

Newfound Landing

THURSDAY, MAY 17, 2018

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COMPLIMENTARY

Need for extensive cleaning prompts temporary closure of Minot-Sleeper Library

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Many people were surprised to find the Minot-Sleeper Library closed last Friday afternoon with a note on the door that apologized for the sudden closure, but stated it was due to a need to give the building a “deep cleaning.” The building remained closed over the weekend, and the Board of Trustees disclosed on Monday, May 14, that the measure was taken when some items returned to the library were contaminated with what was determined to be bedbugs.

The suspect materials were dropped off in plastic bags on Wednesday, May 9, and staff on duty that



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Many people were surprised to find the Minot-Sleeper Library closed last Friday afternoon with a note on the door that apologized for the sudden closure, but stated it was due to a need to give the building a “deep cleaning.”

on Friday. Overton and the staff then took a closer look at the materials and believed there was evidence of insects inside. She immediately contacted Nancy Dowey, Vice Chair of the Board of Trustees, to alert her to the situation and the decision was made to close the library and contact an exterminator.

On Saturday, experts confirmed that it was bedbugs found in the materials.

Assured by the exterminator and health officials that there was no real threat to the public, trustees and staff discarded everything in the bag and began to check their records for prior materials signed out by that same patron. Those items were examined and removed. Overton also began contacting anyone found to have recently borrowed any of the books or DVDs that had been returned

SEE CLOSURE, PAGE A11

day found them to be in poor condition. Rather than place the items back out for circulation, they set the bags aside to await the return of Library Director Brittany Overton, who was due back

The arts take center stage at Newfound’s annual Spring Expo

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Newfound Regional High School held their annual Spring Expo last Thursday, an evening when art and music had the chance to take center stage.

The event began with a display of student art in many genres that were carefully examined by a team of judges for special recognitions that were presented.

Earning a Principal’s Award for her one of her entries created through an Extended Learning Opportunities Ceramics Class this year was Bethany Basford.

Titled “Throwback to the ‘50’s,” the piece featured a grand piano that was opened to reveal a tiny concert going on inside.

“My dad is really into music and I’ve been to a lot of concerts in my life so I did this for my dad, myself and my love of music,” Basford said.

Focusing on a blues concert, she sculpted a tiny stage and even a crowd of concertgoers,



DONNA RHODES

Senior Bethany Basford of Newfound Regional High School posed with some of the ceramic pieces she displayed at this year’s Spring Expo, including one that was awarded a Principal’s Ribbon.

represented by little round balls.

“I used the balls as

symbols of how we’re all the same when we get together for a concert.

Concerts have an amazing vibe that way,” she

SEE SPRING, PAGE A11

Newfound Area Nursing Association to hold 58th Annual Meeting

BRISTOL — The Newfound Area Nursing Association (NANA) will hold its 58th annual meeting at the Bridgewater Town Hall, Route 3A, Bridgewater, on Monday, May 21 at 7:30 p.m. The agenda will include committee reports, annual update, election of officers, and scholarship awards. The meeting is open to the public. All are invited to attend.

Newfound Area Nursing Association, 214 Lake St., Bristol, is a not-for-profit community-based home health and hospice care organization, serving patients of all ages in the Newfound Area since 1960. NANA’s mission is “to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities.”

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NRHS seniors take projects above and beyond

BY DONNA RHODES
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BRISTOL – Eight seniors from Newfound Regional High School’s Class of 2018 took their senior projects one step further last Thursday evening, when they were selected for Distinction Honors and asked to make a special presentation of their work to a panel of judges. The public was also invited to examine their work and cast their own votes, too.

After careful consideration this year it was Emma Howe who received the People’s Choice Award for her project, “The Science Behind Corruption,” and Kylee MacDon-



DONNA RHODES

Eight students from Newfound Regional High School’s Class of 2018 earned Distinction Honors for their senior projects this year, then presented them last week for a chance to earn further recognition through the Judge’s Award and People’s Choice Award. Students who earned Distinction Honors this year are Hayleigh LeTourneau, Madison Timmons, Victoria Roman, Kylee MacDonald (Judge’s Award), Zach Patten, Emma Howe (People’s Choice Award), Molly Croxon and Bethany Basford.

ald’s research on Domestic Violence made her this year’s winner of the Judge’s Award.

Howe said corrup-

tion seems to be a neglected topic so she therefore took the time to research how it begins and what can

be done to stop it while MacDonald chose domestic violence because it is “a powerful topic that is near and

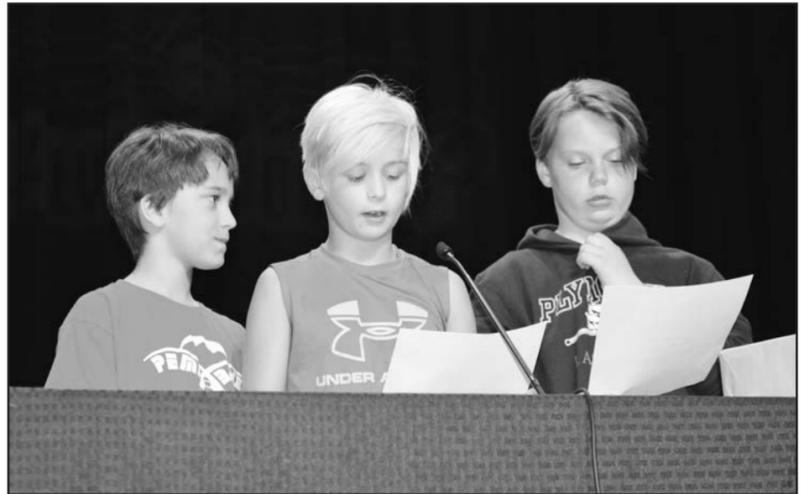
dear” to her heart.

“My mom is a survivor (of domestic violence) and it was hard

SEE SENIORS, PAGE A12



Plymouth Elementary School fourth grade students read their winning entries for a statewide Water Poetry contest last week. Featured on the left are Second Place finishers Amanda Ahern, Avery Tuttle-Wilcox, and Addy Allain.



On the right are their classmates, Aidan Freitas, Blaine Hiltz and Logan Libby who took home Third Place honors in the 26th Annual New Hampshire Drinking Water Festival and Fourth Grade State Water Science Fair, which was held in Plymouth this year.



Students Joshua York and Keegan Ingram of New Hampton Community School won Honorable Mention in last week's New Hampshire Drinking Water Festival and Fourth Grade State Water Science Fair, and upon receiving their award, read their winning entry to the crowd on hand at the Flying Monkey Performance Center in Plymouth.



Fourth grade students from Lyme, Plymouth and New Hampton elementary school took home this year's top honors in a state wide Water Poetry Competition.

Festival teaches students from throughout the state the importance of clean drinking water

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH – Fourth grade students from all across New Hampshire were invited to take part in the 26th Annual New Hampshire Drinking Water Festival and Fourth Grade State Water Science Fair, which was hosted this year by the Town of Plymouth.

As part of the event, presented by the New Hampshire Department of Environmental Services, students were challenged to present projects related to water, compose poetry about water, and take part in many fun and educational activities at River Front Park.

While projects by the students were on display in the upper level of the Plymouth Senior Center on May 9, dozens of information booths and activity centers were also available along both the entrance to the center and adjacent amphitheater as well, where clear water from the Pemigewasset River appropriately flowed by.

Several divisions of DES took part in the all day event that also celebrated National Clean Water Week; each presenting information and activities that relate to water impacted topics in the state.

Making their way from booth to booth, students learned, in a fun fashion, about water tension, heard about animals who rely on clean water, and even got to experiment a bit when they were challenged to see how many drops of water a penny could hold.

“Water drops love to hang out and hold onto each other,” one DES representative informed them as they dabbed water onto the coins.

The Dam Bureau also had some fun with the boys and girls, letting them know that “dam” is not a bad word- it’s a structure meant to block water. Students were invited to make paper cups out of water to see how structures can stop water from flowing from one place to another and learned the positive side of that as

well. “Dams have many benefits. They help with flood control, create recreational activities, promote wildlife and fish populations, and can even produce electricity,” they were told.

A bit of chemistry came into play when students learned about arsenic, a naturally occurring substance in bedrock that can be found in well water and a rain barrel helped show ways water can be “recycled” when it falls from the sky.

The Designated Rivers Program also invited children to learn about the good and bad things that can happen along a river and how human actions can affect wildlife who depend on clean water. Amoskeag Fishways also added a bit of a creepy, crawly element to the day.

“We brought some actual live macro-invertebrates so the kids could learn what they could learn what they (the insects) can tell us about the health of a waterway,” staff members said.

And perhaps most fun of all was the booth where the fourth grad-

ers got to taste water samples from four New Hampshire municipalities then vote for which tasted the best.

At lunch time the students all moved to the Flying Monkey Performance Center for a bite to eat, then enjoyed a mini-concert by a musician from Earth Jam who the students really enjoyed.

“That was awesome! I loved the concert. It was so good,” said one Plymouth Elementary School student.

Following the concert awards for the day were presented for not only the science fair projects but a special Water Poetry competition as well, which encompassed more than 50 entries from schools around the state. On hand to present the awards was WMUR Channel 9 Meteorologist Hayley LaPoint.

As LaPoint called out the names of the top four winners, the students joined her on the stage to not only accept their awards but to read their winning poetry. While Reese Kenney of Lyme took First Place, the Plymouth and Newfound area schools finished

strong in the competition, too. Collaborating in their efforts, Joshua York, Keegan Ingram of New Hampton Community School won Honorable Mention. Aidan Freitas, Blaine Hiltz and Logan Libby from Plymouth Elementary School took home Third Place honors, and PES classmates Amanda Ahern, Avery Tuttle-Wilcox, and Addy Allain, came in Second Place.

In the Water Science Fair, the southern part of the state dominated the competition this time around with Alaria Claus of Keene awarded First Place honors, Jack Quarry of Keene came in Second Place, and Ashton Foreman of Harrisville finished in Third Place. Honorable Mentions this year went to Emma Petrovich of Keene and Rylee Donovan from Manchester.

Results of the blind water sampling challenge were also revealed during the ceremonies. This year Keene topped the list with the fourth grade judges, but Plymouth fared well, too, beating out Concord and Manchester in what turned out to be an otherwise

tightly contested competition.

Plymouth Elementary School Principal Julie Flynn was excited about the day’s events and grateful that this year’s traveling Water Science Fair was held right in their community.

“We love this. It’s right up our alley, learning about the environment in an authentic way. It’s been so engaging for our kids,” Flynn said.

Flynn also expressed her gratitude to the Plymouth Water Commission, which worked hard to bring the event to Plymouth this year.

PES fourth graders agreed on the success of the day, but each for different reasons. Some liked learning about water erosion, some liked the many activities they could take part in, the insects were “cool” a few said, but all agreed that they learned why it is not a good practice to throw trash in rivers, streams and ponds.

One student summed it all up though by saying, “Pretty much, it was a great day.”

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Week of 5/18 - 5/24

DEADPOOL 2 Fri.-Sat.: 1:00, 4:00, 7:00, 9:45 PM Sun.-Mon.: 1:00, 4:00, 7:00 PM Tues.-Thurs.: 4:00, 7:00 PM	R	AVENGERS: INFINITY WAR PG-13 Fri. & Sat.: 12:15, 3:30, 6:45, 10:00 PM Sun.-Mon.: 12:15, 3:30, 6:45 PM Tues.-Thurs.: 3:30, 6:45 PM
LIFE OF THE PARTY PG-13 Fri.-Sat.: 1:30, 4:30, 7:30, 10:00 PM Sun.-Mon.: 1:30, 4:30, 7:30 PM Tues.-Thurs.: 4:30, 7:30 PM		Join us for an advance screening of: Solo: A Star Wars Story on Thursday 5/24 at 7:00pm Find us online at: Barnzs.com facebook

New Hampton Historical Society to host annual “Show and Tell” event

NEW HAMPTON — The New Hampton Historical Society invites

you to share “Things That Have Made A Difference” in your life

during a special program Tuesday, May 22 at 7 p.m. at the New Hampton Town House.

