

Newfound Landing

THURSDAY, JULY 15, 2021

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COMPLIMENTARY

Pop-Up Dance comes to Central Square

BRISTOL – Lead With Arts is organizing a Pop-Up Dance performance in partnership with the Town of Bristol as a way to highlight the importance that performing arts and the downtown play in the community.

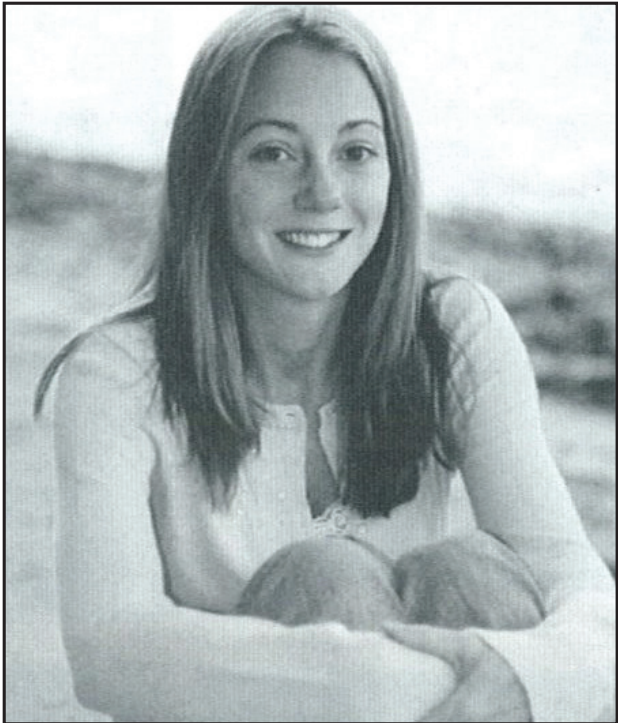
The event will feature three professional dancers in Central Square, Friday, 6-7 p.m. All are encouraged to attend and join in the fun. The event is rain or shine. If there is significant rain, the performance will move to the Historic Town Hall at 45 Summer St.

“Pop-Up Dance is a casual and joyous way to share the craft of dance with the state of New Hampshire,” said Amanda Whitworth, founder of Lead With Arts. “The project sheds light on the cultural and performative movement traditions of diverse dancers who live, work and play here. The arts, in collaboration with business and community are unique economic drivers that showcase our state’s tremendous assets.”

The event is part of a Pop-Up Dance series around the State, which is at once a placemaking project and cultural tourism campaign, making visible professional dance and the dancers that are often under-represented or inaccessible to broad audiences. Spontaneous and playful, these tiny dances are meant to be taken in as community members shop, stop and explore the markets, towns and public spaces nearby.

SEE DANCE PAGE A7

First inductee announced for Newfound Athletics Hall of Fame



COURTESY PHOTO

Kelsey (Watson) Maxwell will be inducted into the Newfound Athletics Hall of Fame in October.

Kelsey (Watson) Maxwell will be inducted in October

BRISTOL — Kelsey (Watson) Maxwell graduated from Newfound Regional High School in 2006 and has been selected an inductee into the 2021 Newfound Athletics Hall of Fame because of her achievements as an athlete. She was a three-year varsity member of the field hockey and girls’ basketball teams and a four-year member of the track team. She was a captain of the field hockey and the girls’ basketball team during her senior year.

As a three-sport athlete, Watson left her mark on all of her teams as a positive role model and leader. On the track, she still holds four records to this day. Her records include 100m (12.8 s), 200m (26.2 s), 400m (58.2 s), and the 4x100 relay team (anchor). She went on to compete in the Meet of Champions during her junior and senior seasons. She even qualified for

SEE HALL OF FAME PAGE A7

Family and friends gather to celebrate local veteran’s 100th birthday



DONNA RHODES

When the Town of Hebron celebrated the 100th birthday of resident Howard Oedel (third from right) on July 9, he was also joined by four generations of his family, including his brother Herb and wife Ginny, and his eight-month-old great-great-nephew Michael.

BY DONNA RHODES
CONTRIBUTING WRITER

HEBRON – Family, friends, neighbors, state and local dignitaries gathered at Hebron Public Safety Building on July 9 to celebrate the 100th birthday of Howard Tredennick Oedel, a member of The Greatest Generation who served the country during World War II in the U.S. Navy.

Joining in the celebration were four generations of his family, ranging from his 96-year-old brother Herb and his wife Ginny, to his 8-month-old great-great nephew Michael. While some of the family came from as far away as Georgia to honor Howard, Michael’s daddy, Howard’s great-nephew, was busy attending Top Gun training for the U.S. Navy. He had no problem with that.

Howard Oedel was born in Boston 100 years ago, on July 9, 1921, to William Nagel Oedel and Netty Erdine Tredennick. He joined the Naval ROTC in 1939 upon entering Harvard University.

It was the same year that another of history’s Naval heroes, John F. Kennedy, graduated from the Ivy League college, too.

Graduating in 1934, Howard married Carolyn Howard Townsend the very next day and, just eight days later, he was on the West coast waiting to board the USS Massachusetts.

While aboard the battleship, Oedel served as both the Damage Control Officer and Berthing Officer, rising in time to the rank of Lieutenant Junior Grade.

During his two-and-a-half years of service with the U.S. Pacific Fleet in the Solomon Islands, he and his fellow shipmates took part in the Battle of Leyte Gulf in the Philippines. That battle has become known as possibly one of the largest naval battles in not only World War II, but perhaps in all of naval history thus far.

Hebron historian and host of the event, Ron Collins, pointed out during the birthday celebra-

SEE 100TH PAGE A7

Life in the snow lane

Extreme skiing pioneer Dan Egan’s new book full of skiing stories

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Sprinkled throughout the local communities are people who have lived pretty extraordinary lives.

They have stories to tell, stories that when collected would make an interesting book.

One local individual with stories to tell has done just that, collecting those interesting stories into a new book that is available at retailers around the area.

In 1990, extreme skiing legend Dan Egan was lost on Mount Elbrus in Russia for 38 hours in a massive storm and the story of those harrowing hours serves as the base of his new book, “30 Years in a White Haze,” which he wrote with Eric Wilbur, a longtime Boston Globe writer.

I always wanted to write a book, but not end it with that story,” Egan said last Tuesday at a book signing event at Basic Ingredients Bakery in Bristol. “That was the

beginning of my adult life, not the end.

“Everything today is a result of that trip, in one

event, Egan’s life was saved by a Russian and the next day, he and that Russian rescued 14 other

world.

Egan notes that Wilbur approached him around the time he and



JOSHUA SPAULDING

Ski legend Dan Egan signs a copy of his new book for Carol Dunn (right) as Michelle Piro awaits her turn. Dunn’s father, Bob, is a ski legend in his own right, as he was the second guy in the world to make snow (at Boston Hills) and was also a key cog in the history of Ragged Mountain in Danbury.

way or another,” he continued. “And we weaved that story in throughout the book.”

In that life-changing

people who had been lost in the same storm, just one of the many stories that dot Egan’s life of extreme skiing around the

his brother were inducted into the US Ski and Snowboarding Hall of

SEE EGAN PAGE A7



Silent film epic “Ben-Hur” to screen at Flying Monkey



COURTESY
Actor Ramon Novarro stars in “Ben-Hur: A Tale of the Christ” (1925), one of early Hollywood’s great Biblical epics. The film will be screened with live music on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the theater at 536-2551.

PLYMOUTH — One of early Hollywood’s greatest epics returns to the big screen with a showing of “Ben-Hur: A Tale of The Christ” (1925) on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South

Main St., Plymouth. The screening, the latest in the Flying Monkey’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films.

Admission is \$10 per person, general admission. Tickets are available online at flyingmonkeynh.org or at the door.

The silent version of “Ben-Hur” was originally slated for a screening earlier this year at the Flying Monkey, but was postponed to Thursday, Aug. 5.

“Ben-Hur,” starring Ramon Novarro and Francis X. Bushman, was among the first motion pictures to tell a Biblical-era story on a large scale.

The film, which helped establish MGM as a leading Hollywood studio, employed a cast of thousands and boasted action sequences including a large-scale sea battle.

The film is highlighted by a spell-binding chariot race that still leaves audiences breathless with excitement.

Set in the Holy Land at the time of Christ’s birth, “Ben-Hur” tells the story of a Jewish family in Jerusalem whose fortune is confiscated by the Romans and its members jailed.

