



THURSDAY, JULY 14, 2016

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COMPLIMENTARY

NLRA has a week of activities in store to celebrate Newfound Lake

BY DONNA RHODES
dhrhodes@salmonpress.com

BRISTOL — There can be little doubt that besides the wonderful people and businesses that attract people to the Newfound Region, there is the lake itself that everyone truly loves, and on Saturday, July 23, Newfound Lake Region Association invites residents and visitors alike to come take part in their annual Lake Week programs and activities.

NLRA director Boyd Smith said that the weeklong event is simply about immersing yourself in the great outdoors, with an emphasis on all that is or impacts the lake.

"This is really exciting...with all the different events coming together, there is something for everyone during Lake Week," said Smith.

Smith said the day will begin with an early morning (6-8 a.m.) paddle on the lake followed by a number of activ-

ities are scheduled to take place beginning at 9 a.m. at Grey Rocks Conservation area on North Shore Road in Hebron. Newfound Kayak Club will be on hand that day to give paddling demonstrations as well, from 9:30 a.m. until 11 a.m.

A Family Fishing clinic will be held from 9 a.m. until noon along with a special hands on "Watershed Warriors" program for families and youth to enjoy, which will be presented by the New Hampshire Lakes organization at the same time.

On that day NLRA will also reveal their Grey Rocks Permaculture Design where the public can not only see what's planned for the conservation area, but speak with the designers and even make suggestions of their own right at the site.

Free mini-boat tours will explain some of the ecology of Newfound Lake at 10 a.m., 11 a.m. and 1 p.m., courtesy of



COURTESY

Newfound Lake Region Association's tour boat, "Madeline" will offer mini-eco tours of Newfound Lake, along with all kinds of fun family activities as Lake Week gets underway at Grey Rocks Conservation Area in Hebron on July 23.

NLRA, and an "Around the Lake Sailing Race" will be held from 1:30-5 p.m. that day. Those who would like to participate are asked to contact Andrew Veilleux at 744-8689

or nlra.andrew@metrocast.net. No boat is needed, NLRA will find one for people to enjoy if they would like to be a part of all the action.

There are some new

walking trails at Grey Rocks for people to explore and the Bristol Rotary will have some delicious summertime foods available for sale from 9 a.m. until 1 p.m. with proceeds benefiting their many community endeavors.

But there's even more on tap from NLRA and their partners for the rest of the week.

On Sunday, July 24,

five days of guided hiking tours along the forests and ridges that make up the Newfound Lake watershed will begin with an easy two-mile hike through the Hebron Town Forest at 10 a.m., then a more challenging 4.5-mile climb up Plymouth Mountain at 1 p.m.. Other hikes throughout the week will include Cardigan Mountain, Lit-

SEE LAKE WEEK, PAGE A14

Acclaimed entertainer kicks off summer reading program on the right note

BY DONNA RHODES
dhrhodes@salmonpress.com

BRISTOL — Award-winning entertainer and New Hampshire educator Steve Blunt got the Minot-Sleeper Library's summer reading program started on the right note with a high-energy morning filled with music and story-telling last Wednesday as they prepared for this year's theme, "Get Ready, Get Set- READ!"

His first song, "Summer Vacation," had everyone clapping and singing along right away to the chorus, "Summer vacation- no school/Summer vacation- sleep late/Summer vacation- no homework/Summer vacation- it's great!"

From guitar to harmonica, ukulele to even an Australian



DONNA RHODES

Entertainer Steve Blunt played an Australian didgeridoo during the kick-off for the Bristol library's summer reading program last week then got everyone moving to his song, "Hip Hop Kangaroo."

didgeridoo, music filled the gymnasium at Tapply-Thompson Community Center and kept everyone on their toes as they danced and sang along with Blunt.

His message to read all summer long came through loud and clear with a fun song he wrote especially for this year's statewide reading program.

"Hey everybody, get ready to run/We'll race to the library just for fun," he sang. "Join the team, it's time to play/Get in the game and read today!"

Blunt also had a few stories for the large crowd, including the renowned tale of his brother Henry who soared off on a kite one day, and another he shared about the scary "ghost with the one black eye" that had everyone laughing in the end.

His drumming taught the children a Welcome song from West Africa and they

later learned to sing along to an East African Thank You song SEE STEVE BLUNT, PAGE A14

In the end, selectmen unanimously affordable housing grant

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The fact that low- to moderate-income families make up 59 percent of the town's population did not appear to sway members of the Bristol Board of Selectmen who were opposed to a proposed affordable housing project on Lake Street. Ar-

guments that failing to support a community development block grant to allow the project to advance as planned might send a negative signal to other developers considering economic development initiatives in the community also did not seem to change anyone's mind. Instead, it was SEE BRISTOL BOS, PAGE A14

Launch of Hill Library's summer reading program turns into a real balancing act

BY DONNA RHODES
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HILL — Everything was literally "up in the air" when Hill Public Library launched their summer reading program last Thursday afternoon with a special performance by comedic juggler Bryson Lang who amazed children and adults alike with his talents.

Among his many feats was a double dodge ball spin that he joked kept him from being pummeled by bigger boys in the dodge ball games he SEE LIBRARY, PAGE A14



DONNA RHODES

With a Statute of Liberty Hat and a "Dunkmaster 3000" net, Liam volunteered to help juggler Bryson Lang with one of his many tricks when Hill Public Library kicked off their "Get Ready, Get Set- READ!" summer reading program.

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Bristol Historical Society announces summer events

BRISTOL — Did you know that a passenger and freight train once served Bristol and the Newfound region? Come visit the Bristol Historical Society Museum and see the informative display of photos and information.

The museum is open on Tuesday evenings from 6-8 and Sunday afternoons from 2-4 p.m., or by appointment. If you want to see photos of Newfound Lake in the past we have many to

look at. Many other interesting relics and artifacts are also on display.

On Sunday, July 24, Kathy Hopper will be demonstrating the art of rug hooking during museum hours.

Our third annual "Making It In Bristol" will be held on Saturday, Aug. 6 from 9 a.m.-2 p.m. on the common. This is a very popular event that showcases some of the great work being done in our town.

Music and dancing

will fill the Old Town Hall on Summer Street on the evening of Friday, Aug. 12. Contra dances will be called by Dudley Laufman. Don't worry if you have never danced before as Dudley will teach all the dances. Dancing will begin at 7:30 p.m. If you don't wish to dance then come and listen and watch! There will be an admission charge.

For more information contact Lucille Keegan at 744-2751.



DONNA RHODES

Admire from afar

This beautiful moose was spotted in Alexandria last week, along with several young bears that have been roaming the Newfound Region. Drivers need to always be alert for wildlife that may cross the roadways, while birdfeeders and garbage should be removed from outdoor locations to prevent unfortunate encounters that can be harmful to humans, property and the animals as well. Those fortunate enough to spot any of New Hampshire's beautiful creatures should also keep in mind that they are wild animals and always maintain a safe distance from them.



DONNA RHODES

The show must go on

Threatening skies moved last week's Concert in the Park series indoors to the Old Town Hall on Summer Street in Bristol, but crowds still packed the hall and enjoyed the musical stylings of Swing Rocket, a family-based jazz group from the Purple Pit Coffee Lounge on Central Square. The free Thursday night concerts, made possible by the Bristol Events Committee and Tapply-Thompson Community Center, are being sponsored this year by Hannaford's Supermarket in Bristol and take place from 6:30 until 8 p.m. each week in Kelley Park as weather permits. The 2016 concert agenda includes the popular Uncle Steve Band on July 14, the Shana Stack Band on July 21, Tyler Road on July 28 and Bryan Conway on Aug. 4. On Aug. 11, the concerts will take a break to allow everyone the opportunity to lend their support to the annual Bristol Rotary Penny Sale at Bristol Memorial Middle School's gymnasium, but will resume on Aug. 18 for one final evening with Annie and the Orphans. Attendees are asked to bring blankets or chairs to the outdoor events (seating is available if the concerts are moved to the town hall) and food is available for purchase each week through the TTCC baseball and softball programs.

Upcoming Newfound Pathways event to focus on ways to encourage biking and walking

BRISTOL — Newfound Pathways will host an Interactive Bike and Walk event for Lakes Region Complete Streets on Friday, July 15, where communities can learn more about creating a safe and healthy environment for bicycles and pedestrians. The event will also help rural communities form groups such as a biking and walking alliance, and inform them of grant opportunities available for such purposes. Town and regional planners will also learn how they can adopt a Safe Walk policy in central New Hampshire municipalities.

Bill Dowey of Newfound Pathways said that

a new federal FAST Act (Fixing America's Surface Transportation) now mandates that bicycles and pedestrians be considered in any new road construction, renovation and resurfacing projects, and Lakes Region Complete Streets will provide suggestions on how to accomplish such a goal.

Presented by the Bike-Walk Alliance of New Hampshire, Transport N.H., Heal-NH, and Lakes Region Community Planning Commission, local legislators, town leaders and the public are all invited to take part in the morning's discussions and tours.

The day will begin with an 8:45 registration

time at the Minot-Sleeper Library. At 9 a.m. there will be a welcome from Bristol selectmen, followed by a 45-minute Complete Streets presentation from the Bike-Walk Alliance. At its conclusion everyone will then set out on a tour of the Bristol area's walking and biking paths. People can walk, bike, or ride a shuttle bus for the tour.

The meeting will reconvene at 11:30 a.m. to discuss what was seen before Newfound Pathways makes their own presentation about their mission and goals before the program is scheduled to end at approximately 12:15 p.m.

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The hidden monster in your home - HHW

The most threatening monsters linger in the most unsuspected places among our homes. The real monsters aren't hiding under our beds such as they were when we children. They hide in the most obvious places; under our kitchen and bathroom sinks, up on shelves, closets, and cabinets. They contaminate our water, soil, air, ecosystems, and our

bodies. Once they enter our bodies, they can surface in the form of health conditions ranging from asthma to cancer. Their attack can be subtle, but can have detrimental effects on our loved ones and ourselves, as well as the environment.

These "monsters" are known as Household Hazardous Wastes (HHW). As stated from the EPA website on haz-

ardous waste - "Simply defined, a hazardous waste is a waste with properties that make it dangerous or capable of having a harmful effect on human health or the environment." They can hide in bottles of household cleaners, personal care products and cosmetics, adhesives, floor and oven cleaners, arts & craft supplies, pool chemicals, herbicides and pesticides, coal tar-based driveway sealer, car wax & polish, mixed motor oil, antifreeze, oil-based paints, solvents, and sealants, etc. More than 20 pounds of HHW can be produced each year per U.S. household, producing approximately 250,000 tons of HHW per year (EPA).

When HHW is disposed of improperly, it can pollute our drinking water (surface and groundwater) and soil, threatening the health of

the surrounding community and our local ecosystems. These chemicals can be carcinogenic (cancer causing chemicals), teratogenic (may cause birth defects when pregnant), or possibly even mutagenic (DNA is permanently changed and can be passed on). Short and long term exposure to these chemicals can have adverse effects on the body. Short term health conditions associated with some pesticides, paints, and solvents include weakness, dizziness, confusion, irritability, headaches, sweating, tremors, and convulsions. Long term health effects caused from these chemical products can lead to cancer and birth defects.

The most astounding fact was found in a research study conducted in 2004 by the Environmental Protection Agency (EPA). SEE HHW, PAGE A15

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Annual Paws for a Cause auction benefiting Humane Society set for Aug. 11

LACONIA—The New Hampshire Humane Society's annual signature fundraising event, Paws for a Cause Auction, is Aug. 11, at Church Landing in Meredith.

"We're very excited about this year's Auction, it's always a wonderful evening with great supporters of the New Hampshire Humane Society," said Marylee Gorham, Executive Director of New Hampshire Humane Society, "and special thanks to our friends at Bank of New Hampshire."

"Bank of New Hampshire is proud to support the NH Humane Society and their Paws for a Cause Auction with a \$5,000 donation. The work they do is critical to preventing cruelty, implementing education, advocating for animals, providing shelter and finding responsible forever homes," said Tiffany Benton, Public Relations at Bank of NH.

The evening begins at 5:00 with check-in, cocktails and silent auction bidding. There's something for everyone; art, home and garden, sports memorabilia, NH made, wine and spirits, pets, something special for her and more!

The evening also includes dinner, entertainment from the Rockin' Daddios who will play the best of the 50's and 60's; and MC Pat Kelly from 98.3 LNH and 107.3 WEMJ along with Auctioneer PK Zyla will give you plenty of additional entertainment while you bid on live auction items that include a handmade Amish quilt, a dine and stay in Kennebunkport, a beautiful Denny Wong designed fourteen karat white & yellow gold "eagle in an egg" pendant, a 5 night golf and stay in Scotland for four, or your choice of a 7 day Holland America Cruise for 2 to Alaska, the Caribbean, Mexico or Canada/New England!



Pictured left to right are Tiffany Benton, Bank of New Hampshire, Chris Walkley, Bank of New Hampshire, Molly Lounsbury, New Hampshire Humane Society, and Conner.

Tickets are \$70, or save 10% by purchasing a table of 8 or 10. All proceeds support the animals and programs at SEE AUCTION, PAGE A15

Kelly Ayotte to speak at next PBVRC dinner

ASHLAND — For those who have been asking for a chance to hear or speak to Kelly Ayotte and Chris Sununu, you will have that opportunity at the Pemi-Baker Valley Republican Committee's July All-you-can-eat spaghetti dinner. It will be held on Friday, the 15th, at the American Legion Hall, 37 Main St., Ashland, where they will join you in a meal of spaghetti, meatballs, sausage, salad, garlic bread, beverages, and dessert. After their presentations, you will also get to ask them questions.

Kelly Ayotte, a New Hampshire native from Nashua, is running for re-election to the US Senate. She, with her husband, who is an Iraq combat veteran, owns a landscaping and snow removal business. Prior to her election to the Senate, she served as a prosecutor and NH Attorney General.

Ayotte is a staunch supporter of our veterans our men and women in uniform. She's a strong voice for curbing wasteful spending, lowering taxes, cutting red tape, and creating a better climate to help Granite State businesses create good-paying, 21st Century jobs. She is working to strengthen New Hampshire's high-tech manufacturing sector, open up new markets for New Hampshire goods, and prepare our kids for

the jobs of tomorrow. In the Senate, she has continued her efforts to keep us safe - working across the aisle to prevent domestic violence and human trafficking, and introducing historic reforms to end the scourge of sexual assault in the military and on college campuses. Kelly is also bringing together law enforcement, first responders, and health care experts to tackle New Hampshire's heroin epidemic head on and help our communities heal.

Chris Sununu is a candidate for Governor, after serving three terms on the Executive Council. In 2010, he led a group of investors in the purchase of Waterville Valley Resort, where he serves as Chief Executive Officer, and which employs more than 700 people.

He grew up in Salem, graduated from MIT with a BS in Civil/En-

vironmental Engineering, and worked for ten years cleaning up hazardous waste sites. He lives in Newfields with his wife and three children.

Join us in welcoming them to our July dinner. Tickets are \$10 at the door for adults, \$5 for children five to 12 years, and 4 and under 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 cindy@hdat-ech.com.

Holiday celebration for ambassador animals

HOLDERNESS—The animal ambassadors at Squam Lakes Natural Science Center serve to educate the public about the habitat, connections, and population of their species; ultimately helping illustrate the interrelationships among people, the species, and the natural environment in New Hampshire. These critters educate the guests at the Science Center and in return, the Science Center is thrilled to announce they will be hosting Christmas in July for the Critters this year on Monday, July 25 from 9:30 a.m. to 5 p.m., with the last trail admission at 3:30 p.m.