Please join us at the historic Town House for our annual “Show and Tell” event. Bring your personal treasures, old photos, ancient artifacts, family heirlooms, and items that tell a

story you would like to share. This is the Society’s last program of the season, and we will have special refreshments including a variety of pies and beverages.

Presenters are Bob and Carole Curry.

Visit our Web site at www.newhamptonhistory.org.

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COURTESY

Garden Club joins Community School students to learn about weather

The New Hampton Garden Club held its monthly meeting at the Gordon Nash Library on Wednesday, May 9 with several special guests. The fifth graders of the Community School joined us for a special weather program with Hayley LaPoint from WMUR TV. LaPoint presented a most enjoyable, informative program. Students, as well as members, were given the chance to ask questions and Hayley asked them several questions about weather and weather instruments. They were a well informed group and amazed some of the members with their knowledge. Refreshments were enjoyed with Theo Denoncour, Rita Glasheen and Eileen Curran-Kondrad serving as hostesses. Many of the ladies have been working on the town office landscaping and the Veterans Memorial garden. It's a busy time of the year to revive these spots after their winter rest. New signs are being placed at each garden so the public will know we are responsible for these gardens.



COURTESY

Rose Kimbell and Robert Muzyka

BOSTON, Mass. — Tufts University, which is where they met. They were recently engaged while on a trip to Paris, France. Rose is an active fine artist and works as an Administrative Assistant for Carbonite, located in Downtown Crossing, Boston. Robert is the Office Manager at the firm of Clinton & Muzyka, P.C. located in the Seaport District of Boston.

Rose is a 2007 graduate of Plymouth Regional High School. Rose and Robert are graduates of The School of the Museum of Fine Arts/

A May 19, 2019 wedding is being planned in Long Island.

Local couple to share stories from the State Department at next PBVRC dinner

ASHLAND — Join the Pemi-Baker Valley Republican Committee as we welcome Susan and John Harville to the area. They will be our guest speakers at the May Spaghetti dinner at the American Legion Hall, 37 Main St., Ashland. The

date is Friday, May 25. The dinner starts at 5 p.m. and goes to 7 p.m., and includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.

The Harvilles have retired to Ashland, and will share some

of their experiences with the US State Department. They have done a lot of traveling in that capacity. We look forward to hearing from them.

Tickets are \$10 at the door for adults, \$5 for children five to 12 years, and 4 and under

are free, with a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food Pantry are encouraged.

For more information, call Cindy at 536-3880 or deerladydwh@gmail.com.

Alexandria's Ashley Ruseski recognized for outstanding scholarship

NEW LONDON — Ashley Ruseski of Alexandria has been recognized with the David H. Winton Baccalaureate Award from Colby-Sawyer College.

The Winton Baccalaureate Award is presented to degree graduates who rank highest in scholarship among those in their class.

Ruseski, a Nursing major with a minor

in child development, was a member of the Weston Honors Program, Alpha Chi National College Honor Society and Sigma Theta Tau International Honor Society of Nursing. She will begin her nursing practice in the Pediatric and Adolescent inpatient unit at Dartmouth-Hitchcock Medical Center upon graduating.

NHEC union employees remain on strike

PLYMOUTH — Eighty-three of New Hampshire Electric Cooperative's (NHEC) 200 employees remain on strike. The International Brotherhood of Electrical Workers (IBEW) Local Union #1837 went on strike on May 3 after nearly 20 negotiating sessions with NHEC management failed to result in a new contract. The contract expired on April 30.

Prior to the strike, NHEC assured the union committee that management would not lock out union employees when the contract expired. A lockout occurs when management refuses to allow union employees to work. It is different than a strike because during a strike, striking employees choose not to work, even though they have the option to continue working without a contract while negotiations continue. NHEC's union employees chose not to continue working. Although a federal mediator has been engaged and continues to meet with both

sides, an agreement has not been reached and union workers remain out on strike. Contract line crews have been brought in to help maintain operations for NHEC and its members.

At issue is pension and 401k benefits for union employees. The union requested that the company offer union employees the same 401k and pension benefits as non-union employees. The company responded to the union's request by proposing pension and 401k benefits at the same level as non-union employees, including senior management. The proposal represents a dramatic increase in pension and 401k benefits for union employees. Despite the generous proposal, the union objects to language in the company's proposal that it be able to make the same changes to the pension plan at the same time changes are made to the pension plan for non-union employees. The intent of the company's proposal is to maintain the

same level of pension and 401k benefits for union and non-union employees.

NHEC provides a comprehensive benefits package to all employees. A 1st Class Line Worker for NHEC makes an annual base salary of \$81,057; plus an average of \$6,547 for on-call pay for a total of approximately \$87,604 annually. Line workers also frequently earn overtime. On average, in 2017, an NHEC Line Worker earned \$30,000 in overtime. In addition to their wages, NHEC Line Workers receive a comprehensive benefits package, which on average costs NHEC \$54,676 to provide. For a Line Worker at NHEC the Total Compensation and Benefit Package is approximately \$172,280.

NHEC's union benefit package includes:

- Personal Time – five paid personal days
- Holiday Pay – eight paid holidays
- Vacation – 12-26 paid vacation days based on years of service

Sick leave – 12 paid sick days

Health coverage (including dental and vision) – 85 percent paid by NHEC; 15 percent paid by the employee Defined Benefit Pension Plan – fully paid by NHEC; based on a multiplying factor, annual salary and number of years of service.

401k Retirement Plan – Percentage match by NHEC

Accidental, Death and Dismemberment Insurance – paid by NHEC

Life insurance – NHEC pays for coverage equal to two (2) times annual salary

NHEC has posted a Frequently Asked Questions (FAQ) on its Web site to inform members and the public about the union strike. Any new developments in the contract negotiations will also be posted online at www.nhec.com.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in New Hampshire.

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16th ANNIVERSARY
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11am, Main Street, Littleton

- Celebration & Ceremony
- Signature Honoree
- Group Photo
- A FREE Event For All Ages

Hats off!—2018 is Eleanor H. Porter's 150th Birthday! Be Glad, Be Cheerful, Eat Cake!

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Recovery is possible for anyone at any time

BY DEB NARO
Contributor

What are opioids? Opioids are drugs that work in the brain to relieve pain. They can produce a high and can make a person feel drowsy and nauseous. Opioids include medicine made from the poppy plant such as opium, morphine, and codeine, and those made synthetically such as oxycodone, methadone, fentanyl, and hydrocodone. Some people are given opioids by their doctor to address painful conditions or injuries, but opioids are also sold and used illegally, including heroin, "street" fentanyl, oxycodone, methadone, and morphine.

How do people become addicted? Addiction can happen to anyone from any walk of life. The use of opioid drugs fires up the reward center of the brain. Over time, due to increases in tolerance levels, the brain needs more or craves the drug to get the same high. This can start a cycle of brain changes that leads to dependence and addiction. Some people are pre-disposed genetically or at increased risk of addiction if they have family members with addiction or are dealing with other mental health issues.

How do people recover? Individuals who have become physically dependent or addicted to an opioid begin recovery by stopping use of the drug. However, when individuals stop using the drug, they experience illness and withdrawal symptoms. A doctor can help manage these symptoms medically. Treatment can include counseling, medication assistance therapy, and recovery support. Long-term recovery takes time, perseverance, and patience but it is possible with proper supports in place.

Where can I find out more about treatment

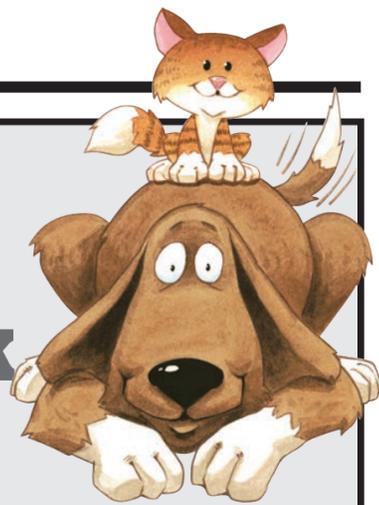
options? Treatment and recovery supports are available, and it is important to know that recovery is possible for anyone at any time. Asking for help is the first step. Your doctor can help. In addition, visit the NH Alcohol and Drug Treatment Locator (www.nhtreatment.org), www.anyoneanytimenh.org or call 2-1-1 for help finding treatment and recovery support options in your area. Residents in New Hampshire can contact 2-1-1 toll-free by dialing 2-1-1 in state or 1-866-444-4211 from out of state.

Granite Staters struggling with substance misuse or who know someone struggling with addiction, can also call the New Hampshire Statewide Addiction Crisis Line toll-free at 1-844-711-HELP (4357) or email hope@keystonehall.org. Individuals calling the NH Crisis Line will be able to receive advice and referrals to appropriate services at any time day or night.

The Addiction Crisis Line is operated by Keystone Hall with federal funding through a contract with the Department of Health and Human Services Bureau of Drug and Alcohol Services and can be used as a resource for treatment professionals, recovery support services, prevention professionals, first responders, hospitals, social workers, therapists, clinics, schools, advocacy groups, homeless shelters, nonprofits, and religious organizations and civic organizations throughout New Hampshire.

New Hampshire is working hard to prevent addiction, reduce opioid overdoses, and reduce stigma. Addiction can touch anyone's life. Recovery is possible. Please help spread awareness. For more information, please visit the CADY Web site at cadyinc.org.

PET of the Week Mittens



This sweet little black and white domestic shorthaired cat has a slightly startled look, big green eyes widened, ears perked forward in anticipation... of... what exactly? Mittens is a shy girl, even up close and personal she wasn't quite sure what to think of shelter life, and who can blame her, dogs barking, people bustling, phone ringing, lots of humans coming and going all the time - it's a lot for a feline with a delicate disposition to get used to; hence we placed



her in a volunteer foster home to add some calmer enrichment to her life- we know that

permanent home is just around the corner!

Mittens arrived in June 2017, she's a 'long-stayer' in shelter parlance, but that should not deter you: prospective adopter, from considering her for your next pet if at the top of your Wants List is 'must be affectionate, sweet and one that purrs, constantly'.

Please come and visit her at the NH Humane Society, OR we can facilitate a meet & greet in her foster home.

Call 524-3252 or check www.nhhumane.org

Letters to the Editor

The precipice of change

To the Editor:

The Town of Bristol is perched on "a precipice of change." For years now, Bristol has been facing a declining population, declining average income, and declining property values; all while the average age of Bristol's Town's population is increasing and crime has been rising all during the same time frame! FACTS: from the US Census Data; Bristol's 2016 population was 3,050, and in 2010 the population was 3,054. Quoting from the 2016 "Space Needs Committee" Report: Presentations from Lakes Region Planning Commission, Newfound area Superintendent of Schools and US Census Bureau. "The input suggests that Bristol will experience no substantial residential growth in the next 25 years and may even decline in population. At the same time, demographic studies show that the State of New Hampshire has the second oldest population of any state in the country. Bristol already has a population which is older than the state average. There is general agreement that the average age of the population of Bristol will be even older in 25 years." "The average household income in the State of New Hampshire is approximately \$64,000. The average household income in the Town of Bristol is approximately \$ 38,000. Bristol is not an affluent community. There is no evidence to show that Bristol's relative financial ability will substantially change in 25 years."

Most retired people survive on fixed incomes and therefore cannot afford to live in communities that lack present and future financial stability. This, coupled with the declining economic and demographic conditions in Bristol, despite being reminded of all these facts, the Town fathers continue to favor listening to liberal spenders whom want to continue borrowing and spending excessively on projects the Town cannot afford 10 or 20 year term notes on. On the opposite side are those whom urge the Bristol Town fathers to exercise a more cautious and realistic approach to these projects and cite more "What-If" scenarios with the given changes facing the Bristol community.