The enslaved family heir, Judah Ben-Hur (played by Novarro, a leading silent-era heart-throb) is inspired by encounters with Christ to pursue justice. This leads him to a series of epic adventures in his quest to find his mother and sister and restore his family fortune.

‘Ben Hur,’ directed by Fred Niblo, was among the most expensive films of the silent era, taking two years to make and costing between \$4 million and \$6 million. When released in 1925, it became a huge hit for the newly formed Metro-Goldwyn-Mayer studio.

The chariot race scene in “Ben-Hur,” with Novarro and other cast members driving teams of horses at high speed on a mammoth dirt racetrack in a gigantic replica of a Roman stadium, was among the most complicated and dangerous sequences filmed in the silent era. It remains noted for its tight editing, dramatic sweep, and sheer cinematic excitement.

The chariot race was re-created virtually shot for shot in MGM’s

1959 remake, and more recently imitated in the pod race scene in “Star Wars Episode I: The Phantom Menace.”

Besides Novarro in the title role, the film stars Francis X. Bushman as Messala, the Roman soldier who imprisons the Hur family; Betty Bronson as Mary, mother of Jesus; May McAvoy as Ben-Hur’s sister Esther; and Claire McDowell as Ben Hur’s mother.

“Ben-Hur” was based on the best-selling 1880 novel by General Lew Wallace, which interwove the story of Christ’s life with the Ben-Hur clan, a fictional Jewish merchant family. Celebrity “extras” in the chariot race scene included stars such as Douglas Fairbanks, Harold Lloyd, Lionel Barrymore, John Gilbert, Joan Crawford, Lillian Gish, Mary Pickford, and a very young Clark Gable.

The film was remade by MGM in the 1950s in a color and widescreen version starring Charlton Heston that garnered 11 Academy Awards. Some critics believe the original 1925 version offers superior

drama and story-telling.

In creating music for silent films, accompanist Jeff Rapsis performs on a digital synthesizer that reproduces the texture of the full orchestra and creates a traditional “movie score” sound.

For each film, Rapsis improvises a music score using original themes created beforehand. No music is written down; instead, the score evolves in real time based on audience reaction and the overall mood as the movie is screened.

“Ben-Hur: A Tale of the Christ” (1925) will be shown on Thursday, Aug. 5 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the Flying Monkey at 536-2551.

For more information on the music, visit www.jef-frapsis.com.

Pemi-Baker Community Health to resume ‘In-Person’ Caregiver Support Group

BY GUY TILLSON
Spiritual Counselor and Bereavement Counselor

Pemi-Baker Community Health

PLYMOUTH — Pemi-Baker Community Health is pleased to resume offering its in-person community-based support groups for at-home caregivers. Meeting will be provided at the Boulder Point Conference room of Speare Memorial Hospital in Plymouth.

Caregivers Support Group: First Wednesday of every month

Starting: Wednesday, Aug. 4 (11 a.m.)

Our monthly Caregivers Support Group will begin its in-person offerings on Wednesday, Aug. 4 at 11 a.m. This group will meet in the Conference Room at the Boulder Point site of Speare Memorial Hospital. The challenges of being an at-home caregiver (or even a long-distance one, as in the case of an adult child coordinating the care of a parent from some distance away) can be overwhelming, daunting, and exhausting. The experience naturally alters one’s freedom for social interaction beyond the home, and this reality was exacerbated as we

lived through the height of the current pandemic. Although caregiving is an expression of love and concern, the constant vigilance required from the caregiver can be emotionally draining and the stress of it can have physical ramifications. Consequently, self-care is an important quality for caregivers to cultivate.

Connecting with other caregivers can help to lighten the emotional load imposed by this ever-increasing phenomenon that has become a part of contemporary American life as our population ages. We hope this gathering will allow for opportunities of sharing, brainstorming, problem-solving,

and supportively listening.

The group will meet on the first Wednesday of each month at 11 a.m. As they become available, relevant handouts and other materials will be offered. Participants for this group are also asked to check in per Speare’s current practice and to bring a mask with them for probable use during the group. The group will end by 12:30 p.m. at the latest, depending on the energy of exchange generated by the participants.

You must pre-register in order to participate in this group. Please do so before Wednesday, July 21. To register, please contact the facilitator, Guy Tillson, PBCH Hospice Spiritual Counselor

and Bereavement Counselor; online via email at gtillson@pbhha.org or by phone at 536-2232, ext. 318. He will get back to you as promptly as possible. If you would prefer to participate virtually by ZOOM, please indicate that, and we will attempt to accommodate you. Group size is limited to 10 persons, so registrations will be accepted on a “first come, first served” basis.

With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and

palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, we’re right where you need us.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4

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E-MAIL: brendan@salmonpress.news

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Registration open for Ninth Annual Squam Ridge Race

HOLDERNESS — The Squam Lakes Association is excited to announce that the 2021 Squam Ridge Race will be held on Sunday, September 19th this year! All proceeds from this event support the trails in the SLA’s 50-plus-mile network, including the trails the race takes place on.

The Squam Ridge Race is a 12.2-mile race

that traverses a majority of the Squam Range, crossing three summits with amazing views of Squam Lake and the surrounding watershed with about 3000 feet of elevation gain. The race is mostly single track with 1.8 miles of pavement, 0.5 miles of dirt road, 1.3 miles of double track, and 8.6 miles of single track trail. There is a racer and a hiker division, anyone is welcome to run or just hike the

route as a participant of the event.

For those seeking a shorter challenge, there will also be a four-mile race that climbs to the top of Mount Livermore and back to the start/finish area. There are both racer and hiker divisions, so everyone is welcome to hike the route with friends and family or race as a participant of the event.

Top finishers in their division receive medals and the top overall finishers receive prizes. CDC and New Hampshire state guidelines regarding Covid-19 procedures will be monitored while preparing for the race. Any Covid-19 procedures

will be shared with registered racers closer to the event date. To register for the Squam Ridge Race visit www.squammlakes.org. The registration fee is \$60 for all of July and will increase to \$70 in August.

For questions about the 2021 Squam Ridge Race please email Katri Gurney, Director of Trails and Access, at kgurney@squammlakes.org or call the SLA at 968-7336. Thank you to the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the race and all year long.



