

Newfound graduates reflect on high school experiences

BY DONNA RHODES
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BRISTOL – The Newfound Regional High School Class of 2018 took a light-hearted look back on school during their graduation last Saturday morning, but it was a day that was also filled with many emotions and thoughts of what lies ahead.

Class President Dacoda McGee said that after years of tests, work they forgot to do, books they never really read, they were graduating at last. Heading out into “the scary world of adulthood,” he told his classmates that all they had to be was themselves.

“When I look out at you I don’t see a gloomy world. I see smiles. I see



Donna Rhodes

Valedictorian Emma Lageux beamed at the audience before she delivered her graduation speech for Newfound Regional High School’s Class of 2018.

Bristol selectmen deal with diverse agenda

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Selectmen have approved a request to name a new park off Central Street “Eagle Scout Park” to honor the scouts who have contributed to the betterment of the town, including helping to create the park on the site of the former mica building.

Meeting on June 7, the board also approved a contract to remodel the handicap ramp outside the Bristol Municipal Building at a cost of \$8,000; hired a construction company to address erosion alongside the Smith River; offered a contract for a reduced-scope road and sidewalk project on Central Street; approved the purchase of a \$37,908 truck for the water and sewer department; agreed to pay \$12,824 for the third and final year of video scoping the sewer lines; and agreed to pay \$4,550 for bicentennial planning.

The far-ranging meeting included approving a contract with the Town of Alexandria for use of Bristol’s public access television channel for bulletin board postings for an annual income of \$2,000.

With the voters having approved a budget that is \$400,000 less than the town was seeking, selectmen have been careful with spending, including holding off on a \$2,000 expenditure that would allow the town clerk/tax collector to accept payments by credit card. Selectman J.P. Morrison suggested that implementing the new system would result in

SEE BRISTOL, PAGE A11

friends,” he said.

McGee encouraged them to find things they were passionate about. He asked the graduates to close their eyes and imagine themselves as happy as they could be and think of what that happiness would look

like to each of them.

“If you want to be successful, keep working toward that,” advised McGee. “However, you measure your success, whether it’s money or smiles, I hope you can come back one day and share how happy you

are.”

McGee also announced that as a gift to the school the Class of 2018 would provide seating for a new outdoor lunch area as well as an annual \$250 scholarship for future graduates who demonstrates leadership

and go above and beyond to benefit the school community.

Salutatorian Shanley Camara said she felt unqualified to offer any words of wisdom to her peers. She chose instead to recall some fun memories of things she learned in high school then told the class that they all have flaws but that made them “perfectly imperfect.”

“We might not have it all together, but together we have it all,” Camara said. “No matter where life takes us, we will always share this special bond.”

She did close with five tips however, asking the graduates to figure out who they are and trust in themselves. In order to learn to succeed, Camara said they must also learn how to fail. She asked that they stay humble and kind, and that they thank their parents because the last 18 years hadn’t been easy for them either.

In closing, she said,

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Judge Gordon retires — but not for long

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — As a circuit judge serving mainly in the district court at Franklin for the past 12 and a half years, Edward M. “Ned” Gordon has seen generations of people pass through his courtroom.

“The thing you see as a judge,” he said, “is that most people who appear before you are good people who maybe made some bad decisions.”

In criminal cases, he said, “What strikes you most is that they generally fall into one of three categories: substance



Thomas Caldwell

Retired Circuit Court Judge Edward M. ‘Ned’ Gordon sits in the yard of Dow Cottage, alongside the Pemigewasset River in Bristol.

abuse, mental illness, and lack of education. You do your best to set them on the right course to resolve their issues, but how effective that is can be very frustrating.”

Now, having reached the mandatory retirement age of 70, Gordon says he is glad to have been given the opportunity to serve on the bench, and probably would have continued as a judge if he could have done so.

“I still have a lot of energy,” he said, “and I don’t think my abilities have depreciated that

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18 pages in 2 sections
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A photograph of three people standing outdoors in front of a brick wall and green bushes. On the left is an older woman with white hair wearing a pink and purple patterned shirt. In the center is a young girl with dark hair wearing a green and white striped shirt, holding a wooden award plaque. On the right is a woman with brown hair wearing a white shirt and a colorful patterned scarf. The photo is credited to Courtney.

