy to speak, but their echoes are truly endless.’”

Finally, Valedictorian Gretchen Dancewicz-Helmers greeted the class with exuberation and joy, saying it would be the first and final speech she ever made to them. Dancewicz-Helmers also came to NRHS from Sant Bani School just a few years ago and

pointed out that for the majority of their lives they have all been in school, not to benefit their parents but to benefit themselves.

“The education we have received was so that we could transition into our own lives,” she said. “The world is large and full of things we have yet to learn.”

Dancewicz-Helmers said she hoped her fellow graduates would continue to find new opportunities in life and continue to learn along the way. Quoting a line from writer Lea Mishell that she has come to live by, she closed by saying, “‘Never do anything you’ll regret. Never regret anything you do.’ Our generation will face challenges through the years... Whether you choose to be involved with your community or not, I hope you make the best of it all.”

Class President Grace Page and Vice President Alyssa Shaw also addressed the graduates and presented the class gift. While the Class of 2016 had gifted water bottle filling stations to the school last year, they were unable to do all they had hoped to do. To assist them in their goal, the Class of 2017 added to their donation through the purchase of two additional water bottle stations that will be installed for students next year.

Besides Pomp and Circumstance, other musical contributions to the ceremony were the NRHS Alma Mater, arranged and conducted by NRHS band director Ed Judd, along with a selection from “Lord of the Dance.”

Markets

FROM PAGE A10
adequate income to live. I have experience with clients that wanted to go for a high risk investment for a big return out of desperation. That desperation opens them up to “get rich quick” schemes that are targeting seniors and their money. Contractors, financial advisors and even family members can be the culprits looking to take advantage of the vulnerable. Contactors, financial advisors, accountants and lawyers can be checked out for problematic pasts, but a family member with bad intentions can be most difficult to recog-

nize. For those seniors with a spouse, make sure your spouse is aware of what is going on with the investments and household finances that is just a good practice for a number of reasons. For those without a spouse or partner, a sibling, son, daughter or close friend may be honored to have you “consult” regarding day to day financial decisions.

The good news is that aging is not all bad. We often times gain wisdom and increased pattern recognition as we age. Those who stay physically and mentally active may hold off the effects of aging for an indefinite amount

of time. A personal observation on my part is; that I know and converse with many older friends and family members in their 70’s and 80’s, many who still work at their business or stay involved with outside interest. While they may claim that they have “issues” remembering certain things, I believe they are just playing “possum.” Yes, I was raised in the south, so possum is in my vocabulary!

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

BOS

FROM PAGE A1
and women,” Lewis said. “Not 48 hours ago, one of the officers of the Newfound Region was hit with fentanyl and was rushed to the hospital, and the individual [responsible] was booked at the Bristol Police Department. The officer’s safety on a daily basis or a nightly basis is far more of a priority of mine.”

“I’m asking how Bristol can play a larger role in the discussion,” Alpers said. “I don’t like the way you responded.”

The exchange rekindled a dispute from earlier this year, when selectmen objected to Lewis’ decision to issue a Facebook warning after a discarded hypodermic needle was found near Kelley Park. The NH1 nightly news broadcast picked up the story, leading selectmen to complain that it was giving Bristol a bad reputation to acknowledge that drugs are a problem

here. Selectmen later reconsidered and got behind the chief’s decision to emphasize the potential danger of picking up discarded drug paraphernalia.

Lewis maintains that the drug problem is multi-faceted and “a lot more than posters and group meetings and hugs” — a reference to Plymouth’s Communities for Alcohol and Drug-Free Youth.

“We have an excellent working relationship with CADY,” Lewis said, noting he is on the executive board, and “It’s our only continuous success with the way the justice system has changed.”

But, he said, “A lot of people don’t think you can arrest your way out of it. If you’re incarcerated, you can’t take any drugs. When you’re released, you need to have steps and a support group.”

He was critical of recent legislative changes that he said are handcuffing police de-

partments, saying that, with a relaxation of laws prohibiting possession of marijuana, he can now issue a \$255 citation to a youth for possession of Marlboro cigarettes, but “they can have a joint and we can’t touch it.”

Lewis said the elementary and middle schools are being hit hard by the problem.

“We’re having a greater number of dangerous calls regarding the use of drugs, or domestic-type calls because the dads and moms are using the drugs,” he said. “The court system flat out tells us you will not submit juvenile justice paperwork in that court system shy of a Class A felony for crimes against persons.”

He went on to say, “Manpower comes into play, and education comes into play. This community has only asked for 17 years for a school resource officer, but it keeps getting turned down.”

Selfie

FROM PAGE A1
your favorite TV show?
What is your favorite travel destination?