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Eastman Hill Road	Residential Open Land	\$151,000	Wade A. and Veralisa G. Reed	Michael and Aisling Petipas
Alexandria	739 Washburn Rd.	Single-Family Residence	\$325,000	Clifton and Catherine Davis	Thomas M. Birdsall
Alexandria	N/A (Lot 2)	N/A	\$59,933	Richard Gonzalez	Michael A. and Christina E. Arnold
Ashland	18 Circle Dr., Unit 52	Condominium	\$194,000	Kathleen M. Lennox	Mark S. and Patricia A. Plichta
Ashland	21 Mill St.	Single-Family Residence	\$75,000	Frank A. and Jane D. Hinkle	Michelle Dowling
Ashland	N/A	N/A	\$190,000	Stephen R. Ostrowski and Karen M. Flynn	Sheri McQueen
Bridgewater	N/A (Lot 11)	N/A	\$435,000	Daub Trst and Walter J. Daub	Sarah Michaud and Brian Schoen
Bridgewater	N/A	N/A	\$75,000	Martha T. Caldwell	Charles E. Caldwell
Bristol	28 Grandview Dr., Unit 16	Condominium	\$210,000	Tina A. Wucher	Marilyn R. Leaman
Bristol	99 Robieson Dr.	Single-Family Residence	\$350,000	Danielle M. Keeler	Raymond L. and Jocelyn L. Thivierge
Bristol	988 W. Shore Rd.	Single-Family Residence	\$800,000	Philip A. Rollins	Paul D. Olson and Rebecca L. Shepard-Olson
Bristol	55 Wicom Rd., Unit 3	Condominium	\$225,000	Rebecca Shepard-Olson and Paul D. Olson	Donald P. McLelland
Bristol	77 Hemp Hill Rd.	Single-Family Residence	\$10,000	Phyllis M. Adkins Trust	David W. and Cheryl A. Herbert
Bristol	145 Pleasant St.	Single-Family Residence	\$265,000	Kathleen Firth	Barry T. and Elizabeth Norton
Bristol	N/A (Lot 20)	N/A	\$34,533	Edward and Deborah Perelli	Peter R. and Dolores M. Slaton
Campton	72 Beebe River Rd.	Commercial Building	\$250,000	JFF & SWF LLC	Adolescent Drug & Alcohol
Campton	Deacon Willy Road	N/A	\$82,000	Gordon A. and Maureen G. Rowley	Kevin J. Thornton
Campton	NH Route 175 (Lot)	Residential Open Land	\$67,933	Douglas W. and Margaret M. Frank	Nicole Carrier
Campton	N/A (Lot 3-33-1)	N/A	\$53,533	Kevin J. Kelly and Brenda Buckner-Kelly	Julie A. Scalera
Campton	10 Hummingbird Lane	N/A	\$59,000	Chris and Paula Kelly	Brent A. Watts
Campton	1294 NH Route 175	N/A	\$89,000	Nancy R. Ehlers	1294 NH Route 175 LLC
Campton	27 Red Sleigh Rd., Unit 27	Condominium	\$104,800	Cynthia Ball	27 Peacock Lane LLC
Dorchester	N/A (Lot 5)	N/A	\$15,000	Richard E. Jewell RET	Sweeney NH Trust and Michael J. Sweeney
Groton	744 N. Groton Rd.	Single-Family Residence	\$415,000	Allison L. Krzak	Benjamin S. Long
Holderness	18 Fairway Dr., Unit 8	Condominium	\$320,000	Janet Doner	C.A. White 2017 Trust and William J. White
Holderness	16 Pasture Lane	Single-Family Residence	\$725,000	Scott B. Bishop	Daniel J. Sullivan
Holderness	N/A	N/A	\$1,555,000	Cloverly Cottage 2013 Trust and Kevin K. Frank	Nancy R. Isikoff Trust
New Hampton	256 Huckleberry Rd.	Single-Family Residence	\$301,000	Lisa A. Nally	Andra Rodriguez and Joan E. Smith
New Hampton	N/A (Lot 3)	N/A	\$52,000	Ty W. Shute	Michael G. and Eileen L. Carignan
New Hampton	N/A (Lot 2)	N/A	\$50,000	Ty W. Shute	Marc D. Charlebois and Sherry L. Carignan
New Hampton	N/A (Lot 28)	N/A	\$42,000	Garry N. Blank	Christopher and Tamara VanLenten
New Hampton	N/A (Lot 2b)	N/A	\$90,000	Danielle and Carie Lemack	Ripple Realty LLC
New Hampton	27-b Forest Pond Rd.	N/A	\$80,000	Pamela R. Dorsett and James W. Vien	Jessica M. Hashem
New Hampton	3 Maria Jane Rd.	N/A	\$359,400	Gate City Development Partners LLC	Ashley Maxner
Plymouth	25 Crescent St.	Single-Family Residence	\$252,800	Mark Tuckerman	Jaseya Girona-Ewing and Ross M. Ewing
Plymouth	135 Fairgrounds Rd.	Single-Family Residence	\$265,000	Todd M. Workman	Joseph and Miranda Sherburne
Plymouth	Langdon Street	N/A	\$305,000	Annie E. Hager and Stephen W. Murray	Melanie M. Dixon
Plymouth	32 Pleasant St.	Single-Family Residence	\$214,800	Justin B. and Jenny P. Thibeault	Frank V. and Erin M. Orion
Plymouth	12 Rockys Point Rd., Unit 12	Condominium	\$260,000	Pamela J. Rodgers	Jeremiah D. and Molly L. Lamson
Rumney	35 Anderson Rd.	Single-Family Residence	\$229,000	Michael Rathgeber and Wendi Rathgeber	Dylan J. Smith and Sophie G. Carter
Rumney	NH Route 25	N/A	\$160,000	Central NH Aggregates LLC	William E. Russell
Rumney	92 Stewart Dr.	Single-Family Residence	\$290,000	Thurston Fiscal Trust and Simone H. Thurston	Peter W. and Ellen B. Hollis
Rumney	N/A (Lot 4)	N/A	\$105,000	Marta H. DeAvery	Thomas O. and Christine O. Mcelhattan
Thornton	Covered Bridge Road	N/A	\$390,000	Brian and Allison Ristola	Jeffrey Goodrich and Katherine Dobie
Thornton	Covered Bridge Road	N/A	\$147,333	Jason M. Correia	Pam Wilson
Thornton	NH Route 3	N/A	\$179,000	Gene A. and Linda M. Smith	Breanne and Marin Fernald
Thornton	2327 US Route 3	Single-Family Residence	\$375,000	Leroy C. Bixby	Aaron and Katie Bourassa
Thornton	15 Banjo Dr., Unit 1-34	Condominium	\$90,000	Howard J. and Margaret Hague	Ryan Vaillancourt and Jamie Kostecki
Thornton	N/A (Lot 2)	N/A	\$60,000	Sanborn 2021 Fiscal Trust and James R. Sanborn	Stephanie Morrison and Nicholas Geraci
Warren	N/A (Lot 3)	N/A	\$176,000	Thomas M. McNamara, Jr. Estate and Mary E. Lowes	Thomas M. McNamara and Ryan T. McAfee
Waterville Valley	,23 Black Bear Rd., Unit 1412a	Condominium	\$117,533	Joseph R. and Holly D. Coughlan	Binwei Weng and Yi Xie
Waterville Valley	23 Klosters Way, Unit 74	Condominium	\$315,000	Jean M. Roche LT	Sarah Ricciardelli and Alexander Shapoval
Waterville Valley	28 Packards Rd., Unit 108	Condominium	\$118,000	Debra J. and Daniel M. Sullivan	Derek and Leigh Repucci
Wentworth	7 N. Dorchester Rd.	Single-Family Residence	\$190,000	7 North Dorchester Rd. RT and Leet Utility LLC	Elizabeth Reid
Wentworth	50-52 Atwell Hill Rd.	Multi-Family Residence	\$320,000	Christine E. Cullivan and Andrew Grignon	Sean and Megan Matula
Wentworth	25 Libbey Rd.	Mobile Home	\$145,000	Janet M. Downing	Brett Gillespy

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Remedial History Project hosting Educator’s Retreat in Plymouth

PLYMOUTH — The Remedial Herstory Project is excited to announce its Summer Educator’s Retreat will take place this year on Aug. 16 and 17 at the Common Man Inn and Spa in Plymouth!

This event is open to all teachers, community members, and lifelong learners that would like to explore how women shaped the world we live in. The retreat will provide fifteen hours of professional development hours for educators as well as a packet of ready to use lesson plans to implement this fall!

Featured speakers include Kelsie Eckert, MEd, award winning social studies teacher and founder of Remedial Herstory; Dr. Susan Ware, PhD of Harvard University, Dr. Barbara Tischler, PhD, professor at Columbia University and Hunter College, Dr. Marcia Blaine, PhD of Plymouth State University, and Elizabeth Du-brulle of the New Hampshire Historical Society!

Attendees will have time to network, collaborate and discuss womens’ voices and how to implement them into their curriculum using the C3 National Frame-work.

All proceeds from the event will go towards the mission of Remedial Herstory, a non profit, who is dedicated to developing and providing inquiry-based learning materials on women’s history free to educators. The Remedial Herstory Project produces media, provides resources and professional development in history for educators.

For more information on Remedial Herstory, its podcast, or to sponsor and/or register for the event, please visit <https://www.remedialherstory.com/summer-retreat.html>, or find them on Facebook or Instagram!



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31st Annual

CRAFT FAIR

at the Bay

Alton Bay Community House & Waterfront

Route 11, Alton, NH

Saturday, July 17

Sunday, July 18

10am to 5pm Daily

Come and meet the Artisans

American Made Arts, Crafts & Specialty Foods

Fine Jewelry, Photography, Cutting Boards, Soaps, Country Woodcrafts, Glass Lanterns, Knits, Sports Collages, Accessories, Pottery, Wearable Art, Candles, Toys, Dolls, Handbags, Watercolors, Fiber Art, Dolls, Painted Glass, Knives, Sea Glass Pics, Fine Art, Metal, Pet Gifts, Growth Charts, Live Edge Furniture and more.

Come and sample gourmet specialty foods including Herbal Dips, Pies, Roasted Nuts, Kettle Corn and more.

Free Admission ~ Rain or Shine

Friendly Pets on a leash are Welcome.

GPS Location: 24 Mount Major Highway (Route 11) Alton, NH. The Fair is accessible by boat on Lake Winnepesaukee!

For more information visit

www.castleberryfairs.com

CADY Corner

Frequent questions and common misconceptions about underage drinking

BY DEB NARO
Contributor

According to the 2019 Central NH Youth Risk Behavior Survey, one in three high school students in our region drank alcohol in the past 30 days. Drinking today is different than parents’ drinking a generation ago. We know much more today about the range of effects that alcohol can have on youth’s health and safety. New research emerges daily, supporting the fact that any drinking during adolescence before the brain is more fully developed, poses significant risk.