Mia DiFilippe receives Katie Knott-Garon Outstanding NHCS Cares Award

New Hampton Community School student Mia DiFilippe was selected to receive the Katie Knott-Garon Outstanding Student NHCS Cares Award. The award, created in honor of former NHCS staff member and reflecting the school’s CARES mission, is presented to a fifth grade student who has shown strength of Character, achieved Academic success, displayed individual Responsibility, pursued Excellence both in the classroom and within the community, and exhibited creative Spirit. Pictured (left to right) are Katie Knott-Garon, Mia DiFilippe, and NHCS Principal Annmarie Holloran.

Migliore maintains pressure to avoid “accident waiting to happen”

BY THOMAS P. CALDWELL
Contributing Writer

BRIDGEWATER — Nearly a year after Bridgewater Police Chief George Hill contacted William Lambert of the New Hampshire Department of Transportation about a potentially lethal section of Route 3-A, the state still has not addressed the concerns, and Rep. Vincent Paul Migliore is losing patience.

The 40 mph speed limit that begins in Bristol and extends along 3-A to Whittemore Point changes to 50 mph just as the road runs closest to Newfound Lake and

the shoulder narrows to three feet. That section of roadway passes by the Inn at Newfound Lake and a number of other dwellings with deeded access to the lake which requires people to cross the road or walk alongside it.

In his letter, Chief Hill noted that there are numerous pedestrian crossings with some areas having limited visibility. There is a great deal of bicycle traffic on the narrow shoulders, and guests at the Inn on Newfound Lake need to cross the road use its beach.

A group of citizens

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Congratulations to the Class of 2018!

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Celebrate your love of Newfound all summer long during NLRA's 7 Weeks of Summer events

BRISTOL —This summer, the Newfound Lake Region Association (NLRA) is hosting a variety of fun and educational activities to celebrate Newfound's great outdoors. NLRA's 7 Weeks of Summer series includes guided paddle and hiking tours, stargazing, a sailing race, and much more. The fun begins Wednesday, June 27 with a special activity planned each week through Wednesday, Aug. 8. All 7 Weeks of Summer events are free, however advance registration is required as space is limited. See details and register at <https://newfoundlake.org/sevenweeks/>

The 7 Weeks of Summer include:

Week 1 – Wednesday, June 27, 9 a.m. – 1 p.m.: Guided Paddle with Rick Van De Poll
Ecologist and Grey Rocks expert Rick Van de Poll will guide a paddle tour of the Northern Newfound Water Trail. Discover natural beauty

and diverse wildlife as you explore one of New Hampshire's cleanest lakes! The tour starts and ends at the Grey Rocks Conservation Area in Hebron (newfoundlake.org/greyrocks/). Bring your own boat(s) or rent from the Newfound Audubon Center in Hebron (nhaudubon.org/about/centers/newfound/).

Week 2 – Monday, July 2, 4 – 6 p.m.: NLRA Annual Meeting
Join your friends, neighbors, and fellow NLRA Members for NLRA's Annual Meeting at the Red Barn in Hebron, where you will learn about programs and recent initiatives that protect and preserve the Newfound watershed. Refreshments will be provided.

Week 3 – Thursday, July 12, 8:30 – 11 p.m.: Stargazing with NH Astronomical Society
Spend a summer evening under the stars. Bring your telescope

or binoculars and comfy chair to Audubon's Ash Cottage on North Shore Road in Hebron. The NH Astronomical Society will share the wonders of the stars and planets in our night sky and help you locate constellations and other celestial bodies. A fun and educational event for curious adults and children.

Week 4 – Saturday, July 21, 1 p.m. Start: Around the Lake Sailing Race
NLRA's annual Around the Lake Sailing Race is always a popular event for racers and spectators. Enter your boat or come to cheer the racers on. The race starts and ends at Grey Rocks Conservation Area. If you don't have a boat and want to race, contact NLRA and they will find you a boat to join.

Week 5 – Saturday, July 28, 9 a.m. – 3 p.m.: Hebron Fair
Visit NLRA staff and

Trustees and buy your Mega Raffle ticket(s) at the Hebron Fair. The Fair is a famous local tradition that features crafts, children's games, a dunking booth, excellent fresh food and produce, and lots of fun for everyone. It all happens on the Hebron Common at the north end of Newfound Lake. Learn more at <https://sites.google.com/view/hebronchurchfair/home>.

