

Newfound Landing

THURSDAY, JULY 19, 2018

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COMPLIMENTARY

Navy SEALs 'attack' Newfound Lake during Swim With a Mission event

BY LEIGH SHARPS
Contributing Writer

BRISTOL — Not too hot, not too cold was the weather at Saturday's special Navy Seals 'Swim with a Mission' event. But the water was — cold, that is.

Touted as the cleanest lake in the state, Newfound hosted this fundraising celebration featuring a 1K, 5K and 10K individual men and women races aimed to raise money for veterans. All was at the courtesy of Team 6 part of the larger famous SEALs organization. (SEALs is the acronym for Sea, Land, and Air, which are the three theatres of the commandos' operations) unit.

Team 6 is the most elite unit of America's Naval Special Warfare Development Group. In this era, they are best known for taking down Osama Bin Laden, the mastermind behind the terrorist attacks of Sept. 11, 2001.

Aside from the swim races, the day was also the platform for the SEALs to show off their stuff and present several demonstrations for the attendees. This is the second year the Fort Pierce, Fla. based, and founded National Navy UDT-SEAL Museum personnel have come to Bristol and they confirmed they will be returning next summer due to the enthusiasm of the spec-



A pair of SEAL snipers take up their positions during the Swim With a Mission at Newfound Lake last weekend.

LEIGH SHARPS

the welcoming address and recognized special guests, and Miss New Hampshire, Marisa Moorhouse, who presented medals to the top three swimmers in each event.

Race Directors and co-founders of Swim with a Mission, Philip and Julie Taub announced the top three winners in each race and the relay teams. Among those was Timothy Wolfe winning the 5K who was awarded the Dan Healey award, the SEAL who perished in the line of duty and whose life was the subject of the movie "Lone Survivor." Also, winning first place for women in the 10k (from Wellington Beach to Hebron) and overall winner (in the name of Jeremiah Fitzgibbons) was Daniela Klaz.

During a question and answer period, retired SEAL Master Chief and

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tators and the full roster of swimmers (veterans and SEALs participated as well as citizens from many states). The swimmers and relay teams all had sponsors who do-

nated their raised funds to Swim with a Mission. Onerelay team raised \$10,000.

The large turnout was attended by Gov. Chris Sununu, who gave

Forest industry believes biomass is key to survival

BY THOMAS P. CALDWELL
Contributing Writer

BRIDGEWATER — New Hampshire has some of the highest electric costs in the country, and Gov. Chris Sununu said any further increases would drive away businesses, but the hundreds of people employed in forestry and logging say the \$5.15 per month increase contained in Senate Bill 365 is a small price to pay to preserve the state's second-largest

industry.

Sununu vetoed the bill that had bipartisan support in the New Hampshire Legislature, calling it a subsidy to the state's six biomass plants. Nevertheless, he went on to sign a separate bill that guarantees that "subsidy" for the Berlin biomass plant, saying it was vital to that region's economic recovery.

Logger Jared King of Wentworth says all of the biomass plants,

which burn wood to generate electricity, are vital. With no place to sell the low-grade wood, it is not economically feasible to do some forest operations, leaving loggers with high debt and no market for the timber. Wood chippers used in whole-tree harvesting cost \$400,000 to \$500,000, and with the market for wood chips in jeopardy, the manufacturers are no longer accepting trade-ins.

SEE BIOMASS, PAGE A11



COURTESY

Gordon Nash Library welcomes Modern Times Theater

The Gordon Nash Library in New Hampton will continue its 2018 Summer Reading Program family events on Tuesday evening, July 24, with a 6:30 p.m. presentation by Modern Times Theater. Modern Times Theater delights family audiences with their handmade wooden and papier mache puppets, in a modern Vermont update of the age-old Punch and Judy show. In addition to the puppet show, their program also features live music on a variety of instruments from the ukulele to the bicycle pump, as well as sing-a-longs, classic jokes and gags, and audience participation. Rose Friedman and Justin Lander have been making and performing puppet shows together since 2003. They are co-founders of Vermont Vaudeville, Vermont's premier Vaudeville troupe. This program is funded by a generous donation from The David Cohen Family. If you have questions about the event, 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.

Resident urges town to increase parking on Shore Drive

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — If Jan Barrett has her way, Bristol would use the town's right of way to double the parking for

Avery-Crouse Town Beach on Shore Drive at the foot of Newfound Lake. Doing so, however, would escalate the simmering tit-for-tat that has existed since the town took the former private beach and made it a public beach.

Prior to the Shore Drive cottages becoming individually owned, most of them had been part of Prince's Place, a cabin colony that also included a restaurant and store that today is operating as The Big Catch. Those purchasing the cottages had deeds that showed the property extending into Newfound Lake.

State law makes all bodies of water public property, and Bristol

SEE PARKING, PAGE A11

Organizers present Go Gray In May 5K proceeds to Brain Tumor Society

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — Race coordinators Janet Shokal and Kayci Costigan, along with Go Gray in May 5K founder Robin Ingalls-Fitzgerald, met with Lauren Gainer of the National Brain Tumor Society last week to present her with a check for the proceeds from this year's fundraiser for brain tumor research.

Shokal said that more than 160 participants took part in April 28 race, more than any of the previous years. Besides registration fees for the event, raffles helped boost their contribution to NBTS to \$5,000 for 2018. She also



DONNA RHODES

Representatives of the Newfound Area's Go Gray in May 5K run/walk presented a check for \$5,000 to Lauren Gainer of the National Brain Tumor Society on July 12 at Kelley Park. From left to right are Kayci Costigan and Janet Shokal (co-directors of the event), Gainer, and race founder Robin Ingalls-Fitzgerald of Bristol.

thanked the many local sponsors who helped support the event along with all the volunteers

that made it all possible. Before handing the check, Shokal took a minute

to share with her an email she had received. It came from a woman

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Enjoy an afternoon of family fun in support of Bridge House

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – The 13th annual Community Family Fun Fair

is set to take place this Saturday, July 21, at the playing fields on Smith Bridge Road in Plymouth, and it

is once again looking to be a fabulously fun and affordable way for families to enjoy themselves while support-

ing of a great cause at the same time.

Among the different activities this year will be Frank Jones' inflatable entertainment centers, mini-golf, plate smashing, hula hooping, a greased pole and Owen's 100-seat Musical Chairs. There will also be an egg toss, Alex's Hay Wagon rides, face painting and The Fabulous Foam Field, a favorite with many of the boys and girls each year. Another exciting feature of the day will be Reptile Encounters where families can see and learn about some incredible

creatures.

When it comes to food, there will be plenty to eat that day, too. For a modest donation, Plymouth Rotary and The Common Man Family of Restaurants will have lots of burgers, hot dogs and other summer dishes available for lunch. In addition to that there will be cupcake and giant cookie decorating, a delicious pie eating contest, a cool watermelon-eating contest and Dick's Corn on the Cob contest.

All that and "anything else crazy and fun we can dream up" will take place that day, organizers said.

Admission the Community Family Fun Fair is \$1 per person with proceeds from the event assisting veterans and former military personnel with shelter, food and other forms of support through Bridge House. Executive Director Cathy Bentwood said the money raised this year will also help in the construction of 30 permanent veteran housing units at the top of Boulder Point in Plymouth. On Sept. 14, construction will begin on 25 single oc-

cupancy units for former military men and women along with five two-bedroom apartments for families. Each of the units will be available through a voucher-based program that will assure occupants of having a permanent place to live even if unexpected financial hardships arise.

"We're working to prevent homelessness for those who have served in the military. With this new housing project we'll now be able to help them from becoming homeless permanently," said Bentwood.

To assist in the project, financial support of the Community Family Fun Fair is welcome at any time. Donations of any size or special sponsorship contributions of \$250 or more can be mailed to The Bridge House, 260 Highland Street, Plymouth, N.H. 03264 or made online through PayPal at tbhshelter.org. All contributions to The Bridge House are tax deductible and sponsors will receive public recognition in the local media on Veterans Day for their generosity.

TTCC hosting Annual Lobster & Chicken Supper Aug. 25

BRISTOL — The Tapley-Thompson Community Center's Annual Lobster & Chicken Supper will be held at Kelley Park in Bristol on Saturday, Aug. 25 from 5:30 – 7 p.m. Don't miss this delicious summer tradition.

Tickets are available at the TTCC or at the door while they last. The cost is \$15 for Chicken, \$17 for Lobster & \$20 for a combo of a lobster and quarter chicken. We offer kids hot dog plates for \$6. The meal includes salad, Walker's

Farm corn on the cob, baked potato, cole slaw, fresh rolls, dessert and drinks. Dinner entertainment will be provided by 'Solitary Man' In the event of rain the dinner will be held at the TTCC. For more information, call 744-2713.

"The Gifts of Story" course with Rebecca Rule offered at Plymouth Regional Senior Center

PLYMOUTH — "The Gifts of Story: One Leads to Another," a free eight-week creative arts class for older adults is now open for registration at the Plymouth Regional Senior Center.

Rebecca Rule, New Hampshire's beloved story teller and story gatherer, will lead this exploration of the art of story. By writing, telling and sharing their stories, class members will build bridges to the people, places and experiences that have shaped their lives.

The course, open to participants 55 or older, will take place Tuesday mornings, 9:45 to 11:45 a.m. Sept. 18 through Nov. 6, at the Plymouth Regional Senior Center.

Class size is limited. To register, contact Robin Koczur, activities coordinator at the Plymouth Center, rkoczur@gcsc.org, visit the center at 8 Depot St. in Plymouth, call 536-1204, or register online at www.experiencearts.org.

The story-telling course is one of eight offered throughout the

region as part of the 2018 Experience/Arts series, co-sponsored by Grafton County Senior Citizens Council, Inc. (GCSCC) and the Arts Alliance of Northern New Hampshire (AANNH). Additional fall season courses include playing the ukulele through the Upper Valley and Horse Meadow Senior Centers and creative movement through the Littleton Area Senior Center.

Experience/Arts is made possible through the national Seeding Vitality Arts initiative of

Aroha Philanthropies with additional support from the Couch Family Foundation. Vitality Arts programs are intended to inspire and enable older adults to learn, make and share the arts in ways that are novel, complex and socially engaging.

For further information, contact GCSCC Executive Director Roberta Berner at rberner@gcsc.org or 448-4897 or AANNH Executive Director Frumie Selchen at frumie@aannh.org or 323-7302.

Minot-Sleeper Library puts its own spin on "Libraries Rock!"

BRISTOL — The Minot-Sleeper Library in Bristol will host a Vinyl Appreciation night on Tuesday, July 24 from 6:30-8 p.m. The event is part of the library's Summer Reading Program, Libraries Rock!

For Vinyl Appreciation Night, which is open to all, attendees can bring their own record(s) or choose from the albums supplied

by the library. Songs from the albums will be played on a provided turntable and attendees will have an opportunity to chat about the artists, albums and genres. Refreshments and a turntable will be provided.

For more information, please contact the Minot-Sleeper Library at 744-3352 or by email at librarian@townofbristolnh.org.

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Dr. Linda Levy of PSU named Most Distinguished Athletic Trainer by National Athletic Trainers' Association

PLYMOUTH — Plymouth State University's Athletic Training department chair and undergraduate program director, Linda Levy, Ed.D., was recently named a 2018 Most Distinguished Athletic Trainer (MDAT) award recipient by the National Athletic Trainers' Association (NATA). The MDAT award honors those with outstanding dedication and service to the athletic training profession.