One such argument to the Bristol Town fathers is that "If we want to attract more people to Bristol, we must create reasons for them to want to move here."

"Why not show them that we are a forward looking community, instead of acting like dead fruit withering on the vine just waiting to fall off?" The community must engage itself in constructing a "proactive agenda." This "agenda" will then act as a road map to guide the Town along that path of change. To be a proactive community, one that takes early action to effect positive changes to, and for our community; not a community that reacts to changes after they have already occurred. We must be willing to look inward to ourselves honestly, assess accurately, face the facts, develop situation awareness, and develop a plan for the future that adapts the aforementioned into the development of a comprehensive town model for the future. This "model" must be revisited on an ongoing basis and must be flexible enough to adapt to changes occurring from within our own community, as well as from outside. If the Town of Bristol does not honestly recognize that annual increases in Taxes to pay for unwarranted "wanted budget items", not realistic "needed budget items," will not make Bristol a desirable place to live; but instead continue to drive people away from Bristol as they have for the last 15 years and Bristol can continue to decline and slip into ultimate financial ruin.

The facts speak for themselves. Town fathers must modify its outdated way of doing business and not be misguided by the wants of a few. The willy-nilly misguided management techniques of the past will never usher Bristol into a bright future. If the Town of Bristol wants to address the "future of Bristol," it must first begin to listen, face facts, freeze taxes, embrace austerity, and govern intelligently and responsibly. Then it must design and develop a plan that meets the community's future needs, commit to it, and then execute it. Bristol needs new stewardship, coupled with real leadership to guide it into the future if it wants to survive. If not properly nourished, Bristol will wither on the vine as other communities have. The clock is ticking, and the time is now. The Town of Bristol is perched on the precipice of change!

Erik R. Nelson
Bristol

Need to inspect collection prompted closure of Minot-Sleeper Library

To the Editor:

Last Wednesday, May 9, library materials in poor condition were returned to the Minot-Sleeper Library. These items were in plastic bags. After examination, the staff decided to return many of these items to the bags until Brittany Overton, the Library Director, returned to the Library on Friday. On Friday, May 11, Brittany and the staff determined that the materials showed evidence of bugs (later identified as bed bugs) and their fecal material. She contacted Nancy Dowey, Vice Chair of the Library Board of Trustees, and alerted her to the issue. It was discovered that a number of other books and DVDs had been borrowed and likely subjected to the source of the bugs during the previous months, and that these items needed to be examined.

Brittany and Nancy decided to close the Library and contacted two extermination companies. One of the companies sent a representative on Saturday morning, May 12 and spent an hour with Brittany and Nancy examining the materials, and answering their questions. The representative identified them as bed bugs and determined that there was no risk to the public at that time.

Ultimately, the staff identified and bagged all the books and DVDs that had been borrowed and returned

from the contaminated source and removed them from the Library. Some materials were borrowed by other patrons after they had been contaminated. Brittany has been contacting these patrons to alert them to the situation. We have been told there is very little threat that the items borrowed by other patrons will cause dramatic spread of the bugs, but we felt it was important for these patrons to be aware. Those who still had books or DVDs in their possession were asked to bag them and dispose of them.

The Trustees and staff take the safety of our patrons very seriously and will continue to monitor the Library and library materials. We are working with the Town Health Officer who has been in touch with the State Public Health Department and they have also assured us that the risk to public safety is negligible. We are working with the Health Officer to develop a protocol to deal with incidents like this in the future. In the meantime, we are happy to answer any questions the public may have.

We have not yet determined how the materials will be replaced, but our intention is to rebuild the collection as soon as possible.

Minot-Sleeper Library Board of Trustees
Bristol

Newfound Landing

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

ESTABLISHED SEPTEMBER 18TH, 2014

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A report on a brief tour of the world as I know it

Public Television carried a feature on Theodore Roosevelt this past Sunday. He is my favorite President, chiefly because he became an ardent conservationist and was largely responsible for what lands in the West we have left.

This generally means lands free of exploitation or development. I'm not sure whether the bargain-basement granting of grazing permits constitutes exploitation. But then, what about long-range hikes and rafting ventures, and pack-horse hunting trips?

If there is a President history has done a disservice, it is Roosevelt. Most Americans, if they can remember him at all, seem only to remember big game safaris.

Today, it's hard to

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



imagine a world that would have the room or the patience for a Teddy Roosevelt. Imagine a President taking off for a month for a camping trip in the Rockies, or letting the White House lawn be home to ponies and goats.

However, TR was an energetic guy, bouncing and bellowing his way around the White House like a top-hatted Tigger, and the documentary shamed me into getting up out of my living room chair (Command Central, with everything that matters within reach), and going outside for a tour of the immediate premises, my longest trip on crutches yet.

Would-be rescuers, fear not--my trusty



JOHN HARRIGAN

Some of these derelicts can be split, others are "junks"—not worth bothering with, but destined for the fire nonetheless.



JOHN HARRIGAN

Fierce guard dog Millie came along on the inspection tour, and wasn't the only one tuckered out.



JOHN HARRIGAN

For the fun of it, my grandfather and uncle always called them "Daffydils," and I do too. These brave ones were pretty much the forerunners of the flower world.



JOHN HARRIGAN

Firewood on the porch will wind up in the living room fireplace or, when company's on hand, in the fire pit.

Strategies for Living

A summary of the Christian faith

BY LARRY SCOTT

It was noon-time one day in the early 1970's. I can still remember walking into the Perkin's Restaurant in Wormleysburg, Pa. for a long-planned visit with Susan.

Susan was not an active Christian at the time. As we sat down and ordered breakfast, I said to her, "Susan, I know you have a church background, but I have suspicions that you learned the principles of our faith in bits and pieces and have never had anyone take the time to bring it all together. I would like to put the puzzle together, ok?"

"Susan," I said, "the Bible clearly tells us that 'all have sinned' and are in need of divine forgiveness if we are to develop any kind of a relationship with God. We are three-part beings — body, soul (our intellect and will), and a spirit. What happened to each of us is perhaps best understood if we go back to the Garden of Eden for a quick overview.

God told Eve that, of all the trees in the Garden, there was one that was off limits, the tree of the Knowledge of Good and Evil. If either she or Adam ate the fruit of that tree, God promised they would surely die. They did ... but they didn't drop dead. What hap-

pened was that their spirit, that intimate part in each of us that becomes our point of contact with God, ceased to be functional. Although they remained physically and intellectually healthy, they died spiritually, lost the warm fellowship they had enjoyed with God, and were expelled from the Garden of Eden.

But God still loved them and very much wanted to re-establish the relationship. The problem was that sin's penalty is death — eternal separation from God — and was something God himself could not accept. Accordingly, he sent his Son, Jesus Christ, to die on their behalf. No one else, not Abraham or Moses or King David etc., could die on their behalf because each of them, like you and me, had sinned and were under the penalty of death for their own sin. Good works couldn't cut it for it did nothing to take care of the sin problem. But Jesus was perfect, so he could die on our behalf.

The crucifixion of our Lord was not a miscarriage of justice; it took place by divine design. When he prayed (while on the cross), "Father forgive them," he was praying for you and me. Divine forgiveness is available to each of us.

As stated in the New Testament, "if we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

Much of what I have written makes little sense to those who have no awareness of personal sin, feel no need for forgiveness, and have little interest in a relationship with God. Such, however, was not the case with

Susan. She very much wanted the peace of mind and the sense of divine forgiveness that we had talked about. Through a simple prayer, she soon asked for God's forgiveness and invited Jesus Christ to be the Lord of her life. Another honest soul had made the grand discovery: Christianity works!

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

guard dog and interference runner Millie was with me every step of the way, scanning for danger. As always, she ranged out front, looking back and wondering why I was so slow, much slower than usual.

Right off, not far into the trip, I determined that the pile of junk wood we left when the snow came down in earnest a few

months ago was still right there, waiting. This kind of job doesn't go away when the snow covers it; we just think it does. In this case, out of sight, out of mind doesn't work.

There was that term, just then--junk wood. When I was helping Rudy split and haul firewood, a junk was a twisted piece, all knots and gnarls, that

SEE NOTEBOOK, PAGE A11

Letters to the Editor

Vote for Your NH Electric Cooperative Directors

To the Editor: The annual election for New Hampshire Electric Cooperative's Board of Directors is underway.

This year's election has four director positions up for election and only one incumbent Director running. Three other Directors have reached their term limits, meaning that there will be at least three new members joining the Board this year. I encourage you to review the

Candidate statements that accompanied your ballot, reach out to the Candidates if you have any questions and vote. This is your Co-op and your Board of Directors. The Directors not only oversee the Co-op's operations, they also set the rates members pay and plan for your Co-op's future.

Joan Aubrey
Director
New Hampshire
Electric Cooperative,
Inc.



MEMORIAL DAY

MAY 28, 2018

Please help us honor all the service men and women who lost their lives serving our country! Their sacrifice for our country helps keep us strong and secure.

On Thursday, May 24th the Plymouth Record, Newfoud Landing, Meredith News, Winnisquam Echo and Gilford Steamer will be saluting out troops with a special Memorial Day page.

Signature Blocks are
2x1: \$25 each
2x2: \$50 each

Deadline is May 18th at noon. Please contact Tracy or Lori at 444-3927 or email lori@salmonpress.news

Joseph O. Bouley, 94

DANBURY — Joseph O. Bouley, 94, passed away Friday morning, May 11, 2018 at his son's home in Harrisville after a long illness.

He was born in Newport, R.I. on Dec. 12, 1923, the son of Joseph O. and Hannah A. (Crossman) Bouley.

In 1940, he was assistant cook in Danby, Vt. for the CCC. He served in the US Navy during WWII. Mr. Bouley was a carpenter for Wesley B. Woodward and Son and Clarence Granger, both of New London; for Proctor Academy in Andover; and for Forrest Powers of Danbury. He also worked for H.P. Hood in Boston, Mass.

Mr. Bouley was a 50-plus-year member of Kearsarge Lodge AF & AM #81 of Andover,



35-plus-year member of Ionic Ragged Mt. Chapter #20, The Order of The Eastern Star of Franklin, and a 40-year member of the Danbury Volunteer Fire Department.

Mr. Bouley was the holder of the Boston Post Cane in Danbury.

His wife, Marilyn (Hiner) Bouley, died in 2000. Members of his family surviving include his son and his wife, Paul J. and Jayne Miller Bouley of Harrisville; grandsons, Jonathan J. and his wife, Tracy Bouley of Gilbert, Az., Mi-

chael L. and his wife, Jennifer Bouley of Troy, and Benjamin C. and his wife, Candace Bouley of Troy; great grandchildren Ashley, Mariah, Evan, Alyssa, Nicholas, Natalie, Noah, Chantal, Brayden, Shelby, Alden and Arianna; a great great grandson, Roman; a sister-in-law, Burnette Bouley of Keene; nieces and nephews.

A graveside service was held on Tuesday, May 15, 2018 at 11 a.m. in Riverdale Cemetery, Danbury.

Memorial contributions may be made to Ionic Ragged Mt. Chapter #20, OES, 8 South Main St., West Franklin, NH 03235.

Chadwick Funeral Service of New London is assisting the family with arrangements.

Harvey E. Ricker



HOLDERNESS — Harvey E. Ricker, known as "Butch" his family and friends, passed away May 8, 2018 at Concord Hospital. He was a lifelong resident of Holderness.

Harvey served in the US Army for six years, then returned to the Holderness-Plymouth area, where he worked at Plymouth Furniture for many years until he retired.

Harvey is survived by his three daughters, Au-

drey, Lillian, and Maria; his brother, Byron Ricker; sister Naomi Ricker; several grandchildren, great grandchildren, nieces, nephews, and other family members; and three step-children.

He was predeceased by his mother, Mildred A Ricker; father Elbeon Ohnorary Ricke; brother Leslie Ricker; and late wife and mother to his three girls, Annabelle Ricker.