What’s the best part about your town?
Who has been the greatest influence in your life?
Who is your favorite

musical artist?
What is the greatest piece of advice you have ever been given?
Favorite Sports team:

Playground

FROM PAGE A1
“The NHCS PTO would like to thank Sandy Cleary, CruCon CEO and Founder, for her generous donation,” said Nora Foster, Fundraising Chair for the NHCS PTO. “Having a safe and engaging playground is vital to our children’s health and well-being. When our school district declined to replace the aged equipment, our organization

stepped forward to address the issue. Business leaders like Ms. Cleary, parents, and others who recognize the value of addressing the needs of local communities have made this campaign a success.”

“I didn’t give it a second thought to help the PTO reach their goal,” said Cleary. “I believe that businesses should take great care to nurture the youth in our communities. They are our future leaders,

employees, customers, and community members and they deserve to have a safe space to play, grow, and learn.”

The PTO will be hosting a community build on Saturday, July 22 to assemble and install the new equipment with assistance from the playground equipment company’s area representative. Volunteers are needed. For more information contact Nora Foster at 677-6281.

CADY

FROM PAGE A4
situations that might lead to drug cravings. Addiction is a long-term condition and avoiding reoccurrence is an ongoing challenge, even after many years in recovery. The sooner treatment is

started, or restarted, the faster people will get healthy. A successful treatment plan puts different types of support together in a way that works for each person’s unique situation. If relapse happens, it is time to step back and adjust the plan.

If you or someone you know needs help, contact the NH State-wide Addiction Crisis Line at 1-844-711-HELP (4357). For more information about substance use disorders and prevention, visit the CADY Web site at www.cadyinc.org.

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Photo (l to r): Kathleen Edwards and Katie Chevalier, DPT

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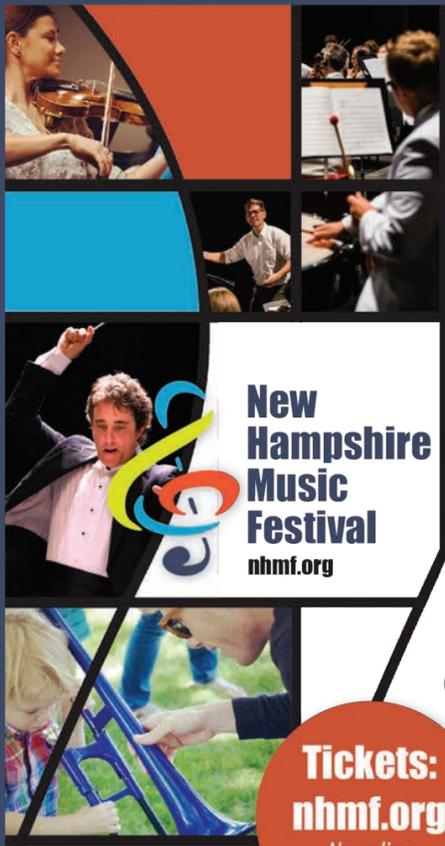
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Friday, June 30th
5:00 pm - 10:00 pm Miller Amusements Carnival Midway
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6:00 pm Side Walk Vendors Open
6:00 pm - 9:00 pm Concert: Jonathan Sarty

Saturday, July 1st
8:30 am Registration for the 4 Mile Walk/Run
9:00 am Scootin' for the Red, White and Blue 4 Mile Walk/Run
Start and Finish at Ed Fenn School. Donation Entry Fee. Sponsored by AVH
11:00 am Side Walk Vendors Open
12:00 pm - 10:00 pm Miller Amusements Carnival Midway
12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00)
5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)
6:00 pm - 9:00 pm Concert: Straightaway

Sunday, July 2nd
11:00 am Classic Car Parade Line Up (Ed Fenn School)
11:00 am Side Walk Vendors Open
11:30 am Classic Car Parade (Down Rt 16 to Railroad st)
12:00 pm - 2:00 pm Classic Car Show with 50's & 60's music
12:00 pm - 2:00 pm Kids Games - Hosted by American Legion Aux. Unit 82
12:00 pm - 10:00 pm Miller Amusements Carnival Midway
12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00)
5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)
5:00 pm - 6:30 pm Chili Chowder / Dessert Cook Off at the Fire Station
Hosted by Gorham Fire Dept and Gorham EMS
7:30 pm - 9:30 pm **Concert: The Ultimate Garth Brooks Tribute Show with Dean Simmons Sponsored by Berlin City Auto Group**

Monday, July 3rd
8:00 am - 10:00 pm NEW EVENT! Patriotic ATV Photo Scavenger Hunt Registration
Registration at Gorham Corner Market (\$5 PP) Must have a Camera or Cell Phone
3:00 pm Side Walk Vendors Open
3:00 pm - 10:00 pm Miller Amusements Carnival Midway
Pay ONE PRICE On The Rides (pay one price \$25.00)
6:00 pm - 9:00 pm Concert: Riley Parkhurst Project