"Linda has been a tremendous presence in the PSU athletic training program and

department for the past 26 years," said Julie Bernier, Ed. D., Health and Human Enrichment Cluster Co-Coordinator and Director of Graduate Athletic Training. "Whether she is teaching a class, working one-on-one with students, or mentoring a new faculty or staff member, Linda willingly shares her knowledge and passion for her profession and the university. No one is more deserving of this award."

The MDAT award recognizes NATA members who demonstrate exceptional com-



Linda Levy, Ed.D., of Plymouth State University (middle), was recently named a 2018 Most Distinguished Athletic Trainer (MDAT) award recipient by the National Athletic Trainers' Association (NATA). The MDAT award honors those with outstanding dedication and service to the athletic training profession. In her 26 years at PSU, Dr. Levy has served as Athletic Training department chair and program director, taught Athletic Training courses at both the undergraduate and graduate levels, and provided athletic training services to many of Plymouth State's athletic teams.

mitment to advocacy, distinguished professional activities as an athletic trainer, and leadership and volunteer service both at the national and district levels. Candidates must hold the certified athletic trainer (ATC) credential, conferred by the Board of Certification, and membership with NATA for at least 20 years.

In addition to her roles as department chair and program director, Dr. Levy teaches Athletic Training courses at both the undergraduate and graduate levels. During her tenure, she has supervised athletic training students and provided athletic training services to many of Plymouth State's athletic teams. Dr. Levy has also served in various roles on university and department commit-

tees and is an active member of national, regional and state athletic training organizations. In 2009, the Plymouth State University Alumni Association recognized Dr. Levy with the Faculty & Staff Award of Excellence for her outstanding accomplishments.

Dr. Levy earned a Bachelor of Science in Physical Education and Master of Education from Keene State College and Doctor of Education from Argosy University in Florida. After helping PSU's athletic training program for the past 16 years, Dr. Levy recently announced that she will retire in 2019.

The Most Distinguished Athletic Trainer award was recently presented to Dr. Levy at NATA's 69th Clinical Symposia & AT Expo in New Orleans.

PSU selects Chartwells Higher Education Dining Services as new food services partner

PLYMOUTH — Following a comprehensive review of its food service strategy and on-campus dining experience, and after an extensive search process, Plymouth State University (PSU) announced the selection of Chartwells Higher Education Dining Services as its new dining service and catering provider.

Beginning this fall, Chartwells will transform PSU's on-campus dining experience and catering services, creating a premier program that emphasizes quality, made-to-order food, menu customization and variety, sustainability practices and dining innovations.

"The on-campus dining experience is a major component of student life," said Amanda Grazioso, PSU's director of residential life and dining services. "Far from offering the traditional dining hall service, Chartwells will take the PSU dining experience to a new level of excellence with more variety, greater choice

in menu options, locally-sourced ingredients, and more."

Students will experience several enhancements when they return to campus this fall, including expanded late-night hours in Prospect Hall. They will also see a greater presence of healthy foods, such as more offerings on the salad bar, as well as an extensive allergen program that will help students make safe and healthy dining choices through enhanced labeling. In addition, students will be able to take part in Chartwells' interactive Student Choice program, where they may choose the menus and food offerings they would like to see in dining.

Lisa McEuen, CEO of Chartwells Higher Education, said, "We are excited to create a customized dining experience for the Plymouth State community. Our goal is to be a true campus partner that will integrate students into the dining program by giving them

the opportunity to take part in the creation of our plan."

As part of the transition, Chartwells intends to offer all current dining service employees, including students, the opportunity to join the Chartwells team and be part of their mission and vision to deliver great food service at PSU. More information regarding the employee transition process will be shared in coming weeks.

Nelson Defigueiredo, divisional president of Chartwells Higher Education, said, "We look forward to welcoming current PSU associates to the Chartwells family. We are proud to offer an inclusive culture that empowers associates to openly and effectively communicate with their managers and with one another."

Chartwells is committed to supporting the PSU and greater Plymouth communities with programs to address food insecurity and by sourcing products local-

ly from New Hampshire farms and other local

SEE CHARTWELLS, PAGE A12

Rid your household of hazardous waste at upcoming regional collection

REGION — Safely rid your home of hazardous products such as oil-based paint and stain, lawn and garden chemicals, kitchen and bathroom cleaners, and automotive products. Residents and residential taxpayers in the 25 participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the collection sites throughout the region.

On July 28, bring your hazardous waste to the Belmont Fire Station and Public Works Garages in Franklin, Gilford, & Meredith. On Aug. 4, HHW will be collected at the NH DOT Garage in Bristol, the Public Works Garage in Laconia on Bisson Avenue, and the Town Highway Garages in Center Ossipee and Moultonborough. The collections will run from 8:30 AM to 12:00

noon. The participating communities consist of: Alexandria, Andover, Belmont, Bridgewater, Bristol, Center

Harbor, Effingham, Franklin, Freedom, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Mer-

SEE WASTE COLLECTION, PAGE A11

PSU's Holmes Center announces partnership with Gay, Lesbian & Straight Education Network of New Hampshire

PLYMOUTH — Affirming Plymouth State University's (PSU) continuing evolution as a leader in educator training, and its vision to support culturally-sustaining educational learners, leaders and activists, PSU's Holmes Center for School Partnerships and Educator Preparation recently announced a partnership with the Gay, Lesbian & Straight Educator Network (GLSEN) of New Hampshire. The partnership is one of several already forged by the Holmes Center this year, and will provide GLSEN with dedicated space and resources for educator training and development, and other chapter events.

GLSEN New Hampshire works to ensure that New Hampshire's K-12 schools are safe for all children, regardless

of sexual orientation or gender identity or expression. GLSEN New Hampshire is one of 30 chapters of the national GLSEN network and is run en-

tirely by volunteers.

The Holmes Center's goal is to optimize resources based on evidence of sustaining im-

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Youth suicide prevention

BY DEB NARO
Contributor

Developmentally, the years between childhood and adulthood represent a critical period of transition and significant cognitive, mental, emotional, and social change. While adolescence is a time of tremendous growth and potential, navigating new milestones in preparation for adult roles involving education, employment, relationships, and living circumstances can be difficult. These transitions can lead to various mental health challenges that can be associated with increased risk for suicide.

Suicide is the second leading cause of death among youth age 15-24. Approximately one out of every 15 high school students reports attempting suicide each year. One out of every 53 high school students reports having made a suicide attempt that was serious enough to be treated by a doctor or a nurse. For each suicide death among young people, there may be as many as 100 to 200 suicide attempts. For some groups of youth—including those who are involved in the child welfare and juvenile justice systems; lesbian, gay, bisexual and transgender; American Indian/Alaska Native; and military service members—the incidence of suicidal behavior is even higher.

Despite how common suicidal thoughts and attempts (as well as mental health disorders which can be associated with increased risk for suicide) are among youth, there is a great deal known about prevention as well as caring for youth and

communities after an attempt or death. Parents, guardians, family members, friends, teachers, school administrators, coaches and extracurricular activity leaders, mentors, service providers, and many others can play a role in preventing suicide and supporting youth.

Suicide is a serious public health problem that can have lasting, significant effects on youth, families, peers, and communities. The causes of suicide among youth are complex and involve many factors. Reducing risk factors and increasing protective factors and resilience is critical.

Knowing the warning signs is also critical. Warning signs for those at risk of suicide include: talking about wanting to die, feeling hopeless, having no reason to live, feeling trapped or in unbearable pain, seeking revenge, and being a burden on others; looking for methods and making plans such as searching online or buying a gun; increasing use of alcohol or drugs; acting anxious or agitated; behaving recklessly; sleeping too little or too much; withdrawal or isolation; and displaying rage and extreme mood swings. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. Paying attention to warning signs for mental health challenges that can be associated with increased risk for suicide is also important.

No one person (parent, teacher, counselor, administrator, mentor, etc.) can implement

SEE CADY, PAGE A11

PET of the Week Brody



Energetic and full of life with a heart bursting to make a true connection with humans that will care for him always, the muscular, trim Brody, has been waiting since May for his forever home.

This handsome, stately dog hails from Texas, and in the usual scheme should already have been adopted- but he had some medical setbacks, long since resolved. He's as good-natured as he can possibly be, those Labrador mixed genes must be the reason why he is such a love, Brody has formed



some strong bonds with other dogs here, particularly his firm canine pal, Snickers. It's high time Brody

is granted his one true wish, a forever family. Don't be daunted by his size, he is a big mush at heart, and

while he of course requires daily exercise, as all dogs do, not just being turned out in the back yard, but a solid and vigorous walk and some opportunity to leap about catching a ball, he is then ready to nap and cuddle.

A sweeter dog you will not find in New Hampshire – come and meet him. Perhaps we can even convince you to take his friend too!!

Please come and see Brody you may just fall in love!

Check www.nhhumane.org or call 524-3252 for details.

Strategies for Living

The search for significance

BY LARRY SCOTT

It was early afternoon (as I recall) at Rosalia High and along with most of my fellow classmates, we were awaiting the arrival of our director for our next choir practice. It was for me a favorite class, but for this young sophomore, the world suddenly came unglued.

Without warning, a group of the guys wrestled me to the floor, unbuckled my belt, drew my slacks down to my knees, then jumped up and quickly went back to their seats. Leaving

me exposed and embarrassed, to say I was humiliated is to put it mildly; even the girls thought it was funny. Not this kid!

As the son of missionary parents to Peru, I was more Peruvian than American. Home schooled for most of my grade school years, I was uncomfortable in a classroom setting, clearly a fish out of water. I was the school "goat," the one you messed with when things were slow. You cannot imagine, especially with my desire to be accepted,

what this and several similar experiences did to me. It was a lark for them; for me it was traumatic, an experience I cannot recall even now without deep emotional overtones.

It is axiomatic that each of us is in search of significance, driven to discover purpose and meaning to our lives, anxious to make a difference. The quest to be noticed and respected is a human trait, and the extent to which we will go to achieve it at times drives us to resort to the ridiculous.

We carefully craft our public image and yet ignore personal weaknesses that cry for attention; we attempt to impress our friends with homes and automobiles we can't afford, so deeply in debt we can't afford to retire; athletes excel in their sport, develop an enthusiastic following, yet have problems simply growing up. Why is that? It takes only a bit of honesty to realize many of us are in deep trouble. Without any objective standard of right and wrong, we

SEE STRATEGIES, PAGE A11

Letters to the Editor

Philbrick should be ashamed of her support for admitted sex offender

To the Editor:

Recently, I read an article by the Union Leader titled, "Ex-high school guidance counselor gets strong support despite admitting to sexual assaults on student." In the article, I was very saddened and disheartened when I read that one of the supporters is Guidance Counselor Mrs. Shelly Philbrick. Philbrick supported Torbick, the convicted felon, stating, "I pray the court show justice for the victim, but also leniency upon Kristie today."