A celebration of life will be held later on. For any more information, please contact his daughter Audrey at 1-207-290-3985. Any donations can be made to Mayhew funeral home in Plymouth, N.H. 03264.

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Things have been hopping around here. So much so, I'm waiting to meet myself coming home when I'm off to do something else! I did see some wild turkeys "trotting" down a country road last week, what a riot they were. No flying off into the trees, no taking off into the woods all scattering, just trotting down the road. Yes, Sir and Ma'am, I can relate!

Town

The next Board of Selectmen Meeting will be Tuesday, May 29 at 6 p.m. in the Municipal Building.

Conservation Commission Meeting Wednesday, May 30 at 6 p.m. in the Municipal Building

Alexandria UMC

Saturday, May 19, NH District Leadership Academy 9 a.m. until 3 p.m. First UMC, 18 Wesley Way, Gilford.

Sunday, May 20, services begin at 9 a.m. The Trustees will be having a clean-up day following services. There is plenty for many to do. Lunch will be served Thank you Mike Provost for mowing the lawn this week!

Sunday, May 20, the Administrative Council will meet at 6 p.m. in the Vestry.

Saturday, May 26 at 5 p.m., WAAC will be hosting their Annual Roast Beef Supper. On the menu is roast beef, mashed potatoes, green beans, gravy, hot and cold beverages. Brownies with ice cream, chocolate sauce drizzle if you like, for dessert. Come one, come all, enjoy an evening out with no cooking and no dishes!

Well now, I have time for a second cup of coffee before I'm off like a herd of turtles! Which reminds me, I did see a small one crossing the road recently. What a wonderful time of year to see all the animals out, and if you're lucky you might even see the young ones also. Have a wonderful week ahead, be safe in your travels, be kind and keep a smile on your face!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday Worship at the South Danbury Christian Church on May 20 will be at 11 a.m., with conversation and refreshments afterward. Everyone is welcome!

The South Danbury Church is having an "Antique and Much-Loved Tool Sale" on Saturday,

May 26 (Memorial Day weekend) from 9 a.m. to 4 p.m. Choose from hand tools, power tools, farm tools, and more, both old and new-ish. They are gladly accepting donations! All proceeds benefit the South Danbury Church Preservation Fund. For location and details, email southdanburychurch@gmail.com.

Gungewam Outfitters

The facelift at the former South Danbury Pottery Shop is finished and Gungewam Outfitters is now open for business. Proprietors, Kris and Jeremy Martin and Jessica and Josh Hatch are holding an open house this Saturday May 19. Drop by to check out Danbury's newest store.

Bridge News

The DOT held a meeting with the selectmen on May 2 to discuss the options for the overhead bridge heading towards South Danbury. While there were a few options presented, the building of a new bridge west of the present bridge was favored by the selectmen and most of the present community members. This plan allows the old bridge to be in use while the new span is being built and for the road to be straightened. There will be a public hearing at a later date. The emergency department and the selectmen urged the DOT to expedite the process. Present plans would not begin construction for several years. This year, the Gungewam bridge (the second bridge from town) will be painted and repaired. In place to handle one lane traffic will be a stop light similar to what we encounter now in Andover.

Grange Supper

This Saturday, May 19, is the roast pork supper at the grange hall. Held from 5 to 6:30 p.m., the menu includes real mashed potatoes, vegetable, rolls and boston crème pie for dessert.

Membership Awards

On Thursday, June 7 at 7 p.m., the Blazing Star Grange will hold their membership awards night. There are several members scheduled to get awards ranging from 25 to 75 years of continuous membership. Richard Currier from South Berwick Maine plans to attend the evening to receive his 75 year certificate. Nonmembers are welcomed to attend.

Groton

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

There was a Select Board Meeting on May

8. Miles Sinclair presented his perambulation report for the Groton/Dorchester Town Line and the Orange/Groton Town Line. The Select Board will be reviewing and will be commenting more on the report in the next meeting. Miles talked about the monuments and had pictures to present of those that he located and the condition of them. There is a volume of Town Record that is missing from the archives here at the Town Hall. Volume Three is the missing volume and is covering the time period of 1817 to 1833. We would like it back in the Archives if you happen to know anything about the volume, please let the Town Clerk know. The Select Board authorized Miles to complete the Rumney/Groton line and the Hebron/Groton line. Questions were raised about the perambulation that was done on the Alexandria/Groton line that was never completed. If this is not done very soon the Town will have lost out significantly. The Select Board will be contacting the gentleman who was supposed to complete the work and see if it can't be done very soon.

The Citizen's Planning Committee is requesting a joint meeting with the Conservation Committee, the Zoning Committee, the Planning Committee, and the Select Board on May 29 at 7 p.m. An abatement application was approved. Current Use Applications were approved for four properties. There were two Land Use Change Taxes signed and three reports of cut were signed and all were sent out last week. It was a busy meeting. There were also six Reports of Excavated Materials signed and sent out.

It is with great sadness we tell you that Christina Goodwin has resigned from all Boards and Committees with the Town of Groton effective May 31. Christina has been an asset to this Town for many years and we have appreciated her sacrificial service. She will be greatly missed. The Select Board will be making an effort to find someone to fill that position over the next few weeks. If you would be interested in serving, please let us know of your interest.

From the Groton Historical Society

There will be a special meeting on May 22. SEE TOWNS, PAGE A7

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!

Ashland Episcopal (St. Mark's Church)

Summer is nearly upon us and with it a major change in worship times for St. Mark's and Holy Spirit congregations. Beginning on Pentecost, Sunday, May 20, the 8 a.m. service at Griswold Hall in Plymouth will be discontinued until Labor Day. Both St. Mark's and Holy Spirit congregations will meet at St. Mark's Sundays at 9:30 a.m.

The two mid-week services at 11 a.m. which began in Lent will continue through the summer. On Wednesday evenings there will be a potluck cook-out on the grounds of the Highland St. Plymouth property. Thursday evenings bring a Spiritual Formation Practices Sampler which will take place at Sherrill Hall in Ashland. Stay tuned for more details including times, topics and session leaders. On weekends we will continue to worship at 5 pm at Holderness School Chapel on Saturdays and 9:30 a.m. at St. Mark's on Sundays.

Sunday School will continue through the summer at St. Mark's. Children will meet in the Sanctuary, take part in the bell ringing and the Opening Procession. They will then attend classes in Sherrill Hall and return to the church for communion. All children are invited to attend this very active Sunday School and further information can be had by calling the Director Jean Murphy at 253-7294.

The free Community Breakfast held every fourth Saturday in the month is on Saturday, May 26. All are invited to attend this bountiful and fun meal.

GOT LUNCH ASHLAND & HOLDERNESS held a luncheon meeting at Sherrill Hall to plan for the summer of

2018 - our 7th year! A committee was formed for the purchase and delivery of food as in past years from Bob's Shurfine Market in Ashland. All other positions will be the same. Cost per child will be held to \$110 again this year and anyone wishing to make a monetary donation for this program may send a check to Treasurer, P.O. Box 886, Ashland NH 03217.

SAVE THE DATE: On Thursday evening June 7, we hold our long-awaited Celebration of New Ministry. This worship service led by Bishop Rob Hirschfeld celebrating and honoring the mutual ministry of priest and people. The service will take place at St. Mark's with a reception to follow. Senior Wardens Joan Bowers and Deb Holland are leading a small, collaborative team to plan the event.

Pastoral Emergencies: Please contact Rev. Kelly (rectorpb@gmail.com) or Deacon Maryan (548-7994).

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: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m. - 1st Sun. of mo.

Ends 5-20, returns in Fall

Coffee Fellowship: Following service
Sunday School: 10 a.m. - ends 5-20, returns in Fall

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

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

Rev. MacLeod: 9 a.m. to noon - Mon. through SEE CHURCHES, PAGE A7

International musical artists to Perform in Plymouth May 20

PLYMOUTH — Internationally acclaimed Syrian clarinetist/composer Kinan Azmeh and Sri Lankan-born pianist/composer Dinuk Wijeratne share a stirring "Art of the Duo" performance/discussion program across northern New Hampshire, May 20-22, including a performance at 7 p.m. on Sunday, May 20, at Starr King Unitarian Universalist Fellowship, 101 Fairgrounds Rd., Plymouth.

The duo fuses elements of Arabic and Southeast Asian vocabulary with classical and jazz music idioms to create a new sonic world that the legendary Marcel Khalife called "wings of breath."

In their informal northern New Hampshire programs, the musicians will play work from their album, "Complex Stories, Simple Sounds" and new compositions, and talk about collaboration and improvisation, their musical inspirations, life on the road around the world, and the role of the arts in times of crisis.

Tickets cost \$15 per person or \$30 for families; tickets purchased in advance online at www.aannh.org are \$12; reduced rates are available for Arts Alliance members. Absolutely everyone is welcome; anyone

for whom the ticket price is too high is welcome to pay what they can or come at no cost.

"We are so excited to be offering our communities a chance to meet, listen and talk to these amazing musicians as part of a new partnership with the West Claremont Center for Music and the Arts, which has worked with them for the past decade," says Arts Alliance director Frumie Selchen.

WCCMA director Melissa Richmond notes, "Over the years the feedback we have received about Kinan and Dinuk has been incredible, with audience members excitedly approaching them to express just how deeply moving they found their music. There is truly something special about the way that they communicate with audiences of all backgrounds. It's wonderful to be able to work with musicians who are not only incredibly talented and respected internationally in their field, but also radiate warmth and caring as teachers and performers."

Kinan and Dinuk's three-day visit to northern New Hampshire also includes programs with students from Franklin to Woodsville as part of a residency funded in part by the Expeditions program of the New En-



COURTESY

Internationally acclaimed Syrian clarinetist/composer Kinan Azmeh and Sri Lankan-born pianist/composer Dinuk Wijeratne share a stirring "Art of the Duo" performance/discussion program across northern New Hampshire, May 20-22, including a performance at 7 p.m. on Sunday, May 20, at Starr King Unitarian Universalist Fellowship, 101 Fairgrounds Rd., Plymouth.

gland Foundation for the Arts, made possible with funding from the National Endowment for

the Arts, with additional support from the six New England state arts agencies, including the New

Hampshire State Council on the Arts. They will return this fall for two more days in the region.

Churches

FROM PAGE A6

Thurs. and by appointment

Weekly Events:

Mondays: Bible study - 7 p.m. 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.

Fridays: Bone Builders - 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic - 2nd Tuesday at 9 a.m. T.E.A. (Time, Encourage, Accept) - for Women 3rd Thursday at 4 p.m. Meeting place varies.

Women's Fellowship - 2nd Thursday at 10 a.m. All are welcome!

Ongoing: Bristol Community Services is in need of: rice, spaghetti, spaghetti sauce, tuna fish, canned veggies, soups, jelly, and toilet paper.

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.

Holy Trinity (Roman Catholic)

Thinking About Remarriage "Thinking About Remarriage" is a daylong program for couples (where one or both were previously married) who are thinking about marriage or who are engaged to be married. Sponsored by the Diocese of Manchester, and presented by a Catholic priest and couples who have remarried, this program helps couples take an in-depth look at and discuss major issues related to remarriage. Thinking About Remarriage Seminars cover: Emotional closure of the first marriage Expectations and key issues of the new marriage The blending of children and families Continuing relationships among extended family members, community, and the Church. Upcoming Date: Saturday, May 19, 9 a.m.—4 p.m., St. Pius X Parish Center (behind the church), 165 Sarto St., Manchester, NH 03109, \$80 per couple (includes lunch and beverage). Download a registration form

The Catholic Daughters will be reciting the Rosary every Saturday during May at 3:30 p.m. We invite you to join us!

Weekly Meetings

Thursday, May 17 Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Weblo Meeting, St. Matthew Meeting Room, 6 p.m.

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

Friday, May 18

JCDA, St. Agnes Hall and Church 5:30 - 7:30 p.m.