Christmas in July for the Critters will honor



The animal ambassadors at Squam Lakes Natural Science Center serve to educate the public about the habitat, connections, and population of their species; ultimately helping illustrate the interrelationships among people, the species, and the natural environment in New Hampshire. These critters educate the guests at the Science Center and in return, the Science Center is thrilled to announce they will be hosting Christmas in July for the Critters this year on Monday, July 25.

the ambassadors at the Science Center through numerous activities to thrill visitors. Throughout the day, Up Close to Animal presentations at the animal exhibits will SEE ANIMALS, PAGE A15

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New regulations for e-cigarettes

BY DEB NARO
Contributor

In early May 2016, the Food and Drug Administration (FDA) announced a final rule that will extend its authority to all products that meet the statutory definition of "tobacco product," including e-cigarettes, cigars, hookah tobacco, and pipe tobacco. When the regulation is in place, it will prohibit the sale of all tobacco products to anyone under the age of 18 years – both in person and online. In addition, it will subject all manufacturers, importers, and retailers of newly-regulated tobacco products to any applicable provisions, bringing them in line with other tobacco products that the FDA has regulated since 2009. This includes reporting ingredients and harmful and potentially harmful substances. The final rule also said "[the] FDA envisions that there could be tobacco products developed in the future that provide nicotine delivery through means (e.g., via dermal absorption or intranasal spray) similar to currently marketed medicinal nicotine products, but which are not drugs or devices," and therefore predictively included these in the definition of "tobacco products."

An electronic cigarette (eCig or e-cigarette) is a battery powered appliance that simulates cigarette smoking, but administers nicotine through a vapor. People using an e-cigarette are referring to it as "vaping" – not smoking, as with tobacco cigarettes. The device uses a liquid solution of nicotine and flavorings, inhaled when the e-cigarette is used. Marijuana

concentrates can also be added to the liquid solution to vape. When the user exhales, an aerosol intended to resemble smoke is visible.

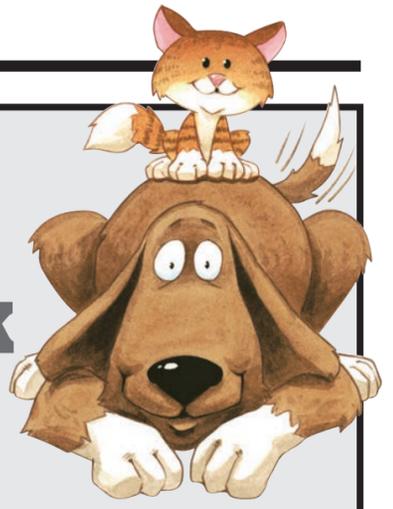
E-cigarettes have been in the marketplace since 2003 and, until now, there was no regulatory oversight. Manufacturers, many of which also produce traditional cigarettes, market e-cigarettes as a less-harmful alternative and a cessation tool for those wanting to quit. In addition, teen use of e-cigarettes is on the rise. According to the FDA, e-cigarette use for youth in high school increased nearly 800 percent from 2011 to 2014. The addictive nature of nicotine and exposure to the nicotine solution in the device raised questions regarding the benefits and risks of e-cigarettes, both to users and to the people around them – and especially for adolescents. Now, the FDA has stepped in to put some controls in place.

E-Cigarettes have generated significant controversy because of emerging evidence that people who are not already smoking tobacco are trying e-cigarettes, as first-time tobacco users. Factors that contribute to youth smoking, such as advertising, flavorings, health claims, and ease of product use, also add to the concern.

The Centers for Disease Control (CDC) reports that more than 75 percent of youth users of e-cigarettes smoke traditional cigarettes as well, yet three out of every five middle school students who reported ever using e-cigarettes say they have never tried traditional cigarettes.

SEE CADY, PAGE A15

PET of the Week Cali



Cali has that 'come up and see me sometime' come hither look about her. She has been living with us at New Hampshire Humane Society since February.

Pretty as a picture, sweet and demure, gentle, calm, likes the company of other cats, truly folks, what's not to love about CALI?

This lovely cali-girl was found as a stray and brought to us by a concerned citizen who knew she would be cared for properly at our Meredith Center Road shelter. She's been

overlooked, not due to personality but because she is older than other cats here – we think she is ten years old at least.

Why should she not enjoy her later years in a loving forever home? Why should she not feel again the comfort of a cozy lap to snuggle in? Why should she not revel in the persistent cat behavior of waking up her humans with a gentle pat on the cheek or an accidental knocking over of a water glass? She has love to share and purrs to bestow and waits patiently with the com-



pany of other cats in – you will be bowled over with her quiet social wing. Please visit Cali over with her quiet confidence.

Letters to the Editor

Thanks to all who made Bristol's July 4 parade a success

To the Editor:

On behalf of the Newfound Regional High School Athletic Department, I want to thank all those that made last week's Bristol July 4 Parade the success it was. The Events Committee worked hard, and we saw the results.

Congratulations to the football team for their patriotic float that was the first place winner. Thanks to the first Induction class to our Athletic Hall of Fame for participating. The individual inductees, as well as the 1972 State Champion

basketball team, had a great time. There were smiles all around as they remembered back 46 years and saw people they hadn't seen for a long time.

Special thanks to Bob Williams, of R. P. Williams, for supplying the float for the basketball team, and to his driver, Chris Biron, for safely driving the team in the parade.

*Peter Cofran
Athletic Director
Newfound Regional High School*

Our neighbors need to pay their fare share for ambulance coverage

To the Editor:

Bristol provides Alexandria, Danbury and Hill 24/7/365 ambulance coverage. This coverage costs about \$550,000 per year for all four towns combined. This amount is spread to each town by a formula of cost per call and then each town is credited by the number of "patient transports" they had, which reduces their overall expense. So, if each town wanted to provide their own 24/7/365 ambulance department, the minimum operating cost would be around \$390,000 which includes six full time EMS employees (including benefits), admin services, billing fees, ambulance maintenance, fuel, medical supplies, etc. This does not cover the cost of space for the ambulance and staff (about \$25,000) or the cost of the ambulance (about \$160,000). So having all towns combined like we have is a real cost saving.

I am sharing this information because of the high cost Bristol taxpayers have paid over the years compared to the other towns. Every year, Bristol pays about 57 percent for their 3,051 people and 17 square miles of coverage, while Alexandria, Danbury and Hill pay only 43 percent for their 4,352 people and 108 square miles of coverage. Plus, Bristol pays 100 percent of the capital expense for space and ambulance costs.

Our ambulance service could be compared to our electric bills, where we are billed to maintain reserve capacity and distribution costs even if we do not use any electricity. So, with the current ambulance contract, these towns would pay zero if they

did not have any calls and Bristol taxpayers would have to pay the full \$550,000. This can be corrected easily and equitably by taking the \$550,000 plus a set amount for capital expenses and dividing it by the number of people that live in each town. So, just like electric reserve capacity and distribution costs, all towns are billed for the cost of service even if they do not use it.

Bristol EMS provides an excellent level of service, plus a second ambulance when possible. EMS services "people" as "people" need the service, it's not there to count call or the number of patient transports that each town has and bill accordingly. Counting calls and patient transports could leave any one of the towns paying more than their share of the cost of service. In essence, one town could be paying for another town's portion!

It is the select board's duty to take action to correct this contract, and as good neighbors, Alexandria, Danbury and Hill need to step up and start paying the real cost. Last November, I provided this information to the select board and have reminded them several times since, and now it is July, and they have failed to take any action.

One last piece of information I will leave you with is in the past two years, a scheduled meeting took place to review the next year's ambulance rates, and not one person from Alexandria, Danbury and Hill showed up to discuss them. What does this tell you?

*John Sellers
Bristol*

Selectmen have made Mica property a burden for years to come

To the Editor:

Last March at the Bristol Town Meeting, an amendment to a warrant article for a \$10,000 70-foot fence was presented to the voters reducing that appropriation to \$7,000; the amendment was defeated. The fence was to be installed on the "Mica Building" plot along the Newfound River. The "Mica" property has a long and sordid history with the Town of Bristol.

Several years ago, over \$52,000 in taxpayer funds were spent to stabilize and study the possibility of procuring the building to relocate the town offices. After determining that 40 years of accumulated pigeon dung might prove to be a hazard to the health of our town employees, this plan was abandoned. Then came the legal process to condemn the property and take it by tax deed. Yes, we spent thousands of dollars studying and stabilizing the property before we owned it; we

also spent this money without an appropriation in the budget, a clear violation of RSA 32:8. Subsequent to procuring the property the town applied for and obtained a "Brownfields" grant to demolish the property. All totaled, hundreds of thousands of dollars were spent on this property.

The lot stands empty to this day; several adjacent property owners recently expressed interest in purchasing this plot for various uses. It would seem that the best interest of the taxpayers would be to sell the plot, return it to the tax rolls, and recoup some of the tax money spent. Instead, the Selectmen have decided to turn it into a pocket park, thereby insuring [sic] that this property will be an expense to the taxpayers for years to come.

*Paul Simard
Bristol*

Newfound Landing

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North Country Notebook



By JOHN HARRIGAN

COLUMNIST

On Independence Day night, I decided to forego a trip to town where the fireworks would be up close, and instead went up to my rooftop deck to see them from three and a half miles away.

I discovered two things. First, the trees down on my property line have grown a bit since I last tried to see fireworks, and I could see only the most ambitious---the cloud-busters that the fireworks crew set off every twentieth shot or so. "That's a high-gainer," old-timers would shout.

I'm about 500 feet above downtown Colebrook, a topographical

An early summer ritual transcends the generations

disadvantage for seeing fireworks. The payback is on cool summer mornings when downtown and all adjoining territory is buried in mist and fog, and only those of us higher up, above 1,400 feet or so, stick up like islands in the sea.

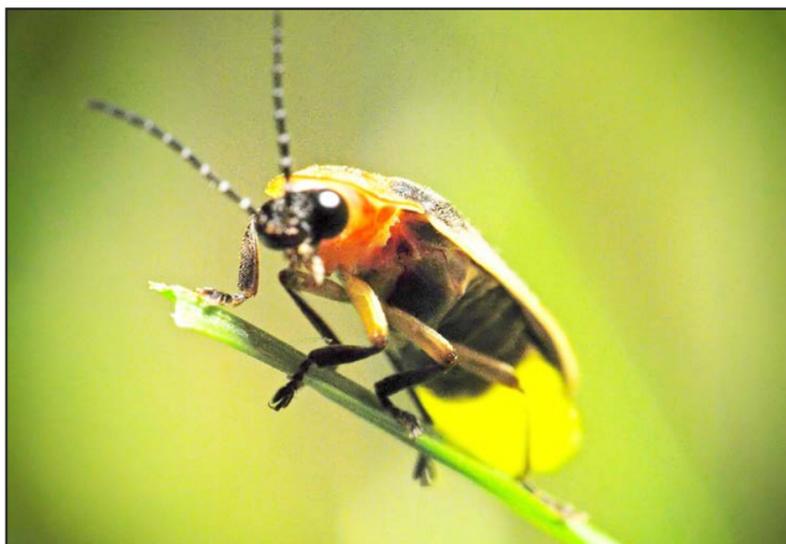
Second, the fireflies were out in force on the front lawn and across the fence where cows and horses were bellowing and stomping around. What a treat, I thought---fireflies in the foreground, fireworks in the distance. It made, as they say in the trade, a nice dichotomy.

+++++

It was good to see

the fireflies back in such profusion. Another nice word for this is plethora. That one's companion word is dearth. Paucity works almost as well. For many if not most adjectives in the English language there is an alternate, or better put, an opposite.

I once challenged Dirk Ruemenapp, longtime friend and newspaper cohort, to figure out that if I am my great-uncle John D. Harrigan's namesake, which I am, what he is to me. He went after it with typical Germanic zeal, and weeks later came back with the answer: "nominal antecedent." I delight in telling this story,



COURTESY

A firefly, doing its attract-a-mate thing. (Animalpicturesociety.com)

with old John D.'s 60th wedding anniversary photograph up there on the wall, while

younger visitors roll their eyes.

I'm an etymologist, maybe, but no entomologist for sure despite some actual classroom time in the study of insects with the unforgettable Dr. Tom Fisher, so I can't say why there were few if any fireflies for three or four years.

Neither can I figure out why the June bugs disappeared, but they did, for a similar period. Now they're back, albeit in small numbers. Some people say "Good," and good riddance. I'm one to wonder why they went away.

+++++

When we were kids, catching a firefly was a big deal. Old folks sitting on the porch would fetch jars and encourage youngsters to run all over the place, trying to catch

one. They remembered those carefree times, before arthritis and a lot more.

Catching a firefly is really not all that difficult to do, as two batches of children have taught me. "Here," they would say, proffering the jar, small hand held over the top. "A firefly."

And there it was all right, winking away, in its small way a wink and a link between the young and the old, the old ones right then young forever.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

From the Capital Steps

BY SEN. JEANIE FORRESTER

District 2

The session has finally ended...it seemed like it never would! With a budget that was vetoed and then overridden, serving on the joint drug task force, and over 800 bills in 2016 alone, it has been a very busy session. In 2016 session, I sponsored/co-sponsored 47 bills, most of which were signed into law by the Governor. A sampling of some of the legislation includes:

Authorizing energy infrastructure development and designating energy infrastructure corridors. This legislation has been a long time coming and a lot of good bi-partisan work was done to accomplish this.

Naming a welcome center in Littleton in honor of Executive Councilor Raymond S. Burton.

Giving authority to federal border patrol agents to make arrests in Coos county. This legislation was brought forward to address the shortage of law enforcement in the northern part of the state.

Establishing a state grant program to assist state and local law enforcement agencies in addressing the opioid crisis.

Implementing a system of care for children's behavioral health.

Overall legislative accomplishments for the 2016 session include:

Improving the Business Environment:

Continued the modernization of the state's banking, credit union and trust laws.

Updated the state's LLC statutes.

Allowed the sampling of wine and beer and farmers markets.

Eliminate excessively burdensome requirements on the construction industry (vetoed).

Taxes:

Eliminated the Start Up tax, making NH a better place to start a business and grow.

Quadrupled the small business capital expense deduction to \$100,000.

Updated state laws to conform with the IRS code, cutting down on the time it takes to file returns.

Updated tax laws to make it easier for businesses to file.

Heroin/Opioids:

Added \$5 million for drug prevention and treatment.

Established a new position at the Department of Justice to prosecute

high level drug crimes.

Updated ruling-making for opioid prescriptions.

Made it easier for licensed alcohol and drug councilors to move to New Hampshire and work in their field.

Allows pharmacies to take back unused prescriptions, reducing the supply of addictive painkillers

Created Drug Court program to divert those addicted from drugs into treatment rather than the prison system.

\$1.5 in funding for State Police overtime to partner with local law enforcement.

Established a study commission to study the use of Narcan.

Increased penalties for fentanyl possession.

Updated insurance requirements for those being treated for addiction.

Updated the health education curriculum to include age appropriate drug and alcohol education for children.

Provided funding the prescription drug moni-

toring program.

Banned the use of synthetic urine (used to fake out drug tests).

Energy:

Created energy infrastructure corridors along state's divided highways to allow new infrastructure be buried next to highways.

Increased the net metering cap to prevent a shutdown of the solar industry.

Transportation:

Passed the 10 year highway plan that will finish I-93 with four lanes in both directions between Manchester and the state line, pave 550 miles a year, and replace or rehabilitate 80 bridges.

Healthcare:

Banned restrictive physicians' contracts that increase the cost of healthcare.