As a parent, you want to do all you can to protect your child. Many of us did not wear helmets for sports in our youth, but we now know that helmets can protect the brain. The same is true of alcohol – we know more about protecting our kids against the harms of alcohol than ever before. Chris Herren, a former NBA basketball player in long-term recovery, asks parents to think about why their children have to drink to have fun on a Friday night. He asks, “Aren’t they enough just as they are without a drink or a drug?” We need to discourage teen drinking. Instead of expecting teens to experiment with alcohol, marijuana, or other substances, we should encourage alternative activities.

Depression and anxiety are significant risk factors for youth drinking. Mental health and substance use often go hand-in-hand: 30-45 percent of young people with mental health disorders also have a substance use disorder, and at least 65 percent of youth with a substance use disorder have a mental health disorder as well. Even if your child does not socialize much, depression, anxiety, and other mental health issues are significant risk factors for drinking and engaging in other forms of substance use. Treating mental health disorders can reduce the risk of substance use, so it is important to ensure that your child receives appropriate mental health care.

The earlier age a child starts drinking, the higher their likelihood of engaging in alcohol or other substance use and developing a substance use disorder (addiction) in the future. Adolescence is the time of peak susceptibility to developing problems with alcohol or other substances since the brain undergoes dramatic developmental changes that continue well into early adulthood. Alcohol disrupts this normal development and can produce long-lasting effects on the brain and interfere with healthy social, cognitive, and academic functioning. Even infrequent but intense drinking can lead to addiction, damage to the brain and a range of mental and physical health problems.

Less restrictive rules do not equal fewer problems in other countries. Studies from the World Health Organization show that European teens consistently report higher levels of drinking, binge drinking, and alcohol-related problems compared to youth in the United States. These differences also translate to adulthood; adults in the U.S. consume alcohol at far lower rates compared to adults in Europe. Research shows that drinking at home with parental approval is associated with higher-risk drinking, heavy alcohol use and alcohol problems later in life. Allowing kids to drink in the home sends mixed messages about the safety of underage alcohol use. Many states hold the social host or the owner of a home, responsible for underage drinking on their property often with serious legal consequences.

Talk frequently and openly. The majority of teens say their parents are the most important influence on their decisions about whether or not to use substances. Start talking early. Keep in mind that it’s not about having a one-time “drug talk,” but rather addressing it more frequently in natural conversations. Seize opportunities as they occur, such as when seeing an ad on television, passing a bar or being at an event where alcohol is being served. Research shows that a good parent-child relationship and healthy monitoring of children’s activities can protect them from substance use, even for those with a high number of risk factors in their lives.

For more information about underage drinking, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Pemi Valley DAR welcomes new member

The Pemigewasset Valley Chapter of the Daughters of the American Revolution recently welcomed new member Michelle Strong, a direct descendant of Revolutionary War Patriot John Willoughby. Michelle and husband Kenneth were high school sweethearts and have two children. Son Riley just graduated from high school and daughter Emily will graduate next year. Currently, Strong is a full time LNA at the New Hampshire Veterans Home while working to complete her registered nurse degree. Michele is also a talented artist and sells some of her work at local fairs. Pemigewasset Valley Chapter is proud to have Strong join us in our DAR mission of historic preservation, education, and patriotism. The Daughters of the American Revolution is a volunteer women’s service organization whose members directly descend from a patriot of the American Revolution. For information please contact Paula Woodward at 536-4778.



COURTESY

Sustainable Bristol

Cardboard collection at the Transfer Station

BY LAUREN THERIAULT

Attention, all Bristol residents! Start saving your corrugated cardboard immediately. The moment you’ve all been waiting for since town meeting in March is finally here...well, almost. In the next few weeks, date to be determined, the Transfer Station will begin collecting corrugated cardboard. This cardboard will be baled up and sent to a mill either North or South of here depending on prices and turned into chipboard. Imagine, the boxes you get your Amazon packages in are no longer being burned but turned into cereal boxes. What an exciting prospect.

pect.

You may have noticed the new baler located at the Transfer Station, and seen the changes as a building is being erected to house the cardboard waiting to be baled and the bales waiting to be sent to a mill. Employees at the Transfer Station will be trained on how to use the baler and then they’ll be off and running. As someone who once worked at a Transfer Station, and has baled many a bale of cardboard, I can tell you that on busy days you really are running.

Now that you are excited let me tell you the rules. Clean corrugated cardboard only. That means it has

to have the wavy lines between the cardboard and pizza boxes with grease are not allowed. Cereal boxes, pasta boxes, or other thin walled cardboard are not able to be baled at this time and should not be put in with the cardboard. The pieces must be flattened. Don’t be that person who clogs up the chute with an unflattened box. Boxes must also have staples removed. If removing them one by one seems too time consuming for you, just slice it with a box cutter and toss the strip with the staples in the garbage. Waxed cardboard is also not accepted. The cardboard must also be only 3 feet wide and 6 feet long so keep

that box cutter available for achieving the perfect sizing. Now start your collection. Wouldn’t it be fun to see if we as a town could make a whole bale the first day that the baler is operational?

Don’t forget — this baler will pay for itself by 2028 if it is used. Last spring when the Sustainability Committee started this cardboard initiative bales were being sold for \$80 a ton. This spring they were selling for \$125 a ton! So if you have a place to store your cardboard for a while please do so and merrily bring it into the Transfer Station once the baler is fully operational.

Point of Law



Wills vs. trusts: In plain English

BY ORA SCHWARTZBERG

Schwartzberg Law
Plymouth

Everyone has heard of wills and trusts. Most articles written on these topics, however, often presume that everyone knows the basics of these important documents. But, in reality, many of us do not – and with good reason – as they are rooted in complicated, centuries-old law.

If you are not an estate planning attorney, these concepts tend to remain merely that – concepts. So, if you are “fuzzy” about wills and trusts, know that you are not alone. After we show you the difference between these two documents, we will tell you why a trust is the better choice.

Wills vs. Trusts: Defined

Let us take a minute and define both “will” and “trust”:

Will. A will is a written document that is signed and witnessed. A will is considered a “death” document as it only goes into effect when you die.

A will:

provides for the division and gifting of your accounts and property at death, but not accounts and property directed to others through beneficiary designations (e.g. life insurance or retirement benefits)

sends accounts and property that do not have designations and that are owned solely by you, in your individual name, through the probate process

allows you to appoint permanent guardians for your minor child

names the person you wish to wind up your affairs (e.g. executor or personal representative)

permits you to cancel or change your decisions during your lifetime

does not always include protective trusts for your beneficiaries and tax planning because many wills are simple 2-3 page documents

tends to cost less than a trust on the outset but may cost more to settle during court proceedings after death

Trust. A trust (spe-

cifically, a revocable living trust) is a formal relationship where you (the trustmaker) name a trusted individual (trustee) to manage accounts and property for your benefit and the benefit of others (beneficiaries). When people talk about a “trust” they are usually referring to the legal document that puts this relationship in writing, and is effective during your lifetime, during any period of disability, and after death. Because the trust is effective during your lifetime and you can change it, it is referred to as a “living” document.

A trust:

provides for the division and gifting of your accounts and property

avoids involvement of the probate court if the trust is fully funded (meaning the ownership of the accounts and property has been changed from you as an individual to the your trust)

provides for a back-up trustee upon your death or if you are no longer able to handle your own

affairs

allows for the continuous management of your accounts and property – even if you are still alive but unable to do so yourself

often includes protective trusts for your beneficiaries and tax planning permits you to cancel or change your wishes during your lifetime

costs more than a simple will on the outset but may cost much less upon administration, while typically providing significantly more value

The Bottom Line on Wills vs. Trusts

How to decide: As everyone’s situation is different, it is important to analyze every aspect of your situation – and what the future may hold – so that you can determine what is right for you and your loved ones and whether probate avoidance, incapacity planning, and trust protections have value to you and those you love. We have found that most people receive the greatest overall benefit from having a trust.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Farm museums depict a way of life we can scarcely imagine



The New Hampshire Farm Museum's buildings are along Route 16 in Milton, just north of Portsmouth. (Courtesy NH Farm Museum)



The Poore Family Homestead Historic Farm Museum is tucked into a hillside along Route 145, the so-called "back road" between Colebrook and Pittsburg. (Courtesy Poore Farm Museum)

New Hampshire's first European settlements were down around Portsmouth, circa 1623, and among the last were farms carved out in the upper North Country.