For those who don't know who Mrs. Philbrick is, she is a current guidance counselor at Newfound Regional High School, and has worked in the school district for a long time. I am disgusted to see Mrs. Philbrick supporting Torbick, as the crime that was committed is serious and sick. This wasn't just a quick "in-the-moment" incident, which still wouldn't have been okay—this was hatched out and premeditated. Torbick also didn't commit this gross crime once, she at least did this twice. I understand that Torbick once worked at NRHS alongside Philbrick and Jackson; however, it is disgusting for someone to defend Torbick's character and reputation after the crime she has committed. She has to be accountable for her actions, and no reputation should trump getting out of a situation. It is even more absurd to plea to the judge to give Torbick leniency. This crime wasn't something petty, but one that was very egregious. What matters the most in this situation is certainly not Torbick; it's the victim that matters the most.

In the article, it states that "The victim explained how life has changed and how he now suffers from post traumatic stress disorder, an eating disorder and other problems. He also said he now distrusts adults." He has been physically and personally vi-

olated, and this traumatic experience will never go away. Like most victims, they fear that they will be taken advantage again or even face retribution should they come out.

I've known Mrs. Philbrick, not just when I attended NRHS, but when I was around four years old, attending Bridgewater-Hebron Village School. I am deeply disappointed and ashamed to see Mrs. Philbrick's recent judgement and actions. And for Mrs. Philbrick to use her judgement and voice like this... she should really reconsider her current job as a guidance counselor. It is inexcusable to defend Torbick's character and also plead to the judge for her to get a lenient sentence. If I had a child, I wouldn't want them or any child to seek personal and career judgement from a person who pleads to the judge to let a child sexual assaulter to get a lenient sentencing.

Also in the article, there were other people supporting Torbick; in fact, there were "nearly two dozens Torbick supporters." To me, asking for a lenient sentence is like trying to downplay the crime Torbick committed.

The New Hampshire Coalition Against Domestic and Sexual Violence put it best: "It's alarming these guidance counselors have attempted to justify the actions of one of their peers and have asked the court for leniency in this case. A guidance counselor's role is to foster the development of a child, not to defend an admitted child molester."

Shame on you, Mrs. Philbrick, and other supporters of the child molester Torbick. Reconsider your line of work, especially when you're dealing with kids as your professions. Unacceptable.

Nick Crosby
Groton

Newfound Landing

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

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Which witch knows whether weather will wither wheat?

There is an old rhyme about the weather, and people's discontent no matter what transpires:

"As a rule man's a fool, when it's hot wants it cool, when it's cool wants it hot, always wants it what it's not."

When someone complains about a hot day in July, I'm apt to say "This is the kind of weather we dream about in early February," which is true. Still, those four days in the high 80s and 90s this July were a bit much. This is, after all, New Hampshire, and for most readers, the northern half of the state. We're supposed to be more like Labrador than Alabama.

During my abortive college stint in New Mexico, I learned to cope with hot weather by moving more slowly, learning from all the geckos and desert lizards. This was after being dropped off by a bus in Las Cruces only to have a tumbleweed go baling by, and finding a scorpion in my slipper the next morning. Talk about culture shock.

+++++

A week or so ago, someone in Concord decreed that we were in a statewide drought, and I was ready to hop onto the soapbox with my frequent complaint about tarring the entire state with too broad a brush, because while the southern two-thirds of the state was bone dry, the North Country wasn't.

But even here, where so much of the region acts like a giant sponge, we were lacking those long, slow, soaking rains the region normally gets in June, and the drought eventually caught up with us too. Still, there is the abiding feeling that things are often apt to be different north of the notches, and state government and the media often forget.

+++++

When we're getting one of those long, slow, soft rains, and the sponge

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



is full and there's no more room for any more water, I like to say that every drop of rain that falls in northern New Hampshire is headed for Long Island Sound as fast as it can caper. I envision a drop of water with little legs, and a showboat hat and maybe a cane, ready to dance its way down the watershed.

I grew up in the upper Connecticut Lakes headwaters, bounded by the Androscoggin watershed to the east and various Vermont drainages to the west. It is about 410 miles from the northern tributaries of the Connecticut watershed to where the river debouches into the sea at Old Saybrook, Connecticut.

What fun it would be, I've often thought, to get the two historical societies in Pittsburg, New Hampshire and Old Saybrook, Connecticut, together, and arrange reciprocal visits--Pittsburg visiting down there one year, and the Saybrook crowd coming up here the next, with the fire departments and churches helping out with tours, entertainment, and sustenance.

And I sometimes muse about, say, a beaver stick, a piece of poplar chewed on both ends, that somehow gets caught up in a rivulet in the northernmost reaches of Pittsburg, hard by the Canadian border, and somehow makes it all the way down through the dams and penstocks and turbines and rapids, to drift out into Long Island Sound. And I envision someone fishing for shad way down there where the river meets the sea, and bending over the side of the boat to snatch up the beaver stick, and wondering where its journey began. If such a beaver stick could talk, what tales it could tell.

+++++

Media gripes:

--There are now no pauses whatever between television commercials. Not so long ago



JOHN HARRIGAN

This photo can be called "bucolic" because the New Hampshire D.O.T. crews did such a nice job of designing and building a replacement bridge on Route 145 between Colebrook and Pittsburg that is actually suited to the road.

there would be at least a second or so to let the viewer shift gears. These days, the commercials run along seamlessly, from soap to cars to flooring, all to save a few seconds for (you guessed it) another commercial.

--The nightly national news comes on at 6:30 p.m., right after the local news. At the beginning, announcers often mention forthcoming reports on accidents and tragedies and natural disasters, but are careful not to say just where they occurred--in what state, even--until the actual segment. This is a bald-faced tactic to keep viewers hooked to the program for as long as possible, to improve ratings.

+++++

The Associated Press ran a story last week about a hot air balloon that made a "surprise landing" in a Methuen, Mass. homeowner's yard, as if it were a rarity.

But the fact is that it happens all the time. Try as they might to land in

ing in the front yard of a home in East Colebrook. As is the custom, one of the crew ran up to the front door with a bottle of champagne for the occupants. They in turn came out to marvel at the balloon as the crew gathered it up for transport, and all this made the event that much more fun. And wherever balloons fly (which if you Google it is a whole lot of places), it happens all the time.

+++++

Mention of my fondness for thunderstorms and watching lightning drew a nice note from Carol Mitchell of Center Tuftonboro, whose father had the same predilection and as a young man was struck by a bolt

that found its way across the screen door he was leaning on.

Evidently, her father and I also shared the trait of obstinance. "He was knocked unconscious and had to carry a very long scar down the left side of his body for the rest of his life," she wrote. "That did not, however, deter him from continuing his practice of storm watching on our front porch."

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

74th Annual North Haverhill FAIR

Wednesday - Sunday July 25 - 29, 2018

Saturday, July 28 @ 8:00 PM

Runaway June

Featuring Their Country Hits:
"Lipstick" & "Wild West"

Concerts Also Supported By: [@teburgh Auctioneers](#)

COUNTRY 101.3
WYKR-FM

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Veterans w/ID Day (Wednesday)	\$5
Senior Day - 65+ (Thursday)	\$8
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Parking	Free

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THURSDAY, JULY 27

LOG LOADER COMPETITION

Show Time: 7:00 PM

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Fiesta Shows Ride Specials:
Wed., Thu., Fri. & Sun.

WWW.NOHAVERHILLFAIR.COM

2018 Salmon Press

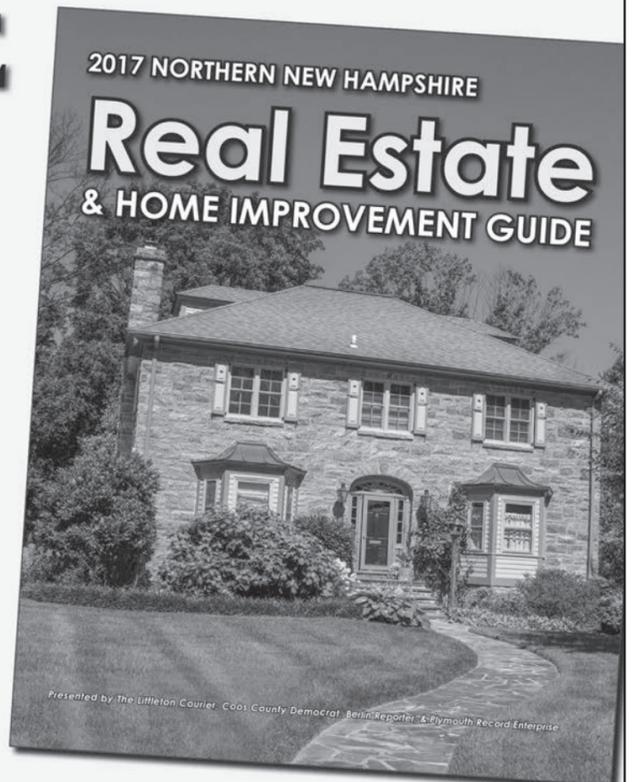
REAL ESTATE & HOME IMPROVEMENT GUIDE

Distributed in the August 15th issue of the Littleton Courier, Coös County Democrat, Berlin Reporter and Plymouth Record Enterprise.

Sales Deadline:
Wednesday, July 25th

Full Page\$480
Half Page.....\$350
Quarter Page\$225
Contractors/Service Directory\$60

1/4 Page3.5" x 4.5"
1/2 Horizontal Page7.5" x 4.5"
1/2 Vertical Page3.5" x 9"
Full Page.....7.25" x 9"
Service Directory3.5" x 2.5"



TO PLACE AN AD PLEASE CONTACT
Tracy at 616-7103 or Lori at 444-3927
Email: tracy@salmonpress.news

TOWN OF THORNTON

Interim Town Clerk

The Town of Thornton is seeking candidates for the position of Interim Town Clerk. This position must be held by a resident and registered voter of the Town of Thornton. Applications are due by 3:00pm on Wednesday, July 25, 2018. Interviews are tentatively scheduled for Wednesday, August 1, 2018 from 2:00 to 4:00pm. The Town Clerk position will be on the annual Town Election ballot in March 2019 for a one-year term.

A job summary and application packet is available at the Town Office and on the town website: <http://www.townofthornton.org> on the News and Notices page.

Applications must be submitted by 3:00 pm on Wednesday, July 25, 2018 to:
Board of Selectmen
ATTN: Interim Town Clerk
16 Merrill Access Road
Thornton, NH 03285

The Town of Thornton is an equal opportunity employer

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

We have another quiet morning on the mountain side and it looks like it will be an inside day, as the clouds and a few sprinkles of rain are greeting me this morning. The day will not be gloomy, especially when I look out at the beautiful chicory growing in the back "jungle."

Town

Conservation Commission Meeting Wednesday, July 25 at 6:30 p.m. in the Municipal Building.

Alexandria UMC

Contact information for Pastor Faith is 491-4028. In an emergency, please call Sentinel Camps at 539-4839, and they will give her the message. Please feel free to call, or text any time. Pastor Faith will have office hours on Tuesday, July 24 from 10 a.m. until 4 p.m. and Tuesday, July 31 from 9 a.m. until 2 p.m.

Please note: Communion for the next several months will be on the second Sunday of the month, except for August. The August Communion service will be Aug. 19. Rev. Vickie Wood-Parish will be here to share in Communion, as well as filling in for Pastor Faith.

Vacation Bible School was a wonderful success! Thank you to all who participated, and helped out. Thank you to Phyllis Adkins for filling in and making snacks in my absence! Gracious, a pizza was "saved" for me, and I did share some with Arthur on Sunday.