Saturday, May 19

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

Sunday, May 20

Knights of Columbus Breakfast, St. Matthew Hall 7 a.m.

Faith Formation classes: Ashland: St. Agnes Hall, 9:15 - 10:45 a.m. (First Communion Retreat) BRISTOL: Simard Hall, 10:30 a.m. - noon (First Communion Retreat and Ice Cream Social)

Bristol Confirmation class: First year only - 9:30 a.m. (Mass) 10:30 a.m. - 12:15 p.m.

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

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, May 20

Nursery and Religious Education - 9:30 a.m. - 10:30 a.m. - Contact: Jane Clay, DRE Service 9:30 - 10:30 a.m. - Why You Can't Save the World by Yourself

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director and Choir

While we might love the idea of a hero or a single great idea that might save the world, that's not really how it works. Join us as we consider how the synergy of diverse ideas ought to give us hope for our community and the greater community in which we live. In this service, we will also recognize our newest Starr King UU Fellowship members.

ANNUAL MEETING

Immediately following the service

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

The 2018 Annual Meeting is being held

For advance tickets and additional information, visit www.aannh.org, email programs@aannh.org or call 323-7302.

Hailed as a "virtuoso" who is "intensely soulful" by the New York Times and "spellbinding" by the New Yorker, Kinan Azmeh's distinctive sound spans different musical genres and has gained him international recognition as a clarinetist and composer.

Azmeh has been touring the world as soloist, composer and improviser. SEE ARTISTS, PAGE A11

on Sunday, May 20 immediately following the service. The 2018 Annual Report is complete and ready for your review prior to the meeting.

<http://starrkingfellowship.org/events/annual-meeting/>.

The Community Outreach organization for May is Got Lunch! Plymouth. This organization, started by members of Starr King Fellowship six years ago, prepares and delivers food for lunches during the entire summer vacation to approximately 100 children in 50 families in Plymouth. These children receive free and reduced lunches when school is in session. Many volunteers from the Fellowship and the wider community gather at our Meetinghouse on Monday mornings in the summer to obtain, pack, and deliver nutritious food to the homes of these children. The collection dedicated to Got Lunch! Plymouth will take place on Sunday, May 20.

"Art of the Duo" Sunday, May 20 at 7 p.m. at Starr King UU Fellowship! For more information and to get tickets, contact the Arts Alliance at programs@aannh.org or call them at 323-7302.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, May 23 from 10:30 a.m. to noon.

Towns

FROM PAGE A6

cial presentation at the Town House on Memorial Day, May 28, beginning at 11 a.m. This program is sponsored by the Groton Historical Society.

Vanishing Veterans: New Hampshire's Civil War Monuments and Memorials

New Hampshire towns did not erect monuments to prior wars, but the emotional and family toll, unprecedented in American history drove the decision to honor our local soldiers and sailors of the War of Rebellion. From Seabrook to Colebrook, Berlin to Hinsdale, along Main Streets and the 19th century dirt roads, in city parks and on town greens, in libraries and town halls, and in cemeteries prominent and obscure, George Morrison located inventoried, and photographed the fascinating variety of New Hampshire's Civil War memorials. He shares his discoveries from the earliest obelisks, to statuary and artillery, to murals, cast iron, stained glass, and buildings from the 1860's through the 1920's.

There will be refreshments following the program. The Historical Society Museum will also be open June 23, and July 14 from 1-3 p.m. Our theme for these two exhibit days will be "The Military through the Years" pertaining to residents of Groton. On May 15, the Museum will open its doors for the annual school trip of The Principia School from St. Louis, Mo. There will be 70 students visiting the

Mary Baker House, the Schoolhouse #4, and the North Groton Church.

Meetings and Closures Coming Up:

Select Board Work Session - May 15 at 5 p.m. at the Town House

Select Board Meetings - May 15, June 5, and June 19 at 7 p.m. at the Town House

The Planning Board will be meeting at the Town House on Tuesday, May 29 at 7 p.m.

Town Offices will be closed May 28 in observance of Memorial Day.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Hebron Area

Women's Group

The Hebron Area Women's Group will meet at noon on May 17 in the Coppertoppe Inn, Hebron. After a short meeting, members will enjoy luncheon prepared by innkeeper and hostess Sheila Oranch, and special desserts provided by Muffie Sheehan and Robbie Flynn. This is the final members' event of the season.

Town Clerk's Office - Saturday, May 19

On Saturday, May 19, the town clerk's office will be open from 8:30 - 11 a.m. for motor vehicle renewals, beach permits, Bristol Transfer Station permits, voter registrations, and dog licenses. New motor vehicle registrations, and boat registrations, and vital records (including marriage licenses) will be unavailable on Saturday, May 19 only at the town clerks' office. On Tuesday, May 22, the office will resume processing all transactions.

Covering the
Newfound Lake Area &
Surrounding Communities

Newfound Landing

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New desk art and June classes at Artistic Roots

PLYMOUTH —Stacey Lucas and Karin Beji have created a beautiful sculpture above the desk at Artistic Roots building on our tree theme. Be sure to stop by and check it out.

In June, Artistic Roots is offering a variety of classes including a Free Class for Kids. Dorothy Crowell will be teaching students to paint a clay tile. Students will choose from a variety of shapes and design and paint their tile. Tile Class is on June 9 from 1-3 p.m.

Suzan Gannett will be teaching a series of Watercolor Classes in June featuring Flowers. The classes will be held on June 12 and 19 from 1-3 p.m. Students will learn how to paint Iris in Session 1, and Geraniums in Session 2. Cost of a single class



COURTESY
This beautiful sculpture done in the colors of Artistic Roots logo is the work of Stacey Lucas and Karin Beji. Stop by the Gallery at 73 Main St., Plymouth to see it in person and to shop the amazing products of New Hampshire artisans.

Enjoy an evening of laughs with Paula Poundstone at the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center welcomes acclaimed comedienne Paula Poundstone to the Plymouth stage on Friday, May 25 at 7:30 p.m. Tickets for this show start at \$44.

Appearing on stage with a stool, a microphone and a can of Diet Pepsi, Poundstone is famous for her razor-sharp wit and spontaneity. The Boston Globe said, "Poundstone improvises with a crowd like a jazz musician...swinging in unexpected directions without a plan, without a net." The paper also noted that, "You know Poundstone's a great comic the way you know any fine performer when you see one—there's a disarming ease in her craft,



COURTESY
The Flying Monkey Performance Center welcomes acclaimed comedienne Paula Poundstone to the Plymouth stage on Friday, May 25 at 7:30 p.m.

an immediate sense that she's so quick on her feet you need never worry about the possibility of something going wrong."

Her off-kilter sensibility and impeccable timing made her a perfect fit for NPR's

"oddly informative," weekly news quiz program, "Wait Wait... Don't Tell Me," which she joined as a regular panelist seven years ago. The show is broadcast in 50 states and gives Poundstone a chance to match wits

with some of today's leading pundits - not to mention interact with some of the people at the forefront of our nation's eyes, such as Supreme Court Justice Stephen Breyer and former White House

SEE POUNDSTONE, PAGE A11

of their choice. Cost of the class is \$20 for members and \$25 for non-members.

On June 21, Lynn Haust will offer a Melted Glass Sun Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. They can also make a nightlight. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$30 for non-members.

Liz Keefe will offer a Mosaic Light Switch Class on June 16. She will teach students mosaic techniques using beads, glass, broken dishes, etc. Cost is \$35 for members and \$40 for non-members. She will offer a Pastel Landscape Class on June 23 from 1-3 p.m. She encourages students new to this medium and those that want to further their skill to join the class. Cost is \$30 for members and \$35 for non-members.

Weekly on Sundays from 2-4 p.m. sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

All classes are offered in our newly renovated studio. Come and see what a great space Artistic Roots has for offering art classes to our communities. Please note that

SEE ROOTS, PAGE A11

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	6 Cove Rd.	Single-Family Residence	\$450,000	Heath and Tracey M. Partington	Karen Davis
Alexandria	827 Mount Cardigan Rd.	Single-Family Residence	\$240,000	Robert L. Dwyer (for 827 Mt. Cardigan Road RT)	Maria E. Spina and Mark S. Berry
Ashland	Leavitt Hill Road	N/A	\$120,000	Waldhausen Farms LP	Whispering Pines of Littleton
Ashland	10 Vista Dr., Unit 83	Condominium	\$145,000	Brianna Adams (for Brianna Adams Trust)	Gordon M. and Barbara R. Webb
Bridgewater	N/A	N/A	\$330,000	Matthew A. Cheney	Donald C. Dolben (for BHLB Trust)
Bristol	394 Hall Rd.	Mobile Home	\$120,000	Karen M. Gaulty (for Karen M. Gaulty 2015 Trust)	Patrick A. and Rebecca A. Cassidy
Bristol	190 Hemlock Brook Rd.	Single-Family Residence	\$425,000	Jefferson T. Guild (for Jefferson & M. Guild Trust)	Daniel F. and Christina M. McCormack
Campton	60 Briarcliff Circle	Single-Family Residence	\$168,000	Jeffrey and Linda Denoncourt	Simon and Ashley Simou
Campton	84 Deacon Willey Rd.	Single-Family Residence	\$445,000	Joyce Trachtenberg	Paul A. and Lois K. Wagner
Campton	Judge Livermore Road	N/A	\$93,000	Alexandra Ananth	Anya Yurchyshyn
Campton	62 Tyler Way, Unit 1	Condominium	\$192,533	Michael B. and Judith S. Docurral	Darren E. and Lucia Moore
Holerness	312 Lane Rd.	Single-Family Residence	\$685,000	Karen A. Donnelly (for Edward & Karen Donnelly RET)	Matthew R. and Nadia Bonner
New Hampton	16 Clement Rd.	Single-Family Residence	\$275,000	Nancy L. Hughes	Christine and Todd Pica
Plymouth	8 Highland Terrace	Mobile Home	\$25,000	Katherine A. Brewer (for Joan B. Brewer Trust)	Ashley and Michael Vittum
Plymouth	55 Pleasant St.	Single-Family Residence	\$179,800	Kevin A. Cyrulik and Jessi L. Cyrulik	James Nighel-Abbott and Kendra A. Hebert
Plymouth	Ward Heights	N/A	\$126,333	Pemi-Valley Habitat	Lydia Darling
Plymouth	N/A	N/A	\$30,000	Sharmaine and David A. Stewart	Scott Bishop
Rumney	Camp Lane (Lot)	Residential Open Land	\$41,000	Raymond P. Carter	Joshua A. and Tami M. Keyes
Rumney	854 Quincy Rd.	Single-Family Residence	\$359,933	Steven J. Weber and Judy L. Stokes-Weber	Douglas L. Saum (for Douglas L. & J.C. Saum Fiscal Trust)
Thornton	Joshuas Lane	N/A	\$335,000	Louis E. and Patricia R. Klotz	Judy A. Gutry (for Gutry Fiscal Trust)
Thornton	4 Notchway Rd.	Single-Family Residence	\$610,000	Christopher C. and Laura Seyfarth	Roxana and Robert J. Wright
Thornton	28 Terrace Rd.	Single-Family Residence	\$329,000	Frederick C. and Rachel S. Decicco	Michael B. and Judith S. Docurral
Thornton	11 Weeping Birches Lane	Acc. Land Imp.	\$90,000	Michael Lancia	Richard and Ellen Collamore
Warren	297 NH Route 25	Single-Family Residence	\$124,400	Cary B. Wetherbee	Jane E. Blevins
Warren	Swain Hill Road	N/A	\$190,000	Jane A. Higgins	Robin L. and James W. Venuti
Waterville Valley	23 Black Bear Rd., Unit 1205a	Condominium	\$78,000	Frances L. Bevans	John Gramuglia
Waterville Valley	36 Davos Way, Unit 36	Condominium	\$274,000	Robert C. and Kristina I. Parisien	Ann M. McSweeney (for Ann M. McSweeney RET)
Waterville Valley	12 Hillside Way, Unit 3	Condominium	\$240,000	Peter A. Economou (for Noon Peak N3 RT)	Paul J. and Teri A. Mangiaratti
Wentworth	6 NH Route 25a	Single-Family Residence	\$205,000	Russell A. and Katrina M. Blodgett	Wentworth DG LLC

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.