Right to Try, allowing those with terminal illnesses the right to try non-FDA approved medicine

SEE CAPITAL STEPS, PAGE A15

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Week of 7/15 - 7/21

GHOSTBUSTERS PG-13
 Daily: 1:00, 4:00, 7:00 & 9:45

SECRET LIFE OF PETS PG
 Daily: 11:50, 2:20, 4:50, 7:10 & 9:30

FINDING DORY PG
 Fri. - Wed.: 12:10, 2:40, 5:10, 7:30 & 9:50
 Thurs: 12:10, 2:40

ICE AGE: COLLISION COURSE PG
 Thursday: 5:10, 7:30 & 9:50

JOIN US FOR THE ADVANCE SCREENING OF ICE AGE: COLLISION COURSE THURSDAY 7/21 AT 5:10 PM

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

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 Brendan Berube at (603) 279-4516, ext. 111
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 264 Main Street, Suite 14, Lincoln, NH
 603-745-3451

Evelyn G. Hamblett, 86

HEBRON — Evelyn G. Hamblett, 86, life long resident of Hebron, died Thursday, July 7, 2016 at home. She was the daughter of Charles and Gladys

(Counter) Hamblett. Evelyn attended local schools and later went on to work for area families, Dr. Sargent, and Camp Wicosuta doing cleaning and

laundry services.

Evelyn was a supporter of Hebron, always being aware of the local families and happenings. She was meticulous in the care

and maintenance of her home, landscape, and lawn. Free time for her was always spent with a good book.

At her request, a

graveside service was held Wednesday, July 13, at the Hebron Village Cemetery. Donations in her memory may be made to the Hebron Library, noting

in the memo Friends of the Hebron Library, PO Box 90, Hebron, NH 03241. Arrangements were under the direction of Emmons Funeral Home of Bristol.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Greenery

The fresh cut grass brought out many visitors to the fields. As always the Robins were very active. They were disturbed by a bevy of young turkeys 5 in all that did a line dance from one field to the next.

From the town

Select board minutes, July 5

The minutes from June 21 were approved.

Items Reviewed and Signed

Letter: Plodzick & Sanderson representation letter

Letter: Shattuck/Whittinghill Estate decline of distribution

Letter: Sessler Law Office/Corbeil property line "in contention"

Notice of Intent to Cut Wood or Timber: 16-005-07-T Beshong (Map 418 Lot 66)

Notice of Intent to Cut Wood or Timber: 16-005-08-T Morrison (Map 413 Lot 99)

Notice of Intent to Cut Wood or Timber: 16-005-09-T Hall (Map 411 lot 132.2)

2016 MS-123 (Report of Town Officials)

Notice to NH DRA that the Town will not be using the PA-28 Inventory form in 2017

Building Permit: Lincoln (Map 201 Lot 91) 914 West Shore Road

Letter: Morse Current Use Application (Map 402 Lot 1)

PA-29: Application for Property Tax Credit/Exemption (Map 418 Lot 167)

Purchase Order: JAF Industries for culverts

Powers Generator proposal: The Selectmen read and signed a letter to Barbara Emery stating the following: The members of this Board wish to express our profound thanks to you for your eleven years of service as Town Clerk and Tax Collector for the Town of Alexandria. Under your leadership, the office has been taken to a new level of professionalism, and has established a new standard of service and reliability. Public support of our local government depends on public confidence in the reliability and integrity of your office, so your achievements have had positive consequences for all of us – the Town's employees, elected officials, volunteers, and residents. We wish you well in all your future endeavors.

Items held for further review

Building Permit: Lincoln (Map 201 Lot 91) 914 West Shore Road: The Selectmen need additional information about the septic system.

Business

The Selectmen discussed a request from Michael Sharp and Lorna Platts regarding the Town contributing to improvements on Clark Trail. After reviewing RSA's concerning Class VI roads and consulting with Town Counsel, the Selectmen have decided that the Town will not contribute funds to improve Clark Trail.

After reviewing the site with the logger, the Selectmen approved the use of a town-owned lot on King Road for access to property owned by Kevin Cassidy for logging.

The Selectmen have approved scheduling the sale of town-owned property via sealed bid as soon as possible.

The Selectmen reviewed a complaint received from Mark Keenan regarding culvert drainage concerns on Mount Cardigan Road; the Selectmen will be sending Mr. Keenan a letter stating that their position regarding the situation has not changed.

The Selectmen reviewed a suggestion from a resident that yellow lines be painted in the center of the corner of Plumer Hill Road/Bristol Hill Road. The Selectmen have instructed the Road Agent that they would like that intersection painted and will also do the intersection of Thissel Road and Plumer Hill Road Thissel Road and Town Pound Road.

Ken Hall requested permission to add gravel to a Class VI portion of Gale Road; the Selectmen gave Mr. Hall permission to make improvements to that road.

Bristol Farmers' Market & Facts

The rain kept some vendors and shoppers away on Saturday. But as always the pies, jams, jellies and cookies sold out. Better weather next weekend.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, July 17. Rev. John Buttrick and Rev. Faye Buttrick from Concord will lead the worship service and share their thoughts on their recent trip to Palestine and Israel, within an informal framework of scripture, hymns and prayers. It will be an inspiring and informative gathering; all are welcome—and encouraged—to attend. Meanwhile the church members are busy planning their annual South Danbury Church Fair which will be held from

9 a.m.-2 p.m. on Saturday, July 30. There will be readings by both Donald Hall and Mary Lyn Ray. Mary Lyn will have signed books available for purchase while if you'd like an autographed copy of a Donald Hall book, you will need to purchase one elsewhere and bring it to the fair for signing. Lunch is available. The auction begins at 12:30 p.m., and will be hosted again this year by the honorable Douglas Windsor.

The baby is here

The Huntoon and Sprague families have been waiting for our Sammie to give birth. Finally on the evening of July 6, Lily-Ann Marie Duquette was born in the Laconia Hospital. Weighing in at 10 pounds, two ounces and 20 inches long, she has a full head of hair and a nice set of lungs. Already, she has her daddy Robby Duquette wrapped around her little finger.

Groton

Jo O'Connor 217-9002
grotonnews@yahoo.com

A Select Board Meeting was held on July 5 which was rather uneventful. The Board signed the Primex Worker's Comp and Property Liability forms that were held over from last week so clarifications could be made. Two septic plans were signed, one for Hershberger and the other for Russell. Two Junkyard licenses were signed, one for 141 Sculptured Rocks Road, and the other for 1536 N. Groton Rd. Both locations were found to be in compliance.

Elizabeth Jespersen brought up some business from the Cemetery Committee that the Cemetery on River Road was in disarray and she and Otto went and mowed last week. She would like to see all the Town Cemeteries be kept in better order. The Committee will be having some work done on the River Road Cemetery to get it looking better in the near future.

By the time this article is published, the clean-up at 559 N. Groton Rd. should already be done by the Town.

Announcements:

Select Board Work Sessions at the Town House - July 19 at 4 p.m. and Aug. 2 at 5 p.m.

Conservation Commission Meeting at the Town House - July 14 at 7 p.m.

Planning Board Meeting at the Town House - Wednesday, July 27 at 7 p.m.

Changes in Select Board office hours: Thursday, July 14

office will open late – about 10:30 a.m.

Friday, July 15 Office will be open from 7 – 11 a.m.

Office will be closed July 18 all day.

There will be an Old Home Day committee meeting coming up. The Old Home Day Committee had lost a couple of members, so if you are interested in serving on this committee, please let Christina Goodwin know. The Old Home Day is held on the 3rd Saturday in August, which will be Aug. 20 this year.

Job Openings

The Town House is still in need of a part-time custodian. If you are interested in this paid position, please let Sara Smith in the Select Board's Office know. Her phone number is 744-9190. This is one day per week in the summer months and two days per week in the winter months plus before special events or meetings that might take place at the Town House.

The Town is also looking for two part-time police officers. Please contact Chief Thompson if you might be interested.

The Town is also still looking for a Health Officer, Highway Department Assistant/Laborer, and Transfer Station alternate. Those who may be interested, please contact the Town Office.

The Groton Historical Museum will be open July 16, 23, and Aug. 6, 13, 20, and 27 from 2-4 p.m. Stop by and see what changes have taken place and learn a bit about our community.

Order forms for the bright red 911 street number signs are available from both the Hebron and Groton Web Sites. You can also get forms and pay for signs at the Groton Town Clerk Offices, open Monday, Wednesday, and Friday 9 a.m. to 4 p.m., and Tuesday evening from 4pm to 6pm or at the Hebron Town Office Mon – Fri. from 8:30 a.m. to noon.

Mail is also an option: HFD Improvement Fund, PO Box 188, Hebron, NH 03241.

Get out and enjoy some of this beautiful summer. It never lasts long enough.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Friends of the Hebron Library

The Friends of the Hebron Library would like to thank the community for the wonderful support shown at the July 2 Gazebo Program. A barbecue, raffle, and bake sale kept volunteers busy

and the crowd well-fed. It was a great start to what promises to be a fun-filled summer for library lovers.

The Friends of the Hebron Library welcomes new members. If you are interested please join us at our next meeting on Aug. 1 at 6 p.m. in the Hebron Library.

Gazebo Program

Another new band to our Program, Lunch at the Dump, will be appearing on Saturday July 16 at 6 p.m. and playing bluegrass and bluesy jazz with the barbecue by the

Churches

Family Worship Center Ply. Assembly of God

Thursday, July 14, 6:30-7:30 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpack Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen and the other by Scott Gusha. Do come for this great time of fellowship and learning.

The Royal Rangers are raising funds to go to Camporama for 7 days in Eagle Rock, Mo., July 18-22. This comes every four years, and has a great impact on the Rangers who attend. Thousands attend for 7 days from around the world. This is the experience of a life-time and lives are changed forever, for the glory of God. Two commanders and three boys are going. Cmdr. Willy Gusha and the boys have raised more than much of the money so far, and have more that is needed. Much help is still needed. Please help provide funds to send these boys for this life-changing experience. You may contact the church or Cmdr. Willie Gusha for information and to help.

Sunday, July 17, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K, 1-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Hebron Village Store. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron and donations from individuals and organizations. All barbecues are sponsored by Hebron Village Store. Free Popcorn thanks to Bill White Realty. If you would like a notice of this years programs and any changes as the summer moves on send us your email address to hebrongazebo@gmail.com and we will add you to our list. If you have any questions or comments, please call 744-3335.

Monday, July 18, noon-2 p.m. – the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, July 30, the men's monthly brunch will be held. Please contact Pastor Glen or Willie Gusha for information and reservations.

Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

Anyone desiring Church membership: please contact Pastor Yunghans at 536-1966 or 726-0254.

Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

SEE CHURCHES, PAGE A7

Churches

FROM PAGE A6

**Holy Trinity
(Roman Catholic)****Day Away Program**

Are you a musician or artist that would like to share your talents with our participants on Thursdays? We would love to have you! Please call Fran Olson at 744-6828.

Weekly Meetings

Thursday, July 14

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

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

Welcome**new parishioners!**

If you have recently moved here from another parish, please don't forget to register. You can stop into the office or request a form by email. This allows us to better inform you of upcoming events, register your children for Faith Formation, etc. If you have a child entering our Faith Formation programs for the first time this fall, could you please give us a call at 536-4700 (Plymouth/Ashland), or 744-2700 (Bristol). This gives us a better idea of the amount of resources and teachers we will need for the upcoming year. Thanks!

Eucharistic Adoration

Eucharistic Adoration is a gift of comfort and peace every Thursday at St Agnes Church in Ashland.

Many of our parishioners attend an hour each week, praying for the needs of our community of faith.

Beginning with Mass at 8 a.m., the day continues in uninterrupted silence and prayer.

Can you spend an hour before the Lord once a week or once a month? To see what it's like, stop by for a few minutes of quiet prayer or reflection on any Thursday until 6 p.m. More information is available on the parish Web site: www.holytrinityparishnh.org/eucharistic-adoration.html.

Parishioner, visitors and guests at Our Lady of Grace

Just a reminder to utilize the crosswalk at the Chapel. There is an added concern for the safety of pedestrians with the increase in summer traffic at Newfound Lake.

'Right Turn Only' signs direct the traffic leaving both parking lots to prevent a bottleneck in front of the Chapel. Please park in the lot that turns in the direction of your travel. Please use caution whether on foot or behind the wheel. With common sense and courtesy we can make this summer safe and enjoyable for all.

Homebound Ministry

If you or someone you know is homebound and would like to receive a communion visit, please call the Plymouth office at 536-4700 and talk with

Deacon Mike. He will coordinate the schedule from there. Thank you!

Do you have a few hours to spare to help with Red Cross Blood Drive events?

Holy Trinity Parish has partnered with the Red Cross to host blood drives every few months at Our Lady of Grace Chapel in Simard Hall. Volunteers are needed to staff the registration and refreshment tables for a few hours during each event. These events are typically scheduled on a Tuesday or Wednesday afternoon. If you have an interest in joining the crew that makes these events possible, please contact Kathleen Haskell at 744-2862.

The GOT LUNCH! Program

Both programs meet on the Monday morning of each week to make the lunches. Ashland/Holderness meets at St. Mark's Episcopal Church in Ashland, and the Plymouth program meets at Starr King Universalist Fellowship Hall in Plymouth on Fairgrounds Rd. Packing is one from 8:30 to 9:30 a.m., and delivery starts soon after. Donations of fresh fruit and vegetables, as well as monetary donations of any amount are also appreciated. You can also sponsor a child for the summer.

For more information, call:

Elena Worrall (Ashland/Holderness), at 744-0105

or Mary Kietzman (Plymouth), at 536-1076.

Summer Mass Schedule

Saturday, May 28, through Sunday, Sept. 4

Saturday 4 p.m. St. Matthew Church 5:45 p.m. Our Lady of Grace Chapel

Sunday 7:30 a.m. St. Matthew Church 9:30 a.m. Our Lady of Grace Chapel

11:30 a.m. St. Matthew Church Additional Masses Start Next Weekend

Sunday, June 26 through Sunday, Sept. 4

Sunday 8 a.m. Our Lady of Grace Chapel Sunday 9:30 a.m. St. Agnes Church

Bristol Knights of Columbus Scholarship

Deadline extended The Bristol Knights of Columbus are offering a scholarship to high school students who wish to further their education. Please see one of the Knights to obtain an application. There are certain requirements for this scholarship. Please see a knight for details. All documentation must be handed in

by July 17.

Bristol Campus Bereavement Committee

Would you like to cook or bake something for a bereavement luncheon? Could you help set up the hall for the luncheon or help serve? Call our bereavement coordinator Kim Cooper at 321-1397. Thank you!

Blood Drive: Our Lady of Grace Chapel, Simard Hall, Aug. 10, 1-6 p.m.

Catholic Charities Appeal

As Catholics, Jesus calls us to help our neighbors who are in need. Your gift strengthens families, inspires and educates young parents and relieves the burden of grief and hardship. Our parish goal this year is \$67,000. Your gift bridges the gap for many of our neighbors and moves lives forward. Thank you for considering giving to Catholic Charities.

If you are not a Catholic, or need to complete your Sacraments an inquiry session will be coming up where you can ask all of the questions you would like to ask about this incredible life changing process. For more information call the Plymouth office at 536-4700.

Plymouth United Methodist Church**Sunday Worship: Meet Our New Pastor!**

334 Fairgrounds Rd.

This is our new Lay Supply Pastor Regina Bowler's second Sunday on the job! Regina was born and raised here in New Hampshire. She has been an RN for 27 years and an active lay leader in the Littleton First United Methodist Church for almost 20 years. Perhaps most importantly, she was pivotal in the spiritual formation of our beloved former lay supply pastor, Pastor Ashley. Regina is her mom! Come welcome Regina to the PUMC family!

As always, we welcome you for a casual worship experience every Sunday of the summer at 9:30 a.m., 334 Fairgrounds Rd. T-shirts and flip-flops are the recommended dress. We pray, sing and study together, sharing our joys and sorrows. Following worship, there is always an informal time of fellowship over coffee, juice and plenty of delectable desserts. The kids will love it!