Tuesday, July 4th
9:30 am Duck Race - Hosted by the Berlin Backers
10:00 am - 10:45 am REGISTRATION For Kiddies Parade (Registration is a MUST at Ed Fenn School)
11:00 am Kiddies Parade (Starts at Ed Fenn School)
11:00 am Side Walk Vendors Open
12:00 pm - 11:00 pm Miller Amusements Carnival Midway
12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00)
5:00 pm - 11:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)
1:00 pm Parade Line up
1:30 pm DJ Music with Steve Emerson
2:00 pm **Main Parade** - Sponsored by Service Credit Union (Starts at Dublin Street down Rt 16 to Railroad St.)
6:00 pm - 10:00 pm Concert: Rebel Sons
10:00 pm Fire Works by Atlas Fireworks

f Gorham 4th of July Celebration

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Kit Krugman

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Newfound Landing Sports

Section **B**
Thursday,
Thursday, June 22, 2017

Winter Wild series honored at state ceremony

BY JOSHUA SPAULDING
Sports Editor

CONCORD — The Winter Wild series, which takes place at numerous mountains across the region, was honored during the Governor's Council on Physical Activity and Health Outstanding Achievement Awards ceremony on May 26.

Winter Wild is an

uphill series with a twist, the finish is at the bottom so you get to come back down too. Competitors use skis, snowshoes, or just winter running shoes race up the mountain. Most events take place at a public ski area and you get to hit slopes before they open to the public.

The activity is called "uphilling," and it's

adding a whole new dimension of fun and purpose to winter recreation. Uphilling is a hearty winter workout, where participants ascend a ski slope using either snowshoes, skis with climbing "skins," or running shoes with "microspikes." For the Winter Wild series, participants go down the mountain the same way

they went up — those on skis get to slide down the slopes.

New Hampshire's Governor's Council on Physical Activity and Health annually recognizes individuals and organizations in the state of New Hampshire that have significantly contributed toward healthy lifestyles. Winter Wild received the award this year in the youth related group.

This past winter, events were held at Whaleback, Crotched, Ragged Mountain, Pat's Peak, Black Mountain and Waterville Valley in New Hampshire, Shawnee Peak in Maine and Ascutney and Okeemo in Vermont.

The Winter Wild concept excels, because they have taken the original concept of uphilling, and have created a regional series of events that are designed to be accessible to a wide range of people. Winter Wild allows all forms of up-



COURTESY PHOTO

WOLFEBORO'S Robin Allen-Burke (left) joined Brandon Baker and his wife at the Governor's Council on Physical Activity and Health Outstanding Achievement Awards.

Plymouth legion takes tough loss in season opener

BY COREY MCKEAN
couriersports@salmonpress.com

MANCHESTER —

Just three days after the high school baseball season ended, the Plymouth Durand-Haley Post 66 Rangers senior legion team is already back on the field. On Tuesday, June 13, Plymouth traveled to Gill Stadium in Manchester to take on Manchester Post 79, where they took a heart-breaking 13-10 loss in their season opener.

"We played well enough at times to get a win but ultimately, Post 79 had some very timely hitting towards the end of the game to come back and win. Cole Donovan started on the mound and was great through five innings when we made the switch due to pitch count. Other individual performances were Brody Fillion going three for five with two singles, a triple and five RBIs and Owen Brickley was also three for five with

three runs scored," explained Plymouth coach Mike Boyle.

After two scoreless innings, Plymouth took an early 3-2 lead after three innings as Fillion roped a triple to right center field, which scored two and he would come around to score off passed ball.

Durand-Haley continued to put up runs as they extended their lead to 5-2 in the fourth inning off a fielder's choice and back to back singles from Owen Brickley and Garrett Demas before heading into the fifth inning.

Manchester earned a run back in the bottom of the fifth bringing the score to 5-3 but back came Durand Haley with a run in the top of the sixth off back to back singles from Brickley and Fillion to take a 6-3 advantage going into the seventh inning.

In the seventh, Durand-Haley took a huge 9-3 lead as they put up

three runs with Fillion coming up big with a two-RBI single but Manchester wouldn't go away. Post 79 responded with four runs in the bottom of the seventh to bring the score to 9-7, then in the eighth inning, Durand-Haley tallied just one run, extending their lead to 10-7 but only momentarily as Manchester erupted for six runs in the bottom of the eighth to take a 13-10 lead, ultimately earning Post 79 the victory.