Seniors and Blood Pressure Management

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

The Silent Killer

It may be surprising to realize that nearly half of all U.S. adults have high blood pressure (or hypertension). It's especially concerning considering that high blood pressure contributes significantly to the risk of health conditions that thousands face each year, such as heart attack, stroke, chronic heart failure, and kidney disease. And because those with high blood pressure tend not to have any symp-

toms, the disease is often referred to as the 'silent killer.'

Blood pressure can increase for those of any age, but adults age 65 and older tend to be at greater risk of high blood pressure because of structural changes to the arteries. Fortunately, education around blood pressure seems to be making an impact; the Centers for Disease Control and Prevention (CDC) notes that there has been a gradual increase in the number of older adults who have received treatment for high blood

pressure since 1999. The key to managing high blood pressure for these individuals was having their blood pressure checked frequently. But what exactly constitutes normal blood pressure for seniors?

What Is Considered Normal?

High blood pressure was, for many years, treated at 140/90mm Hg, but just last year, the American College of Cardiology (ACC) released new guidelines that consider 130/80 to be high. While these new guide-

lines were put in place to help treat high blood pressure earlier, some in the medical community feel that it may be harder to apply directly to seniors, who, as mentioned, already have higher blood pressure levels than younger adults. Treating the matter as black and white may not be realistic. For instance

lowering a senior's blood pressure, when unnecessary, can dramatically increase seniors' risk of falling. Conversely, one study showed that frail seniors may actually benefit from a slightly higher blood pressure level to help facilitate constant blood flow.

By ACC standards, blood pressure low-

er than 120/80 is still considered ideal, but physicians should consider all aspects of a senior's wellbeing before setting out to reach this goal. Cardiovascular health is an extraordinarily important part of our overall health, but it should not be managed in a silo. Seniors

SEE BLOOD PRESSURE, PAGE A12

MARK ON THE MARKETS

Conviction and purpose



BY MARK PATTERSON

As a registered investment advisory firm that specializes in asset management, I can tell you that most investment portfolios that are brought to my firm for review are very similar. I believe these similar portfolios are designed based on a model that the broker-dealer firm has designed to match up to a risk questionnaire that the client has probably responded to. It is very likely that the financial advisor who oversees the relationship between the client and the broker-dealer is required to fill out a risk questionnaire and apply the mutual funds or exchange traded funds that match the risk profile of the client. The major flaw with this model is this; the risk profile of the client does not necessarily yield a portfolio that meets their objectives.

If the client is telling me that their objective and need is income, I am going to design the portfolio to give my client steady, sustainable,

predictable income. If my client doesn't necessarily need income but wants growth, they are going to get a portfolio of investments that are designed more for growth than income.

It is very simplistic to fill out a risk questionnaire and design a "model" portfolio based on your client's answers. While this type of questionnaire may satisfy the broker-dealers compliance department, it does not, in my opinion, answer the question, what is the purpose of this money?

In the past, I've written about the transition from the accumulation of assets during the first 50 years of one's working life. As we approach retirement or even a time when we are not making money, but starting to rely on our accumulated assets for steady sustainable predictable income. Asset preservation becomes even more critical in this period. In the retail brokerage world, assets are shifted to more conservative bond mutual funds that have a different kind of risk and away from stocks or equities that bear market risk. You simply cannot structure a steady sustainable stream of income using bond funds. Bond funds cannot manage interest rate risk that in fact could be a

very substantial risk. High yield funds AKA "junk" pay a higher rate of interest but are highly correlated to the equity markets and subjected to a high degree of credit risk.

The families that MHP asset management works with range from young families needing growth from their assets, to families approaching retirement and needing to set up a steady sustainable income plan, or to those in retirement that may need income from their assets or are creating a legacy for their heirs.

These various portfolios are going to be drastically different depending on not only the risk tolerance but the true purpose that this portfolio is designed to achieve. That is why MHP asset management investment portfolios are crafted with conviction and purpose!

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

We are holding Tax reform workshops on May 23 at the Moultonborough library and 5/24 at the Meredith Community center. Both workshops at 6 p.m. Go to WWW.Tax-reform.net to sign up!

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Closure

FROM PAGE A1
from the contaminant source, advising them to place those items in plastic bags and throw them away.

"We have been told there is very little threat that the items borrowed by other patrons will cause dramatic spread of the bugs, but we felt it was important for these patrons to be aware," library trustees wrote in a letter to Salmon

Press [the full letter can be found on page A4].

They are now working with town and state public health officials to develop a protocol that can be enacted should something similar ever occur in the future.

"We have not yet determined how the (destroyed) materials will be replaced, but our intention is to rebuild the collection as soon as possible," the trust-

ees said.

On May 15, the facility's Facebook page updated the public on the situation by stating the library will remain closed until further notice. The book drop outside the main entrance has also been closed but those who borrowed any materials prior to the library closure are being assured there are no late charges being incurred on those items.

Notebook

FROM PAGE A5

wouldn't split. Because of this, it was slowest to burn. Sometimes, just before bed, he'd say "Throw on a junk, Bub," meaning the best piece to hold the fire overnight.

And there was the fence. The thing people tend to forget about a fence is that once you put one up, you've got to take care of it. Deer jump over it, their hooves dragging just a bit here and there, and wind and fallen limbs have their way. Throw in the occasional bear or moose, two species known not to give a fig for a fence, and you've got a fence looking like a prize-fighter about to fall.

But before the season's livestock comes in, the fence will get fixed. We don't want loose animals any more than the neighbors do. The four worst words anyone wants to hear, especially when there's another task at hand, like haying, is

"Your ___ are loose" (add animal of choice here).

Out on the front lawn, a scattering of daffodils held their bright yellow colors aloft in the wind, barreling down from Lower Canada's Eastern Townships with the usual abandon.

The front lawn greened up almost overnight, almost right after the last snowbank left, almost right after the last frost, which of course won't be the last. And I'm never surprised to see a snowflake in May.

I consulted with Chief Aid de Camp Baker Bob on lawn strategy. Among many other duties, Bob is in charge of making sure that the lawn mowers actually run. Also, he is Chief in Charge of Not Having the Perfect Lawn. We inform each other on Perfect Lawn commercials to scoff at, paying particular attention to commercials showing the frenzied persecution of

dandelions, which, in this part of the country at least, we eat.

Here and there on the lawn were the remains of fireworks, set off with great glee on the advent of the New Year, or maybe it was the Equinox. Note to self: Buy more fireworks. The Fourth is not all that far away.

The snow had barely gone away, and here I was thinking about the Fourth. There are still plenty of cold nights until then--a good case for still having plenty of wood for fireplaces, without and within. And so I ended my patrol at the porch, where there is plenty.

(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.)

Spring

FROM PAGE A1
explained.

Like many of her other works, Basford created a new glaze for her concert piece, saying she loves to develop new glazes that can give a desired effect to each piece, whether it is a blended glaze or one that takes on a bubbly appearance once fired in the kiln.

Working with teacher Don White for the past three years, she said, has been really enjoyable.

"This class has made me reconsider what I want to do in my life. I'd like to have a career of some kind in ceramics," she said.

Her ribbon was only one of several awarded to art students that night.

Artists

FROM PAGE A7

er. Notable appearances include: Opera Bastille, Paris; Tchaikovsky Grand Hall, Moscow; Carnegie Hall and the UN's general assembly, New York; the Royal Albert Hall, London; Teatro Colon, Buenos Aires; der Philharmonie; Berlin; the Library of Congress, the Kennedy Center, Washington, D.C.; the Mozarteum, Salzburg, Hamburg's Elbphilharmonie and the Damascus Opera House for its opening concert in his native Syria.

His compositions include several works for solo, orchestra, and chamber music, film, live illustration and electronics. His discography include three albums with his ensemble Heward, several soundtracks for film and dance, a duo al-

Other works on display were recognized for excellence in photography, digital art, watercolor, acrylics, scratchboard, collage, tempera paint and even grease pencils.

Highlighting the evening was the Spring Concert presented by Music Director Ed Judd, with choral accompaniment on the piano by Phillip Breton.

Selections from the chorus included "Evening Star," "Dies Irae," and the aptly titled "Come Ye Sons of Art." They finished their performance with the medley "Jekyll & Hyde."

Select Choir added three songs to the vocal portion of the concert, singing "Waiting for the Light to Shine" from the

musical "Big River," "Air and Alleluia," and "Song That Goes Like This" from "Spamalot."

Jazz band had the audience tapping their toes with four selections of their own that included "What Is Hip?" and "Groovin' Hard," while the concert band wrapped the evening up with "Valdres," "A Scottish Portrait," "Suite from The Planets" and "Fiero."

Noted at the concert were several singers and musicians from NRHS that were selected this year for the Lakes Region Honors Band/Chorus/Jazz Band, the Plymouth State University All-New England Honors Chorus/Band, and the State Solo & Ensemble Festival.

bum with pianist Dinuk Wijeratne and an album with his New York Arabic/Jazz quartet the Kinan Azmeh City Band. He serves as artistic director of the Damascus Festival Chamber Players, a pan-Arab ensemble dedicated to contemporary music form the Arab world. He is also a member of Yo-Yo Ma's Silk Road Ensemble with whom he was awarded a Grammy in 2017.

The Sri Lankan-born, Canada-based composer-performer Dinuk Wijeratne has been described by the Toronto Star as "an artist who reflects a positive vision of our cultural future," and by the New York Times as "exuberantly creative." His boundary-crossing work sees him equally at home in collaborations with symphony orchestras and string quartets, tabla players and DJs, and takes him to international venues as poles apart as the Berlin Philharmonie and the North Sea Jazz Festival.

Wijeratne's 2016 highlights include JUNO and ECMA wins for his string quartet pieces Two Pop Songs on Antique Poems, and his appointment as Composer-in-Residence of Symphony Nova Sco-

tia. He made his Carnegie Hall debut in 2004 as a composer, conductor, and pianist, performing with Yo Yo Ma and the Silk Road Ensemble. A second Carnegie appearance followed in 2009, alongside tabla legend Zakir Hussain. Dinuk has also appeared at the Kennedy Center (Washington, D.C.), Opera Bastille (Paris), Lincoln Center (New York), Teatro Colón (Buenos Aires), Sri Lanka, Japan and across the Middle East.

He is the recipient of the Canada Council Jean-Marie Beaudet award for orchestral conducting; the NS Established Artist Award; NS Masterworks nominations for his Tabla Concerto and piano trio Love Triangle; double Merritt Award nominations; Juilliard, Mannes & Countess of Munster scholarships; the Sema Jazz Improvisation Prize; the Soroptimist International Award for Composer-Conductors; and the Sir John Manduell Prize - the RNCM's highest student honor. His music and collaborative work embrace the great diversity of his international background and influences.

Roots

FROM PAGE A9

until a class is paid for, you are not officially enrolled. All classes

should be paid for at least by the day before the class.

Become a Supporting Member! The cost is \$25 annually and

you receive a discount on all classes offered at the gallery. Artistic Roots is located at 73 Main St. in Plymouth. You can register for

classes by stopping by the gallery, phoning 536-2750 or visiting the Web site, www.artisticroots.com.

Poundstone

FROM PAGE A9

Press Secretary the late Tony Snow.

"NPR has a long history as a great source of information. They have made some of

the funniest comedy shows, and they do the most compelling interviews. I hope to combine all of those things with a live audience, and without mucking it up. If I should succeed, I'm hoping they

change their name to NPPR," says Poundstone.

No mucking it up here. Fans should be prepared to laugh themselves silly all night.