Farm museums exist in both places, but the buildings themselves could not be more different. One farm is spread out to the sun, and the other is tight as a drum.

The New Hampshire Farm Museum's buildings are set along a southern stretch of Route 16 in Milton, just north of Portsmouth. Far to the north, the Poore Family Homestead Historic Farm Museum's buildings are huddled like a horseshoe against a hill in Stewartstown.

Each tells a story of farms and farming, and each in a different way. They are opposite ends of the same picture.

I have some personal experience with the J.C. Kenneth Poore farm, long before it became a museum.

Near the last of my years living with Rudy and Joan Shatney at Clarksville Pond, I worked at the Lyman

Forbes farm in East Colebrook. On days off, I hitch-hiked up to Clarksville.

The Poore farm was a frequent stop. At the least, I could get a dipper of ice-cold water. In a pinch, I could use the hand-cranked phone to call Rudy's for a ride.

The telephone was the sole modernity. The Poore house had no electricity. Lanterns served for light. The kitchen stove and a parlor stove provided heat. A hillside spring sent water into the barn but not the house. Instead, water went to a trough in a shed attached to the house ell.

During my early years, Kenneth Poore was a frequent guest at the supper table. He would drive his team into town, and stable the horses just down the street while he ran various errands downtown. Our Mom would give him a ride home so he wouldn't be driving horses after dark, and he'd find a ride into town a day or two later to fetch his team.

Kenneth's father fought in the Civil War. His discharge from the Grand Army of the Republic hung on a living



room wall. Around and around the same room grew the same ivy Kenneth's mother planted on the day his father marched off to war.

One day when Kenneth was still living in the house, and before it became a museum, I happened to stop by for a visit. Kenneth was in the barnyard, and wanted me to see a dump-cart.

This was a two-wheeled affair; meant to be pulled by horse or ox. "Pull that pin there," said Kenneth, pointing to a hardwood pin on a cord, holding the dump-cart onto its draw-bar.

"Put your hand under the dump-body," said Kenneth, and I did, and on his direction lifted ever so slightly, and the dump-body tilted right up, as nice as pie.

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

Churches

Christian Science ociety, Plymouth

We'd love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson Street in Plymouth. This week the subject of the Bible lesson is "Life". It begins with this verse from Psalms, "The Lord will command his loving-kindness in the daytime, and in the night his song shall be with me."

On Wednesday evenings, we have a meeting at 6 p.m. which includes short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our

lives, as well as thoughts and insights from our Bible study and prayer. Everyone is most welcome to this meeting.

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

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

On www.jsh.christianscience.com there are many resources both to listen to and read. You

can sign up for a free newsletter with helpful articles which will come by email. The newsletter offers spiritual solutions to personal and global challenges

On www.christianscience.com you can learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures" by Mary Baker Eddy. There are also on-line biographies of Eddy.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd.,

Plymouth, is a multi-generational, 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.

ly 18 Sunday Services- July18

Re-visiting Redemption

Rev. Sean Dennison & Alison Cole Duren-Sutherland, Rogue Valley UU Fellowship Ashland, OR

What have we learned since 1994 when "The Shawshank Redemption" was released? How does what we have learned about the history of incarceration, the experience of pandemic, the shifts and conflicts in our nation, the persistence of white supremacy, and all that we have learned about

ourselves change our experience of the film's message that "hope is a dangerous thing?"

LIVE STREAMED via ZOOM

For Zoom link and all

other information visit our Web site: www.starrkingfellowship.org 536-8908

BRAKE FOR MOOSE

IT COULD SAVE YOUR LIFE

HUNDREDS OF COLLISIONS

Edward Jones: Financial Focus

How does Social Security fit into retirement?

Here's something to think about: You could spend two, or even three, decades in retirement. To meet your income needs for all those years, you'll generally need a sizable amount of retirement assets. How will Social Security fit into the picture?

For most people, Social Security won't be enough to cover the cost of living in retirement. Nonetheless, Social Security benefits are still valuable, so you'll want to do whatever you can to maximize them.

Your first move is to determine when you should start taking Social Security. You can begin collecting benefits when you reach 62 – but should you? If you were to turn 62 this year, your payments would only be about 71% of what you'd get if you waited until your full retirement age, which is 66 years and 10 months. ("Full retirement age" varies, depending on when you were born, but for most people today, it will be between 66 and 67.) Every month you wait between now and your full retirement age, your benefits will increase. If you still want to delay taking benefits beyond your full retirement age, your payments will increase by 8% each year, until you're 70, when they "max out." Regardless of when you file, you'll also receive an annual cost-of-living adjustment.

So, when should you start claiming your benefits? There's no one "right" answer for everyone. If you turn 62 and you need the money, your choice might be made for you. But if you have sufficient income from other sources, you're in good health and you have longevity in your family, or you're still working, it might be worthwhile to wait until your full retirement age, or perhaps even longer, to start collecting.

Another key consideration is spousal benefits. If your own full retirement benefit is less than 50% of your spouse's full retirement benefit, you would generally be eligible to claim spousal benefits, provided you're at least 62 and your spouse has filed for Social Security benefits.

Survivor benefits are another important consideration. When you pass away, your spouse would be able to receive up to 100% of your benefit or his/her own retirement benefit, whichever is higher. Thus, delaying Social Security could not only increase your own benefit, but also the benefit for your surviving spouse.

An additional issue to think about, when planning for how Social Security fits into your retirement, is your earned income. If you're younger than full retirement age, your benefit will be reduced by \$1 for each \$2 you earn above a certain amount, which, in 2021, is \$18,960. During the year you reach full retirement age, your benefit will be reduced by \$1 for each \$3 you earn above a set amount (\$50,520 in 2021). But once you hit the month at which you attain full retirement age, and from that point on, you can keep all of your benefits, no matter how much you earn (although your benefits could still be taxed).

One final point to keep in mind: The more you accumulate in your other retirement accounts, such as your IRA and 401(k) or similar employer-sponsored plan, the more flexibility you'll have in managing your Social Security benefits. So, throughout your working years, try to contribute as much as you can afford to these plans.

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Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Bristol

I was reminded by a good friend this week that we are experiencing a lack of bees to pollinate our flowers and vegetables in the gardens. Rain is an important factor, and we seem to be catching up on that score, but the bees are most important and I hope we can all do some research to see what each of us can do to help increase the bee populations. Our lives can depend on us taking action. Here’s to an abundant season of growth!

Dancing Under the Stars 2021! Tonight, Thursday, July 15, watch local community stars, including Jeff Brode and Raymah Simpson, Peter Cofran and Samantha Brode, Matty Leighton and Sam, Tink and Ryan Haskell, and Gaia Posner and William Gunn paired with professional dancers compete for a cause! A panel of judges, and the audience, will vote on the winner. All proceeds will benefit Voices Against Violence to ensure we can continue supporting victims and survivors of domestic and sexual violence. Members from Voices’ Board of Directors will be available to answer questions and Executive Director, Meg, to learn more about Voices. Snacks and drinks will be available for sale. Help your favorite team win by purchasing votes! \$1 = one vote.

The Minot-Sleeper Library Youth Summer Reading features

STEAM Boxes to Go and Book Bundles! STEAM Boxes are targeted for different age groups to provide fun STEAM related crafts. The Book Bundles offer fun stories related to different themes. Depending on the age group each Book Bundle will include a book(s) and activities. To reserve a STEAM box To Go or a Book Bundle, please contact the library: minot-sleeperlibrary@gmail.com or 744-3352.

A Morning Hike and Yoga will take place at Slim Baker Area on Saturday, July 17 from 9 - 10:15 a.m. There will be a fee at registration. More information at www.slimbaker.org.

On Saturday, July 17, there will be a Hebron Gazebo Concert and BBQ. The Uncle Steve Band will be featured at 6 p.m.

On Tuesday, July 20, the Movie in Kelley Park will be “The War with Grandpa!” The movie will start at dusk, so come a little early and grab a good spot with your favorite lawn chair. Be sure to let your neighbors know and bring them along!

On next Thursday, July 22, the Bristol Summer Concerts in the Park will feature the Club Soda Band! The concert will be held from 6:30 until 8 p.m. Bring a chair and some friends and family and enjoy the evening!