Our building is accessible, and there is ample parking. For more information, email PUMCoutreach@yahoo.com, leave a message at 536-1941 or visit www.plymouthumc.wordpress.com.

July Mission Focus: Mayhew Program

The Mayhew Program in Bristol is New Hampshire's only all-boys outreach program that combines a residential summer experience on Newfound Lake with continued mentoring throughout the school year. The Mayhew Program is changing lives, teaching young boys to respect and value themselves and each other. Check it out at www.mayhew.org or, better yet, see it for yourself. Mayhew offers lunch and dinner tours of the island on select dates throughout the summer. A trip to Mayhew will reaffirm your faith in humanity!

Community Collections Serve Local Needs

There is so much need all around us. That's why PUMC sponsors a number of ongoing collections. Currently, we're accepting donations of cleaning supplies and full-size bed pillows for the Bridge House, our local homeless shelter. We will always take non-perishable food items for the Plymouth Area Community Closet's Food Pantry. And don't forget G T Lunch! Plymouth, feeding area children during the summer months when school breakfasts and lunches are not available. Visit www.gotlunchplymouth.org to learn more about this community collaboration and how you can help. You can drop off donations for all of these drives in the foyer of the church.

Star King Unitarian Universalist Fellowship

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

Sunday, July 17, 9:30

a.m. The Ginko Tree Nancy Chaddock

This fourth informal summer presentation and discussion will be led by Nancy Chaddock, lover of nature and member of the Fellowship. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the church.

Our regular schedule of services will begin in September with our new settled minister, Rev. Linda Barnes.

Social Justice Community Outreach "GOT LUNCH! PLYMOUTH" program. Every Monday morning a group from SKUUF, other local congregations and friends from the Plymouth community gather downstairs to put together bags of food suitable for families that need extra help with a week of nourishing lunches for children. This will help to keep their bodies strong and ready for the next school year. Drivers and navigators then deliver the bags throughout the Plymouth community to families who have signed up for these lunches. Donations can be made at any time to SKUUF with Got Lunch! Plymouth noted on the memo line of a check.

Also items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the basket in the foyer for the "GOT LUNCH! PLYMOUTH" program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

Ongoing activities

Choir will meet again in September on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall for a casual gathering of SKUUF members

and friends for good food and discussion. Contact Deedie at cdkriebel@gmail.com for info.

Starr King Men's Group will not meet during the summer but will resume in late September.

Summer hikes, biking and kayaking/canoeing All are welcome. Check our Web site for information. Contact mitch@newfoundfarm.org or cdkriebel@gmail.com to register and receive updates.

Uncommittee Gatherings will meet every third Sunday at 11 a.m. downstairs. Bring your own crafting supplies. Contact Gigi Estes, or Virginia Miller seabeans@roadrunner.com for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Conference Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.



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Old School meets New School from Boston's iconic Rock & Blues scene

PLYMOUTH—Roomful of Blues, Magic Dick of the J. Geils Band, and 2015 Boston Music Award Winner Shun Ng team up at the Flying Monkey Performance Center on Sunday, July 24 at 6:30 p.m. Tickets for this concert start at \$25.

Magic Dick, harmonica player for Boston's legendary J. Geils Band has recently teamed up with 2015 Boston Music Award winning guitar and vocal sensation, Shun Ng, to create one of the most dynamic musical acts to come out of

Boston in a long time. Their music is a soulful blues that rocks out and yet is thoughtful, emotional and it is performed by virtuosos on their respective instruments.

Since 1969, Magic Dick has toured the world playing stadiums with the J. Geils Band. He explains the formation of the duo: "From the moment I first heard Shun Ng's CD 'Funky Thumb Stuff' I knew that a manifest musical collaboration was about to happen. Shun's sound simply made me feel very alive

and induced in me a synchronous alignment of musical DNA as if it was his intention as well as mine all along... now we are a duo and I couldn't be more delighted."

Quincy Jones says of Shun, "When you see Shun Ng, you won't believe your eyes nor your ears - he belies all stereotypes, all premonitions. I was simply blown away by both his soul and his science - his creativity and his uniqueness is astounding."

If that wasn't enough, the evening will continue



COURTESY

Roomful of Blues, Magic Dick of the J. Geils Band, and 2015 Boston Music Award Winner Shun Ng team up at the Flying Monkey Performance Center on Sunday, July 24 at 6:30 p.m. Tickets for this concert start at \$25.

Pemi Valley Bluegrass Festival returns Aug. 4-7

THORNTON — The 24th Annual Pemi Valley Bluegrass Festival will be held at the Sugar Shack Campground in Thornton from Thursday, Aug. 4 through Sunday, Aug. 7.

The festival this year features International Bluegrass Music Association's award winning bands including Rhonda Vincent and the Rage, The Seldom Scene, Blue Highway and the Gibson Brothers, Helen Highwater Stringband; Chris Jones & the Night Drivers, Lonely Heartstring Band, Gold Heart, Zink & Company, Beartracks, Bluegrass Gospel Project, Newfound Grass, Parker Hill Road Band, and the Robinson Gospel Jam. Check the complete list on the performer's page of the Web site.

The Bluegrass Festival provides fun, activities and entertainment for all ages. Picking Tent featuring beginner hosted slow jams Friday and Saturdays; Kids Academy with instruments provided; kids activities; Pemi Valley Bluegrass University, on site swimming and fishing; canoe and tube rentals available; and many food concessions to select from.

The Kids Academy is a free three-day learning program for festival attendees with a valid wrist band held Friday through Sunday at the festival. The goal is to teach children ages 8 to



COURTESY

The 24th Annual Pemi Valley Bluegrass Festival will be held at the Sugar Shack Campground in Thornton from Thursday, Aug. 4 through Sunday, Aug. 7.

17 to play, sing and perform bluegrass music. Fiddle, guitar, banjo, upright bass, mandolin and dobro. Ellen Carlson has been teaching at Kid's Academy's at different festivals for over 10 years.

The Bluegrass University is a set of beginner classes for adults and teens who want to get the right start or review the fundamentals. These classes are hands-on intensive learning experiences taught in small group settings. The classes will be held at the festival on Saturday from 2 until 4:30 p.m., and the cost is \$35. To register or learn more, visit www.thebluegrassuniversity.com.

Get your tickets for Aug. 4 to the 7th for the Pemi Valley Bluegrass Festival 2016 Music in the Mountains, Picking in the Mountains! Whether you come for the day or the entire

weekend there are discounts available for tickets and camping. Visit www.pemivalley-bluegrass.com for tickets and camping reservations.

About the LRTA

The Lakes Region Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail establishments and accommodations. For more information or visitors' guides, visit LakesRegion.org, facebook.com/NHLakesRegion or follow on Twitter. For more information about New Hampshire, go to www.visitnh.gov. The LRTA office is on Route 3 in Tilton, and it can be reached by calling (800) 60-LAKES.

with a New England musical institution.

For nearly half a century, Roomful of Blues has been delivering its signature blend of swing, rock 'n' roll, jump, blues and R&B to euphoric audiences all over the world. Blues Revue says, "Roomful of Blues is a sheer joy...contagious, finger-popping, head-bopping grooves...the horns blast loud and proud...explosive and electrifying." The band has earned five

Grammy Award nominations and a slew of other accolades, including seven Blues Music Awards. With their masterful combination of jumping, horn-heavy blues and R&B, it's no wonder why the great Count Basie called them "the hottest blues band I've ever heard."

Old school meets new school from the legendary and always pioneering Boston music scene. Rock and Blues Royalty

mingles with a recent Boston Music Award Winner for an exciting evening of Rock N' Blues that is sure to leave old fans talking about new sensations.

Tickets for Roomful of Blues, Magic Dick & Shun Ng are \$25 and \$35 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.

C.B. Gilford's mystery/comedy "Any Body for Tea?" on stage at Little Church Theater

H O L D E R N E S S — "Any Body for Tea?" takes the stage for three nights, July 14-16 at 7:30 p.m. at The Little Church Theater. Afternoon tea proves to be a deadly proposition in the mystery/comedy based on the successful "Bull in a China Shop" episode of "Alfred Hitchcock Presents."

Dennis O'Finn, investigating the death of an elderly lady, discovers that he himself is the motive for murder. Six sweet but balmy ladies are all in love with their bachelor neighbor and to lure O'Finn to visit, they stage a homicide. To keep him

around, they must do it again!

Tickets for "Any Body for Tea?" are \$30 for the first four rows and \$25 for general admission, and available online at littlechurch-theater.com or by calling 968-2250.

Directed by Lisa Lovett, "Any Body for Tea?" will feature the talented local cast of Sarah Bunkley, Alex Ray, Mandy Gennaro, Diane Nickerson, Shelley Randall, Leal Rivanis, Sandi Shepardson, Ken Chapman and Doreen Fotino Sheppard.

This is the 14th season of summer performances at The Little

Church Theater on the shores of Squam Lake in Holderness. Upcoming shows include the Seventh Annual Project Greenway Design Contest on July 20, "Strung Out with Ursula," a one woman comedy show on July 23, "The Musical of Musicals" on July 29 and 30, Evening of One Acts on Aug. 4 and 5, Songwriter's Showcase on Squam on Aug. 6, "Summer of Faith" by Monique Devine on Aug. 11-13 and Aug. 18-30 and the season finale Evening of Cabaret on August 27. For event information, visit littlechurchtheater.com.

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Arthritis in seniors: Using disease-modifying anti-rheumatic drugs

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

The effective treatment of rheumatoid arthritis (RA) includes medications that slow the progression of joint damage and deformity. These drugs are called disease-modifying anti-rheumatic drugs (DMARDs), and they are a vital part of an overall treatment plan.

Doctors prescribe DMARDs for people with inflammatory arthritis who are at risk of permanent joint damage. Each DMARD works in different ways to slow or stop the inflammatory process that can damage the joints and internal organs.

DMARDs can improve quality of life for most people some even achieve a remission while taking them. Most of the time, the disease activity continues, but at a slower pace. While taking one or more DMARDs, there may be longer symptom-free periods, or less painful flare-ups. Taking a DMARD regularly makes it less likely to have long-term damage to joints, too.

There can be side effects. The FDA has approved all DMARDs, and many people take them without ever having problems. But because they work throughout the body to fight rheumatoid arthritis, their powerful action typically does cause some side effects, such as:

Stomach upset. Other medicines can help treat these symptoms, or they can improve as your body adjusts to the drug. If the symptoms are too uncomfortable, your rheumatologist will try a different medication.

Liver problems. Less common than stomach upset, you may need blood tests on a regular basis to make sure your liver is not being harmed.

Blood issues. DMARDs can affect the immune system and raise the risk of infection. Infection-fighting white blood cells may also be decreased. Low red blood cells (anemia) can make you tired more easily. An occa-

sional blood test will make sure your blood counts are high enough.

Though DMARDs can have side effects, there is a good reason to take them – they usually work. Even if you are in a remission, many rheumatologists believe you should continue taking a DMARD, just to keep your RA at bay.

DMARDs are often prescribed together or with a biologic. This is called combination therapy. Biologic drugs are the newest type of treatment for RA, but it's important to understand the differences between treating rheumatoid arthritis with these newer medications compared to traditional DMARDs.

Drug target. DMARDs target the entire immune system, while biologics work by targeting specific steps in the inflammatory process.

Response time. It can take months before you'll know whether a DMARD is working for you. With biologics, you're likely to experience results within 4 to 6 weeks, after just a few treatments. In the meantime, your doctor may also prescribe a nonsteroidal anti-inflammatory drug or a steroid medication to help relieve pain and swelling.

Risks. Both DMARDs and biologics can increase your risk for infections, so tell your doctor if you experience a fever, chills, or cold symptoms. Serious infections, such as pneumonia, are the biggest risk of taking a biologic.

Cost. Biologics are much more expensive than traditional DMARDs. If you need help paying for your RA treatment, you may be able to apply for assistance through your specific medication's manufacturing company.

Both traditional DMARDs and newer biologics are changing the way doctors treat rheumatoid arthritis. Today, there are actually better treatment options for RA, and earlier treatment is best. That's because once joint damage has occurred, it

can't be undone.

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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.

THE WINNIPESAUKEE TALKIE

Eight items all homeowners should possess



BY RANDY HILMAN

Nothing ever occurs to me, which is why I am practically never prepared to respond to the unexpected around my home.

Stuff happens, I know. We cannot predict when it will become necessary to extinguish stovetop fires, fix plumbing leaks or hang things in places just beyond our reach. What we can do is be better prepared for the sometime challenging scenarios that continuously unfold around us in the home environment.

With a little forethought and access to the vast DIY library available on YouTube, home ownership can be easier than I, and perhaps some of you, make it.

Writer Stacy Freed reports in the online REALTOR® publication HouseLogic that we can all do ourselves a favor by stocking our homes now with a number of essentials that will prepare us for the unexpected challenges that accompany home ownership.

We all spill things and experience floods from stopped toilets, hot water tanks and failing dish and laundry washers. For those occasions have a wet-dry vacuum at the ready, says Freed.

"Look for a wet-dry vacuum that can handle everything from paint to nails and small stones," she writes.

Don't face a small home fire without having a fire extinguisher handy, but Freed advises to check the U.S. Fire Administration guide before making a purchase.

"There are five different types of fire extinguishers (each) with different uses, from extinguishing cooking oils to wood and paper," she writes. "Choose the best type or types for your home."

If you're like me, you probably have extension cords tucked away in a tangled nest and have to deal with the hassle of freeing up one now and then. Stop with that and invest in a simple pegboard for the garage or utility room. Buy pegboard hooks and Velcro straps to secure the cord loops then hang them for easy access when needed, writes Freed.

"Be sure to include a heavy-duty extension cord in your organizer that's outdoor worthy. You don't really want to have to use that fire extinguisher."

Most homeowners probably already own basic tools, such as drills, screwdrivers, hammers, wrenches, pliers and the like, but Freed says there are a number of "big-kid tools" that we may not own but should.

These include a stud finder to locate studs whenever secure anchor points are needed for things like heavy shelves; a handsaw for small DIY projects; a ratchet set for tighten-

ing or loosening bolts in tight places where wrenches don't fit; and a flattened pry bar for pulling nails, separating drywall, removing trim and molding, or separating tiles.

You'll need something to carry all those tools around from project to project, says Freed, so "create a tool carrier using a tool bucket liner and an old five-gallon bucket, or invest in a handyman belt filled with the basics to keep on hand in the kitchen".

Anyone who's ever attempted to work in a tight spot holding a small flashlight in mouth will appreciate Freed's next tip. Buy a headlamp.

"From switching out a faucet to figuring out what's making that clicking noise behind the washer, there are plenty of homeowner task that require both hands and a little artificial light," Freed says.

Don't run to the nearest home improvement center after a natural disaster strikes. Instead, have an emergency preparedness kit on hand, says Freed, noting that the Federal Emergency Management Agency (FEMA) has a good list of supplies that should be included in an emergency kit, including cash, food, water, infant formula, diapers, medications, flashlight, batteries, first aid kit, matches, sleeping bags and changes of clothing.

"The agency recommends you stock enough for every member of your household, including pets, for at least 72 hours," says

Freed.

Last but definitely not least is the ladder, or ladders. Every homeowner should be equipped with a step-ladder that is sufficient in height and strength for interior climbs we encounter in our homes.

Freed says extension ladders are appropriate for the "sky-high" jobs, but users must school themselves on their safe use, such as not standing higher than the point where the ladder is supported.

"And don't forget about the all-important escape ladder," cautions Freed. "The Red Cross recommends the for sleeping areas in multi-story homes."

HouseLogic.com is published by the National Association of REALTORS® to help consumers become more informed, responsible homeowners.