Manchester was led by Danny Goldner with four hits and two RBIs while Plymouth was led by Fillion with three hits and five RBIs.

Manchester Post 79 improves to a record of 1-0 on the season while Plymouth Post 66 falls to a record of 0-1. The Rangers will play again on Thursday, June 22, as they take on Manchester once again, this time being at home at Plymouth State University. Game time is posted for 5 p.m.

hilling "equipment," ranging from simple sneakers and snow boots, to full "skins," skis, and specialized Randonee boots. There is a category and age

group for anyone who can ambulate, ranging from those who are just out for a "romp in the snow," to serious racers. The Winter

SEE WILD PAGE B4

The end of the year brings heartfelt best wishes

SPORTING CHANCE

By JOSHUA SPAULDING



students have accomplished.

I attended the Kingswood Senior Athlete Awards Night last week and came away impressed with some of the great honors bestowed upon some fantastic athletes. This award program was started last year and is a way to honor the seniors before they head off while also honoring coaches for their work. There are three major awards that go along with the department's mantra, which include the Excellence Award, Honor Award and Courage Award. The Excellence Awards were presented to Haley Bridgeman and Mark Chrysafidis, the Courage Awards were presented to Liz McLaughlin and Sheldon Billings and the Honor Awards were presented to Mary Kretchmer and Jacob Dearborn.

Kingswood trainer Alex Dria presented the Comeback Awards, which he gives to players who have battled back from injuries, honoring Michelle Frady and Nick Baston. The Warrior Award was presented to Emily Skelley and coach of the year honors went to Becky Bartlett (middle school), Joe Faragher (JV) and Jeremy Fuller (varsity).

All these athletes and coaches are very deserving and I congratulate them on their honors.

The night also had a few moments to honor retiring track and cross country coach Paul Harvey.

Coach Harvey has coached just about every sport possible at Kingswood over his decades

of service and I have received numerous words of praise from different parents about the impact he has had on their child's life.

I deal with a lot of great coaches who care a great deal about the kids and Paul Harvey is tops among that list. Like his Kennett counterpart, Bernie Livingston, coach Harvey has been a part of the athletic community for a long time and his impact is widespread.

And I must say, after a great interview late last week (story to come), his incredible life experiences are fascinating.

Add in his fantastic wife, Pam, and you've got a top-notch duo who will be greatly missed in the Kingswood community.

I wish both Paul and Pam the best in their well-deserved retirement. Their plans to head out across the country with an RV is pretty awesome and I am sure that if karma is indeed a real thing, they will find nothing but kindness and compassion in all their journeys, as they have shown those things to seemingly everyone during their time at Kingswood. Look for a full interview with coach Harvey in the coming weeks.

Finally, have a great day Jeremy Fuller.

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 sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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Provided by the Neil & Louise Tillotson Fund and the Whitefield Lions Club

5 Airport Rd, Whitefield NH

603-837-9532

www.MountWashingtonAirport.com



Town-to-Town CLASSIFIEDS

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Misc. For Sale
OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news

Events/Entertainment
FIREARMS TRAINING
Shoot a large variety of handguns and calibers before making the decision to buy in our Intro to Handgun class. Learn self defense with rifle, pistol or shotgun. Women-only courses available. Courses start in April, call now to sign up. www.GoRFT.com 603-636-2167

FUNDRAISING EVENT
The Awareness for Adalyn is hosting a Murder Mystery Dinner Theater. Catered. Cash bar. Silent Auction. August 5, 6:30, Franklin Elks. \$25/pp. Contact awarenessforadalyn@gmail.com or 603-513-8635 for tickets.

Barn/Garage/Yard Sale
3 Family yard sale June 24th-8a-2p, rain date June 25th. Thomas train table, work bench, Old Town Canoe, complete home gym, ladies golf clubs, 2 child bike trailer, used flute, quality clothing youth and adult, quality housewares. 121 Riverwood Drive, New Hampton.

BIG YARD SALE - Saturday, June 24. 8 am-2 pm. No early birds. 20 Brookside Ln, Hebron: Furniture, books, tools, scuba, kayak, biking, x-c ski gear, clothes. LOTS MORE.