Sunday, July 22, services will be at 9 a.m. Congratulations to Nyasia and Fisher Bourbeau on your wedding July 14. May your days together be filled with much love, laughter and many blessings! I must say, it was wonderful to see so many familiar faces, and have a chance to chat with some.

I hear a mixing bowl and ingredients for blueberry cake calling my name. Sounds like a good thing to do since it's cooler today. Hope your week ahead is filled with all good things!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

This Sunday, July 22, Chris Jobst and Kendra Braley will be presenting the worship service. Special guests, Lorelle and Roberta from the Kearsarge Area Wish List, will be coming to have pot luck breakfast and talk about how the Wish List works. Please invite your friends and learn more about the inspiring (and challenging) work of the Wish List, and wonderful difference it's making in our communities!

It's hard to believe, but the famous annual Church Fair is almost here: Saturday, July 28, from 9 a.m. to 2 p.m. Popular local duo eN-folk (Paul Hubert and Chicken Willie) will be performing outdoors from 10 a.m. to noon, and inside the church, starting at 10:45 a.m., local author Mary Lyn Ray will be reading from her books for children. (Adults are welcome, too.)

All the favorite Fair events will be back, including the yard sale, bake sale (yes, baked beans and take-home meals, and doggie treats, too), homemade ice cream, collectibles and household treasures, crafts, raffle, lunch, and auctioneer Doug Windsor will return, wielding his gavel -- and comic expertise. For extra laughs, bring some unusual or zany auction items that Doug can use for props.

For anyone who would like to attend worship or events but needs a ride, contact them by email or Facebook Messenger to

make arrangements. They would be happy to help.

Grange Fair

The theme for the parade for grange fair on Sept. 8 is favorite sports. The fair committee could also use a few people interested in helping on the parade. Parade help is needed from 9:30 until the parade is over -- around 11:30 a.m., and then you'd have the rest of the day to enjoy the fair. To volunteer, please call Lisa at 252-4440.

Town Wide Yard Sale

Danbury's town wide yard sale is Saturday, Aug. 4. Sign up to be put on the map \$10, set up at the DCC or donate your unwanted items to the DCC for their own fundraising table. Contact the DCC. You can also find registration forms in the DCC monthly newsletter which is sent to every household.

Groton

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

There was a Select Board meeting on July 10. At the meeting the bid was accepted from Bryant Paving for the North Groton Road project for \$217,077.20 to complete the paving project. We are hoping that work will begin soon. The Road Committee will be meeting this week (date has not been confirmed) to discuss details of the work to be done and a time schedule as well.

The Junkyard letters were signed and will be sent out and Junkyard Licenses were also signed. Septic designs were signed for map 1, lot 51 and 53-5. Two Intent to Cut were signed, one for Map 9, Lot 1 for 60 acres; and the other for Map 10, Lot 31 for 125 acres.

It was announced at the meeting that Chief Thompson will be retiring at the end of this month. The Select Board will be discussing options for police coverage after that time and more

will be brought out in the next Select Board Meeting on July 24.

The 66th Annual Hebron Fair will be held Saturday, July 28 on the Hebron Common. This fair is sponsored by the Hebron Church. Festivities start at 9 a.m. with a silent auction 11am, live auction at 1 p.m. over 100 craftspeople, delicious food, rummage, white elephant, books, plants, raffles, children's games and pony rides. Free admission, rain or shine. More information is available at hebron-churchfair.org.

There will be a Class on "Fire Arms Safety for Women" on July 30 from 6:30 to 8:30 p.m. at the Town Hall.

Groton Old Home Days will be Aug. 18, with the parade lining up at 5 p.m. and ending after the fireworks. There will be a band playing for part of the evening and grilled dogs and burgers and goodies provided by the Town. There will be raffle items also. If you'd like to participate in any way please contact the Town Offices and we'll direct you to the right person.

For some great summer reading make sure you are utilizing the Hebron Library which

is free to Groton residents. The library hours are Mondays, 4 - 7 p.m., Wednesdays 1-5 p.m. and Saturdays, 9 a.m. - 1 p.m.

The Town is still seeking for someone who would be willing and able to serve as a member of the Select Board. If you would like to serve in that capacity, please let us know soon so this position can be filled.

The Town of Groton is accepting sealed bids for a 2000 Chevrolet Impala. This vehicle will be sold as is, where is. Please note that the starting bid for the vehicle is \$500.00. The Town reserves the right to accept or reject any or all bids. Bids must be submitted in a sealed envelope clearly marked "Vehicle Bid" to the Selectmen's Office or mailed to the Groton Board of Selectmen, 754 North Groton Rd., Groton, NH 03241. Bid deadline is Thursday, Aug. 3 at 4 p.m.

Scheduled Meetings and Office Closures

Select Board Work Sessions - Tuesday, July 24 at 5 p.m., Tuesday, Aug. 7 and 21 at 6 p.m. all at the Town House.

Select Board Meetings (open to the public) - Tuesdays July 24, Aug.

7 and Aug. 21 at 7 p.m. at the Town House.

Select Board office will be closed on the following days - July 17 through 19 and Aug. 1 will be closing at 2:30 p.m., and will be closed Aug. 2 all day.

Just a note from the Town Clerk/Tax Collector that Lien and Deed notices will be going out on July 23 and the Lien/Deed Execution date is Aug. 23 this year. Please plan accordingly.

The Planning Board will meet July 25 from 7-8 p.m. at the Town House.

The Conservation Commission will meet Aug. 9 from 7 - 8:30 p.m. at the Town House.

Total of all taxes due to the Town as of July 16 are \$202,568.87. The 2015 Liens will be going to deed this year. Courtesy letters were sent this week to property owners whose properties are in danger of deeding. Remember there is a Tax Kiosk on the Town Web Site so you may find out your tax balance only and if you would like to pay your taxes online use the Red Button on the Town Clerk/Tax Collector's page. If you should have any trouble with the online payment system, please call the Town Clerk at 744-8849.

Churches

Ashland Community Church

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

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:

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

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

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

Contemporary Service.

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

Kidzone:

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

Alcoholics

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

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

and Savior.

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

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

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

Real Church, Real People, Real Simple

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

No perfect people allowed!

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays

Pastor: Pastor Mike Carrier
Intergenerational Service: 9:30 a.m., July & August

Coffee Fellowship: Following service
Sunday School: Will resume in the Fall. Watch for the date!

Notes

Sunday choir has ended for the summer, but our Summer Guest Musician Program began on June 10, and will continue through August. We welcome anyone interested in sharing their gift of music at this time. See our organist for scheduling on any given

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Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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

Churches

FROM PAGE A6

Sunday.

Wheelchair accessibility has now been enhanced by the deletion of half a pew as you enter the Sanctuary, accommodating two to three wheelchairs!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222
Phone: 744-8132

Office Hours: 9 a.m. to noon – Monday through Friday

Pastor Mike can be reached through the office at 744-8132, his email, mikecarrier@earthlink.net, or by phone: 960-0196.

Weekly Events:

Mondays: A.A. Step meeting – 7:30 p.m.

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – Noon

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection continues with Don Sorrie leading us in discussing devotions by women from the NIV Bible. Our participants are growing in numbers and looking forward to more great discussion, contemplation prayer, and peacefulness for the days ahead! We'll be gathering on Wednesdays at 7:30 a.m. for one hour through Aug. 29. Coffee provided. Come join us, and bring others for a time in God's word.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events:

WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

T.E.A. (Time, Encourage, Accept) – for Women; 3rd Tuesday at 4 p.m. Meeting place varies. Check with the church office for exact place and time.

Women's Fellowship - Next meeting – Thursday, Sept. 13

In early July, several members met to discuss working on smaller, inexpensive crafts to be exhibited at the annual Christmas Bazaar. They will meet during July and August for the purpose of working on these crafts. All are welcome to bring your craft and join the fun!

Watch for our Bake Sale to be held as part of the Bristol Olde Home Day celebration on Saturday, Aug. 25!

Ongoing:

Bristol Community Services is in need of everything! Please help if you can!

Events:

Our Dynamite Dinner Crew is taking a well-deserved summer break, but will resume on Sept. 8 with a roast turkey dinner. Always a favorite! Watch for the new menu coming soon!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

Our first two Ice Cream Nights of this season were held on Wednesdays, at 7:30 p.m. At Shackett's on West Shore Road, Bristol. A fine turnout enjoyed the ice cream, fun and fellowship!

Something new! Christian Ed. And the Music Committee is hoping to form a Ukulele Band! Plans are being formulated. Watch for details!

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Episcopal Churches:
Holy Spirit,
Plymouth
St. Mark's,
Ashland

This is a shared ministry between Holy Spirit and St. Mark's. The weather has been fabulous for outdoor activities. However, we could really use some rain showers for our gardens.

Grow your spirit this summer!

You're invited to take part in our "Spiritual Practices Sampler," as we explore activities such as gardening, meditative walking, writing, and other creative arts that can feed our spirits and bring us closer to God. The series concludes with a 4-part introduction to the Episcopal Church as part of the "Jesus Movement," Aug. 2, 9, 16, and 23. All events take place THURSDAYS, from 5-6:30 pm at Sherrill Hall, 18 Highland St, Ashland, NH.

This week, July 19: "The Venerable Beads" led by Joan Bowers. Prayer becomes tactile and rhythmical by using a circle of grouped beads to help focus one's time of quiet and reflection...Using decorative beads and wire, we will create our own Anglican prayer beads and learn more about this devotional practice.

Next week, July 26 – Guy Tillson

Caregivers Support Group

Would you like some support as a caregiver? Caregivers Support Group is a place you can meet with others to find that support. Held at the Plymouth Regional Senior Center, this group meets from 12:30 to 2 p.m. on the third Wednesday of each month: Upcoming dates include- July 18, and Aug. 15.

Book Sale

There will be a book sale this month. The July book sale will be held on Thursday, July 26, from 1 to 3 p.m. at Griswold Hall.

Quilt Group

The next quilt group meeting will be on Friday, July 20, from 10 a.m. to 2 p.m. in Griswold Hall.

Ashland Community Breakfast

The next Commu-

nity Breakfast will be on Saturday, July 28, from 8 to 9 a.m. in Sherrill Hall in Ashland.

Ashland Parade

The 150th Celebration of Ashland Parade will be held on Saturday, July 28 at 2pm at Main Street and Ball Park in Ashland. Come by and see the St. Mark's float in the parade. Stop by St. Mark's for a tour. Bring a friend!

St. Anne's Day

The Sisters of St. Anne Bethany, 25 Hillside Ave., Arlington, Mass., invite you to join them in the celebration of the feast of St. Anne on Sunday afternoon, July 29 at 4 p.m. The festival day will begin with a Eucharist in their beautiful 102 year old chapel followed by a box lunch picnic on the grounds of St. Anne Bethany Convent. Our Deacon Maryan is planning to attend and will try to afford transportation for all who wish to attend. We would need to leave St. Mark's at 1 p.m. to arrive in time to walk the gardens at the convent and will hopefully return to St. Mark's by 8-8:30 p.m. Please contact Maryan at: maryaneee@msn.com or call 548-7994 to confirm your attendance. The Sisters always love meeting new people.