Week 6 – Wednesday, Aug. 1, 9 a.m. – noon (morning session) and 1 – 4 p.m. (afternoon session): Stream Stomp!
Meet the bugs and other invertebrates that live in Newfound's mountain streams, and learn more about the Newfound Lake watershed with experts from the New Hampshire Rivers Council. Meet at the AMC Cardigan Lodge in Alexandria at 9 a.m. for the morning or 1 p.m. for the afternoon session or join us for both.

Week 7 – Wednesday, Aug. 8, 9 a.m. – 3 p.m.: Guided Hike on Mt. Cardigan
Part of the Appalachian Mountain Club trail network, Mt. Cardigan is known for its rocky and exposed peak with 360-degree views, diverse and wild terrain, and a working fire tower on the summit. Mt. Cardigan is a must for avid hikers and those seeking fresh air and lots of exercise. Meet NLRA Program Manager Andrew Veilleux at the AMC Cardigan Lodge in Alexandria at 9 a.m. Prior hiking experience is required. Bring plenty of food and water, and dress for mountain weather. Don't forget your camera!

All Summer – Newfound EcoTours every Monday, Thursday, and Friday, at 10 a.m. and 1 p.m.
Enjoy Newfound Lake from the comfort of our pontoon boat, the Madelaine. With hands-on activities, historical facts, and time to soak in the

sights and sounds of Newfound Lake, these two-hour trips are an unforgettable family experience! Tours start and end at Grey Rocks Conservation Area in Hebron. There is a fee (25 percent discount to NLRA Members) and reservations are required. Learn more and register at <https://newfoundlake.org/ecotours/>.

About the NLRA
The NLRA protects Newfound Lake and its watershed. Through education, programs and collaboration, we promote conservation and preservation of the region's natural, social and economic resources. For more information, visit us at newfoundlake.org, like us on Facebook, or call us at 744-8689.

Bristol Town-wide Yard Sale set for July 28

BRISTOL —On Saturday, July 28 from 8 a.m.-2 p.m., the entire town of Bristol invites you to a Town-Wide yard sale!
It costs \$3 to be placed on the yard sale map. Maps will be available for sale on the day of the yard sale for \$10 each, and can be purchased at the Masonic Lodge, 61 Pleasant St., Bristol, starting at 7 a.m.
Vendors are invited to set up in the Mason-

ic Lodge parking lot for a cost of \$20 per table.
To be added to the map, reserve room for a table or for any other questions, please call 744-3321.
This event is sponsored by the Order of the Eastern Star to benefit local charities such as Camp Mayhew, The Circle Program, Community Services, TTCC, and the Shriner's Children's Hospital.

Sign up Saturday for Gordon-Nash Library's Summer Reading program

NEW HAMPTON —On Saturday, June 23, the Gordon-Nash Library in New Hampton will be hosting sign-up hours for this year's Summer Reading Program, "Libraries Rock!" Families are invited to drop in between 11 a.m. and 1 p.m. to sign up young readers and pick up schedules, reading logs, and other program materials. There will be light refreshments, a door prize, and "balloon buffoonery" by New Hampshire's own balloon artist Mo Fun!
The Summer Reading Program begins on Tuesday evening, June 26 with a 6:30 p.m. performance, "Magic, Music, Readin' & Rockin'," by Boston's Magic by George. Funding for this Kids, Books and the Arts event is provided by the Jack and Dorothy Byrne Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the New Hampshire State Council on the Arts & the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

The Gordon-Nash Library is at 69 Main St. in New Hampton. For questions, please call the library at 744-8061 or email Christine Hunewell, Children's

Librarian, at chunewell.gnl@gmail.com. For a full schedule of Summer Reading Program events, visit <https://goo.gl/Lvedoh>.

Hill Historical Society hosting open house

HILL —The Hill Historical Society will hold an Open House at the Town Meeting House from 10 a.m. – 2 p.m. on Saturday, July 14.
Visitors can view items in the archives and learn about local history from a self-guided wall panel display which includes the moving of the Village of Hill to allow construction of the Franklin Falls Dam, a federal flood control project.
Historical publications are available for

sale in advance (online, at the Hill Municipal Offices, and at the North Woods Gifts & Gallery, Central Square, Bristol).
HHS members will be at the Open House to answer questions and accept membership applications which includes a quarterly newsletter of the Society's events.
This educational event is free and open to the public.
Web site: hillhistoricalsociety.com
Email: hillhistoricalsociety@gmail.com



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Prevention leaders recognized at Annual Summit

BY DEB NARO

Contributor

Each year in May, CADY gathers to recognize community accomplishments in preventing and reducing youth alcohol, tobacco and other drug use. This year, the 18th Annual Prevention Summit was held at Plymouth State University Merrill Place Conference Center on May 25, with 255 people in attendance.