Lost & Found
Found Ads
Are published Free of Charge. 30 words for 1 week.
Lost Ads
Are Charged at our regular classified rates.
Call Toll Free Mon-Fri 8:00-4:00 1-877-766-6891 or go to www.nhfrontpage.com 24/7

HAVE YOU SEEN ME? I AM LOST!
MY NAME IS BUDDY
I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

Thank-You
Our line ad classifieds are on our website!
www.nhfrontpage.com
is the place to check our weekly classifieds online! More great coverage and information from the
Salmon Press Town To Town Classifieds!
Why place your ads anywhere else? 1-877-766-6891

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\$20 - 2 Weeks
\$27 - 3 Weeks
\$36 - 4 Weeks
Call Our main Call Center 1-877-766-6891 Mon-Fri 8:00-4:00
or place online 24/7 at newhampshirelakesandmountains.com
Deadline: Monday 10:30 am

Fuel/Wood
FIREWOOD: Cut, Split, Local Delivery \$200 Green. Please Call 286-4336

Estate Sale
ESTATE SALE
At the Caggiola homestead. 35 Colby Street, Colebrook, NH. Saturday, July 1st to Tuesday, July 4th. 8am-3pm. Contents of two estates. Antiques, vintage, tools, household, furniture and more. To numerous to list. Don't miss out on some great stuff!
No early birds please.

Pets/Breeders
LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

Lost & Found Pet
STILL MISSING!!
SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. Please do not chase! Old or new leads welcomed! If sited in the area call 1-855-639-5678. Not from the area- he slipped his collar upon arriving.

General Help Wanted
Equipment Mechanic
Experience Preferred But Will Train The Right Applicant. Maintenance and Repairs on Aerial Lifts, Boom Lifts and Fleet Vehicles. Full Time Employment Construx, Inc.
Leading Pre Engineered Metal Building Co. (603)536-3533

EXPERIENCED PAINTERS WANTED
Looking for full time interior/exterior painters for Lakes Region Area. Year round work. Must have own transportation and tools. Pay will commensurate with experience. Contact Bob at 581-4491

Plymouth State UNIVERSITY
Want to earn \$\$\$ while earning a degree for FREE?
Are you hard working, reliable, friendly and a team player?
If so, we want you to work for Plymouth State University as a Custodian!
We have two positions working second or split second/third shift hours.
Benefits Include: A competitive salary and a comprehensive benefit program that includes Medical, Dental, Life Insurance, Retirement, Leave Time, Tuition Waiver (five courses at any USNH campus a year after six months of employment) and more! The salary range for this position is \$10.83/hour to \$12.22 /hour with additional shift differential.
Want to learn more? To view full description of the Building Service Worker position, and to apply, please visit http://jobs.usnh.edu/postings/25734 Online applications only.
Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

Part-Time Help Wanted
Inns of Waterville Valley is looking to hire immediately an outgoing team player housekeeper with a "can do" attention to detail attitude. Responsibilities include all cleaning aspects of 19 fully equipped "condo" units. This is part-time per diem- Fridays are required, usually schedule is Tuesday, Thursday and Friday. No nights or weekends required. Great starting pay \$10.00+. Great summer temporary job too.
We are an "at will" equal opportunity employer and drug free workplace. Apply in person 46 Packard Rd, WV

Office Assistant - pt, 10-15 hrs/week, assist with and complete important administrative responsibilities. Seeking team oriented individual w/strong work ethic. Contact: Jim Nute, Mayhew Program, (603) 744-6131 or jim@mayhew.org.

Professional/Technical
Just Teazin' Hair Studio
Looking for motivated booth renters, must be licensed
**competitive chair rental
**retail commission on product
Reply to nhmichaela@aol.com or call 603 569 4766
Or stop on by 94 Bay St Wolfeboro

Employment Services
The Children's House Montessori School is seeking a trained Montessori lead teacher with appropriate certification for our 3-6 yr class. We serve children 12 months - 6 year olds, our school offers dynamic and dedicated teachers, a strong parental community, and a large natural playground. This full time position would be available for the fall of 2017. We offer health benefits as well as paid sick/personal time and paid professional development. We are looking for someone with leadership qualities and organizational skills who is able to effectively communicate with staff, parents, children and a board of directors. We are also looking for a Primary Teacher's Assistant
•Background in Early Childhood Ed
•Work with a team of professionals
•Patience & energy a must
•Health Ins., pd sick & personal time
•Hours 9-5 Monday -Friday
Please send in your resume, cover letter and 3 references to
The Children's House Montessori Preschool
75 Bronson St.
Littleton NH 03561

Care Giver Service
Like-A-Daughter Personal companion & Helper. Ready to assist with driving, shopping, organizing and more; when you or a loved one want extra help. Enhancing quality of life is my goal. Call Betsy @ 603-631-1116

Professional Services
PIANO LESSONS
Piano, keyboard and organ lessons available in Center Harbor for all ages.
Retired Certified Music Educator
Call: Nancy Stannas 744-9490

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

Apartments For Rent
Alexandria Apartment: 3 rooms + kitchen, bathroom and deck overlooking Cardigan Mountain. Stove, refrigerator. Non-smoker. \$850/month includes heat and utilities. Horse boarding and maintenance work available. Contact 603-868-2283