Circus Smirkus

Circus Smirkus presents the 2018 Big Top Tour, Vaudeville, in Wolfeboro, in partnership with All Saints Church, on Aug. 12, 2 & 7 p.m. and 13th, 1 & 6 p.m. Tickets are \$22 for adults (13 and up), \$18 for children (2-12), & kids 2 and under are free. This is wonderful family entertainment. Visit wolfesaints.com or smirkus.org for more information or call 877-664-7587.

Shared Ministry Services

Saturdays 6 pm at Christian Learning Center, 263 Highland St., Plymouth

Sundays 8 am at Griswold Hall, 263 Highland St., Plymouth and 9:30 a.m. St. Mark's Church, 18 Highland St., Ashland.

Office Hours

Updated Regular Office Hours starting Tuesday, July 10. Tuesday 10 a.m. – 1 p.m., Wednesday 9 a.m. – noon, & Thursday 9 a.m. – 1 p.m.

Restoration Church,
Plymouth
(Assemblies of God)

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

Sunday:
10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in

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

536-8908

Our Mission Statement:
Just One More!

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

Star King
Unitarian
Universalist
Fellowship

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

Sunday July 29,
9:30 - 10:30 a.m.

"The Remarkable Octopus"

Nancy Chaddock shares what she has learned about this oceanic creature from NH author Sy Montgomery's book, "The Soul of an Octopus."

Visit our Web site www.starrkingfellowship.org

From the Activities Committee - Hikes, bikes, and paddles – We have had a busy year with our Second Sunday hikes and plan to continue this program in the fall. For the summer, our expanded interest includes biking and paddling, as well as hiking. But we need volunteers to organize such events. Contact Mitch at mitch@newfoundfarm.org with your thoughts.

Help Wanted - Nursery Position - Nursery care provider Sunday mornings, 9 – 11 a.m. for infants and children up to four years of age. Sept. 2, 2018 through June 16, 2019. Flexibility and availability for special occasion, such as congregational meetings and events. Qualifications needed: Experience in early childhood education. CPR certification for infants and children, and satisfactory completion of background check. If interesting in applying, contact Jane Clay, Director of Religious Education - dre@starrkingfellowship.org.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, Aug. 8 from 10:30 a.m. to noon.

Vendors Wanted

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FRESH PRODUCE, LOCALLY MADE ITEMS**

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Benefit for Tin Mountain Conservation Center
Sat, July 28th

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Free adult art classes at the Meredith Public Library

MEREDITH — The Meredith Public Library, 91 Main St., is offering free adult art classes this summer. Registration is required, and seating is limited. Please call 279-4303 to sign up.

Have you dreamed of sketching, but you keep telling yourself that you haven't got the time, can't afford lessons and worry that you're not good enough for a class? Well, this four-week class is for you! Please join us on Saturday,

July 21 and 28, Aug. 4 and 11 from 10 a.m. - noon for Sketch Class: Drawing On Your Memories.

Students will be asked to bring a memory-charged 3-D object that has a story for them. We will sketch in pencil, pen and colored pencils on smooth paper. Potential drawing subjects may include vases, bowls, china, clothing, fabric, hats, shoes or anything else that evokes a special memory.



COURTESY PHOTO

Sue Ann Bottomley

What to bring: paper, drawing tools, and two small objects that have

great meaning to you. These classes will be taught by Sue Anne Bot-

tomley, an artist who was featured on "NH Chronicle."

If sketching isn't for you, then join us for a class in making Felt Owls. Diane Cook Johnson of Soft Touch Farm in Center Sandwich will be here to teach us how on Thursday, July 26 from 6-7:30 p.m! Learn the fun and addicting

art of felting.

Finally, on Thursday, Aug. 2 at 6:30 p.m., join us for a workshop on making Stained Glass Sun Catchers. Come learn the basics of working with stained glass and leave with a sun catcher of your own design! Stained Glass artist Kitri Doherty will be here to show you how!

"Charley's Aunt" brings laughs to the Winnepesaukee Playhouse

MEREDITH — The laughs continue at the Winnepesaukee Playhouse with Brandon Thomas's classic farce "Charley's Aunt!"

Director Neil Pankhurst says, " 'Charley's Aunt' shows the world how the stuffy, patriarchal image of late Victorian English society can be turned on its head. In this 'rollicking crazy play' we see several desperate young men running in circles - sometimes literally - to keep the zany story of young (and older) love on the right course. The ladies in contrast are full of confidence and finesse - even if one or two are not all they seem to be. I'm sure Queen Victoria, would not only have approved, but would also have been 'amused!'"

"Charley's Aunt" is the story of Oxford lads Jack and Charley who need a chaperone to get close to the lovely ladies, Amy and Kitty. Their bud-



COURTESY

The laughs continue at the Winnepesaukee Playhouse with Brandon Thomas's classic farce "Charley's Aunt!" "Charley's Aunt" runs Wednesday, July 11 through Saturday, July 21.

dy, Fancourt "Babbs" Babberly, saves the day by impersonating Charley's millionaire aunt from Brazil, you know, "where the nuts come from." Hilarious, preposterous, and jolly good fun, "Charley's Aunt" is widely regarded as one of the most sensational and entertaining farces of all time.

"Charley's Aunt"

runs Wednesday, July 11 through Saturday, July 21. Tickets are \$20-\$34 and available online at www.winnepesaukeeplayhouse.org or over the phone at 279-0333. Additional free events supporting "Charley's Aunt" include a pre-show symposium, Thursday, July 19.

The 2018 summer season is generous-

ly sponsored by Bank of New Hampshire. "Charley's Aunt" is further supported by the generous sponsorship of Misiaszek Turpin pllc, the Taylor Community, and the Laconia Daily Sun.

The Winnepesaukee Playhouse, a year-round theatre, is a 501(c)3 organization supported in part by the New Hampshire State Council on the Arts, New Hampshire Charitable Foundation, the Shubert Foundation, the Steinwachs Family Foundation, and by contributions from members of this community.

Cackleberries announces 2018 Garden Tour

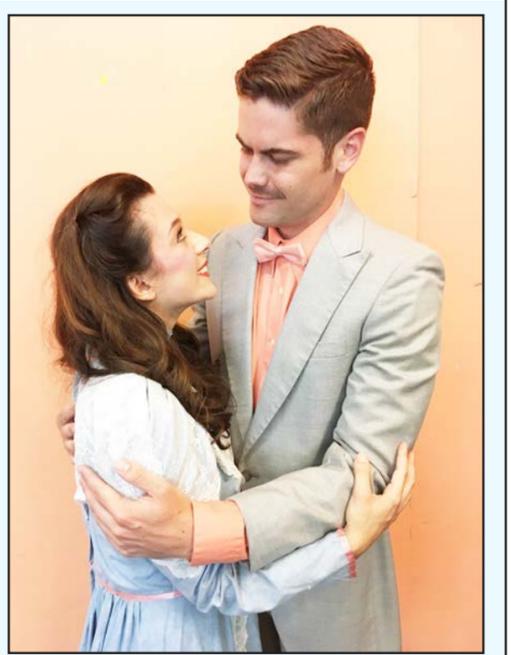
MEREDITH — Cackleberries Garden and Gift Shop is pleased to announce the 2018 Summer Garden Tour! This year's tour will include 11 glorious gardens - two are located in the Meredith downtown area, and the other nine are all on Meredith Neck.

The tour will take place on Saturday,

July 28, between 9 a.m. and 3 p.m. Tickets are \$25, and can be purchased at Cackleberries Garden Center, which is located at 419 Daniel Webster Highway (Route 3) in Meredith. Rain or shine! Proceeds will benefit the Meredith Community Garden Club's community initiatives. Please contact Cackle-

berries with questions: 279-8728.

These glorious gardens will be in full summer bloom. Grab a friend or family member and spend a restful Saturday exploring these beautiful gardens!



COURTESY

Julia Suriano and Ryan Bloomquist star as the romantic leads in "Show Boat" at Interlakes Summer Theatre each Wednesday through Sunday from July 18-29. Call 707-6035 for more information or tickets.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	96 Fairway Dr., Unit 3	Condominium	\$127,000	Jacob and Rachel Stevens	Amie M. and Jeffrey M. Marchese
Ashland	354 N. Ashland Rd.	Single-Family Residence	\$209,000	US Bank NA Trust	Edward J. and Santana K. McCarthy
Bridgewater	25 Pine St. N.	Residential Developed Land	\$62,000	Christine M. Ryan	Joseph P. and Julie Mansour
Bristol	243 Jenness Hill Rd.	Single-Family Residence	\$264,933	Jane M. Sharp	John and Sylvia Carrigan
Bristol	60 Peaked Hill Rd.	Single-Family Residence	\$95,800	Mark E. Schaefer (for Taylor W. Schaefer Estate)	Christine M. and Eric M. Clement
Bristol	100 Prospect St.	Single-Family Residence	\$160,600	Craig M. and Kelly M. Untiet	Elin A. and David A. Myers
Bristol	44 Summer St.	Single-Family Residence	\$159,000	Kristen M. and Eric R. Gilbert	Jennifer L. Dotsen
Bristol	141 W. Shore Rd.	Single-Family Residence	\$135,000	Mark B. and Dianne T. Garibotto	John A. Manelas (for John & Karen Manelas RET)
Campton	26 Firewood Circle	Mobile Home	\$45,000	Deborah A. Ransom	Susan W. and Donald F. Silva
Campton	1333 NH Route 175	Commercial Building	\$893,000	Campton Heights Apartments	GFT Apartments LLC
Campton	53 Saddle Back Circle	Mobile Home	\$180,000	Edith F. Lindridge (for Edith F. Lindridge Trust)	Michael Golder
Dorchester	2382 NH Route 118	Single-Family Residence	\$228,000	Robert F. Green	Jesse and Logan Millette
Hebron	54 Evans Rd.	Single-Family Residence	\$1,247,533	Mark F. Boshar (for Boshar Fiscal Trust)	Roger R. and Carol S. Lafontaine
Holderness	77 7 Pines Rd.	Single-Family Residence	\$35,000	James R. Paul and Meredith Village Savings Bank	Scott Bishop
Holderness	451 NH Route 175	Chp. 61 Forest	\$180,000	George R. and Evelyn F. Rickley	Jennifer A. Koch
Holderness	135 Shepard Hill Rd.	Single-Family Residence	\$465,000	Larry V. Mowbray (for Mowbray Fiscal Trust)	Robin H. and Carolyn H. Dorff
New Hampton	46 Colony Lane	Single-Family Residence	\$260,000	Sean I. and Brooke A. Wolters	James D. O'Brien
New Hampton	174 Huckleberry Rd.	Single-Family Residence	\$224,000	Paul D. Epstein (for Huckleberry Road 174 RT)	Daniel Morse and Christina Gates
New Hampton	1375 Winona Rd.	Single-Family Residence	\$225,000	Anthony P. Guyotte	Catherine Creteau (for Triple C 2013 Trust)
Plymouth	10 Bell Rd.	Single-Family Residence	\$537,933	Thomas E. Lamb (for Thomas E. Lamb RET)	Lora E. Miller and Kenneth H. Williamson
Plymouth	103 River Rd.	Single-Family Residence	\$265,000	Bryan H. and Waneta A. Forbes	Lisa M. and Timothy J. Ahern
Rumney	Buffalo Rd.	N/A	\$356,466	Glynis J. Burke and James P. Dolan	Peter and Shana Jackson
Thornton	143 Snowood Dr., Unit F5	Condominium	\$162,533	Ricahrd and Karyn Taillon	Thomas R. and Susan G. Schade
Warren	406 Lake Tarleton Rd.	Single-Family Residence	\$45,000	Harry T. Wright	Robert and Paula Boutin

ABOUT THE REAL REPORT

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

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

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

Eating disorders in the elderly

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

For many years, it was suggested that eating disorders existed almost exclusively with younger age groups, such as adolescents and teenagers. It's only been in the last decade or so that medical experts have come to discover that these problems are not exactly unique to younger people. In fact, eating disorders, namely anorexia and bulimia, are also quite common among one group in particular: aging adults.