The day began with a dedication of the Summit to Meredith Village Savings Bank for their long-standing support of CADY. The audience then listened to messages from our federal delegation: Senator Jeanne Shaheen, Senator Maggie Hassan, Congresswoman Ann McLane Kuster, and Governor Christopher Sununu. Appreciation was expressed for working hard for us in New Hampshire and in D.C. to bring life-saving legislation forward.

The Honorable John Broderick, Former Chief Justice of the New Hampshire Supreme Court was the first keynote speaker with a powerful presentation on his family's mental health journey and recovery, the struggles imposed by mental illness for families, and the impetus to Change Direction and R.E.A.C.T. He is dedicated to improving understanding and awareness of mental illness, to eliminate its mythology, encourage discussion and treatment, and begin



COURTESY

Megan Ebner and Calie McLeod, of the CADY Youth Advisory and Advocacy Council (YAAC), were presented the CADY Youth Leadership Award from Tori Brochu and Troy Warner, last year's recipient, at CADY's 18th Annual Prevention Summit. Each year this award is presented to an outstanding young leader who makes a significant difference through prevention advocacy in their community. Both Megan and Calie are extremely busy with extracurricular school activities yet they exemplified exceptional peer leadership and a willingness to go above and beyond with each YAAC project. They are both shining examples of youth leadership at its best!

to change the unfair and shameful culture that surrounds it.

CADY's youth from the Youth Advocacy and Advisory Council (YAAC) provided the audience with an educational and informative presentation on Juuling; and the Junior Advisory and Action Club (JAAC) had the unique experience this spring of teaming up with the NH Fish and Game Department to produce a video on what they see and experience with substance use in their work. Both groups received a well-deserved standing ovation for their prevention work with peers and in the community.

CADY's second keynote speaker was Lynn Lyons, LICSW, who presented on Kids With

Anxiety: Can We Blame the Culture? Lynn used humor, playful connections, and a constant focus on DOING, an umbrella strategy she has taught to thousands of schools, healthcare providers, mental health providers and families focusing on teaching families and professionals how anxiety works, and what can be done to diffuse the powerful "anxiety cult" and its demands for certainty and comfort.

Appreciation was expressed to all partners and CADY then spotlighted the accomplishments of several individuals and organizations. The CADY Youth Leadership Award was presented by Tori Brochu to Meghan Ebner and Calie McLeod for their leadership in

prevention awareness projects. The Junior Advisory and Action Club Award was presented to 11-year-old Plymouth Elementary School student, Luke Legacy, for his leadership in starting the club, recruiting membership, and his focus on projects aimed toward prevention.

The CADY Community Partner Award was presented by Deb Tobine to the Plymouth State University Michael L. Fischler Counseling Center for their collaboration in the Young Adult Project. Over the past year, the Counseling Center staff were instrumental in the Young Adult SBIRT project collaboration on binge drinking to provide evidence-informed services for young adults, aged 18 to 25. The goal of the project is to reduce risk factors while enhancing protective factors to positively impact healthy decisions. The Center is an example of care and commitment, and truly make a difference in the quality of life at PSU and in the surrounding community.

The Mary R. Cooney Restoring Futures Award was presented by Mary Cooney to Tim Tyler, to acknowledge the many contributions he has made as a skilled educator who has dedicated much energy, passion, and service to CADY's Restorative Justice Program and its young participants.

SEE **CADY**, PAGE A12

Strategies for Living

Chuck Colson: His story

BY LARRY SCOTT

It was a grey overcast evening when Chuck Colson, caught in the middle of the Watergate investigation, drove up to the home of Tom Phillips, a respected friend and successful businessman. Settling in on the back porch with a glass of iced tea in hand, they began to discuss where life was going for each of them.

In his book, "Born Again," Chuck Colson writes of the dramatic change that came into his life that evening. In his words,

"I am not doing too badly, I guess," said Colson. ... "But I'd rather talk about you, Tom. You've changed and I'd like to know what happened."