Mobile/Modular Homes
\$29,995, 2 bed. \$47,995, 28 wide 3 bed, \$73,995, Modular Cape,
WWW.CM-H.Com. Open 7 days. Camelot Homes. RT. 3, Tilton NH

Vacation Rentals
Waterfront Rentals
Lake Ossipee, Freedom NH.
Waterfront, AC, fully equipped kitchen, gas grill, laundry on the premises. Family friendly, smoke and pet free.
Weekly \$1095
1-603-231-3100 or 1-603-539-6685

Automobiles
2006 Honda Civic, clean, runs great, 203K, no major issues, \$3250, (603)2545580
For Sale - 1939 Ford Pickup with mahogany bed, \$12,000. Can be seen at 564 Pleasant Valley Road, Wolfeboro, NH.
Motor Home Winniebaggo
Year 2002, class C 4,000 miles, 1Slide Fully loaded Exc. Condition Generator, C.H.Dana R.V. Monroe N.H. 603-638-2200

Jumbo Yard Sale
Neighborhood Yard Sale
Forty Acre Field Road, Moultonborough June 24 & 25. 9 to 4pm
A variety of items and treasures Watch for signs

Automobiles
GIGUERE AUTO 2
315 Laconia Road, Tilton, NH 603-286-4800
2011 Jeep Wrangler Unlimited, 6-Speed, Hard Top & Soft Top \$22,995
2012 Mercedes Benz 300 4matic, Loaded, Backup Camera \$17,995
2010 Jeep Wrangler Unlimited, 4-Door, 4x4, Automatic, Hard Top \$19,995
2011 Honda CR-V EX 4-Cyl-Loaded \$9,995
2008 Ford Edge SEL Pearl White, Chrome Wheels \$8,995
2015 Hyundai Sonata SE 4-Door, Automatic, Loaded, Black Beauty \$13,995
2014 Toyota Tacoma Double Cab, 4-Door, 4x4, V-6, Custom Cap \$22,995
2006 Chevy Colorado Automatic, Loaded, A/C \$10,995
2015 Dodge Dakota Double Cab, 4-Door, 4x4, Only 29k \$29,995
2008 Ford F-150 Reg. Cab, 4.2L, V-6, Automatic, A/C \$8,995
2013 GMC 1500 SLT Cab, 4x4, 4-Door, Leather, Z-71 \$28,995
2014 Chevy 1500 Double Cab, 4-Door, 4x4, Loaded \$25,995
2010 Ford F-150 Super Cab, 4-Door, 4x4 \$14,995
2012 Toyota Tundra Double Cab, 4-Door, 4x4, Loaded, 5.7L \$25,995
2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather \$20,995
2012 Ford F-350 Crew Cab, Leather, FX-4, Powerstroke Diesel \$34,995
2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather \$20,995
2006 Ford F-450 Crew Cab, 4-Door, Dump Truck \$14,995
2013 Chevy 2500 HD Ex-Cab, 4-Door, 4x4, 6.0L, Loaded \$28,995

Public Notices
REQUEST FOR PROPOSAL
Friends of Wentworth Parks and Recreation
Friends of Wentworth Parks and Recreation, Wentworth, NH is seeking proposals from qualified firms to construction approximately 280' of wooden approach railings and to install approximately 140' of Owner supplied steel railings. The project is partially funded by a Northern Borders Regional Commission Grant. The scope of services will include:
-Supply and install all necessary lumber and hardware for the installation of wooden railing approaches to both entrances of the new Friendship Bridge.
-Install restored steel railings adjoining the wooden fence system on East Side Road.
Site visit is encouraged as steel railings are stored on site and all fencing system installation markers are in place. Firms submitting proposals shall provide a list of appropriate references. A maximum of \$20,000 has been budgeted for the project. The project must be completed by September 1, 2017. Detailed scope of work is available from Jen Meade, Jen@FriendsOfWentworth.org, 781-293-1200.
Send two (2) complete copies of all proposals to: Max Corbett, PO Box 212, Wentworth, NH 03282 or deliver to a public bid opening on the bridge on Eastside Road, Wentworth, NH on July 14th at 11:00 a.m. No proposals will be accepted after that time. The Friends of Wentworth Parks and Recreation reserves the right to reject any and all proposals. Contract award is anticipated to be announced no later than July 17, 2017.

SALMON PRESS DEADLINE NOTICE
Our offices will be closed Tuesday, July 4th. With the holiday, all deadlines will be backed up 24 hours. Classified deadlines for the published dates of 07/05 and 07/06 will be on Friday, July 1st at 10am.