Different Impact as We Age

This may come as a surprise, especially when one considers the contributors of eating disorders in younger groups, such as low self-esteem and

negative body image – factors that we don't usually associate with older adults. But we shouldn't forget that, for younger people, these feelings don't simply manifest from thin air. They're often brought on by external stressors, like bullying. It's no different for older adults, expect that the stressors are often dramatic life events, such as the death of a spouse, a serious illness, or a debilitating injury.

What also separates eating disorders in the elderly vs. younger people is that the resulting damage is much more severe. Natural aging processes already make the body more fragile and less resilient – and nutritional deprivation will ultimately increase a senior's risk of developing everything

from osteoporosis to sarcopenia.

Signs of an Eating Disorder

Despite its prevalence in the aging community, eating disorders often go unnoticed by family caregivers because the symptoms may be similar to those found in the aging process. In many cases, it simply doesn't occur to the family caregiver that the root cause may be an eating disorder. However, it's imperative for family caregivers to recognize the signs of eating disorder. Below are a few to look out for:

- Fluctuations in weight, especially in a short span of time
- Constant stomach problems
- Stained or discolored teeth
- Dramatic weight loss

- Change in behavior, especially during/after meals
- Going to the bathroom immediately after meals
- Extreme sensitivity to cold

Having the Discussion

If you've identified that your loved one may be suffering from an eating disorder, plan out how to approach the issue. First and foremost, find a good time to talk in private and be upfront about what you've observed and why you're concerned. Secondly, anticipate that there will be some resistance and denial. It's no easy task to admit when we have a problem, and it's natural to become defensive.

Let it be known that you are always available to discuss next

steps and ready to help find treatment (if necessary). Most importantly, when discussing an eating disorder with a loved one, be sure not to trivialize the problem, but also don't pretend to understand exactly what they're going through. Simply keep the lines of communication open, and offer your support.

About Comfort Keepers

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

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com for more information.

Comfort Keepers® Can Help

Comfort Keepers® can provide the support your aging loved one needs. Our compassionate, professional caregivers can remind him or her to eat and even prepare healthy meals. Simply put, our goal is to see that your loved one has the means to live a happy, safe, and independent life. Contact your local Comfort Keepers office today to learn more about how we can make a difference in your aging loved one's life.

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Edward Jones: Financial Focus

Where You Live as Retiree Can Affect Financial Strategies

Upon retiring, many people relocate to enjoy a more favorable climate, or to be closer to grown children, or to live in an area they've visited and enjoyed. If you, too, are thinking of moving someday, you'll want to study possible locations, but you also need to be aware that where you eventually decide to live can greatly affect your savings and investment strategies – both now and during your retirement.

Here are some relocation costs to consider:

Housing – Not surprisingly, the larger the city, the more

expensive the housing is likely to be. Also, locations near an ocean or the mountains tend to be more costly. But the type of housing you select – house, apartment or condominium – also can affect your financial picture in terms of initial expense, maintenance and possible tax benefits. Plus, you can now find newer types of arrangements, such as senior cooperative housing, in which you own a share of the community and have a voice in how it's run.

Health care – If you are 65 or older when you retire, you'll have Medicare to cover some of your health care

costs, though you'll still likely need to purchase some type of supplemental coverage. However, out-of-pocket health care expenses may vary in different parts of the country, so this is something else you'll want to check out before relocating. Of course, the availability of good medical facilities may be just as important to you as health care costs.

Taxes – You may hear about people moving to a different state to lower their tax burden during retirement. A few states don't have personal state income taxes, and many others offer favorable

tax breaks on retirement income, so, if taxes are a major concern, you'll want to research the tax situation of prospective retirement locations. You may also want to consult with your tax advisor.

These aren't all the areas you will need to consider when estimating your total cost of living in a retirement destination, but they should give you a good idea of what you can expect. And your choice of where to live as a retiree can affect your financial strategy in at least two ways: how you invest today and how much you can withdraw from your retirement accounts when you're retired.

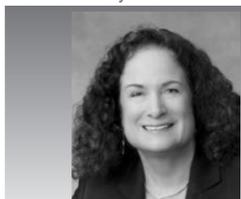
Regarding how you invest today, you should evaluate whether your current investment strategy is likely to produce the resources needed to support you adequately in the retirement location you've chosen. So, for example, if you think you're going to live in a fairly expensive place, you may need to reduce your expenses, delay retirement or work part time.

Your choice of a retirement destination also may affect how much money you withdraw each year from your 401(k) and

IRA. When choosing an appropriate withdrawal rate, you'll need to consider other variables – your age, the amount of money in your retirement accounts, other available assets, etc. – but your cost of living will be a key factor. A financial professional can help you determine the withdrawal rate that's right for you.

When you retire, it can be a great feeling to live where you want, but you'll enjoy it more if you're fully aware of the costs involved – and the financial steps you'll need to take.

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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Biomass

FROM PAGE A1

Without the means to sell off their equipment, logging companies may find it hard to avoid bankruptcy.

Michael O'Leary, plant manager at Bridgewater Power Company, said the governor is missing the big picture.

"It's much bigger than electric rates," he said. "I look upon the electric rate part as a very small piece. Forest products play a significant role in what makes this state great — it's sustained by the forest industry. The recreational use of forest land for snowmobiling, hiking, and fishing — to put that in jeopardy to me seems very short-sighted."

O'Leary explained, "The issue is that it's not economically viable for us to operate for many months of

the year when the power prices in the market are so low."

The Bridgewater plant employs 20 people and it relies upon about 25 suppliers, which O'Leary said translates into 100-125 forest jobs. The forestry industry supports 932 jobs in New Hampshire.

"Everybody's looking at the market," O'Leary said, "and we definitely can't operate under the current market conditions."

Distributors of electricity are able to purchase power from low-cost natural gas generating plants, which has made other forms of generation relatively expensive and, therefore, less competitive. SB 365 was passed in order to ensure a diversity of sources so that, if natural gas prices should go up, there would be other options.

"The general court finds that the continued operation of the state's 6 independent biomass-fired electric generating plants and the state's single renewable waste-to-energy generating plant are at risk due to energy pricing volatility," the bill states. "These plants are important to the state's economy and jobs, and in particular ... to the state's sawmill and other forest products industries and employment in these industries, and these indigenous-fueled renewable generating plants are also important to state policies because they provide generating fuel diversity and environmental benefits, which protect the health and safety of the state's citizens and the physical environment of the state."

As part of the vetting of the bill, the

New Hampshire Public Utilities Commission calculated that the requirement for distributors to purchase power from the biomass plants would increase the cost of electricity for Rate G small-business customers by \$5.15-per-month. That amount represents the additional "stranded costs" that electric distribution companies would incur by purchasing biomass energy at above-market rates.

The PUC did not calculate the impact for residents, but Amanda Noonan, the PUC spokesman, said that, although residential customers as a whole are responsible for almost twice as much of the stranded costs, individually, they purchase less energy than a business would, so the increase in their bills would be comparable.

Since Sununu's veto announcement, three biomass plants have said they plan to shut down as soon as they use their current inventory of wood chips, and many logging companies are preparing to follow.

The InDeck biomass plant in Alexandria already had ceased operations because of the poor market for power.

Jasen Stock, executive director of the New Hampshire Timberland Owners Association, said a study by economists at Plymouth State University found there were 120 people employed directly by the biomass plants, with 583 commercial loggers supplying them, and 228 in service and support positions. That total payroll is \$50.9 million, and the economists calculated that they contribute \$254.5 million in economic activity in the state.

Stock said that, when the forest products industry is included, there are 7,700 people affected.

He also noted that the six biomass plants contribute \$7.3 million in state and local revenue from property and generation taxes, and communities — especially the smaller ones that do not have large retail or industrial taxpayers — rely on revenue from timber harvests.

Shaun Lagueux of New England Forestry Consultants in Bristol said closure of the biomass plants would deprive loggers and sawmills of a place to get rid of the low-grade trees, slabs, and sawdust that make up more than 40 percent of the timber harvest in the state. Central New Hampshire, he said, would be especially hard-hit because the northern and southern tiers have some options in other states.

Lagueux said whole-tree harvesting has both environmen-

tal and recreational benefits. He has been overseeing a timber harvest in Danbury in such a way that the logging operation will provide important wildlife habitat — "early successional habitat" where weedy areas, grass, shrub thickets, and young forest provide both food and cover for animals — while leaving two-thirds of the forest standing.

"The lack of young forest is one of the biggest problems" for wildlife, Lagueux said.

Proper forest management allows for both old-growth and young trees, and the roads used for the logging operation can be transformed into recreational trails. Lagueux pointed to one such trail on the Danbury lot where ferns have grown in to provide a pleasant green area.

Without a place to send the low-grade wood, Lagueux fears that such stewardship will come to an end, and both forests and wildlife will suffer.

Stock agreed that, without markets for the low-grade timber, landowners may be unable to economically improve forest health.

"I have already had landowners contact me, stating that if this is how the Governor treats sustainable forestry and timberland owners, perhaps I should veto his Trails Bureau and Fish and Game Department from using my private land to promote their programs."

Those concerned about that impact met last week at Michael Sharp Enterprises in Bridgewater to discuss how they might promote an effort to have the legislature overturn the governor's veto. Several legislators attended the session as well, to show their support for biomass and, by extension, the loggers and foresters that depend upon them.

Parking

FROM PAGE A1

Officials have long had their eye on the long crescent beach that runs along the foot of the lake. The town entered into years of litigation to gain ownership of the beach, and eventually prevailed, limiting the property rights of those on Shore Drive to the lake's high-water mark — which excludes the beach.

Court settlements have given the property owners the right to place moorings in the lake in exchange for the loss of their beach.

That was not the end of the matter, though.

Some of the cottage owners have bought beach stickers, allowing them to park their vehicles in the parking spots in front of their cottages to keep other residents from parking there and using the beach.

Barrett brought her complaints about the misuse of the parking to the selectmen earlier this year, suggesting that the town prevent the cottage owners from leaving their cars there all day.

Both the New Hampshire Municipal Association and the town's attorney have advised the selectmen that they cannot place limits on who can purchase a

beach sticker. The selectmen's options are to limit the number the stickers per household or to place kiosks that require beach users to pay to park.

On July 9, Barrett returned with another suggestion: Utilize the town's 50-foot right of way, which extends onto the cottage owners' lawns, to put in angled beach parking. Doing so would increase the number of parking spots along a 780-foot stretch of the road between Silver Shores and The Big Catch from 30 to 65, she said.

Highway Supervisor Mark Bucklin said doing so would mean

eliminating the lakeside parking spaces that currently exist along that stretch of road. A couple of trees growing in the right of way also would have to be removed.