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Every day I help people buy, sell and invest in real estate in our beautiful Lakes Region. Whom do you know, who plans to buy sell or invest in real estate in the near future? And what about you? Are you planning to move or buy a home this year? Your referral would mean a lot to me and so will your business. Please call or email me for a free buyer consultation and home sale evaluation. Meanwhile, thank you for reading The Winnepesaukee Talkie.

The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfboro. He can be reached at 610-8963 or by email to: rhilman@randyhilmanhomes.com.

PUBLIC NOTICE

The Hebron Select Board will be holding a Public Hearing on Thursday, July 21, 2016 at 7:00 p.m. in the Select Board Office located at 7 School Street. The purpose of the hearing is to expend funds from the Capital Reserve Fund entitled "Government Building Repair" to replace the windows at the Hebron Library.

Hebron Select Board,
Patrick K. Moriarty, Chair
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A	N/A	\$50,000	FNMA J	Jeremy Stamour
Ashland	13 Pine Arden Drive, Unit 70	Condominium	\$132,000	Beverly Heaslip	Sharon K. Melville and Norman P. Brighes
Ashland	2 Reed St.	Single-Family Residential	\$135,000	Kerry A. Keating and Marlana M. Solebello	Todd M. Workman
Bridgewater	293 Dick Brown Rd.	Single-Family Residential	\$176,000	Carol R. Campbell and Nancy L. Templesta	Greg and Patricia Woolsey
Bristol	Adams Road, Lot 58	Deeded Slip	\$70,000	Kenneth A. Hoyesen	Kikr Carnahan and Kathlyn Carnahan
Bristol	Adams Road, Lot 79	Deeded Slip	\$50,000	Anne J. Fremont Smith Trust and Thayer Fremont-Smith	John W. Nick and Ellen G. Nich
Bristol	25 Autumn Lane	Single-Family Residential	\$445,000	Edward L. Preston and Judith A. Preston	Richard Oleson and Richard Smith
Bristol	29 Autumn Lane (Lot)	Residential Open Land	\$30,000	William T. and Judity K. Raitt	Barbara Lopez-Mayhew
Bristol	452 Wulamat Rd.	Single-Family Residential	\$199,933	Dennis & J. Sweetland RT and Dennis M. Sweetland	Matthew B. and Meghan E. Hart
Campton	121 Eastern Corner Rd.	Single-Family Residential	\$324,533	James R. and Paulette C. Brace	Alfred J. and Deborah A. Lemley
Campton	18 Echo Ridge Rd.	Single-Family Residential	N/A	Sara Gutierrez	Timothy G. and Michelle E. Roche
Campton	23 Grand View Drive	Single-Family Residential	\$77,266	Alisoun Hodges	Donald and Amy Dauphniais
Campton	81 Richardson Trail, Unit 29	Condominium	\$120,000	Vincent and Heidi Varrecchione	MDHIP RT and Ronald J. Giovanni
Campton	2049 US Route 3	Single-Family Residential	\$104,000	Brian D. and Edda A. Lavery	Joseph M. and Jean W. Eliot
Groton	37 Snoburk Lane	Single-Family Residential	\$25,000	Russell N. Pickering	Everett Heroux
Holderness	43 Woods Rd.	Single-Family Residential	\$299,000	Cynthia W. Carpenter	Christopher G. Dunstan
New Hampton	153 Blake Hill Rd.	Acc. Land Imp.	\$20,000	Hackett Everett H. Est. and Charles A. Hackett	Joyce Karnis
New Hampton	Pinnacle Hill Road	Farm/Forest	\$60,000	Phoebe A. Franklin LT and Phoebe A. Franklin	David S. Cohen Trust and David S. Cohen
Plymouth	191 Old North Main St.	Single-Family Residential	\$150,000	Katlyn M. and David P. Chapman	Melanie E. Franks
Plymouth	28 Stinson Rd.	Single-Family Residential	\$235,000	Christopher P. Merrifield and Lisa K. Merrifield	David R. and Katlyn M. Chapman
Plymouth	7 Valley View Lane	Single-Family Residential	\$190,000	Michael S. Boyle	David Zeman and Denise Zeman
Rumney	180 Halls Brook Rd.	Single-Family Residential	\$191,333	Jerilyn L. Begalle RT and Jerilyn L. Begalle	Carey B. Wetherbee and Janet E. Kuligowski
Rumney	N/A	N/A	\$375,000	Raymond S. Keniston Trust and Margaret A. Demos	Wade A. and Veralisa G. Reed
Rumney	N/A	N/A	\$25,000	Raymond S. Keniston Trust and Margaret A. Demos	Wade A. and Veralisa G. Reed
Thornton	Judges Road	Residential Open Land	\$33,533	Kathleen M. and Michael P. Tognacci	William C. Paton
Thornton	94 River Run Rd., Unit 5	Condominium	\$105,000	Jeffrey M. and Carina D. Park	Alisoun Hodges
Thornton	302-b Thornton Gore Rd.	Single-Family Residential	\$16,533	Michael J. Packer	Richardo and Karen Navedo
Waterville Valley	33 Windsor Hill Way, Unit 85	Condominium	\$142,000	Cynthia A. Stone	Thomas R. and Sharon O. Ayres

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.

MARK ON THE MARKETS

Crazy stock market



BY MARK PATTERSON

As I had mentioned in last week's column, the day preceding the Brexit vote in the following couple of days witnessed a tremendous amount of market manipulation that has played out pretty much as I had anticipated. The rally post Brexit I believe was primarily short covering of the massive S&P 500 short position that a particular investor put into play pre-Brexit. While all that may not be interesting to you what should be of interest to you is that the yield on our treasury debt

continued to fall which means the bond market was in rally mode which is indicative of a flight to safety. Equity investors have really seen a sideways market the last 19 months where as those investors that had invested in those boring safe bonds have seen explosive growth in their portfolios. Either the bond traders or the stock traders have this whole thing correct, but not both. The reason why these equity markets have not totally crapped out, in my opinion, is that we are so hungry for yield we are willing to invest in dividend paying stocks such as AT&T or Verizon to name a couple just for the dividend but not really caring about the valuation of the underlying stock, which I am not saying is good or bad. We as investors in this country have very short memories because

the last big dividend trap took place 2007 and 2008. What I mean by dividend trap is that we are so focused on the dividend or yield of the stock that we don't really look at the fundamentals and the real valuation of the company or supporting economy.

The last recession in 2008 was a systemic failure, meaning there were very few asset classes to invest because it seems as though everything went down. High-quality treasuries and/or corporate's held up but typically that is the "risk off" trade in any fast-moving falling market. The precious metal sector also tends to do well in a flight safety. When you have an economy that cannot support the underlying equity market you have to look at the things that are holding it up in the dividend paying stocks and a few highflying

techs is where there is support in this market.

This is an especially difficult time to invest money because the stock market is overvalued and bond market yields have gotten so low that I believe you must take a tremendous amount of care and patients to put new money to work.

There are still means of making money in a

market like this, it just takes a little creativity and knowledge. No-cost collars are an option strategy that allows you to buy a highflying dividend payer and protect the price of the stock from a big decline. Selling covered calls on existing positions is another means along with selling cash covered puts on quality stocks that you may want to

own but not quite at this high price. If you're happy to sit in equity mutual funds that have been stagnant while charging you fees, then the above strategies are probably not for you.

Mark Patterson is an investment advisor at MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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Act Today to Avoid Financial Regrets Tomorrow

"Regrets? I've had a few." – Frank Sinatra. Mr. Sinatra, one of the most famous entertainers of the 20th century, did things his way, but he was also familiar with remorse. He's not alone, of course. We all deal with regrets – and financial ones are among the most troublesome.

Here are the leading financial regrets, according to a recent survey by Bankrate.com, along with some suggestions for avoiding them:

- Not saving for retirement early enough – This was the top regret expressed by survey respondents. Saving and investing early for retirement offers you two key benefits. First, the more time you give growth-oriented investments, the greater their growth potential. And second, by saving and investing for retirement early in your career, you will likely need to put away less money each year than you would if you waited until, say, your 40s or 50s. So, if you aren't already doing so, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored plan. And increase your contributions every time

your salary rises.

- Not saving enough for emergency expenses – You can't plan for all expenses. Your furnace might die, your car may need a major repair, you may incur a sizable doctor's bill – the list goes on and on. If you don't have the money available to meet these costs, you might be forced to dip into your long-term investments. That's why it's important to maintain an emergency fund, containing three to six months' worth of living expenses, in a liquid, low-risk account.
- Taking on too much credit card debt – If you don't overuse your credit cards, they can be handy and helpful, in many ways. Try to keep a lid on your credit card debt, keeping in mind that your debt payments reduce the amount of money you have available to invest for your long-term goals, such as a comfortable retirement. Not saving enough for children's education — This may be perhaps the most difficult regret to address – after all, it's not easy to save for your own retirement and simultaneously put money away for your children's college educations.

However, if you can afford to save for college, try to do so in as advantageous a manner as possible.

- Buying a bigger house than you can afford – If you tie up too much money in mortgage payments, you will have less to contribute to your various retirement accounts. And while home equity certainly has some value, it generally does not provide you with the same liquidity – and probably not the same potential for growth and income – as an investment portfolio that's appropriate for your needs and risk tolerance. So, think carefully before purchasing that big house – you might be better served by scaling down your home ownership and ramping up your investments.

You can't avoid all the doubts and misgivings you'll encounter at various stages of your life. But if you can reduce those regrets associated with your finances, you could well increase your satisfaction during your retirement years.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



COURTESY

Fred Anderson, former NHEC President/CEO and husband of the late Kathy Anderson, congratulates Jamie Thoroughgood of Center Barnstead upon being named the recipient of the sixth annual Kathy Anderson Scholarship.

Barnstead woman named Sixth Annual Kathy Anderson Scholarship winner

PLYMOUTH — Jamie Thoroughgood of Center Barnstead was selected as the 2016 recipient of the sixth annual Kathy Anderson Scholarship.

Kathy Anderson, wife of retired New Hampshire Electric Co-op President/CEO Fred Anderson, the scholarship was created to help a deserving New Hampshire woman

who is seeking to better her life through education.

Thoroughgood, a Co-op member, a mom of two and a Center Barnstead resident, SEE SCHOLARSHIP, PAGE A15



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 **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.

Nancy Mardin named Assistant VP, Branch and Business Development Manager at MVSBS

PLYMOUTH — Nancy Mardin has been promoted to Assistant Vice President, Branch and Business Development Manager for Meredith Village Savings Bank (MVSBS). In this position, Mardin will oversee the bank's Plymouth Main Street and Plymouth Hannaford offices.

"Nancy has been a familiar face of the Plymouth Main Street and Plymouth Hannaford branches for the past 12 years," said

Jill White, Regional Vice President. "Nancy's leadership and extensive background in banking empowers employees, while her warmth endears her to customers. She will excel in this position."

Mardin has an extensive career in community banking that spans 43 years. Mardin joined MVSBS in 2004 as the Assistant Branch Manager of the Plymouth Main Street Office. In 2007, she was promoted to Branch

Operations Manager, and transferred to the Plymouth Hannaford location in 2011. Mardin was promoted again in 2012 to Branch and Business Development Manager of the Plymouth Hannaford office.

Mardin is the Program Director and past President of the Campton Historical Society Board. She is also a Trustee of Trust Funds for the Town of Campton.

For nearly 150



Nancy Mardin

COURTESY PHOTO

years, Meredith Village Savings Bank (MVSBS) has been serving the people, businesses, non-profits and municipalities of Central NH. MVSBS and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, North Hampton, Laconia, Meredith, Moultonborough, Plymouth or Wolfeboro, call 1-800-922-6872 or visit mvsb.com.

The Quince And Quail Antiques and Vintage Store reopens in Plymouth

PLYMOUTH — After relocating from Ashland, The Quince and Quail opened the doors to their new, larger space, now located on Main Street in Plymouth, with a grand opening reception on Friday, June 10. Town officials, business neighbors, and community mem-

bers welcomed their new neighbors to Main Street and enjoyed a well attended reception featuring refreshments and live music.

The Quince And Quail has redesigned the space formerly occupied by an insurance office with sharp modern style, sleek grey walls and minimalist

lighting (energy efficient LEDs of course), the space evokes a gallery atmosphere in New York or Boston and is unlike anything on Main St in Plymouth, according to customers and those in attendance at their opening.

The business, which first opened its doors in December of 2015, is owned and operated by two recent graduates of Plymouth State University, Anthony Adamsky and Maxwell Corbett. They first started The Quince and Quail as a pop-up shop, selling at various shows throughout New England, including the Brimfield Antiques Show and the Roaring 20s Lawn Party in Ipswich, Mass.

The Quince And Quail offers a diverse range of items, from antique 18th century furniture and decorative arts through 1950's and '60's Danish and Italian design as well as vintage clothing from the '40s, '50s, and '60s. They also carry in their showroom works of contemporary art by local and national photographers, sculptors, and potters.

Corbett and Adamsky hope to bring a unique shopping and lifestyle experience to Northern New Hampshire by mixing contemporary design and an inventory stretching over 200 years in their showroom. A tiny galaxy of opalescent pink and gold Venetian glass by Fratelli Toso adorns an 18th century tea table, made in New England. Furniture is set in room settings around the store and mannequins are dressed in vintage clothing to complete the mood. Maxwell thinks it's the juxtaposition of periods that create the livability he thinks is lacking from so many personal collections today, "regardless of period no one has ever lived in rooms that were built and furnished in a single moment," says Maxwell.

The Quince And Quail is located at 55 Main St. in Plymouth, and is open seven days a week.

Squam Lakes Association to host backcountry cooking course



COURTESY

Join Squam Lakes Association (SLA) Conservation Intern, Erin Shilling, on July 22 from 10 a.m.-noon for an early morning backcountry cooking course.

HOLDERNESS — There are many activities that can take us into the backcountry, but backpackers are often limited on the amount of meals they can carry. Having a good, hot meal while backpacking and camping can make all of the difference in the world. High levels of exercise cause us to burn energy more quickly, and harsh conditions can increase our need to intake food and calories. Learning new ways to cook light-weight, nutritious, and good tasting food is a fun way to make the back-country experience even more enjoyable.

Join Squam Lakes Association (SLA) Conservation Intern, Erin Shilling, on July 22

from 10 a.m.-noon for an early morning backcountry cooking course. Schilling will lead a group on a short walk to a field by the SLA, and then learn some ways to prepare meals for backpacking and camping. The group will practice how to build a fire for cooking and will have the opportunity to cook some tasty dishes that is sure to satisfy the hungriest camper. She will teach basics as well as some handy tips for how to make the most out of cooking in the outdoors.

By the end of this program, participants will know how to cook basic but tasty meals over a camp stove or open fire while out camping with limited resources. Ages 12 and up are welcome. If participants are un-

der 12, please be accompanied by a parent.

For more information, or to sign up for this Adventure Ecology Program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology trips throughout the summer. Every Friday from June 17 through Aug. 19, 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 Squam Conservation Interns who spend their summers on Squam performing important conservation work in support of the Association's mission.

Rymes

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First round leaderboard results of the Squam Canoe Classic Bass Tournament Series

H O L D E R N E S S — Last Saturday, the first round of the Squam Canoe Classic Bass Tournament Series was held on Squam Lake. Participants endured a quiet morning of bass fishing as cooler temperatures and overcast skies allowed for low boat traffic and preferable fishing conditions this time of year.

Pete Markarian of the Squam Lakes Association won the first round with a 7.5 inch long small mouth bass, and longest combined total of 13.5 inches. Participants will have two more chances to catch the big one on Saturday, July 16 and July 23. Hosted by the Squam Lakes Associa-

tion (SLA), a non-profit organization that promotes the health and protection of the Squam Lakes watershed, the Squam Canoe Classic is a very approachable bass tournament experience with plenty of good-natured sportsmanship to go around. This three part fishing series is all about the love of the lake, having a great time on the water, and landing the largest bass. This year the SLA is partnering with Eastern Adaptive Sports (EAS) to provide a quiet water fishing experience, allowing adaptive anglers the opportunity to fully participate in the event. All adaptive registrations through

this event will be handled through Eastern Adaptive Sports and participants must fish on an EAS vessel.