"The success came, all right, but something was missing," he mused, 'I felt terrible emptiness.' I don't understand it, I interrupted.

... You were a straight arrow, ... everything in fact going your way. "All that may be true, Chuck," Tom responded, 'but my life wasn't complete. ... [T]here was a big hole in my life. ... One night I was in New York on business and noticed that Billy Graham was having a Crusade in Madison Square Garden. ... What Graham said that night put it all into place for me. I saw what was missing, the personal relationship with Jesus Christ, the fact that I hadn't ever asked Him into my life, hadn't turned my life over to Him. So I did it – that very night at the Crusade'" (pp. 108-110).

Colson was impressed, and they talked well into the night. Chuck began to "get the message" but held off pursuing the matter any further. Then Tom asked if they could pray together before Chuck

left.

"As Tom prayed, something began to flow into me – a kind of energy. Then came a wave of emotion which nearly brought tears. I fought them back. ... As I drove out of Tom's driveway, the tears were rolling uncontrollably. ... I pulled to the side of the road ... [and] prayed my first real prayer. 'God, I don't know how to find You, but I'm going to try! ... [S]omehow I want to give myself to You.' I didn't know how to say more, so I repeated over and over the words: Take me" (pp. 115-117).

Chuck Colson struggled. There were many questions, but he knew what he had to do. Some decisions are not easily made, but Chuck knew he could go on no further; he had to make a decision. So,

"[E]arly ... Friday morning, words I had not been certain I could un-

derstand or say fell naturally from my lips: 'Lord Jesus, I believe You. I accept You. Please come into my life. I commit it to You.' ... With those few words that morning ... there came something more: strength and serenity, a wonderful new assurance about life. ... I was coming alive to things I'd never seen before" (p. 130).

Chuck Colson's experience mirrors what I have been saying here. There can be no relationship with God except through Jesus Christ, but once one has the courage to invite his forgiveness and welcome Jesus Christ to be his Lord and Savior, it marks the beginning of a journey that is truly life-changing. For Chuck it began with a simple prayer of surrender, but by that prayer, he met Jesus Christ on a personal level, and that changed everything!

Letters to the Editor

Bristol's voters weren't born yesterday

To the Editor:

Did anyone happen to notice the story on the front page of the June 6 Concord Monitor titled "New Town Office starts to take shape?"

The "impoverished" town of Canterbury (2,400 population) is building a new town office; cost, you might ask? \$400,000, plus \$20,000 for contingencies.

The building has offices, a meeting room, storage for files and, according to the article, "all the mod-

ern amenities," to comply with the ADA, as it's all on one floor.

You wonder why the taxpayers of Bristol rejected and rescinded the \$2.6 million Space Needs boondoggle? Maybe they didn't just fall off the turnip truck yesterday. Hell, we could have built a new town hall with the money we have already squandered!

*Paul Simard
Bristol*

Lots of advice on lightning, and it never left my head

A series of thunderstorms swept up from the valley and over my ridge the other night, and I stole out to immerse myself in the event. Well, not literally—I had a porch roof over my head. Still, enough tiny droplets and vapor tend to get blown out ahead of each part of the storm to make you wet, or think you

NORTH COUNTRY NOTEBOOK
By JOHN HARRIGAN



are. So I sat down in one of the rockers, alternately scooching it in and out in accordance to which way the rain was coming from, for it invariably reversed. If you are any-

where near an open window or door in a thunderstorm, you're going to get wet, usually right at the end. These were small storms that came one after the other, the wind reversing at the end of one storm and then turning around the other way before the next. Sometimes, in between, the sun tried



COURTESY
Lightning connects heavens to earth in the Monument Valley, where just as on a pond or a golf course it doesn't pay to stand out.

145, next to the old Batchelder Place. Everyone knew where the Gerard Hurlbert farm was, because it was in a beautiful setting and was neat as a pin, every blade of grass in place. One time, Rudy and his wife Joan had to be away for a day, and left us kids with the Hurlberts. This was uneventful enough until a thunderstorm loomed.

Into a small bedroom we all went. As the sky went dark, out came a lamp. And then, with a thud on the bed, out came the big Bible. On our knees, we heard and repeated scripture until the skies cleared and the birds sang once again. This was my first experience with that particular precaution regarding lightning, and one thing I can say is that it was a whole lot easier than towing boats across the pond. But all I truly remember about the incident is that like all of the other advice on how not to get struck by lightning, it worked.