Selectman Les Dion questioned whether the doubling of parking spaces would make the beach too crowded.

Chairman Rick Alpers said he felt the best solution would be to put in payment kiosks that limit the time that cars can remain in the parking spots.

Selectmen did not take action on the request and did not place it on the agenda for this week's meeting.

Waste Collection

FROM PAGE A3

dith, Moultonborough, New Hampton, Northfield, Ossipee, Sanbornton, Sandwich, Tamworth, Tilton, and

Tuftonboro.

As a reminder: Latex paint and alkaline batteries are not considered HHW, and will not be accepted on the collection days. These products can

go in with the household trash (dry out the paint before disposal). To get maps to the collection sites, learn more information about wastes, or make a donation to the pro-

gram, visit the Lakes Region HHW Web site at <http://www.lakesrpc.org/serviceshhw.asp>, find us on Facebook (under Lakes Region Planning), or call 279-5334 or 279-5341.

CADY

FROM PAGE A4

suicide prevention efforts on their own. The participation, support, and active involvement of families,

schools, and communities are essential. Youth-focused suicide prevention strategies are available. Promotion and prevention services are also available to address mental

health issues. Are you or someone you love at risk of suicide? For resources and help, contact the National Suicide Prevention Lifeline at 1-800-273-8255. Help is

available; please reach out. For more information on risk, protective factors, and resiliency building strategies, visit the CADY website at cadyinc.org.

Strategies

FROM PAGE A4

flounder in the dark with no means to find our way.

But it need not be so. Moses, the adopted grandson of one of the most powerful men on earth, spent his first 40 years of life thinking he was somebody. After a run-in with the Pharaoh of Egypt, he escaped to the Sinai and spent 40 years,

isolated and forgotten, shepherding his father-in-law's sheep thinking himself to be a nobody. And then finally, at 80 years of age, God called him to lead his real family, the people of Israel, out of Egyptian bondage, and it was only then that Moses discovered that God can take a nobody and make a somebody out of him!

I am deeply grateful for a God who has

my best interests at heart. Even though I still find times when I am out of step with my peers, I have had to remind myself that it is not what others think about me, but what I think about me, and more importantly, what God thinks about me that really counts.

Again, don't misunderstand; I am not crying the blues. What I am saying is that with what God is doing in my life, I have every reason to look forward to a great new year.

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

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts





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 THE KINGSTON TRIO - Sat, July 21 The Legacy Continues	 CLASSIC ALBUMS LIVE - Fri, Aug 10 Creedence Clearwater Revival: Chronicle
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Swim

FROM PAGE A1

Executive Director of the Museum, Rick Kaiser, responded to a query when the SEALs would admit a woman.

“When one can pass the rigorous test, and I’ll be there to see it,” he replied. “In fact, I think our overall winner, Daniela Klaz, could do it!”

Training takes about two years to become a SEAL and requires enrollees to be away from home at least 200 days a year. Training is extremely rigorous and means one must carry 68 pounds of equipment whether on the land or underwater. “Never quit,



A SEAL paratrooper soars over the crowd of enthusiastic onlookers at the Swim With a Mission. LEIGH SHARPS



Swim With a Mission Director Phil Taub (left) with Gov. Chris Sununu. LEIGH SHARPS

Go Gray

FROM PAGE A1

who helped raise money for this year’s fundraiser, donated to the raffle and also recruited students from Newfound Regional High School to pitch in as well.

“It truly is amazing, seeing our small town come together in such a big way,” she wrote. “It has inspired me personally to help more and more. Although we never know who we are helping, knowing I am helping somehow is enough for me.”

Gainor, who serves as the NTBS Director of Development for Community Events, was very

pleased to accept their contribution once again.

“On behalf of NTBS, I want to thank everyone here for the effort, time and love that went into this event,” she said.

With more than 700,000 people living with a brain tumor and as many as 80,000 more expected to be diagnosed with one in the coming year, events like Bristol’s Go Gray in May 5K help bring greater awareness to illnesses such as the many forms of brain tumors.

“We at the National Brain Tumor Society are fiercely committed to finding a cure for these tumors. That day is coming soon and the future

is looking brighter and brighter,” Gainor assured the group.

In the Newfound area alone, Shokal said there are more than 50 people living with brain tumors. A poster they assembled for the check presentation was decorated with photos from the Go Gray in May race and surrounded by the names of those dealing with such medical challenges.

Ingalls-Fitzgerald has been dedicated to the cause of finding a cure for such illnesses since her son was diagnosed with a brain tumor. While she lost him a few years ago to the disease, she said she continues to

fight for successful treatments for others.

The 2018 race was the first time Shokal and Costigan organized such an event but both were pleased with the outcome and look forward to the 2019 race that will be held on the last weekend in April.

“We’re already making plans for it,” Shokal said.

Holmes

FROM PAGE A3

pact on the lives of children and youth around persistent educational problems and dilemmas. The Center forges professional development school (PDS) partnerships with New Hampshire schools that support co-teaching between PSU teaching interns and experienced mentor teachers that lead to PreK-12 teacher certification in New Hampshire.

“GLSEN’s mission to educate and support school communities in an effort to eliminate bullying and foster learning environments that are supportive of all students meshes beautifully with the mission of the Holmes Center,” said Mary Earick, Holmes Center Director. “We are honored to partner with GLSEN New Hampshire, and to bring its important programming to our PDS partners and educators

throughout the state to help them become ‘Safe Spaces’ for all students.”

GLSEN New Hampshire will host a summer ‘Educator Magnet Training’ workshop at Plymouth State University on Tuesday, July 10. The session will provide information on current issues concerning LGBTQ+ students; bullying and its impact on mental health and learning, and tactics to stop bullying in the classroom; and guidelines and tools for creating a ‘Safe Space.’

“GLSEN offers a critically needed voice to LGBTQ students in our schools, and resources to our educators in those schools,” said Earick. “The Holmes Center will be working with GLSEN to engage local schools and school districts in this important work.”

To learn more about GLSEN New Hampshire and the upcoming summer educator workshop,

capture of a ‘bad guy.’ The trained dogs are of the Belgian Malinois breed and not German Shepherds as commonly thought. They are employed because they are smaller, have sleeker fur and are more compact than Shepherds and weigh only 60 pounds.

For anyone wishing to make a donation to support veterans or for more information, you may go to the swimwithamission.org Web site.

visit www.glsen.org/chapters/newhamshire/ourchapter.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. For information about Plymouth State University, visit www.plymouth.edu.

Chartwells

FROM PAGE A3

providers.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and

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What’s Happening at Plymouth State University

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Citizen Science

(Ages 8-12) Tues., August 7, 10 am-noon

Nature Narratives: Storytelling with Art

(Ages 10-12) Weds., August 8, 1-3 pm

The Magic of Printmaking

(Ages 6-9) Thurs., August 9, 3-5 pm

To register visit tinyurl.com/psu-youthart.

For more information please contact Rachelle Lyons, rlyons@plymouth.edu, or Cynthia Robinson, ccrobinson@plymouth.edu.

Newfound Landing Sports

Section **B**
Thursday,
Thursday, July 19, 2018



COURTESY PHOTO

Newfound's Student Athletic Leadership Team members met with incoming ninth graders to get them ready for high school sports.

Newfound athletes welcome incoming ninth graders

BRISTOL — Members of the Newfound Regional High School Student Athletic Leadership Team (SALT) spent the afternoon of Tuesday, June 19, at Kelley Park

with about 50 incoming ninth graders.

The purpose of the different activities was for the incoming ninth graders to get to know some of the high school

athletes on the field to help make their transition easier come the beginning of fall sports.

Both the middle school students and the high school students

felt the afternoon was a huge success, as the middle school students now know some to the high school players who will be on their teams, especially the fall teams.

The student athletes from NRHS spoke about each individual team and some of the players and goals for each team. Throughout the afternoon, middle school stu-

dents worked with high school players of the sport they plan to participate in at NRHS. The afternoon ended with a game of 'capture the flag.'

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Newfound fall sports registration open

BRISTOL — Newfound Regional High School fall athletics online registration is now open. Please go to the NRHS web page, then to the athletics link, and to forms and schedules. This information should be completed by Aug. 7 to ensure partic-

ipation in the first official practices on Monday, Aug. 13. All athletes must have a completed physical on file, as well as insurance coverage. Any questions should be directed to Athletic Director Peter Cofran at 744-6006, x1507 or at pcofr@sau4.org.

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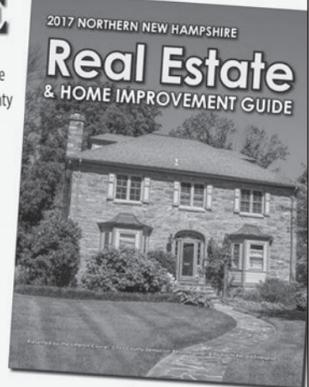
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Tracy at 616-7103 or Lori at 444-3927
Email: tracy@salmonpress.news

Shaker Regional School District 2018-2019 School Year Employment Opportunities

- Middle School Spanish and French Teacher
- Transition Assistant/Job Coach
- 1:1 Special Education Assistants
- General Special Education Assistants
- Classroom Assistant
- Academic Support Facilitator
- Food Service Worker
- Custodian
- Substitute Teachers

Please visit the Human Resources page on the District Website, www.sau80.org, for details, or contact Debbie Thompson, Business Administrator, at 267-9223 ext 5303 or via email at dthompson@sau80.org.

TRANSFER STATION ASSISTANT

The Town of Thornton is seeking candidates for the position of Transfer Station Assistant. Applicants should have a minimum of five (5) years of experience and applicable NH DES licenses. Applicants should have supervisory experience, be able to work well with the public and have experience operating a backhoe. This is a full-time position with benefits - Labor Grade 7 - with an hourly pay range from \$16.19 to \$22.88 depending on experience. A full job description and application packet is available at Town Office and on the town website: www.townofthornton.org News and Notices page

Applications must be submitted by noon on July 31, 2018 to:
Debra Shepard, Town Administrator
Attn: Transfer Station Assistant
16 Merrill Access Road
Thornton, NH 03285

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

Newfound Area School District Facilities Vacancies

IMMEDIATE OPENINGS

- **Three 2nd Shift Custodian (Full Time)**
Salary is based on experience
Competitive benefit package
- **Maintenance Technician (Full Time)**
Salary is based on experience
Competitive benefit package

All Positions

Applicants should submit a district job application and three current written references by July 30 to:
Stacy Buckley – Superintendent of Schools
Newfound Area School District
20 North Main Street
Bristol, NH 03222
Application is available at:
<http://www.sau4.org/human-resources/employment-information>



Cruise On In TO THE CLASSIFIEDS

One Too Many, once again?



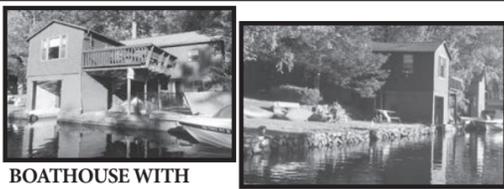
Don't Let Alcohol Put Your Life on the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.