All registrants must pick up an information packet before the start of the tournament.

All adaptive registrants can obtain this packet at River Edge Marina, Ashland.

Here is your opportunity to test your skills in a laid back way and to introduce beginner anglers to the art and pleasure of recreational fishing. Load up the canoe, kayak, float tube or any style of human powered watercraft and head out for a morning of timeless moments on the water. Quietly ease up to that favorite fishing



COURTESY

Last Saturday, the first round of the Squam Canoe Classic Bass Tournament Series was held on Squam Lake. Participants endured a quiet morning of bass fishing as cooler temperatures and overcast skies allowed for low boat traffic and preferable fishing conditions this time of year.

Summer programs for your children at Squam Lakes Natural Science Center

The Science Center offers Natural Adventure series for young children

H O L D E R N E S S — Squam Lakes Natural Science Center is pleased to offer two Natural Adventure series to help bring you and your kids outside this summer.

Nature Play Time, a one-hour play session for children ages three and under, will allow unstructured play in nature for you and your little one. Each session of Nature Play Time will be an opportunity for you and your child to take advantage of that day's program; play in a shallow stream with scoops and buckets, balance on log beams while in our forest, or tap into your creativity and help your child build a stick fort. Nature Play Time sessions will set the stage for parents and their children to enjoy playtime in New Hampshire's outdoors. Nature Play Time is scheduled for Wednesdays, July 20; Aug. 3; Aug. 17; Sept. 14; and Oct. 12 from 10 to 11 a.m. Nature Play Time activities will take place outdoors; please dress for the weather accordingly. The cost



COURTESY

Squam Lakes Natural Science Center is pleased to offer two Natural Adventure series to help bring you and your kids outside this summer.

per session for Nature Play Time is \$5/member child; \$7/non-member child.

The Science Center's second natural adventure, Yoga Wild, gives a fun, fresh perspective on youth yoga. These sessions will work with children ages four to seven, helping to teach spatial concepts, stimulate their senses, and develop motor skills as they use their imaginations

to mimic animals. To top it all off, each of the Yoga Wild sessions will wrap-up with a visit from a live animal. Yoga Wild will be held on Wednesdays, July 13; July 27; Aug. 10; and Aug. 24 from 10 to 11 a.m. The cost per session for Yoga Wild is \$7/member child; \$9/non-member child.

Both adventure series offer entertaining activities to help keep your child ac-

tive and interested in New Hampshire ecology during the summer months. These one-hour sessions can even make a perfect addition for a day-trip to the Science Center. The public is welcome to attend one or all of the planned program sessions. Reservations are required by calling 603-968-7194. In addition to the Science Center's two Natural Adventure series, the Science Center also offers Guided Discoveries, which last one week long and may accommodate children ages four through 12. Visit The Science Center's Web site, nhnature.org, to find more information about these two Natural Adventures, or to learn more about Guided Discoveries opportunities for your children.

hole and use all your skill and cunning to hook yourself a winner!

This tournament series is a motorless event and will be open to any vessel that's completely human powered. Participants will fish lead-free tackle only, and the event will be a catch and immediate release tournament. After landing the big one, anglers will document their catch by weighing, measuring and taking a photo, then releasing the fish back into the deep where the legend can swim on. Some ambitious anglers may pour over the charts and carefully plan out their paddle route, while others will point the bow, pull on the paddle and follow their instincts. There will be a total of three tournaments in the series. Anyone can participate in one, or sign up for all three!

Registration for the Canoe Classic costs \$20

per boat and each tournament will be capped at 25 boats. A portion of all tournament registration fees will be donated to New Hampshire Fish & Game for the continued protection of Squam. If you will have more than one person in your boat please include their registration information on the registration screen as well. All registrants must attend a pre-tournament meeting where all rules will be explained, and any questions or special needs a participant might have can be addressed at that time. Failure to attend a pre-tournament meeting may be grounds for a DQ. If you would like to receive more information, or register for this event, please contact the Squam Lakes Association, 968-7336, or visit our Web site at www.squam lakes.org/summertime-canoe-classic-tournament-series.

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How to talk with your kids: timetotalk.org

PARTNERSHIP FOR **drugfreeNH.org**
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Lake Week

FROM PAGE A1

the Sugarloaf and Goose Pond, Bald Knob, Audubon's Paradise Point and much more. For dates, times and difficulty ratings, please check the NLRA Web site.

On July 26, the public is also being challenged by "Where Are We Now," a hunt to locate their tour boat "Madeline" through clues on the NLRA Facebook and Twitter pages. The first five participants to find the boat will win some terrific NLRA "swag."

"Madeline" will also be available for discounted real-life tours departing from Grey Rocks Conservation area at 10 a.m. and 1 p.m. on July 25, 28 and 29. Reservations should be made at least 48 hours in advance by calling 744-8689 and there is a modest fee for these more comprehensive eco-tours. The tours are also available at regular rates throughout October for those interested in learning more about the unique quali-

ties of Newfound Lake.

Finally, an interesting and informative presentation from the Newfound Wildlife Tracking Group will take place at Bristol's Minot-Sleepers Library at 7 p.m. on Thursday, July 28, and Jon Martin will present a Walking Forest Site Tour at 1 p.m. on Friday.

Wrapping up the week will be the popular Hebron Church -Fair on Saturday, July 30, from 9 a.m. until 3 p.m. on the Hebron Common. NLRA Program Manager Andrew Veilleux said he is "genuinely excited about this year's Lake Week," with improved scheduling and a wide variety of things for people of all ages.

The association's summer intern, Morgan Nobles added, "Lake Week gives residents the opportunity to expand their knowledge of the Newfound Lake Watershed. My family's appreciation of this lake has grown since I started interning at NLRA due to the generous amounts

of information I now have."

It's never too late to learn and that has been the mission of NLRA, which has now developed a three-year plan to protect the water quality as well as the quality of life in both the lake and the communities surrounding it. This year they have also been conducting informational meetings on how residents can help their towns provide proper zoning measures to protect the lake and its all-important watershed.

For information on volunteering for NLRA or becoming involved in any number of ways, please visit them online at www.newfoundlake.org where other details about Lake Week can also be viewed under the "Things to Do" tab. Those who register online at the site for the upcoming Lake Week events will also be entered for a chance to win a free family eco-tour for 10 people or a golf outing for two.



DONNA RHODES

To start the 2016 summer reading program at Minot-Sleeper Library last week, musician and storyteller Steve Blunt enlisted the help of some members of the audience for an East African Thank You song he performed.

Steve Blunt

FROM PAGE A1

with members of the audience joining him on some rhythmic instruments.

It was the Australian didgeridoo and "Hip Hop Kangaroo" that got everyone into the game though as they sang and hopped around the gym floor.

Ending the performance was the classic American folk song, "I've Been Working on the Railroad."

The fun has now begun at Minot-Sleeper Library and children's librarian, Miss Azra, reminded them that it is never too late to sign up for the summer reading program. Prizes, raffles and a chance to earn a free ice cream cone from Shackett's are just a few of the rewards they can earn as they log in their reading selections.

Other special programs will also take place in the coming weeks, such as a pre-

sentation from the Children's Museum in Dover and a very special visit from some live falcons.

Story times for young readers continues and from 4-6 p.m. each Tuesday there is a fun and exciting Lego Drop-in for children of all ages to enjoy.

For more information on these and other great events go online to www.minotsleeperlibrary.org or stop by and visit them at 36 Pleasant St. in downtown Bristol.

Bristol BOS

FROM PAGE A1

Chair Shaun Lagueux's statement that the project is likely to go forward, anyway, so they "might as well support it to get the best we can possibly get out of this project" that convinced the board to vote unanimously in support of the CDBG application.

The block grant is an important component of the financing for New England Family Housing's \$6.3 million project that would build 32 housing units in two buildings on the property that formerly housed a fish farm. Without the grant, said developer Kevin Lacasse, the project would have to be "design engineered" to use less expensive materials than he would prefer to put into the development.

Speaking at the July 11 meeting, Selectman Paul Manganiello said he had done research into a development project in Franklin and found that CDBG funds were an element of that project, as well, and he said the selectmen should support the grant in this case, rather than being an impediment to development.

Selectman Rick Alpers argued that the project still could go forward without the town's support through the grant, and said he had reservations about adding affordable housing be-

cause of the low-income people it would attract. He dismissed the argument that the majority of town residents are in the low- to moderate-income category that would benefit from affordable housing, saying there are enough wealthy people with second homes in Bristol to make up for those who are struggling, and a prosperous town is the image he wants to promote.

Lacasse said his experience in other communities — specifically Berlin — is that, once he has built attractive apartments, many of the residents in substandard apartments move to his units, creating vacancies there, as Alpers fears would happen in Bristol. However, many of those unoccupied units then get refurbished so they are more attractive to renters, or the buildings are razed, making way for new development. Other developers follow his lead, he said.

"But developers won't work in a community which slams the door," Lacasse said. "If you don't have new stuff getting built, the old stock will deteriorate, and that creates a downward spiral."

Selectman Les Dion said she has faith in the project, but she felt she was blindsided by the request for the town to apply for a block grant on behalf of New England Family Housing. She also said she worries

about the ramifications to the town if the selectmen support the grant.

Donna Lane, a grant counselor who has assisted Bristol with other CDBG applications, had explained that, should Lacasse be successful in his application, the town would have a performance lien on the property to ensure that, should the project fall through or not live up to the conditions of the grant, taxpayers would not be left with any liability for repaying the money.

Selectman J.P. Morrison supported the grant, saying the real estate brokers he has spoken with say there is a need for such a project in Bristol.

"If you get real about it, we have a lot of beautiful old houses that have been turned into shoebox apartments," he said. "This is built for family housing. I think it is a wonderful thing."

Prior to the discussion, the selectmen held a series of public hearings. While no one present commented on the project, Lagueux read into the record an email from resident Donna Nashawaty, who reiterated her opposition to the project, stating, "I just don't know if Bristol needs more housing for low- and medium-income families." She went on to say she thinks it will bring more children into the school district, adding to Bristol's tax obligations.

"Why would we put in housing that is going to add to Bristol taxes?" she wrote.

Lagueux said he shared Alpers' concerns about "some real downsides for the community" and he noted that the demand for services often outweighs the increase in taxable properties, but he said, "Regardless what we do, it sounds like it will be approved and move forward." He therefore said he would support applying for the grant so Lacasse would not have to cut corners on the quality of the construction.

Despite his objections, Alpers said, "I'll take Kevin at his word,"

and joined the other selectmen in giving unanimous approval to the application.

Lacasse reacted by saying, "From the bottom of my heart, I appreciate it. And I invite you to come and see what we're doing, every step of the way."

In other business, Public Works Superintendent Jeffrey Chartier discussed plans to hire a temporary worker to replace a shared laborer who recently resigned. He said he would like to budget for a full-time position next year to serve

as backup water operator.

Selectmen signed a \$112,499.50 purchase order for the new meters that voters approved at Town Meeting. Chartier said it would take about nine weeks to process the order.

Fuel bids for heating oil had been received from Rymes Propane and Oil, Huckleberry Propane and Oil, and Dead River Company. Although Rymes' bid was slightly higher than Dead River, the administration recommended Rymes because the firm

also would take care of setting the propane tanks for the town's new backup generator, a job that otherwise would have cost the town \$3,500.

Selectmen held off on awarding the bid in order to find out the service rates for each of the companies, information that had not been provided as part of the bid.

Selectmen approved a waiver to allow the annual Run Your Buns Off event. Manganiello abstained from the vote, since his wife is the event coordinator.

Library

FROM PAGE A1

played as a youngster.

"And did I mention it's almost impossible to do," he said with a grin as the two large balls spun on top of each other from his fingertip.

Giant rings, large balls, tennis balls and even hats were all part of his show. Lang also wowed everyone when he not only juggled the tennis balls but caught them mid-air in the spinning canisters they are stored in.

"Wow. He's a genius," commented one little girl as she watched him perform.

Seven-year-old Juliona became a part of his act when Lang helped her spin plates above her head. Liam also got to take part in a basketball trick as Lang juggled the balls and tossed them to Liam who was holding the large red, white and blue "Dunkmaster 3000" net Lang presented for him to catch them.

"I'm doing this trick for America," Lang declared as he began tossing the balls high above his head.

The art of juggling is to catch whatever object is being thrown, he later explained, but for some added fun he also turned juggling "upside down" as he juggled items toward the floor instead.

With "Get Ready, Get Set- READ!" now officially underway, it's time for boys and girls to juggle their summer schedule by making



DONNA RHODES

Juggler Bryson Lang helped seven-year-old Juliona hold spinning plates and balance a ball on her fingertip last week as the Hill Public Library's summer reading program got underway last week.

time to read some of the great books that are available at Hill Public Library. They can also take part in a number of fun programs and activities as well.

Once they sign up for the program they will receive a special reading log to keep track of each book they finish, which can earn them some fun prizes at the end of the summer.

Activities each week will include a craft program at 1 p.m. on July 14 where everyone can take part in the design and construction of costumes for the upcoming Old Home Day parade.

On July 21 at 1 p.m., the "animal athletes" of Wildlife Encounters will stop by for an interesting and educational visit, and July 28 will be Field Day, which will include a sidewalk chalk obstacle course.

At 11 a.m. on Aug. 4, Lindsey and her Puppet Pals will entertain the crowd at the Skip Wallace Pavilion in Hill Village and the summer reading program will then finish up on Aug. 11 with a summer carnival.

Librarian Lynn Christopher said the carnival will include food, games, prizes and, of course, a lot of fun for all.

There are plenty of other weekly happenings as well. Pre-school story times and crafts are held Thursdays at 10:30 a.m. (except for Aug. 8 and 11), Brown Bag Story Time takes place each Thursday at 1 p.m. from July 13-Aug.10, and Summer-time Movie Matinees are held every Friday at 1 p.m.. Scheduling for the weekly movie presentations is available on the library's Web site.

Christopher said all programs are free to the public and members of neighboring communities are always welcome to join in the fun.

Hill Public Library is located at 30 Crescent Street in Hill Village and is open Tuesdays through Fridays from 10 a.m. until 6 p.m. For more information on all that is available through the library, including downloadable books, visit them online at www.hillpubliclibrary.com.

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HHW

FROM PAGE A2

mental Working Group in partnership with Commonweal. The organizations tested the umbilical cords of ten babies in U.S. hospitals. An average of 287 chemicals was found in blood samples. These chemicals were found to be in banned and currently used pesticides in the U.S., fire retardants, waste byproducts from garbage incineration, and more.

Pollution is no longer a term simply attributed to manufacturing facilities, waste treatment facilities, agriculture, and energy plants, etc. Our pur-

chasing and disposal habits can make a substantive difference on the quality of our environment and health.

There are ways to reduce our exposure to these chemicals and our impact on the environment. Only buy the amount of the product you need, reuse products or donate them to others who need them, and purchase fewer products with less harmful ingredients. We can also use healthier alternatives by creating our own cleaners. Some of the most traditional, commonly used, versatile non-toxic cleaners include baking soda and vinegar. With a little elbow grease, these two can

be used for a variety of different purposes. For more information on how to create your own cleaners, visit the Lakes Region Planning Commission website at www.lakesrpc.org/serviceshhw.asp. Most importantly remember to dispose of your current household hazardous waste products properly by bringing them in on collection day in your local area. The Lakes Region health collection days will be on July 30th and August 6th from 8:30AM to 12:00PM. For more details contact the LRPC at (279-8171), visit our Web site, or find us on Facebook at "Lakes Region Household Hazardous Waste – HHW."