The Order of Eastern Star will hold a Town Wide Yard Sale on July 24 to benefit local charities and more. A \$10 donation will

put participating parties on the town map. Maps will be available for a \$3 donation at the Lodge and some space will be provided in the Lodge parking lot for \$20 for those wishing to use it for the sale. Registration forms are available for those who wish to take part. For more information, call 744-3321.

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

I hope you all are taking steps to guard against too much exposure to the sun and that you are vigilant in making sure your loved ones take the time to watch how much time they spend in the sunlight and that they use sunblock each time they are outside this summer. We all need to be real cautious and take care of one another.

Groton

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

Groton

Ann Joyce
AMJ8347@GMAIL.COM

The next select board meeting is July

20 at 7 p.m. The select board work session will begin at 5:30 p.m. The next planning board meeting will be July 25 at 7 p.m. All are open to the public. Please take note the select board office will be closed July 13 - July 19 & July 29.

The July 6 meeting began at 7 p.m. The minutes from the June 15 select board meeting & work session were approved. The minutes for a work session & non-public work session from June 22 were also approved. These are now available to view on the Town website under the select board tab.

There was no old business, moved onto new business. The Province Road bids were opened with three contractors responding, Mike Ether, Tom Hersey & M.E. Latulippe. After comparison, this was awarded to M.E. Latulippe who came in with the lowest bid. There were only two responses for the River Road bid, Bryant Paving & R & D Paving. After review, this was awarded to R & D Paving.

The PA-28 inventory of taxable property form that we all fill out & return by April 15th was approved & forwarded to the State of NH as required. An exemption/credit update per re-evaluation was received. A property that had been receiving an exemption no longer qualified & has been removed. A motion was made to have Ron Madan who was not at this meeting to come into the office to sign this form.

An intent to cut for Map 1 Lot 49 for 30 acres was approved. A question was asked regarding who would

be logging the property. The logger will be Donald Windsor from Rumney.

State of NH – ACH enrollment form was signed by the select board. This was requested by the town treasurer.

Junkyard letters were signed with a question being raised if these were regarding violations & non-compliant letters being sent with the answer being yes. The select board will be scheduling a meeting in two weeks regarding the possibility of hiring someone to take over the junkyard inspections.

A concerned citizen contacted the select board regarding signs posted at Spectacle Pond Boat Launch by the State. The select board will go & look at the signs. The e-coli count in the water is high.

Three building permits were received for Map 6 Lot 26, Map 6 Lot 79 & Map 6 Lot 63-12. The first two were signed. Map 6 Lot 63-12 was tabled.

A property concern for Map 7 Lot 50 was brought to the attention of the select board. There is no septic system on this property, but it appears to have pressurized water. Renovations are being done on this property. The Health Officer will be contacting the property owner for an inspection.

Concerns have been raised regarding three town properties that were voted on at Town meeting to be sold. They are Map 10 Lot 12, Map 10 Lot 22 & Map 10 Lot 40. Further research is needed.

Under select board items. There were two

additional intent to cuts received. Map 6 Lot 35 with the logger being Coursey & Sons & Map 2 Lot 48, Mourning Dove Holdings.

Two disposal agreements were signed.

Under department items, Robert (Bubba) Ellis reports paving on River Road will begin at the end of August.

A note from the Groton Historical Society. The historical society will sponsor an Open House on July 17 from 1-3 p.m. at the Old School House 1030 North Groton Road. Also, we hope to have our 2022 calendars available for sale for the Open House: Honoring our Heroes: 1775-1865, part 1. The calendar is focusing on some of the people who served from Cockermouth/Groton during the years of 1775-1865, next years will be the later years.

Just a brief note to all: This column will run the second & fourth week of the month as the select board only meets the first and third week.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron

Hebron Gazebo concert

The next Hebron Gazebo Concert is Saturday, July 17 at 6 p.m. with the always popular Uncle Steve Band. BBQ by the Hebron Store, Popcorn sponsored by Bill White.

Plymouth State second in LEC President’s Cup standings

PLYMOUTH — The Little East Conference (LEC) announced the final standings for the 2020-21 LEC Presidents’ Cup and Plymouth State University finished in second place to post a sixth-straight top-three finish.

The LEC Presidents’ Cup measures the highest average cumulative GPA among the student-athletes from the conference’s nine primary member institu-

tions that compete in the league’s 20 championship sports.

The Panthers combined for a 3.28 GPA, improving from last year’s mark of 3.16, which was tied for third-best in the league. Eastern Connecticut State University won the cup for back-to-back years after posting a 3.36. Castleton University (3.26), University of Southern Maine (3.25) and University of Massachusetts Boston (3.22)

rounded out the top five. The 2020-21 academic year is the first to see each of the LEC’s nine member schools post an average department cumulative GPA of over 3.10.

“I’m extremely proud of our student-athletes,” said Director of Athletics Kim Bownes. “Their effort in the classroom is the most important piece of their time here at Plymouth State.”

Sixteen of PSU’s 18

programs that compete in the LEC achieved a cumulative combined GPA of at least 3.00, with 10 teams finishing over a 3.30 and six better than 3.50. Women’s lacrosse, women’s indoor track and field and women’s outdoor track and field all tied for the highest cumulative combined GPA (3.55), followed closely by women’s soccer (3.54) and women’s swimming (3.54). Field hockey also finished above a 3.50 with a team mark of 3.52. The base-

ball team was the top performing men’s program with a 3.18. Men’s swimming was not included in the totals as the LEC dropped below the minimum number of programs to be considered a championship sport in 2020-21.

Five of the LEC’s nine member institutions have won the Presidents’ Cup since its inception in 2009-10; Eastern Connecticut (2009-10, 2014-17, 2019-21), Keene State (2010-13), UMass Dartmouth (2013-14), Plym-

outh State (2017-18) and Castleton (2018-19).

Nineteen of Plymouth State’s 25 varsity sports compete in the Little East; baseball, men’s and women’s basketball, men’s and women’s cross country, field hockey, men’s and women’s lacrosse, men’s and women’s soccer, softball, men’s and women’s swimming, women’s tennis, men’s and women’s indoor track and field, men’s and women’s outdoor track and field and women’s volleyball.

PSU women’s lax team honored by Little East Conference

PLYMOUTH — The Plymouth State University women’s lacrosse team was honored by the Little East Conference (LEC) last week when the league announced the recipients of its 2020-21 Team Academic Awards.

Started last year, the LEC Team Academic Award recognizes the program with the highest team grade point averages among conference members in each of the LEC’s 20 championship sports over the 2020-21 academic year.

The women’s lacrosse program combined for a 3.55 team GPA to win the award for the second straight year. Plymouth State also had

multiple programs finish just shy of the top spot; women’s indoor track and field was just 0.02 behind the winner, while women’s outdoor track and field (0.05), women’s swimming (0.06) and women’s soccer (0.08) were all within striking distance of the highest team GPA.

Dennis McManus earns NEIBA Hall of Fame enshrinement

PLYMOUTH — The winningest coach in Plymouth State University history is one of six New England baseball coaches to be enshrined in the New England Intercollegiate Baseball Association (NEIBA) Hall of Fame, the organization announced on Wednesday.

Dennis McManus, who piloted the Panthers for 31 seasons, joins legendary coaches from all three NCAA divisions as the NEIBA revealed the names of both the 2020 and 2021 Hall of Fame Classes.

McManus got his start during the 1985 season, leading the team to a 10-4 record after assuming head coaching duties midway through the year. He would go on to amass a school-record 506 wins over his career, guiding the program to seven Eastern Collegiate Athletic Conference (ECAC) postseason appearances and a team-best runner-up finish in the 2012 Little East Conference (LEC) Tournament.

McManus retired from coaching following the 2015 season but was unable to stay away from the sport for long. The veteran returned to Plymouth State as a coach’s aide in 2020, a position he still holds. In addition to his on-field success, McManus’ experience, knowledge of the sport and relationships with alumni, faculty and the local community all add to his priceless value to the baseball program. He has served on numerous ECAC and NCAA tournament selection committees, served on the NEIBA executive committee for 14 years and is a past President of the NEIBA.

The classes of 2020 and 2021 will both be inducted together next spring during the NEIBA All-Star game.



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FROM PAGE A1

tion that Howard continued serving others even when he returned home from duty.

“After the war, he completed his Ph.D. in American Colonial History (at Boston University) and became one of the leading Lincoln Scholars in the U.S.,” Collins said.

As Howard and his wife finally were able to settle down and raise their family, he taught history at UConn and other educational institutions until his retirement more than 40 years ago when he then moved to Hebron. He founded the Hebron Historical Society 28 years ago and has served the community in many ways since then.