BOATHOUSE WITH SQUAM ACCESS Three bedroom two bath year round home sits at the water's edge with a boat house on Squam River giving direct access to Squam Lakes. Open deck with pretty westerly views. Great location to I-93 and lakes region amenities. Walk to town beach on Little Squam. \$399,000



POST & BEAM BARN
In Holderness with a great location for a home business. 19th Century barn with two levels plus a loft and full basement with concrete floor. Multiple options. Level 1.89 acres with paved drive. \$195,000



HOLDERNESS HOME WITH SQUAM ACCESS
Finely crafted New England Style home set on 4.5 acres with a detached two car garage with bonus room above and a one car garage under. Nicely landscaped with great views and spectacular sunsets. Included is a sandy beach, day dock and mooring field on Little Squam Lake. \$489,000



52 Maple Ridge Road.
PO Box 87, Holderness, NH 03245
Tel. 603.968.3668 www.DussaultRealEstate.com
Joe: 603-381-7273 Jaci: 603-381-8655

HOW DO YOU STOP A MAN FROM HITTING HIS WIFE?
TALK TO HIM WHEN HE'S 12.

One in four women will experience domestic violence in her lifetime. You have the power to change that statistic. Teach the boys in your life how to have healthy relationships. Get conversation starters and tips at TeachEarly.org.

FUTURES FOR THE FUTURE **Ac** ADULT

START THE CONVERSATION TODAY AT TEACHEARLY.ORG

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Safari Club International Foundation
800-377-5399 • www.SafariClubFoundation.org



Crossword Puzzle

1			2		3		4
	■	■		■		■	
					5		
6						■	
	■	■					
7							

THIS DAY IN...



HISTORY

- 1861: CONFEDERATE FORCES WIN AT THE FIRST BATTLE OF BULL RUN.
- 1970: THE ASWAN HIGH DAM IS COMPLETED IN EGYPT.
- 2008: RAM BARAN YADAV IS DECLARED THE FIRST PRESIDENT OF NEPAL.

ACROSS

- Facts that prove something is untrue
- Person's being
- Samples

DOWN

- End-of-meal course
- Ideal
- Appreciation and applause
- Lowers temperature

Answers: Across 1. Disproof 2. Perfect 3. Ovation 4. Freezes Down 1. Dessert 2. Are 3. Self 4. Tastings 5. Appreciation and Applause 6. Person's Being 7. Samples



SALT IS ADDED TO THE ICE MIXTURE USED TO CREATE THIS BELOVED TREAT, ALLOWING IT TO FREEZE RAPIDLY.

ANSWER: ICE CREAM



SCOOP

traditional serving size for hard ice cream

How they SAY that in...

- ENGLISH:** Spoon
- SPANISH:** Cuchara
- ITALIAN:** Cucchiaino
- FRENCH:** Cuillère
- GERMAN:** Löffel

Did you know?

THE WORD SUNDAE IS LIKELY DERIVED FROM SUNDAY, AS ICE CREAM SUNDAES WERE EITHER ORIGINALLY SOLD ON SUNDAY OR WERE MADE FROM LEFTOVER ICE CREAM MADE ON SUNDAYS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHOCOLATE ICE CREAM

☉ ** ☽ ☼ ☾ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☽ ☼ ☾ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
Determine the code to reveal the answer!

Solve the code to discover words related to space.
Each number corresponds to a letter.
(Hint: 17 = a)

- A. 12 21 21 13**
Clue: Natural satellite
- B. 14 3 17 22 14**
Clue: Luminous points in the sky
- C. 4 7 17 13 6 3**
Clue: Orbits a star
- D. 5 17 7 17 15 2**
Clue: System of stars

Answers: A. moon B. stars C. planet D. galaxy

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

Brunnette, Einarsdottir voted Athletes of the Year

Plymouth State names award recipients

PLYMOUTH — The Plymouth State University Athletic Department has announced the winners of its major awards for the 2017-18 academic year, honoring eight students for their accomplishments on the field of play, in the classroom and within the Plymouth community.

The awards, presented annually, honor former coaches and educators who were pioneers in the development of physical education and athletics at Plymouth State. The eight recipients represent the best of more than 730 students who were involved with PSU Athletics as a student-athlete or support staff member during the 2017-18 school year. The award winners, selected following a vote by the head coaches and department administrators, will be honored during the annual PSU Athletic Hall of Fame ceremony on Saturday, Oct. 20.

"These students represent everything that Plymouth State Athletics is about," said Associate Director of Athletics Courtney O'Clair. "To truly be a Panther means being dedicated in the classroom, community, and on the playing surface. We are proud to honor these students as some of the best Plymouth State has to offer."

PSU recognizes the top athletic performances each year with the Paul E. Arold Male Athlete of the Year and the Janet Nell Female Athlete of the Year Awards. The top scholar-athlete is awarded the Van A. Hartman/Vernon Kelly Award and the top seniors are selected for the John C. Foley Leadership Awards.

Also presented are the Peter S. Cofran Award, recognizing outstanding service and support for PSU Athletics, the Dorothy "Dot" Diehl Award, honoring a female student-athlete who exhib-

its leadership for the advancement of women's equity in sports and physical education, and the Brady Wilby Award for leadership, character and service.

Cross country and track and field star Sam Brunnette (Newport Center, Vt.) was voted the Paul E. Arold Male Athlete of the Year for a second straight year after an historic junior season. The distance runner earned All-America status in cross country, indoor track and field (3,000 meters) and outdoor track and field (3,000-meter steeplechase), just one of five athletes nationally to accomplish the feat, while competing in the NCAA Championship in all three sports.

Junior alpine skier Freydis Einarsdottir (Garðabær, Iceland) was selected as the Janet Nell Female Athlete of the Year for an impressive third consecutive year after representing her home country in the 2018 Pyeongchang Winter Olympics, becoming the first PSU student-athlete to compete in an Olympic Games in school history. She posted a 41st place finish in the slalom in South Korea and served as Iceland's flag bearer during the Parade of Nations at the opening ceremonies, while also qualifying for the NCAA Skiing Championships for a third time.

Women's volleyball libero Brenna Peruch (Cave Creek, Ariz.) was chosen as the Van Hartman-Vernon Kelly Award winner as PSU's top scholar-athlete. As a senior nursing major, Peruch was able to maintain her high academic standards without sacrificing anything on the volleyball court. She graduated Summa Cum Laude in an especially challenging major, while capping off a record-breaking career with her best season,

earning All-LEC Second Team honors while leading the Panthers to the LEC Tournament semifinal round.

Peruch and classmate Cam Cormier (Auburn, Maine) of the men's lacrosse team were named the John C. Foley Leadership Award winners. Cormier embraced the role of captain on and off the field while maintaining an impressive GPA in the classroom as a double major in marketing and digital media; Peruch, a two-year captain, was selected by her teammates as the program's Panther Award winner an astonishing three times and graduates as the program's all-time leader in digs per set.

Senior tight end Elijah Johnson (Windsor, Conn.) and senior field hockey goalie and women's ice hockey forward Alivia Bates (Pennsauken, N.J.) were picked as the recipients of the Brad Wilby Award for leadership, character and service. In addition to playing a role on the Massachusetts State Collegiate Athletic Conference (MASCAC) champion football team, Johnson was a key member for many initiatives for University Advancement and Alumni Relations and was a valued member of the PSU sales program; as a dual-sport athlete Bates played significant roles in the success of two programs, earning All-LEC First Team recognition in field hockey and helping the women's ice hockey team to its first-ever playoff win, while also working in the Athletic department office.

Junior field hockey defender Patty Newhard (South Dennis, Mass.) is the winner of the Dorothy "Dot" Diehl Award for the advancement of women's equity in sports. She has been involved in the university's Turf Field Campaign and serves

as a strong facilitator of the Friends of Jaclyn Foundation and the field hockey team's adoptee, Arielle Beaulieu.

Senior sports management major Matt Deignan (North Kings-

town, R.I.) was selected as the winner of the Peter S. Cofran Award after serving as an assistant in the Athletic Communications office. He served the department as a statistician

and public address announcer for 14 of the university's 24 sports, while also assisting in the office with website maintenance, game program design and record keeping.

Host families sought for New England Wolves

LACONIA — The New England Wolves Junior Hockey Program is seeking host families for the upcoming season. The Wolves range in age from 15-20 years old and are recruited from all over the world, coming to develop as hockey players in the Lakes Region of New Hampshire. This year's team features players from England, Canada,

Florida, Colorado, and many more destinations worldwide. In 2017-18 the Wolves program was awarded by the Eastern Hockey League as "Humanitarians of the Year" for their charitable work in their community.

Players arrive Aug. 25 and 26 and play a 50-game schedule over the course of seven months. Players return home at Thanksgiving and have

a two-week break at Christmas.

All host families receive \$375 per month, per player (can host more than one) for hosting Wolves. If you have a spare bedroom in your home and interested in hosting a player, please connect through e-mail the Wolves Housing Coordinator, Kerry Mull, at mullkl426@gmail.com or 998-6682 for more info.

Another ballpark off the long list

SPORTING CHANCE

By JOSHUA SPAULDING

Over the years, I've visited a lot of baseball parks and it's always fun to find some new places to watch baseball games.

I've been to Fenway Park many times over the years and a number of years ago, I visited the old Yankee Stadium in New York City, which was also quite an experience. I also made a trip to Ohio with my uncle and a couple of cousins and went to games at Cleveland's Progressive Field and Cincinnati's Great American Ballpark over the course of the weekend. When I was in Florida with the Kingwood baseball team a few years ago, I went to a game at Tropicana Field in Tampa, which has to be the worst ballpark in the Major Leagues (it was nice to see Tampa come up with a plan for a new park, although it may not be feasible). Last year, I made trips to Baltimore to visit Camden Yards and Houston to visit Minute Maid Park, both of which were pretty cool in their own rights.

Earlier this summer, as I concluded my trip to Wyoming to visit my brother, I made a stop at Coors Field in Denver to catch a game.

I also have been inside the Rogers Center in Toronto, though I have never seen a game there.

My goal is to eventually see all of the Major League parks, though I know this is a tall task, especially given the large number of parks located out west, including cities like Los Angeles, Seattle, San Diego and Phoenix, which would obviously involve lots of travel, which costs some



JOSHUA SPAULDING

I PAID a visit to the US Capitol Building during my trip to Washington, D.C. on July 8.

money, which I probably shouldn't be spending.

However, I was able to check off another park on my list during the weekend following the Fourth of July. I group of friends from the Rob Has a Podcast community hosted a get-together at the Washington Nationals game in Washington, D.C. and I decided to take the short flight south to join in the fun and see another park.

With plenty of work to do on Saturday night and again on Monday morning, I made the trip all in one day. I got up really early on Sunday morning (about 2 a.m.) and left for Manchester Airport around 3 a.m. I boarded my flight before 7 a.m. and landed at Baltimore-Washington International Airport not much past 9 a.m. and then caught the train into D.C. I spent most of the morning walking around the city, starting at the US Capitol, making my way down the National Mall to the Washington Monument and then walked along

the riverfront, eventually making my way to Nationals Park.

The game itself was not much of a game, with the Miami Marlins throttling the Nationals, but it was great to catch up with some RHAP friends and meet a few more along the way. After a quick dinner, I grabbed an Uber and made my way back to Union Station and caught the last train back to BWI. The late night flight brought me into Manchester around midnight and home a little before 2 a.m. to finish out a long day on the road.

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



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Medication Assisted Treatment Program

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