CADY

FROM PAGE A4

"Nicotine is an incredibly addictive drug," said Susan Margisla Gray, M.P.H., National Synar Program Coordinator in SAMHSA's Center for Substance Abuse Prevention. "We see that most people using e-cigarettes are 'dual users,' meaning they

are using traditional tobacco products and e-cigarettes, possibly exposing them to even greater levels of nicotine. And with youth, the appeal of fruit and candy flavoring is luring some to get their first taste of nicotine through e-cigarettes."

Talk to your children about the use of any nicotine products.

A lifetime of nicotine addiction, whether from traditional or alternative tobacco products like e-cigarettes should be avoided to prevent health problems and disease. For more information, visit our Web site at www.cadyinc.org and follow us on Facebook – www.facebook.com/cadyinc.

Scholarship

FROM PAGE A11

received \$2,500 to help continue her studies at New Hampshire Technical Institute (NHTI), where she is pursuing her Associates Degree of Science for nursing. Thoroughgood, who was a stay at home mom, decided to rejoin the workforce in 2011 at Concord Hospital. She started out working as a housekeeper cleaning offices for the Cancer Center. Just one year later she was offered a position as an Operating Room Assistant, which allowed her to pursue her true love – working with patients. In 2014, she became a licensed nursing assistant on the Medical Oncology Floor and soon after started taking classes at NHTI, working on completing her pre-requisites to get into the nursing program. Her ultimate goal is to become a Registered

Nurse and care for oncology patients at Concord Hospital. Jamie is an active participant in her children's lives and an active member of her community. She has organized and held softball tournaments for co-ed adults in order to raise money for sick children and adults.

"Jamie is a very grateful, motivated and devoted woman with a strong work ethic and passion for the patients she works with in the Oncology department. This was not only apparent from her scholarship essay but was very clear upon meeting her in person," said Judy Gove, Executive Director of the NHEC Foundation, also responsible for the Kathy Anderson scholarship oversight.

The Kathy Anderson scholarship was established in 2011 and awards one, \$2,500 scholarship annually

to a non-traditional female learner over the age of 25 who is a US citizen, resident of New Hampshire, and is a member of New Hampshire Electric Co-op. The candidate must be enrolled at least part-time in an undergraduate program. For more information regarding this scholarship, please visit the Community tab at <http://www.nhec.com>. The Kathy Anderson Scholarship is funded by individual contributions made in Kathy's name to the NHEC Foundation, a 501(c)(3) charitable fund that has contributed over \$2.5 million to non-profits, educational and health care programs in NHEC service territory since 2006.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities.

Auction

FROM PAGE A3

the NH Humane Society. To purchase tickets go to www.nhhumane.org or make your check payable to the NH Humane Society and mail to PO Box 572, Laconia, NH 03247; please note Paws for a Cause in the memo line. For additional information, contact the NH Humane Society at 524-3252.

If you are unable to attend Paws for a Cause, but would like

to support the event, auction items are currently being collected, or you could purchase 50/50 raffle tickets ahead of time. \$5 a ticket or 3 for \$10, last year's 50/50 winner won over \$2,000!

Paws for a Cause is made possible by the support of: Bank of New Hampshire, Morgan Stanley, Eastern Propane, Melcher & Prescott, Meredith Village Savings Bank, Lakes Region Pet Resort, R&D Paving and

Lakeport Landing Marina.

The NH Humane Society is a local, stand-alone, 501(c)3 non-profit that does not receive funds from national animal welfare agencies. 100% of all donations assist your local shelter. The NH Humane Society strives to find responsible and caring forever homes for animals in need and offers support programs to the community. For more information, visit www.nhhumane.org.

Animals

FROM PAGE A3

focus on animal enrichment and special enrichment demonstrations. The Science Center's docents will be on hand to help answer questions about the animals at the exhibit. Take advantage of this celebratory day to see a new perspective on how the animal care staff members provide a rich and stimulating environment for the an-

imal ambassadors.

Located at the Welcome Center, guests are invited to visit the Christmas-in-July tree. The tree will be decorated in ornaments with each one featuring an enrichment toy for an animal ambassador, and the cost for that toy. Guests may select an ornament and donate the amount in order to allow the Science Center to purchase it for the ambassadors as their

holiday gift.

Christmas in July for the Critters is a fun, family experience loaded with opportunities to see the critters up close to learn more. Best of all, the cost to attend this holiday celebration is included in the cost of trail admission (\$19 for adults, \$16 for seniors are 65 and over, \$14 for youth ages three to 15, free for children two and under and members.)

Capital Steps

FROM PAGE A5

ications.

Extended the Health Protection Program for another two years, with no increased taxes, no new taxes, and no General Fund dollars use to support the program.

2nd Amendment: Passed Concealed Carry (vetoed)

Common Sense: Passed RealID and allows each person to make the choice of a RealID or a non RealID compliant driver's license when they renew.

Elections: Participate in the Interstate Cross Check Program to uphold integrity of New Hampshire's Elections. Increased transparency for campaign contributions.

Ensured National Guard members have access to absentee ballots. Require a person to be a resident for at least 10 days before being eligible to vote (vetoed).

Education: Allow towns without

a public school to tuition students to a private school (vetoed).

Rainy Day Fund: Increased Rainy Day fund by \$40 million.

Local: Established the Drinking Water and Ground Water Trust Fund to take money received by the state from damages or settlements from MBTE lawsuits and use those funds to remediate or run waterlines to those impacted by contamination.

Additional grants to towns promised funds from the clean water and waste water revolving

And while the session has ended, my work continues—representing the 27 communities in District 2. Whether it is helping someone get assistance from DHHS, attending a ribbon-cutting in Holderness, or working with residents in Plymouth to get resolution to rumble strips installed by DOT that are causing havoc—this is the true work of serving the people.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271-4980) or email at jeanie@jeanieforrester.com.

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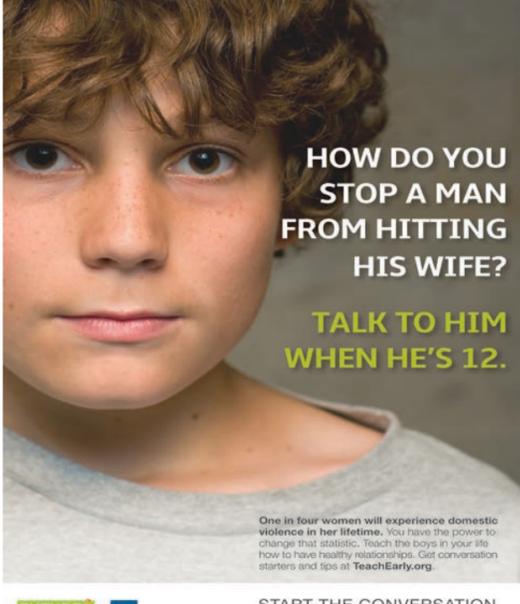
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Newfound Landing Sports

Section **B**
Thursday,
Thursday, July 14, 2016

Highlighting the Newfound Hall of Fame inductees

Twins Bill and Charlie Marston left their mark in Bristol

BRISTOL — Newfound Regional High School will be celebrating its first Athletic Hall of Fame class on Oct. 1 during the annual Homecoming festivities. This issue will highlight two of the eight individual inductees.

Bill Marston has certainly lived a life that people can only admire. A graduate of Bristol High School in 1949, with his twin brother Charlie, Bill was an outstanding athlete in basketball, track and field and baseball. An Army veteran, Bill started as a teaching

principal in Warren and then had a long and illustrious career as principal at Pembroke Academy and Goffstown for 30 years. His "retirement" consisted of working as an interim principal for 10 years and an athletic director for one.

Bill gained his fame in the sports of basketball and especially, baseball. His curveball was described by an AP reporter as "monotonous." During his senior year, Bill notched nine consecutive wins, with eight of them being shutouts, including two no-hitters.

The team ended the season with 17 consecutive victories, when high school games were nine innings.

He pitched the semi-final victory on a Saturday morning. Back then, the semifinals and finals were the same day, so four hours later, Bristol was in the finals. Although they lost, 11-8, he had pitched 27 innings in seven days.

Bill went to UNH and transferred to Plymouth Teacher's College. He batted over .300 his junior and senior years and continued to be un-



COURTESY PHOTO

Bill and Charlie Marston will be inducted into the Newfound Athletic Hall of Fame on Oct. 1.

hittable. He was signed by the Baltimore Orioles, but an injury and his military service stopped his career. He did play in area men's leagues for a number of years while in the education world.

Charlie Marston was an outstanding guard in basketball and catcher in baseball, graduating from Bristol High School in 1949, with his twin brother, Bill. He was an outstanding catcher on the Legion teams in Bristol, as well as the Bristol Town Team. He and Bill were a dominant catcher/pitcher battery. Charlie was an astute student of the game and knew the strengths and weaknesses of opposing batters.

Charlie went to UNH and played on the baseball team for four years, as the starting catcher for three. One of his

SEE HOF PAGE B3

Paperwork available online for Newfound fall sports

BRISTOL — Newfound Regional High School fall sports will begin on Aug. 10 with football practice. Cross country, field hockey, soccer, unified soccer

and volleyball will start on Aug. 15. Eligibility paperwork is online on the NRHS web page, under the athletics link. All paperwork should be completed at least seven days

before the first practice/tryout to ensure participation on that date. Any questions should be directed to Pete Cofran at pcofran@sau4.org or 744-6006, x1507.

Muskrats hosting Red Sox Showcase on Saturday

LACONIA — The Winnepesaukee Muskrats of the New England Collegiate Baseball League (NECBL), a summer wood bat league consisting of 13 member teams across the six New England states, and featuring some of the top college talent in the country, announced that the Red Sox Showcase will be at Robbie Mills

Park, Home of the Muskrats, on Saturday, July 16, from 5 to 9 p.m.

The Red Sox Showcase, powered by T-Mobile, is bringing Red Sox baseball and Fenway Park to towns across New England all summer long. Fans of all ages will be able to try out a batting cage, pitching stations, a steal second challenge and a virtual

reality experience.

The showcase is sponsored in part by Children's Dentistry of the Lakes Region and Kennell Orthodontics and brought to town by the Muskrats.

The Winnepesaukee Muskrats organization is a summer collegiate baseball team that brings the best college baseball players from across the

country to play at Robbie Mills Field in Laconia. The Muskrats are a member of the 13-team New England Collegiate Baseball League. The Muskrats joined the NECBL in October 2009 and are a non-profit 501(c)(3) corporation that depends on community support and volunteers for its existence and continued operation.

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Early deficit sinks Post 33 in loss to Lebanon

BY JEFF LAJOIE

jlajoie@salmonpress.com

MEREDITH — It's been a tough stretch to open the season for the Meredith Griggs-Wyatt Post 33 Junior Legion baseball team. The squad fell behind early and was unable to climb all the way back on July 5, dropping its sixth straight game to open the 2016 campaign with an 11-4 defeat at the hands of visiting Lebanon Guyer-Carigan Post 22 at Prescott Park.

It was the start of a busy week for Post 33, which had five games on the docket — all at Prescott Park. Lebanon struck right off the bat, taking advantage of an error to the first batter of the game and scoring three times to take a quick 3-0 advantage against Post 33 starter Jack Johnston, who plays his ball at Kennett High School. The lefty limited the damage in the frame however, striking out a batter to leave a pair stranded.

Meredith threatened to get right back into the game in the home half of the first inning. With two outs and nobody on, Jack Johnston singled, and Cam Hoyt followed with a double to put a pair in scoring position. But Lebanon escaped further damage, as Chet Johnston's liner was snagged at first base for the final out.

Lebanon scored once in the second on a sacrifice fly to make it 4-0, and the visitors opened the floodgates in the top of the third with five runs, chasing Jack Johnston from the game. Errors plagued Post 33 in the frame, and Hunter Sanders was summoned out of the bullpen to get out of the jam. The right-hander struck out a Lebanon batter to end the inning, but Meredith found itself in a 9-0 hole when all was said and done.

Post 33 rebounded with its first run of the evening in the home half of the third. Logan Rouille reached on an error with one out, and he eventually came around on a Jack Johnston RBI single, sliding in just ahead of the tag in a close play at the plate to make



Logan Rouille slides into home safely for a run in the third inning of Meredith Griggs-Wyatt Post 33 Junior Legion's 11-4 loss to Lebanon Post 22 in District A action on July 5 at Prescott Park in Meredith.

JEFF LAJOIE — MEREDITH NEWS

it a 9-1 game.

Sanders slowed the Lebanon offense down, keeping the visitors off the board in the fourth and fifth innings. He left the bases loaded in the fifth, getting a fly ball to Zach Fournier in right field to post a zero.

Lebanon broke through again in the

sixth however, plating two runs on back to back errors for an 11-1 advantage.

But Post 33 responded in the bottom of the sixth with its best offensive inning of the night. Chet Johnston reached on an error to lead off the frame and stole second base, and he came around on

a Nick Manville RBI double to pull within 11-2.

Pinch hitter Mike Doan kept the train moving with an opposite field RBI single to score Manville and make it 11-3, and Rouille reached on an infield single to put additional pressure on Lebanon. Catcher Collin Sheehan drove in Doan

with an RBI single to make it 11-4, and Jack Johnston's line drive looked destined for the gap before being snagged at the last minute to end the inning and prevent further damage.

Sanders closed the game out for Post 33, going the final five innings while striking out

four and doing a nice job mixing up pitches to keep Lebanon batters off balance. Jack Johnston struck out a pair in his two-plus frames of work.

Lebanon improved to 9-1 on the summer with the win, far and away the leader at the top of the Junior A District standings.

Speare Golf Classic raises more than \$31,000

CAMPTON — The Speare Golf Classic held on June 9 to raise funds for the Dental Health Program, brought to mind the Mark Twain quote, "If you don't like the weather in New England now, just wait a few minutes." Fortunately, the 50-degree temperatures and 30-mile-an-hour winds were met with sunny skies and proved to be no deterrent to the 45 golf teams that hit the links at Owl's Nest Resort and Golf Club in Campton. Their resilience paid off, helping to raise \$31,200 for the Dental Health Program



COURTESY PHOTO

The Speare Golf Classic raised \$31,200 to support the Dental Health Program.

her mouth I could see that she needed a lot of work. I was only doing a fluoride that day, but I couldn't let her go back to class in that condition, when there was something I could do," said Doane. "So I got permission from her mom to do a cleaning. After the cleaning she looked so much better. When I held the mirror to her face, she just lit up and smiled. That meant so much to her. Her teachers told me later that she was talking and smiling with everyone after that. It just goes to show that a healthy smile can make a significant social impact on people."

The Dental Health Program works in collaboration with School Administrative Unit 48, the Ashland, Lin-Wood and Warren School Districts, Plymouth Pediatrics and Adolescent Medicine, Plymouth OB/GYN, and the Women, Infants and Children (WIC) Program. Services include free dental screenings and fluoride varnish applications. Dental cleanings and sealants are offered to school-age children on a sliding fee scale and to at-risk pregnant women and the homeless. However, no one is denied service because of inability to pay. Children who are in pain from decay and infection are referred for restorative care. Case management and financial counseling/assistance are also provided.

For more information on the Speare Golf Classic or the Dental Health Program visit www.SpeareHospital.com.

surpassing all previous fundraising records over the 18-year history of this event.

"The 18th annual Golf Classic was a big success again this year," says Julie DeGalan, coordinator of the Golf Classic and director of development at Speare. "This event raises a significant portion of the budget for the Dental Health Program, and is made possible by the many sponsors, donors, players and volunteers. We received so many wonderful comments about the tournament and are grateful to all who partnered with Speare this year, especially our Golf Classic spon-

sor Plymouth General Dentistry and Dr. Joan Kirschner."