Looking for New Customers?
FROM THE LAKES REGION TO THE GREAT NORTH WOODS.
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• Granite State News
• Littleton Courier
• Record Enterprise
• Winnisquam Echo
• Newfound Landing
• Coös County Democrat
• Carrol County Independent
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Salmon Press

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OPEN Sunday 12 to 2**



Homes from \$99,995 to \$139,995 or \$755 per month...
*Garage, Porch, Appliances.

Call Kevin
603-387-7463

Mansfield Woods, 88 North Rt. 132, New Hampton, N.H. - Directions: RT. 93 exit #23, Right for 1/2 mile, Left at Post Office for 800 feet (10% down, 25 years at 6%)

Camelot HomeCenter
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

Hurry Down & See Our Homes!

\$29,995 56' Bed, Factory Direct	\$36,995 66' 3 Bed, Bath, Factory Direct	\$34,995 57' 2 Bed	\$42,995 76' 3 Bed, 2 Bath
\$47,995 44' 3 bed, 2 bath	\$57,995 44' 3 bed, 2 bath	\$61,995 48' 3 bed, 2 bath	\$88,995 56' Beautiful Open Concept Living Room & Kitchen

SEE OUR AD AT WWW.CM-H.COM - HOMES FROM COLONY, NEW ERA & TITAN

\$74,995 36x28, Sunny Cape! **\$109,995** 56x28 Ranch, Roman Spa Bathroom, Irresistible Kitchen! **\$113,995** 2000 Sq. Ft. 2 Story

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
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IMMEDIATE OPENINGS

Sawmill and Planer Mill Workers

Full-time Day Shift, Benefits include vacation, sick and holiday pay, insurance, credit union, 401(k) plan.

Apply in person
PRECISION LUMBER INC.
576 Buffalo Road • Wentworth, NH 03282

RUMNEY/WENTWORTH SCHOOL DISTRICTS
Russell Elementary School & Wentworth Elementary School
2017-2018 School Year

ANTICIPATED FULL-TIME K-8 PHYSICAL EDUCATION/HEALTH TEACHER
(Must be certified in P.E and Health)

Please send letter of intent, resume, certification, transcripts and references to:

Mrs. Jonann Torsey, Principal
Russell Elementary School
195 School Street
Rumney, NH 03266
(603) 786-9591
jtorsey@pemibaker.org

POLICE OFFICER THORNTON NH POLICE DEPARTMENT

The Thornton Police Department is currently accepting applications to fill our vacancies for part-time Patrol Officer Positions. The successful candidates will perform law enforcement services in a community-oriented department located in the Pemigewasset Valley midway between Plymouth and Franconia Notch.

NH full-time or part-time certified police officers are required. Applicants must possess a valid motor vehicle operator's license. Entry Level Hourly rate, \$17.00 to \$20.00 an hour, dependent on qualifications and experience.

Please submit a cover letter and resume to the Thornton Police Department, 16 Merrill Access Road, Thornton, NH, 03285 or by e-mail to admin@thorntonnhd.org.

APPLICATION DEADLINE:
Monday, July 10, 2017, at 1:00 p.m.

**Steel Erectors,
Metal Roof & Siding Installers
Foreman, Leadmen
And Laborer Positions**

Will Train. Valid Driver's License required.
Application available at:

CONSTRUX, INC. 630 Daniel Webster Hwy.
Plymouth, NH 03264
(603) 536-3533

Leading Pre Engineered Metal Building Co.

PEMI-BAKER REGIONAL SCHOOL DISTRICT
Plymouth Regional High School

TECHNOLOGY ASSISTANT

Plymouth Regional High School is currently seeking a Technology Assistant. The position supports first line technology hardware, software and services for students, faculty and staff at the Plymouth Regional High School.

A complete job description along with experience criteria is available upon request.

Plymouth Regional High School offers a competitive salary and benefit package.

Please send letter of intent, resume, and references to:

Ryan Potter, Technology Coordinator
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
rpotter@pemibaker.org

NO PHONE CALLS PLEASE
THANK YOU.



Town of Thornton • 16 Merrill Access Road
Thornton, NH 03285 • 603.726.8168

**FULL TIME ASSISTANT ROAD AGENT/
EQUIPMENT OPERATOR I WANTED**

The Town of Thornton is seeking candidates for immediate opening for one (1) permanent full-time position of Assistant Road Agent/ Equipment Operator I in the Highway Department.

Position performs skilled labor tasks and advanced operation of equipment required for the maintenance, repair and construction of streets, grounds, equipment, facilities and other publicly owned property of the Town of Thornton. Expanded duties are required in the absence of the Road Agent.

Applicants must have a high-school diploma or equivalent; minimum of 5 years of experience; advance equipment operation skills including 2 years involved supervision directing groups in municipal maintenance and construction; and a Commercial Driver's License (CDL) Class A.