Also on hand for his birthday celebration were a few dignitaries, too, such as U.S. Sen.

Maggie Hassan, Congresswoman Annie Kuster; Chuck Henderson (representing Sen. Jeanne Shaheen), State Rep. Suzanne Smith and Hebron Selectman Paul Hazelton.

Both Hassan and Kuster had fathers who both served during WWII and coincidently both were involved in the Battle of the Bulge. As daughters of WWII veterans, they each expressed their pleasure in being invited to help Howard celebrate not only his birthday, but his service to the nation and his community.

Smith shared some fun recollections of Howard showing up early on election days to exercise his Constitutional right and thanked him for all he has done for the country and the Town of Hebron. Hazelton also saluted him for being a role model for the com-

munity and presented him with a Citizenship Award from the Board of Selectmen.

Finally, a letter from acting U.S. Secretary of the Navy Thomas W. Harker was read to the audience. In it, Harker paid tribute to Oedel for not only his service but for being the last surviving officer from the USS Massachusetts.

He wrote, “The nation remains great because of you and people like you.”

When he stepped up to address the crowd gathered for his birthday, Howard joked that asking a history professor to say “few words” was asking a lot but, humbled by the crowd and words from so many, he chose to speak only of his time as a resident of Hebron.

Howard recalled his very first trip to the town, which occurred when he was just nine-



Congresswoman Annie Kuster was one of many dignitaries who paid tribute to retired Lt. JG Howard Oedel on his 100th birthday last week. Oedel, a resident of Hebron, is the last surviving officer of the USS Massachusetts, which played a vital role in WWII.

years old. During that trip his family spent time skiing on a hill in town, and what he never knew then was that that bit of history later would later turn out to be his future.

“I now own that property we skied on back then,” he said with a chuckle. “We love this place, we love the people and have enjoyed our years in this wonderful town.”

Concluding the celebration was a gun salute by members of VFW Post 10640, followed by a rousing rendition of “Happy Birthday,” led by Bill York, Dave Hardy and Jim Van Schaick.

Egan
FROM PAGE A1

Fame a few years back and said he should write a book. The local ski legend at the time said that he had one in mind and a year later, he was on the phone with Wilbur ready to put something together.

While Egan made his name skiing all over the world, the book spends a lot of time right in New Hampshire, where Egan has called home since 1993.

He originally moved to New Hampshire to run Ski 93, which he did for five years and then moved on to Tenney Mountain, where he served as general manager for four years, skiing at Waterville Valley as a college racer and spent many

family ski trips at Cranmore Mountain in North Conway. And he continues his connections to the area he now calls home by coaching freestyle skiing at Proctor Academy in Andover.

“We also track the history of extreme skiing,” Egan says of the new book, noting that about a decade ago, it was thought that it came out of the European alpiners, but for Egan, the free doggers of the 1980s were the ones who brought it to life. He notes Waterville Valley was considered the birthplace of freestyle skiing and remains a hotbed for training for some of the best freestyle skiers in the world.

“We packaged it and we sold it,” he said. “The VCR, that was the birth

of extreme skiing.

“Extreme sports are not as much a sport as entertainment,” he continued. “Those tapes last for years, that’s why people remember us.”

Egan went on to become the VHS representative east of the Mississippi for extreme skiing pioneer Warren Miller and in the process was able to open his own video distribution business.

“A lot of people have described (the book) as sitting in the base lodge and hearing the stories apres ski,” Egan said. “It’s about perseverance of falling down and getting back up, in business and in life.

“It’s told in the third person, so it gives the other characters space for their opinion,” he continued. “It opens the

book up and you have a lot of different perspectives.”

Egan notes that the White Mountains Region is one of the best places to live when it comes to skiing because so many people care about the industry and there are so many people who have been incredibly successful in the industry.

“Around here, we care so much about the ski industry,” he said. “We ski a lot of days and we ski in a lot of weather.

“There’s so many world class athletes here, but it’s not a big deal, that’s one of the reasons this is a great place to live is because here, you can just be,” Egan continued. “There’s a passion around here for the mountains.”

Going back to that

mountain in Russia in 1990, Egan notes that it was pretty meaningful for many reasons, one that goes all the way back to his childhood.

On the wall in his grandmother’s home there was a family tree and on that tree were three different Dans. His uncle Dan had died in Korea, his cousin Dan died in a car crash and between that, he had a baby brother named Dan who had died.

“When looking at that wall, I would see the three dead Dans,” he said. “They all died under the age of 24.

“I was 24 in 1990,” he said.

It’s safe to say that Dan Egan has lived an incredible life, one that has left him with plenty of stories to tell.

“30 Days in a White Haze” is available at Chase Street Market in Plymouth, The Book Monger in Waterville Valley, Ski Fanatics in Campton and Plymouth Ski and Sport in Plymouth and many other retailers or you can visit www.white-haze.com/ to order a copy.

Egan will be holding book signing events on July 17 from 3 to 5 p.m. at Lahout’s Summit Shop in Littleton and on July 22 from 5 to 7 p.m. at Bookery Manchester

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

Hall of Fame
FROM PAGE A1

New Englands during her junior year in the 400m.

Outside of athletics, Watson was a tremendous student and contributor to the culture at Newfound. Some of her school activities included being a member of the Student Council, Vice President of her class, and on the National Honor Society in which she was the president during her senior year.

After high school, she went on to run track at Eastern Connecticut State University. She is now employed as a health and physical education teacher at an elementary school in Norwich, Conn.

Newfound will be celebrating its sixth annual Athletics Hall of Fame Ceremony on Oct 3 at Newfound Regional High School. This year Newfound will be welcoming in five individuals and one team. Congratulations to Diane (O’Connor) George, Kelsey (Watson) Maxwell, Calvin Follansbee, Trevor Brown, Dean Brown and the 1994/1995 Newfound Regional High School boys’ basketball team.

Dance
FROM PAGE A1

The dances are literally “tiny” – they exist as solos and duets for small spaces and showcase dance genres from hip-hop to contemporary and cultural dance. Similarly, this project builds urban-rural exchange by bringing performances into the streets, fields and communities of rural and suburban neighbors, breaking free of traditional stage venues.

“I hope Pop-Up Dance will bring visibility to New Hampshire dance as well as our markets, downtowns and green spaces,” Whitworth said.

Lead With Arts is a multifaceted endeavor, with the goal of giving visibility to the arts, as well as healing and socioeconomic impact on the Granite State. Read about all the inroads into using the arts to promote and grow our state, by reading Lead With Art’s and Whitworth’s details here.

The collaboration is part of economic development program the Town has been developing over the last year to grow the arts and performance experience in the community and Newfound Region. Watch the Town website and social media for future events like Pop-Up Dance.

20 PSU hockey players earn
All-Academic honors

PLYMOUTH — Twenty members of the Plymouth State University men’s ice hockey team were recognized by the Massachusetts State Collegiate Athletic Conference (MASCAC) last Wednesday when the league announced the recipients of its 2021 Winter/Spring All-Academic Team.

To be eligible for MASCAC All-Academic honors a student-athlete must have competed in a championship varsity sport offered by the MASCAC during the course of the Winter

and Spring 2021 season and have achieved a 3.20 cumulative or semester-based grade point average.

Plymouth State is an affiliate member of the MASCAC in the sports of men’s ice hockey and football.

Plymouth State’s 20 honorees represented the third-most among the men’s ice hockey programs, trailing co-leaders University of Massachusetts Dartmouth and Worcester State University by just one. A total of 881 student-athletes across the league were

honored.

Honorees include Myles Abbate of Norwell, Mass., Kalle Andersson of Taby, Sweden, Ted Austin of Sylvania, Ohio, Brandon Barillaro of Alexandria, Ontario, Simon Besner of North Lancaster, Ontario, Brendahn Brawley of Morton, Pa., Ben Chipman of North Vancouver, British Columbia, Jake Gerbner of Haverstown, Pa., Kyler Harding of Wilmington, N.C., Lukas Holmqvist of Lerum, Sweden, Peter Laviollette of Longboat Key, Fla., Mike McPherson of

Somerville, Mass. Anton Nasstrom of Ornskoldsvik, Sweden, Ben Parker of Ashland, Mass., Jeromey Rancourt of Lewiston, Maine, Marcus Seidl of Stockholm, Sweden, Jarrett Slear of West Chester, Pa., Leo Stolpe of Stockholm, Sweden, Colin Tracy of Bow and Jovan Zimmerman of Boulder, Colo.