Before each flight of golf carts rolled onto the course, Dental Health Program hygienist Ruth Doane reminded everyone that preserving smiles is the goal of the program. She noted that with the support of the Speare Golf Classic fundraiser last year, she was able to see 1,500 people, many of them twice. Doane shared a story with the crowd about one of her patients whose life was changed with a healthy smile.

"This past fall I saw a very quiet and shy middle school girl. As soon as she opened

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Master of the Minutemen

Plymouth grad Ryan Bamford enjoying time as UMass Athletics Director

BY JOSHUA SPAULDING

Sports Editor

AMHERST, Mass. — To say Ryan Bamford was destined to be an athletics director might be a stretch, but there were signs that he was destined to head down that road.

The 1996 Plymouth Regional High School graduate has been at the helm of the University of Massachusetts Athletics Department since last March and is pleased with how things have been going.

Back in Bamford's high school days, his father was the athletics director at Plymouth State and from that time, he had an idea that it was something he was interested in.

"It was something I always wanted to do from the time I was a freshman or sophomore in high school," Bamford said as his school year came to a close in early June. "I followed his career, he loved his job and loved his career."

"He didn't look at it as a job, he looked at it as a lifestyle," Bamford continued. "I wanted to emulate him."

With that in mind, Bamford headed to Ithaca College, where he majored in sports management. Upon his graduation in 2000, he went on to Springfield College, where he served as a graduate assistant.

After two years at Springfield, Bamford hit the Ivy League, when he took an entry level job at Yale and over the course of eight and a half years, he worked himself up to an Associate Athletics Director position, eventually moving on in 2011.

HOF

FROM PAGE B1

claims to fame was catching Woodsville's John Bagonzi's three no-hitters at UNH. Charlie served in the United States Air Force for two years.

He taught social studies at New London High School before working for the NH Department of Education. He served in many positions including consultant, assistant division chief of Division of Special Services, acting commissioner, deputy commissioner and finally as Commissioner of Education for the state of New Hampshire.

Charlie served on many boards and committees, including being a trustee of the University of New Hampshire. He and his wife, Norma, were awarded the Third-of-a-Century Award by the New London Service organization for outstanding contributions to the community. Charlie was the recipient of an honorary Doctorate of Humane Letters from Plymouth State University.

At the Oct. 1 event, there will be a reception for the inductees in the cafeteria from 2 to 3 p.m., with the induction starting at 3 p.m. For more specifics or ticket information, please contact Peter Cofran at 744-6006, x1507 or pcofrans@sau4.org.



UMASS ATHLETICS — COURTESY

PHOTO

Ryan Bamford, a 1996 graduate of Plymouth Regional, is currently the Athletics Director at the University of Massachusetts.

"By the time I left, I was the Senior Associate Athletics Director," Bamford said.

He left Yale for Georgia Tech, where he was for four years before getting the job at the University of Massachusetts in March of 2015.

Bamford entered a situation at UMass where there were problems to be addressed and things to be worked on and he got to work evaluating what the programs had to offer and how they were run.

"It's been a wild year," Bamford said. "I've learned a lot about this place."

"And I'm extremely happy with the progress we've already made," he continued. "It wasn't easy but I knew that coming in."

And, the leader of the Minutemen also noted there is still plenty that needs to be done, but he's pleased with what has been accomplished so far.

"We have 21 teams, more than 650 athletes and I'm trying to put them in the position to have success," Bamford said.

One of the first things the former Plymouth Bobcat looked at was the larger revenue sports, sports like football, ice hockey and basketball.

Bamford made head coach changes in women's basketball and men's ice hockey, looking to get the most out of the programs.

"We're trying to hold people accountable and put things in place to move forward," Bamford said. "We've got a good staff, but with anything you do at this level, you have to have a strategic plan."

"It's been a laborious process, but I knew what I was getting into trying to rebuild this thing," Bamford said.

As the school year came to a close, Bamford said it was a pretty busy time for his department, as the fiscal year is coming to a close.

"We're getting prepared for net year and trying to do a lot of planning as it relates to our strategy," he said. "A lot like sports, the offseason is when you prepare to be better."

Bamford also notes that many people have a little of a misconception of his job, thinking that all he does is sit on the sidelines and watch

games. But he points out that it's really a lot of paperwork and a lot of office time.

"But I do love being around our young people," Bamford said. "For me, the biggest thing is to be as visible as I can and staying positive about what we're doing."

"We want to build something that's sustainable and build something we can take pride in," Bamford added. "Rome wasn't built in a day, we're chipping away at things every day."

Bamford is also hopeful that alums will return to UMass with a sense of pride as changes continue to be made.

"That will be a test

for us, when they come back and want to be part of our family," Bamford said.

With a lot of work ahead of him, Bamford notes that he is happy to have people by his side that he believes in.

"It truly takes a village," Bamford said. "We've got a great group of students, faculty and staff."

He also admitted that it was nice to be back in New England, the area that he grew up in and where some of his family still remains.

"It's nice to be back in the area, close to family and friends," Bamford said, noting that the teachers and coaches at

Plymouth were instrumental in helping him get to where he is. Those teachers and coaches include current PRHS Athletics Director Jim Carey, who invited Bamford to come and speak at an athletics director conference earlier this year.

And he praised the work of everyone who has helped him as he tries to get the UMass athletics program on the right track.

"It keeps me really focused and energized every day to try to be better," Bamford said.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Starting my own 700 club

SPORTING CHANCE



By JOSHUA SPAULDING

not cover on a regular basis.

However, as I started writing the column, I began to realize it was nice to have an outlet to discuss things that I might not get a chance to discuss otherwise. And the column continued, week after week. After a while, I started delving a little bit out of the sports world and started tackling things like my love of television and other outside interests.

It's fair to say that some weeks there is no mention of sports at all, except for in the column name. And for those who come here for sports, I apologize for that. Sometimes, I just have things I feel like sharing that don't involve sports.

However, no matter the reason that you read this column, I thank you for spending a few minutes each week, or ev-

ery other week, or once a month, or once a year, reading what I have to say. Writing this column is traditionally one of the more enjoyable things I do during my week, though I have to admit that sometimes I struggle to find a topic that I want to discuss.

The reason for all this discussion of the history of this column? No, I'm not leaving the job and using this as my final goodbye (though when I do finally leave, if given the chance I will put my farewell in this column). And, to the best of my knowledge, the column is not being pulled by the publisher.

The real reason for this reminiscing is the fact that this column that you are reading right now is the 700th Sporting Chance. And since I don't take weeks off on a regular basis, this also marks the 700th week in a row that this column has appeared. I never set out to keep writing this column for 13 years in a row, but somehow, over time, it evolved into just

that. I enjoy my job (most days anyway) and I like writing about the different experiences I have both on the job and away from it.

And, I'm hopeful that there is a person or two out there who enjoys reading about the trials and tribulations of a sports editor in small town New Hampshire.

And fair warning, next week will be a non-sports topic in this space.

Thanks for 700 weeks. Your support is appreciated.

Finally, have a great day Richard Arthur.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

Home for Sale — By Owner



119 Old Village Road Northumberland, NH

2 story Colonial on 2.3 acres with 2,352 square ft of living area, built 1989, 4 bdrms, 2.5 baths, first floor laundry room w/chute from second floor. Large Living Room, Foyer, large Kitchen w/appliances, extra room in Master Suite can be used as a nursery or home office. New Heating system installed 6/2016. Beautiful 50 ft wrap around porch with attached gazebo, 32' x 32' two bay attached garage, additional 14 x 20 outbuilding provides plenty of room to store your toys. Well maintained and landscaped with many trees, including several apple trees and a large garden space. Enjoy nearby skiing and direct access to NH snowmobile trail 5 and Vermont/VAST trail/bridge crossing into Guildhall, VT. **Motivated seller at \$188,888.**

Contact me at

brucepeltier4@gmail.com or 603.326.8175

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

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Thank-You

The Lincoln Woodstock Community Child Care Center would like to thank the following businesses and individuals for their support of the 24th Annual Black Fly Golf Tournament. Woodstock Inn, Maplewood Golf Resort, Polimeno Realty, Loon Mountain, Indian Head Resort, Oak Ridge Oil and Propane, Wayne's Market, Amoskeag Distributors, Bethlehem Country Club, Black Mtn Burger, Citizen's Bank, Clark's Trading Post, Daydream's Hair Salon, Hobo Hills mini-golf, Jack O'Lantern Resort, Kancamagus Motor Lodge, Woodstock KOA, Lost River Gorge, New England Ski Museum, NH Distributors, Rodger's Ski and Sport, Smiley's Produce, Sport Thoma, Tim's White Mtn Garage, Waumbek Golf Course, Whale's Tale Waterpark, Enzos, Borderline Concepts, John & Sue Coupl, Alba Architects, Arnold's Auto, Bank of NH, Loon Mountain Ministry, New England Disabled Sports, Pamell, Michels & MacKay Attorneys, Alpine Condo Association, Autumn Breeze Motel, Jeanine and Mac Smith, Kelly's Tattoo, NE Sprayfoam, Adair Inn, AJ & Norm's Auto, Carriage Motel, Conklin & Reynolds Attorneys, Harrington Electric, Kancamagus Collectibles, Loon Reservations, Loon Rustics, Montaup Properties, Red Sleigh Inn, and Woodwards Resort

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Contact bob@christiancamps.net or 603-875-3600 for additional information and to obtain more information on this paid position.

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TREE SERVICE- Single trees to entire lots! Fully insured, free estimates. Call Gary 603-315-5173.

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Kubota L3710 Tractor; 2000, low time, with L681 loader, Woods 9000 Backhoe, Hydro, 3point hitch, Sun Shade, Purchased new, \$19,000
Call Vinny 603 892 0905

Mirror Lake, Apt for Rent: \$650/month 1Bedroom, 1Bath; includes: hot water, heat, cable, washer/dryer. Quiet area. Call 569-8070

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call **HUD** toll free at 1-800-669-9777

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You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Rentals

DOWNTOWN PLYMOUTH: One room office in Fox Block Condominium, 66 Main St., 2nd floor. Bright and airy with approximately 225 sq.ft. and tall windows on two sides. Rent is \$300 per month, heat included. Occupancy date is negotiable. Call 603/536-2520 days.

Meredith/ Center Harbor: Home owner renting bedroom, bath, shared kitchen and laundry. One Level. Park in front. Secluded quiet house in woods. \$650 range. Call 937-0475

Office space for rent in town Plymouth, Plymouth Professional Place. 4 rooms including large waiting area. Recently remodeled with plenty of parking, close to down town Plymouth. \$600 per month. Call Russ 536-1422

Apartments For Rent

Duplex for rent in excellent Wolfeboro location. 3 bedrooms, off street parking and within a short walk to Back Bay, Foss Field, Carpenter School, and downtown Wolfeboro. 1/2 bath and 3/4 bath. Small back yard, back deck, and front porch. \$1200 per month plus utilities. Available mid-to-end of August. Call 603-393-2476

Land/Lots

Long Island Moultonborough
Deer Point subdivision - 19.16 acres. Lake and Mountain views. Expired 3-BR septic design. Close to town beach/boat launch. Not in current use. \$298,000 call 603-786-2765

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General Store & 2 Residences near Bow Lake 570 Province Road • Strafford, NH Monday, August 1st at 11:00 a.m.

Formerly known as the Blue Loon General Store and/Sheilah's Market, this store has served the Bow Lake community and is sited on 4.55± acres and includes two additional single family homes. The store totals 1,554± sq.ft. with a small office. One residence is a 2,412± sq.ft. Colonial with 4 BRs, 2 BAs and an in-ground pool. The second residence is a 775± sq.ft. cottage which sits on the hill behind the store and has views to Bow Lake. Tax Map 29, Block 2. Real Estate and Personal Property selling in the entirety.

Inspection: Tuesday, July 26th from 9:00 to 11:00 a.m., and one hour prior to Auction.

For a property information package with terms go to www.paulmcinnis.com



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Sale 2: Map 12 Lot 6-11 • 1.11± Acre Lot
Sale 3: Map 12 Lot 6-9 • 1.29± Acre Lot

August 11 | 11am | Held at the Premises Location: Tamarack Road, Thornton, NH Previews: Drive by at your convenience.

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Auctioneer: Michael B. Carey | NH AUC #5026 - Broker: Thomas W. Satarley | NH RE Lic. #11528.
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Town of Thornton NH Police Department

The Thornton Police Department is currently accepting applications for an anticipated fulltime Patrol Officer position. NH full -time certified police officers are preferred, but not required. Military veterans are also urged to apply. Candidates may be required to complete a written and physical agility test, oral board interview, polygraph, medical, psychological examination and an extensive background investigation.

We offer an attractive benefits package to include Health, Dental, Paid Vacation, Paid Holidays, and New Hampshire State Retirement. Pay ranges with experience, \$39,600 to \$43,700.

Please submit a cover letter and resume to the Thornton Police Department, 16 Merrill Access Road, Thornton, NH 03285, or by e-mail to admin@thorntonnhd.org. Applications will be accepted until the position is filled.

The Town of Thornton is an EOE.

MULTI-OWNER REAL ESTATE AUCTION EVENT

Properties are Selling Absolute, Minimum Bid or w/ Modest Reserves

Online Bidding Ends: Wed., July 27th at 7p.m.

Paul McInnis, Inc. Auctioneer has properties from New Hampshire and Vermont and is offering them at a Timed, Online-Only Auction Event.



Lunenburg, VT - 181 Sunrise Acres is a beautiful 2007 Post and Beam Cape sited on 10 private acres selling to the highest bidder over \$100,000.



Whitefield, NH - 504 Littleton Road is a Burns Pond waterfront cottage on 2.89± acres that is selling Absolute without reserve. Fish, boat and snowmobile from your property.



Hampton, NH - 421 Lafayette Road is a vacant land lot on US Route 1 in downtown previously approved for a 9-unit mixed-use development.



Carroll, NH - 603 Route 3 South is a 4-unit, 7,500± sq.ft. commercial building with drive-thru selling to the highest bidder over \$200,000 (\$50,000 per unit). Built in 2000± with ample parking and high visibility.



Nottingham, NH - 15 Halls Way is a 1736± Antique Cape on a rolling 1.62± acre lot that is selling Absolute without reserve.



Strafford, NH - 1154 Parker Mountain Road is a 4 BR Colonial on 1.5± acres at the intersection of NH-126 and 202A, possible commercial use.

Inspections: View website listing for open house times.

Buyer Broker Participation Welcomed

For complete information and terms visit www.paulmcinnis.com

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Camelot HomeCenter

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

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Please send cover letter, resume, 3 references to:

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jsampson@pemibaker.org
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VIEWS: Contemporary home in Holderness with 16.8 acres of total privacy, beautiful views of the Squam Range and mature woodlands. Near hiking trails & Squam Lake.
MLS#4502000 \$559,900



REDUCED: Walk to the town beach or marina from this three bedroom home in Ashland. Deeded access to launch your canoe/kayak on Squam River. Good rental history.
MLS# 4446989 \$199,900



BOAT SLIP ON SQUAM: Year round home in Holderness with a private setting & a deeded boat slip at the end of the road. Screened porch with open concept living.
MLS# 4479717 \$349,000



ONE OF A KIND: Beautiful Brick Colonial with spectacular views overlooking Squam Lake. Over 28 acres with a one of a kind carriage house plus barn. Immaculate throughout!
MLS# 4445037 \$1,795,000



LAKE WINONA: Cozy lakefront cottage with a sandy beach, dock & swim float. Over an acre of land with 167' shore front and nice views. Open concept living area. Good rental history.
MLS# 4497549 \$479,900



HOLDERNESS: 19th Century barn with 1.89 acres and road frontage off Rte. 3. Next to the town office's with many possibilities. Great exposure & location.
MLS#4486003 \$215,000

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