Tickets for Paula

Poundstone are \$44 and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

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small



medium



large

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DONNA RHODES

Kylee MacDonald's senior project on domestic violence earned her this year's Judge's Award at Newfound Regional High School last week.

Seniors

FROM PAGE A1
on both of us," said MacDonald. "This project was my therapy. I found ways to cope with it and get better."

All of the projects were quite worthy of distinction as they each addressed unique subject matter, like Bethany Basford's "World Cuisine and Culture," complete with foods she prepared herself, and Madison Timmons' work on "Buddhist Medicine."

"This is about the ways in which meditation can improve your life," Timmons explained.

Her study on the subject matter showed that meditation can help with self-esteem

and awareness, memory, even sports performance.

Like MacDonald, Hayleigh LeTourneau was inspired by a life experience when she chose the topic, "How Trauma Affects Adolescents." She and her cousins had a near-drowning experience a few years ago when they got caught up in a riptide and while they all survived, she has dealt with emotional trauma ever since. She said studying ways people can overcome trauma of all kinds was meaningful.

"This project helped me cope with it," LeTourneau said.

Victoria Roman took a hard look at how

bullying affects people of all ages and found that her interest in the topic also affected her own life when her essay on the subject won her acceptance into college next fall. "A Short History in Women's Fashion" by Molly Croxon took a look at the manner in which fashions from the 1800's until today have actually been a reflection of how women are perceived in society. One example she presented was the way fashions changed from the conservative styles to a new, bolder look in 1920 when women won the right to vote.

Finally, Zach Patten presented his work on Video Game Design, from simple coding

to the more complex computer codes that go into higher level video games. Patten even designed a Web site on how to create a number of video games.

"You can see that a

lot of work went into these projects. They all did an incredible job," said Amy Yaekel, the Extended Learning Opportunities Coordinator for NRHS.

Judges for this year's

presentation were retired NRHS Principal Michael O'Malley, retired NRHS teacher and coach Earl Mills, and Bob Broadhurst, president of the Bristol Rotary.

Blood Pressure

FROM PAGE A10

should discuss the subject of their blood pressure thoroughly with a physician, keeping in mind any existing conditions and current medications. Comprehensive discussion will help lead to a better plan for either reducing the risk of high blood pressure or management of existing high blood pressure.

Managing Blood Pressure

All seniors should obtain a blood pressure monitor for their home so that they can self-check. It's recommended that several readings, across the span of about one week, are averaged in order to get higher level of blood pressure accuracy. If blood pressure consistently stays high, medication may be required. However, there are a number of lifestyle choices seniors can make to help reduce their risk of high blood pressure, all of which should be

done with physician approval.

- Follow a balanced, heart-healthy diet, complete with fruits and vegetables, high-fiber foods, whole grains, low-fat dairy products, and nuts

- Maintain a healthy weight

- Get some form of exercise every day for at least 30 minutes

- Do not salt your food and avoid processed foods whenever possible (especially if salt-sensitive)

- Follow a consistent sleep schedule

- Limit alcohol consumption (no more than one beverage a day for women, and two for men)

- Don't smoke, or take steps to quit

Comfort Keepers® Can Help

The compassionate, professional caregivers of Comfort Keepers® can promote a heart-healthy lifestyle for seniors, in addition to other in-home care services, such as light housekeeping and mobility assistance. We

can also provide transportation to and from the doctor's office for any scheduled visits, and even help those recovering from any heart-related conditions. Contact a local Comfort Keepers office to learn about these services and others for seniors.

About

Comfort Keepers

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

Newfound Landing Sports

Section **B**
Thursday,
Thursday, May 17, 2018



JOSHUA SPAULDING

Matt Libby won both hurdle events at Newfound's home meet last week.



JOSHUA SPAULDING

Jasmine Peterson throws the javelin during action last week at Newfound's track.

Libby leads Newfound in lone home meet

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — It has been a tough season for the Newfound track

What's On Tap

The local high school teams continue with a full slate of action in the coming week.

The Newfound and Plymouth track teams will be competing at the Wilderness Championships on Saturday, May 19, at Gilford at 9:30 a.m. The Newfound baseball and softball teams will be at Berlin on Monday, May 21, and at Stevens on Wednesday, May 23, both at 4:30 p.m.

At Plymouth, the lacrosse boys will be hosting Kearsarge today, May 17, at 4 p.m., will be at Lebanon on Tuesday, May 22, at 4 p.m. The Bobcat tennis boys will be hosting Oyster River today, May 17, at 4:30 p.m. and will be hosting Kennett on Friday, May 18, at 4 p.m.

The Plymouth girls' lacrosse team will be hosting Lebanon on Tuesday, May 22, at 4 p.m.

The Plymouth girls' tennis team will be at Kennett for a 4:30 p.m. match on Friday, May 18.

The baseball and softball Bobcats will be at Con-Val for 4:30 p.m. games on Monday, May 21, and the baseball Bobcats will be at Hanover on Thursday, May 24, at 4:30 p.m.

team.

The team had a meet at the start of the season, but since then, the Bears have had a number of postponements that have kept them out of competition for much of the last month. Newfound returned to action last week with a few meets, including a home meet on Thursday, May 10, featuring Mascoma, Franklin, Moultonborough and Woodsville.

For the Bear boys, Matt Libby took top honors in the 110-meter hurdles in a time of 16.11 seconds, while Quentin Dancewicz-Helmers finished third in 19.48 seconds.

Libby also won the 300-meter hurdles, finishing in a time of 43.9 seconds with Tielar Mitchell finishing third in a time of 46.98.

Libby was first in the triple jump as well, leaping 38 feet, one inch, with Cian Connor at 35 feet, 3.5 inches for second place.

The Bears took first overall in the 4X100-meter relay with a time of 46.53, with the team of Mitchell, Libby, Justin Shokal and Cam Anderson doing the running.

Reid Wilkins won the high jump at a height of five feet, 10 inches and Dancewicz-Helmers



JOSHUA SPAULDING

Reid Wilkins clears the high jump bar in action at home last week.



JOSHUA SPAULDING

Autumn Braley clears a hurdle in the 300-meter event last Thursday.

finished in third place at five feet, four inches.

Dylan Perkins cleared eight feet, two inches in the pole vault to take top honors.

fourth at 38 feet, half an inch. Jacob Blouin threw 31 feet, four inches and Josh Holton threw 21 feet, 6.5 inches.

Dancewicz-Helmers finished third in the long jump with a leap of 17 feet, 2.5 inches, while Connor finished in fourth place at 16 feet, two inches. Jacob Pfister jumped 13 feet, eight inches, Jason Liang jumped 13 feet, 7.5 inches and Jacob Blouin jumped 12 feet, six inches.

Shokal finished sixth in the 100 meters with a time of 12.1 seconds, with Aidon Anderson eighth in 12.42 seconds and Liang 12th in 13 seconds.

In the 800 meters, Jacob Huckins finished fourth in a time of 2:24.46 and Hayden Reynolds was 11th in 2:53.54.

Shawn Huckins threw his way to second place in the javelin with a toss of 131 feet, six inches, with Devon Normandin in sixth place at 111 feet, two inches, Connor McLaughlin in seventh at 98 feet, eight inches, Zachary Goudreau at 41 feet, with Mason Dalphonse finishing

SEE TRACK PAGE B6

Coaching openings at Newfound

BRISTOL — Newfound Regional High School has the following coach openings for 2018-19: Varsity field hockey, JV field hockey, JV soccer, JV volleyball,

unified soccer, varsity girls' basketball, varsity boys' basketball, JV boys' basketball and unified basketball. If interested, please send letter of interest and resume to Supt.

Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x1507 or pcofr@sau4.org.

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Logan Rouille puts a tag on a Belmont runner during action last Monday.

JOSHUA SPAULDING



Matt Costigan makes a play at first base during action last Monday against Belmont.

JOSHUA SPAULDING

Big inning propels Belmont past Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Belmont baseball team is one of the top contenders in Division III and they showed off their bats on Monday, May 7, when they visited Bristol to take on the Newfound Bears.

Nick Lynch got the start on the hill and gave up a run in the first inning and two in the second inning before the Bears came back with a run in the bottom of the second inning.

Logan Rouille scored the run for the Bears, cutting the lead to 3-1 heading to the third inning.

The visitors were able to get a big RBI double to plate the fourth run before Lynch induced a groundout to Matt Costigan at first base. After a walk, a Newfound error allowed another run to score, but the Bears were able to end the rally there, when Costigan fired the ball across the diamond to Rouille to cut down a runner trying to get to third on the error.

The Bears got a two-out infield hit from Eric Hanser in the bottom of the third inning but he was stranded on first, sending the game to the fourth, where the Raiders were able to open the game up against the Newfound bullpen.

Stine Williams took the mound to start the fourth inning and after a hit batter and two walks, coach John Larsen made a pitching change, with Nate Tucker taking the hill. A walk plated a run and then a base

hit drove in two more to make it 8-1. Another base hit drove on two more runs and then one

more hit made it 11-1. The Raiders were able to plate three more runs and the Bears were

unable to generate any more offense, dropping a 14-1 decision to the Raiders.

The loss dropped Newfound to 1-8 on the season. The Bears are set to be at Berlin on

Monday, May 21, and at Stevens on Wednesday, May 23, both at 4:30 p.m.

Baseball Bobcats grab a pair of wins

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — In a week with only a couple of games, the Plymouth baseball Bobcats did all they could to improve their playoff standings, picking up two wins to move to 8-3 on the season.

On Monday, May 7, the Bobcats took on Coe-Brown and got the 4-1 win.

Garrett Demas got the start on the hill and went the distance, allowing just the one run on five hits while striking out 11 Bears.

“He was in command all game and locating his pitches very well,” said coach Mike Boyle.

Demas was also solid at the plate, knocking three hits, including a solo homer in the third inning to help the Bobcats to the win.

Owen Brickley also had a nice day at the plate, with two hits and an RBI.

On Wednesday, May 9, the Bobcats traveled to Bow and defeated the Falcons by a 6-3 score.

Mike Hogan doubled on a 3-2 pitch in the top of the first inning to plate the first run of the game. It was the first of three hits for the senior captain on the day.



JOSHUA SPAULDING

Owen Brickley had a good week for Plymouth, both at the plate and on the mound.

Nick Qualey got the start on the mound for the Bobcats, going four innings and al-

lowing just two runs on one hit while striking out three. Brickley threw three innings

in relief, recording the final nine outs to earn the save.

“Overall a very

good offensive day,” Boyle stated. “Nick was outstanding on the mound with the start and Owen did a great job coming in and closing the door.”

The Bobcats kicked off a big week with games against Kingwood and Kennett after deadline and will be hosting St. Thomas on Friday, May 18, at 4:30 p.m. for the final home game of the season and will be at ConVal on Monday, May 21, and at Hanover on Wednesday, May 23, both at 4:30 p.m.

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

Miles for Smiles 5K set for June 3

PLYMOUTH — Runners, walkers, families, and school groups from across the region are gearing up for the eighth annual Miles for Smiles 5K walk/run. Since 2011 this event has raised much-needed funds to provide access to dental care for adults with disabilities.

Once again this year, running clubs from local elementary schools will be participating as the culmination of their “Kids Run the Nation” program. Joining the race are elementary schools from Camp-ton, Plymouth and Wentworth.

“Our students are excited to participate again in the Miles for Smiles 5K - the course and location are perfect. And we are proud to support Lakes Region Community Services in this local fundraiser,” commented Miles for Smiles volunteer and assistant coach Fran Gonsalves, from Plymouth Elementary School.

The course is fast, flat, out-and-back. It starts and finishes at Smith Bridge in Plymouth. The professionally timed race starts at 9 a.m. with registration and check-in at 8 a.m.

The fee for Miles for Smiles (up to June 1) is \$20. Registration on the day of the race is \$25. To register online, visit <https://g2racereg.webconnex.com/smile5k2018>. Runners and walkers can also register by mail with a check payable to LRCS. For a registration form, visit LRCS.ORG or contact Phoebe VanScoy-Giessler at giving@lracs.org or call 581-1526.