Reece Sharps graduates from
University of New England

PORTLAND/BIDDEFORD, Maine — Reece Sharps, of Bridgewater graduated from the University of New England’s Westbrook College of Health Professionals on May 15. A member of the Class of 2021, she earned a Bachelor of Science Degree in Nursing, cum laude. Besides attaining the Dean’s List every semester for four years, she also spent the first semester of her Sophomore year at UNE’s campus in Tangier, Morocco.

The University of New England is Maine’s largest private University, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empower students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities and the arts.

Sharps is a 2017 graduate of Newfound High School in Bristol. She is the daughter of Kelly Conkey and step-father Tate Conkey of Bridgewater and father Angel Rodriguez of Nashua. Grandparents are Leigh and Steve Sharps of Ashland and Terry Lanigan of Concord.

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Gunner Olszewski gets nod to drive pace car at NHMS

LOUDON — On Sunday, July 18, Gunner Olszewski, all-pro punt returner and wide receiver for the New England Patriots, will trade the pigskin for the keys

to the official Toyota Camry TRD pace car as he leads 40 of NASCAR's best to the green flag for the Foxwoods Resort Casino 301 – the 50th NASCAR Cup Series (NCS)

race at New Hampshire Motor Speedway (NHMS). "This is a dream come true," said 24-year-old Olszewski. "My brother and I grew up watching

NASCAR with our dad, and I'm still a huge fan today. I can't believe I get to lead the field to the green flag at 'The Magic Mile.'" Born in Alvin, Texas,

six-foot Olszewski will enter his third season with the New England Patriots this year. On Dec. 6, 2020, Olszewski scored his first NFL touchdown on a 70-yard punt return against the Chargers, which was the first punt return for a touchdown for New England since wide receiver Julian Edelman, who drove the official Toyota Camry pace car at NHMS in July 2014, returned a punt 84 yards vs. Denver on Nov. 2, 2014. Olszewski is the first player in Patriots history with two punt returns of at least 60 yards in a single game and the first NFL player to do so since Dec. 22, 2019. He finished the game with 145 punt return yards, the second-most ever in a single game by a Patriots player. He also hauled his first touchdown catch on a career-long 38-yard reception, added special teams tackles and was named the AFC Special Teams Player of the Week.

On Jan. 3, 2021, Olszewski returned three punts for 36 yards against the Jets. In doing so, he finished first in the NFL with a 17.3-yard punt return average, the highest in Patriots history, passing Edelman's previous record of 15.5 set in 2012.

"Gunner has proven himself on the gridiron and now is his chance to show New England race fans what he's got," said David McGrath, executive vice president and general manager for New Hampshire Motor Speedway. "We're excited to welcome him to 'The Magic Mile' and put him behind the wheel of

the official Toyota Camry TRD pace car."

Patriots safety Patrick Chung (July 2018), offensive coordinator Josh McDaniels (July 2017), offensive tackle Matt Light (September 2016), linebacker Rob Ninkovich (July 2015) and Edelman (July 2014) have all served as pace car drivers, making Olszewski the sixth member of the New England Patriots to get behind the wheel of the official Toyota Camry pace car for a NCS race at NHMS. Other notable pace car drivers include Boston Bruins forward Chris Wagner (July 2019), Richard Rawlings of Discovery Channel's "Fast N' Loud" (September 2017), Dave Matthews Band bassist Stefan Lessard (July 2016), Olympic triathlete Sarah True (September 2015) and Boston Bruins legend Brad Park (September 2014).

Race weekend action gets under way on Doubleheader Saturday, July 17, with practice and qualifying sessions scheduled for the NASCAR Whelen Modified Tour (NWMT). The green flag drops for the Whelen 100 NWMT race at 12:45 p.m. followed by the Ambetter Get Vaccinated 200 NASCAR Xfinity Series race at 3 p.m. The NCS Foxwoods Resort Casino 301 will run at 3 p.m. Sunday, July 18, marking the 50th NCS race at "The Magic Mile."

For a NASCAR race weekend schedule, visit NHMS.com/Events/Foxwoods-Resort-Casino-301/Schedule/. Schedule subject to change.



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SLA to host Beginner's Guide to Backpacking

HOLDERNESS — Summer is upon us, and that means it is peak hiking season! Thousands of hikers flock to New Hampshire every summer to enjoy the natural beauty that the Granite State has to offer. From spectacular mountain vistas, to gentle flowing streams, New Hampshire has an abundance of natural resources for us to experience. While many people see the scenery from the windows of the car or a day hike in the woods, backpackers experience the depths of the wilderness for days at a time, carrying all they need to survive in a backpack.

Come join LRCC member Evan for a morning walk in the woods on July 23 at 9 a.m. to learn hands-on the basics of backpacking and how to do so responsibly and safely. Backpacking may seem like a difficult hobby to begin, but all you need is some basic gear and to put one foot in front of the other.

We will go over basic gear needed to backpack, food and water procedures, bear safety, Leave-No-Trace principles, and how to prepare for a backpacking trip to leave you feeling comfortable and confident in the woods.

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

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The Town of Hebron is accepting applications for a General Maintenance position to perform basic regular maintenance on all town buildings (interior and exterior), overseeing servicing of heating and cooling systems, and monitor fire/security system alerts to ensure proper operations. Experience with basic carpentry skills, general plumbing skills, and knowledge of building maintenance. This is a part-time position. Full job description and application are available at the Selectmen's Office located in the Town Office Building at 7 School Street. Applications are due on Monday, July 26 at noon. For inquiries, please call 744-2631.

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Registration open for Ninth Annual Squam Ridge Race



HOLDERNESS — The Squam Lakes Association is excited to

announce that the 2021 Squam Ridge Race will be held on Sunday, September 19th this year!

All proceeds from this event support the trails in the SLA's 50-plus-mile network, including

the trails the race takes place on.

The Squam Ridge Race is a 12.2-mile race that traverses a majority of the Squam Range, crossing three summits with amazing views of Squam Lake and the surrounding watershed with about 3000 feet of elevation gain. The race is mostly single track with 1.8 miles of pavement, 0.5 miles of dirt road, 1.3 miles of double track, and 8.6 miles of single track trail. There is a racer and a hiker division, anyone is welcome to run or just hike the route as a participant of the event.

For those seeking a

shorter challenge, there will also be a four-mile race that climbs to the top of Mount Livermore and back to the start/finish area. There are both racer and hiker divisions, so everyone is welcome to hike the route with friends and family or race as a participant of the event.

Top finishers in their division receive medals and the top overall finishers receive prizes. CDC and New Hampshire state guidelines regarding Covid-19 procedures will be monitored while preparing for the race. Any Covid-19 procedures will be shared with registered racers closer to the event date. To regis-

ter for the Squam Ridge Race visit www.squammlakes.org. The registration fee is \$60 for all of July and will increase to \$70 in August.

For questions about the 2021 Squam Ridge Race please email Katri Gurney, Director of Trails and Access, at kgurney@squammlakes.org or call the SLA at 968-7336. Thank you to the Webster Family (Webster Land Corp and Burleigh Land Limited Partnership) for the event location and trail access providing hiking enjoyment for everyone for the race and all year long.



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Bridgewater to celebrate Old Home Day Aug. 21

BRIDGEWATER — The 123rd Annual Bridgewater Old Home Day Observance will be held on August 21, 2021 at the Bridgewater Old Town House on Bridgewater Hill Road.

In 1899, Gov. Rollins included in a speech to the People of New Hampshire:

“...inviting every person who ever resided in New Hampshire and the descendants of former residents, to return and visit the scenes of their youth and renew acquaintance with our people... When you think of the old home, you bring back the tenderest memories possessed by man—true love, perfect faith holy reverence, high ambition, - “the long, long thoughts of youth.”

With this speech, the annual Old Home Day was established, and Bridgewater has continued this tradition ever since (even last year with a modified and COVID compliant event).

- All are welcomed to the day's events:
- 10 a.m. coffee and set-up.
 - 10:30 a.m. Flag Raising by the local Boy Scouts.
 - 10:40 a.m. Craft sales and baked good sale.
 - 11 a.m. Children's Games.
 - Noon Group photograph in front of the Old Town House followed by the Traditional Baked Beans and all the fixins' (compliments of the Old Home Day Association)
 - 1:30 p.m. Squam Science Center Program (Hawks and Owls).
 - 7:30 p.m. Square Dance at the Old Town Hall

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