The position is a labor grade 9 with an hourly pay range from \$18.51/hr. to \$26.15/hr. Position subject to DOT drug and alcohol testing; a pre-employment DOT drug and alcohol test is required. A full job description and application packet is available at the Town Office and on the town website: <http://www.townofthornton.org>.

Applications must be submitted to:
Board of Selectmen
ATTN: ASST ROAD AGENT/EQUIPMENT OPERATOR I
16 Merrill Access Road
Thornton, NH 03285

The second round of interviews will be scheduled July 11, 2017. The interview process will consist of verbal and practical testing with town equipment.

*The position will remain open until filled.
The Town of Thornton is an equal opportunity employer.*

Construction Help

IMMEDIATE OPENING

Seeking motivated, hard-working semi-skilled and skilled general laborers for work on a variety of commercial and residential sitework project in NH - Work may include but is not limited to digging trenches, backfilling holes, moving earth with hand tools and running a compactor.

*Valid drivers license and transportation required
*Pre-employment physical and drug screen required

Andrews Construction Co., Inc.
PO Box 720
Campton, NH 03223
Email: bud@andrewsconst.com
www.andrewsconst.com
Telephone: 603-726-7623 - Fax: 603-726-7313




Service Coordinator

We are seeking to hire a full time Service Coordinator for this family directed region wide program. Responsibilities include, but are not limited to, Development of the new PDMS Programs, advocacy through Service Coordination, ensuring services are implemented within the regulated guidelines while balancing the needs of families; staff recruitment and supervision following all Department of Labor laws and Agency policies; developing and monitoring individual budgets.

Requirements include a minimum of 2 years of demonstrated experiences in Developmental Services or related field, ability to work both independently and as a significant participant of the regional team: ability to, multi-task, and maintain accuracy and confidentiality; strong written and oral communication skills; proficient computer skills including MS Word, Excel, Outlook, and Agency systems as required.

Full time employees receive a generous vacation and sick leave package, 11 paid holidays, mileage reimbursement, may participate in the agency health insurance, 403B plan and much more. This regional position requires extensive travel between offices throughout northern NH.

Candidates, please send cover letter and resume to: Denise Davis at Northern Human Services, 87 Washington Street, Conway, NH 03818, or e-mail ddavis@northernhs.org, or fax to: 603-447-5483.

This position requires a valid driver's license, proof of adequate auto insurance and completion of driver's, criminal and background records checks. Northern Human Services is an Equal Opportunity Provider, and Employer.

CLASSIFIED RESULTS IN PROFITS

The National Domestic Violence
HOTLINE
1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG

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HATE TEXTERS AND DRIVERS.**

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Wild

FROM PAGE B1

Wild series consisted of eight separate events, increasing in length and difficulty, from 2.5 miles to six miles. It provides motivation for individuals to exercise between events, to improve their strength and stamina.

Winter Wild founder

Chad Denning passed away in 2014 but the series has continued on in his honor, led by Brandon Baker, along with assistance from Wolfeboro's Robin Allen-Burke.

Baker, his wife and Allen-Burke were on hand at the awards ceremony in May to accept the honor for Winter Wild.

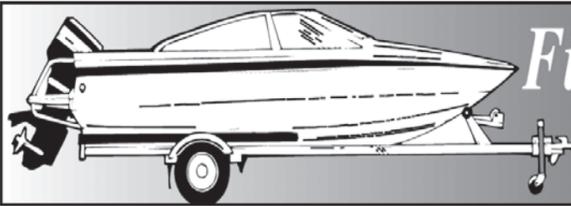
Newfound searching for soccer coach

BRISTOL — Newfound Regional High School is looking for a JV boys' soccer coach.

Anyone interested should send a letter of interest, resume and two recommenda-

tions to Superintendent Stacy Buckley at sbuckley@sau4.org. Questions should be di-

rected to Peter Cofran, AD, at pcofran@sau4.org or 744-6006, x1507.



Fish for a great deal in the classifieds!

#1 Plymouth State University Ranked First Among the Top Schools in America for Improving Students Critical Thinking Skills

The Wall Street Journal has named PSU as the number one public university in America for improving the critical thinking abilities of our students. The June 6 report showed that PSU far outpaced well-known public institutions including University of Kentucky, Ohio State University and Keene State. The results suggest students' critical thinking skills develop significantly over their time at PSU, which prepares them to enter their careers as leaders in their chosen fields.

Learn more about how PSU is using our new Clusters Learning Approach to transform the way students learn at plymouth.edu.



See further up here.



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CHOOSE CAR SEAT: BY AGE & SIZE



THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.



THE ONES WHO ACTUALLY DO.

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.



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