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Edward Jones: Financial Focus

How Can You Meet Your Short-term Goals?

Why do you invest? If you're like most people, you'd probably say that, among other things, you want to retire comfortably. Obviously, that's a worthy long-term goal, requiring long-term investing. But as you journey through life, you'll also have short-term goals, such as buying a second home, remodeling your kitchen or taking a much-needed vacation. Will you need to invest differently for these goals than you would for the long-term ones?

To answer that question, let's first look at how you might invest to achieve your longer-term goals. For these goals, the key investment ingredient is growth – quite simply, you want your money to grow as much as possible over time. Consequently, you will likely want a good percentage of growth-oriented vehicles, such as stocks and other stock-based investments, to fund your 401(k), IRA or other accounts.

However, the flip side of growth is risk. Stocks and stock-based investments will always fluctuate in value – which means you could lose some, or even all, of your principal. Hopefully, though, by putting time on your side – that is, by holding your growth-oriented investments for decades – you can overcome the inevitable short-term price drops.

In short, when investing for long-term goals, you're seeking significant growth and, in doing so, you'll have to accept some degree of investment risk. But when you're after short-term goals, the formula is somewhat different: You don't need maximum growth potential as much as you need to be reasonably confident that a certain amount of money will be there for you at a certain time.

You may want to work with a financial professional to select the appropriate investments for your short-term goals. But, in general, you'll need these investments to provide you with the following attributes:

Protection of principal – As mentioned above, when you own stocks, you have no assurance that your principal will be preserved; there's no agency, no government office, guaranteeing that you won't lose money. And even some of the investments best suited for short-term goals won't come with full guarantees, either, but, by and large, they do offer you a reasonable amount of confidence that your principal will remain intact.

Liquidity – Some short-term investments have specific terms – i.e., two years, three years, five years, etc. – meaning you do have an incentive to hold these investments until they mature. Otherwise, if you cash out early, you might pay some price, such as loss of value or loss of the income produced by these investments. Nonetheless, these types of investments are usually not difficult to sell, either before they mature or at maturity, and this liquidity will be helpful to you when you need the money to meet your short-term goal.

Stability of issuer – Although most investments suitable for short-term goals do provide a high degree of preservation of principal, some of the issuers of these investments are stronger and more stable than others – and these strong and stable issuers are the ones you should stick with.

Ultimately, most of your investment efforts will probably go toward your long-term goals. But your short-term goals are still important – and the right investment strategy can help you work toward them.

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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Raiders jump early, push past Bears

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound softball team ran into a strong Belmont squad kicking off last week.

The Red Raiders scored four runs with two outs in the first inning and went on to take a 15-0 win over the Bears.

Kasey Basford got the start in the pitcher's circle for the Bears and got the first two outs of the game on a ground-er to third and a pop up that catcher Caroline Marchand snared. However, the next batter hit a double and a pickoff error and a hit batter put runners on the corners. A passed ball allowed the Raiders to get their first run of the game and after another walk, a double to the fence plated two more runs. After another walk, a passed ball brought home Belmont's fourth run of the game before Basford was able to get out of the jam by getting a strikeout to end the inning.

Newfound responded in the bottom of the first inning by plating a run of their own, also with



JOSHUA SPAULDING

Kasey Basford pitches for the Newfound softball team against Belmont last week.

a two-out rally. Kyle MacDonald worked a walk with two outs and promptly stole second. She was able to advance to third on a throwing error and came around to score on a base hit by Basford, cutting the lead to 4-1.

The Raiders were able to plate two more runs in the top of the second, again doing the damage with two outs. Basford struck out two of the first three batters in the inning, with a walk in between. However, another walk and

a pair of passed balls allowed two more runs to cross the plate. Basford gave up another double but Madison Perry tracked down a fly ball to deep left field to end the inning.



JOSHUA SPAULDING

Kyle MacDonald crosses the plate with Newfound's first-inning run last Monday against Belmont.

Newfound went quietly in the third inning and the Raiders were able to put up a couple of more runs as they headed to the fifth inning.

That fifth inning saw a couple of base hits and a pair of walks plate three more runs and the Raiders had an 11-1 lead.

Jillian Buchanan worked a walk to open the bottom of the fifth inning and one out later, Victoria Roman also worked a walk. However, both runners were stranded and the game headed to the sixth inning with Belmont up 11-1.

The Raiders pushed through and added four more runs in the top of the sixth inning, with a pair of walks, a hit batter, a double and a base hit mixed in with a couple of passed balls allowing the runs to come

across the plate for the 15-1 lead. The Bears went in order in the bottom of the sixth inning and the game was called for the mercy rule. Newfound dropped a 17-3 decision to Berlin on Wednesday, May 9. Berlin scored early with a couple of runs in the first inning. The Bears scored all three of their runs in the fourth inning, as Basford and Madison Hanley each drove in runs.

Berlin opened the game up in the fifth with eight runs crossing the plate.

Newfound was able to get a win on Friday, May 11, with Basford not allowing a single run to the Sachems and leading the team to the 11-0 win. Roman drove in a run in the first and Tiffany Doan and MacDonald each drove in runs in the second inning as Newfound scored three runs.

Hayleigh Pabst crushed a homer in the third inning and joined Doan, Roman, Marchand and Bailey Fairbank with multiple hits in the game. The one win and two losses moved the Bears to 5-6 on the season.

The team will be returning to action on Monday, May 21, when they visit Berlin for a contest and then will visit Stevens on Wednesday, May 23, both set for 4:30 p.m. start times.

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



The Plymouth State baseball field has a new name after a dedication ceremony May 6.

COURTESY PHOTO

Plymouth State baseball field dedicated in honor of Sharon and Carleton Parish

PLYMOUTH — The baseball field at Plymouth State University (PSU) has been named the Sharon and Carleton Parish Field in memory of the late Carleton Parish '71 and his wife Sharon to recognize the decades of their unstinting support to the university. The dedication ceremony took place on Sunday, May 6.

Carleton Parish is honored for his strong dedication and commitment to Plymouth State. After serving a four-year tour for the U.S. Navy, Parish attended PSU and helped found Phi Beta Upsilon, a fraternity for returning veterans that focused on giving back

to the community. After graduating, Parish stayed supportive of the university through both physical and fiscal donations and served on the Holmes Heritage Society and the President's Council in his later life. Over the years, his donations reached nearly seven figures and encompassed, among other things, two endowed scholarships.

"Carl's two greatest loves were his wife Sharon and Plymouth State University," says John Scheinman, Director of Development and Major Gifts at PSU. "He bled green and what was evident from our first meeting to our last was his unwaver-

ing belief in education and his commitment to his alma mater."

Parish was especially connected to the baseball team and cultivated rich relationships with the coaches, student-athletes, and parents alike. Over the years, Parish provided financial support for the team's annual spring trip to Fort Myers and repeatedly donated Red Sox memorabilia for the team's fundraising auction. In his will, he left the remainder of his Red Sox collection to the team for further auctions as well as a monetary donation to PSU's planned stadium and turf fields.

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NCH Upper Connecticut Valley Hospital

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RC GREENWOOD

Two wins

Max Homer moves the ball down the field during his team's game with Milford last week. The Bobcats picked up a 16-9 win over the Spartans on May 9 and also knocked off Gilford by a 13-10 score on May 7. The team dropped a 10-7 decision to Laconia to close out the week. The Bobcats will be hosting Kearsarge today, May 17, at 4 p.m., will be at Lebanon at 11 a.m. on Saturday, May 19, and will be hosting Kennett on Monday, May 21, at 4 p.m.

Track

FROM PAGE B1

56 feet and Luke Wade at 31 feet.

Kyle Rosendahl took seventh in the 1,600 meters in a time of 5:37.68, with Nicholas Comeau in eighth in 5:39.09, Wyatt Day in 5:58.73 and Ashlar Dotson in 15th place in 6:34.51.

For the Bear girls, Lilly Wright cleared five feet, six inches to take top honors in the pole vault.

Jasmine Peterson cleared four feet, eight inches to win the high jump with Ashlee Dukette in second place at four feet, two inches and Haley Dukette finishing fifth at three feet, 10 inches.

Amy Combs won the 200 meters in a time of 28.03, with Shyann Seymour in 30.74, Katie Drapeau in 32.37 and Wright in 32.56.

Combs also won the 100 meters in a time of 13.42, with Seymour in 14.52 and Wright in 15.17.

Ashlee Dukette won the javelin with a toss of 105 feet, nine inches, Peterson finished third at 102 feet, four inches with Jessica Gosson at 68 feet, nine inches, Alexis Raimondi at 65

feet, three inches, Trinity Taylor at 48 feet, 11 inches and Danielle Duclos at 39 feet, four inches.

In the 4X400-meter relay, Newfound finished second at 4:58.61 and third in 5:02.99. The Bears were also second in the 4X100-meter relay in 56.6 seconds.

Autumn Braley took third in the 300-meter hurdles in 58.64.

Haley Dukette was third in the 800 meters in a time of 2:48.28, with Manon DeGreef in 2:57.04 for fourth place.

Ashlee Dukette finished second in the shot put with a toss of 30 feet, 11.5 inches, with Megan Stafford in third at 25 feet, eight inches, Raimondi in fifth at 21 feet, 9.25 inches, Gosson at 21 feet, 1.5 inches and Mackenzie Jollie at 16 feet, 3.5 inches.

Taylor was third in the discus at 74 feet, six inches, Raimondi was fourth at 70 feet, four inches, Oceanne Skoog was fifth at 68 feet, one inch and Gosson threw 41 feet, 10 inches.

Sophia Pettit finished fifth in the 1,600 meters with a time of 7:59.03.

In the triple jump, Raimondi leaped 24 feet, nine inches, Da-

nessa Duclos went 22 feet, 8.5 inches and Danielle Duclos jumped 19 feet. Braley finished in a time of 20.35 in the 300-meter hurdles and in the long jump, DeGreef jumped nine feet, 5.5 inches.

The Bears will be

back in action at the Wilderness League Championships on Saturday, May 19, at Gilford at 9 a.m.

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

A little disappointment this spring season

SPORTING CHANCE



By JOSHUA SPAULDING

teams left that I haven't seen yet this season. It's disappointing to me that I've gone this long without seeing certain teams, but the way the schedule has fallen, with rainouts and snowstorms and the like, the season has been a disaster in scheduling.

I am hoping that in the coming weeks I will see all of the teams that are part of my coverage area but I think this may be the first season in as long as I can remember that there is a team or two that I won't see in the season. I absolutely hate that fact. Over the years, I've taken pride in seeing all my teams and providing equal coverage to all of

them and not being able to see a team or two in a season is incredibly disappointing.

I am appreciative of all the local coaches who keep me in the loop week in and week out even if I am not able to make their games. Coaches are pretty understanding of the fact that my coverage area isn't exactly small and I can't see everybody all of the time. And to the coaches who I, for one reason or another, have yet to see this season, I apologize for not getting to those games this spring season.

The next few weeks will be busy, with playoffs starting for tennis in the coming week and a few of the local teams in the battle for playoff spots, including the Kingswood girls, the Kennett boys and the Plymouth boys and girls. After that, the playoffs for lacrosse,

baseball and softball will be starting and the State Meets for track will be coming around before the end of the month.

And soon enough, it will all be over and I'll be looking for ways to fill my papers each week.

Though a vacation will be nice change of pace.

Finally, have a great day Beth Tobyne.

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

What's Happening at Plymouth State University

CONGRATULATIONS CLASS OF 2018!

Plymouth State's 147th Commencement Ceremonies

Graduate ceremony, address by Senator Charles "Chuck" Morse '84. Thursday, May 17, 7 p.m.

Undergraduate ceremony, address by Governor Chris Sununu. Saturday, May 19, 10 a.m.



Complete information is available at plymouth.edu/Commencement.

See further up here.

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