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

GROTON — Sheila Ann Miller, 61, of Groton, died June 12, 2018 at Speare Memorial Hospital, in Plymouth, after a courageous battle with cancer. Born in Franklin on Nov. 3, 1956, she was the daughter of Purgis Claude and Beverly Julia (Ewens) Tyrrell. Sheila is survived by her husband of 19 years, Gary D. Miller of Groton; her children, Eric Tyrrell of Plymouth,



Vandayn Sparnicht of Winston-Salem, N.C., and Katrina Tyrrell of Yadkinville, N.C.; eight grandchildren; sever-

al great grandchildren; five brothers, two sisters, and numerous nieces and nephews, and cousins. A private service will be held at the convenience of the family in the Pleasant View Cemetery, in Rumney. The Mayhew Funeral Homes and Crematorium, in Plymouth and Meredith, are assisting the family with their arrangements. www.mayhewfuneralhomes.com

Stanley James Skeats III, 71

FRANKLIN — Stanley "Jim" J. Skeats III, 71, a longtime resident of Bristol, died at his home in Franklin Sunday, June 17, 2018, following a short illness. Family was at his side.

Jim was born on July 18, 1946 in Laconia, son of the late Stanley J. Skeats, Sr. and Marguerite (Dion) Skeats. He was educated in Sanbornton, and graduated from Laconia High School with the class of 1964.

Jim lived in Northfield for 20 years, Bristol for 30 years, and moved to Franklin one year ago. He was employed as an HVAC Technician for IPC now Freudenberg-NOK in Bristol. Jim was a U.S. Navy Veteran serving in Vietnam from Aug. 26, 1945 to April 22, 1969, earning the rank of E2. He was a life member of the Franklin Lodge of Elks BPOE #1280, the American Legion Post #49 of Northfield and the Franklin VFW #1698. In his early years he hunted and fished and he had a great passion and ability to cook. He also had a great love of trains, which included riding and watching.

He was predeceased by a son, Jeffrey W. Skeats, and a sister, Roberta



Stearns. His family includes his wife of 29 years, Barbara L. (Boynton) Skeats of Franklin; his sons, James M. Skeats of Wells, Maine, Michael C. Skeats of Sanborn-ton, and David Drake of Alexandria; daughters Deanna Eldridge of Center Ossipee, Amy Sporic of Pembroke, and Molly Owen of Alexandria; 15 grandchildren; and great grandchildren; his sisters, Mary Ann Melvin of

Wells, Maine and Elaine Skeats of Wells, Maine; and nieces and nephews. Calling hours will be held on Thursday, June 21, 2018 from 5 to 7 p.m. at the William F. Smart, Sr. Memorial Home, Franklin-Tilton Road, Tilton. A graveside service with military honors will be held on Friday, June 22, 2018 at 11:30 a.m. in the New Hampshire State Veterans Cemetery in Boscawen. Burial will follow. In lieu of flowers, Jim asked that memorial contributions in his name be made to the Franklin VNA and Hospice at 75 Chestnut St., Franklin, NH 03235.

For more information, go to www.smartfuneral-home.com.

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Edward Jones: Financial Focus

Don't Let Your Investments Go on "Vacation"

Summer is here – and so is vacation season. Americans spend a lot on their summer getaways – more than \$100 billion in 2017 alone, as reported in Travel and Leisure magazine. When you hit the road, you will enjoy getting away from your regular tasks, but there's one part of your life that should never take a break – your investments.

To keep your investments working consistently and efficiently for you, consider these suggestions:

Match the right investment with the right "job." You hire an electrician to install a light fixture, you employ a plumber to clear a clogged drain, and you would not expect either one to work on the other's project. In a way, this view of a division of labor is similar to how you might look at different investments. In general, you purchase stocks with the hope of achieving the growth necessary to help you meet long-term goals, such as a comfortable retirement. On the other hand, when you purchase certain fixed-rate investments such as certificates of deposit (CDs) or money market ac-

counts, you know they won't provide as much growth potential, but are available to fund a short-term goal – such as a dream vacation.

Evaluate investments' performance relative to your goals. Some people think the only way to evaluate their investments' performance is to track them against a well-known market index, such as the S&P 500. However, using an index as a measuring stick has some drawbacks, one of which is the lack of a personal connection to your situation. Look at it this way: In many types of organizations, you typically go through performance reviews, where your work is assessed in terms of how well it helped you move toward your goals – and you can follow the same process with your investments. Specifically, you can measure their performance by how effective they are in helping you move toward your financial objectives. For example, if you need your portfolio to provide you with a certain rate of return to meet specific retirement goals at a designated age, but you find that you are not currently on track toward meeting these goals, you may need to adjust your investment mix to potentially provide you with a higher return. Be aware, though, that seeking higher return potential will likely mean taking on more risk. You may want to consult with a financial professional to make sure you find a risk/reward ratio suitable for your goals and risk tolerance.

Look for hard-working investments. Some investments work especially hard. Some stocks, or investments containing stocks, pay dividends. Instead of taking the dividends, you can choose to reinvest them, purchasing even more shares – and increased share ownership is one key to helping build financial resources for the long term. Dividend reinvestment is typically automatic, so once you have chosen this option, there's really no extra work on your part. (Keep in mind, though, that companies are not obligated to pay dividends, and they can be reduced or eliminated at any time.) In the investing arena, as in many endeavors, hard work can be rewarding. So look for opportunities to keep your investments gainfully employed throughout your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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Member SIPC

Towns

Alexandria

Merry Ruggiello 744-5383
sunshine_eyes51@yahoo.com

Congratulations and best wishes for a prosperous future to the 2018 graduates! Such an exciting time for everyone. And for those fretting the "empty nest syndrome".... they'll be back to visit, honest.

Town

Alexandria Conservation Commission Meeting Wednesday, June 27 at 6:30 p.m. in the Municipal Building.

ACC Roadside Cleanup Saturday, July 7. Meet at the Municipal Building at 9:45 a.m.

Alexandria UMC

Sincerest sympathies are extended to the family of Jeff Lassen who passed away on June 16. Jeff was chief chef for AUMC's annual Thanksgiving Dinner, and will be greatly missed by those who knew him.

Church services June 24 at 9 a.m. Martha Flanders and Margaret Clayman will lead us in worship, as we transition into welcoming Pastor Faith Greene on July 1. Trustees will meet in the Vestry following worship.

Community Dinner Saturday, July 7 at 5 p.m. This month will be barbecued chicken. Thank you Phyllis Adkins and Laura Plummer for hosting and Mike Plummer for manning the grill!

Happy Birthday wishes to Amy Clayman, June Flanders, Anita Larson, Rita Polhemus, Martha Flanders, Laua Plummer and Mary Whalen, who are celebrating this month.

Happy Anniversary to Martha and Bud Flanders on June 27, Donna and David DeLuca on June 27 and Jim and Linda Fligg on June 30.

Time for me to get out and enjoy the cool breezy morning, before things heat up. Have a wonderful week ahead and may your joys far outweigh your sorrows!

Vacation Bible School theme this year is Festival of the Booths/Old Testament Camping and will go from Monday July 9 through July 13 from 9 until 11 a.m. Friday will likely run a little later because there will be a cookout for everyone. All ages are welcome, young, older and in-between.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

During the summer, Sunday worship at the South Danbury Church is a potluck breakfast and Table Worship at 8:30 a.m., and everyone is welcome! Even if you don't have anything to bring, come anyway – there is always plenty of food to share at South Danbury.

Save the date for the famous annual Church Fair: Saturday, July 28, from 9 a.m. to 2 p.m. Something for everyone: live music, yard sale, bake sale (yes, baked beans, too), homemade ice cream, collectibles and household treasures, crafts, raffle, lunch, auction, author Mary Lyn Ray reading from her books for children, and more!

Grange Chicken BBQ

The chicken bbq at the grange hall is this Saturday June 23 from 5 to 6:30 p.m. The grange bakes up two kinds of baked beans and all types of salad. And then there's the chicken and strawberry shortcake for dessert. Eat in or Take out!

Danbury Country Store

The Danbury Country Store will hold customer appreciation day on Sunday, June 24. Stop by from 11:30 a.m. until 2 p.m. for face painting, music and while they last, hotdogs, burgers and an ice cream sundae bar.

Wilmot Market

Three Danbury Farms will be at the Wilmot Market on opening day Saturday, June 23 from 9 a.m.-noon. Offabit Farm will be a part time vendor at the market this season offering products from their kinder goats as well as vegetables. Good Enough Farm will be there every week with their certified organic vegetables and eggs. Huntoon Farm will also be there every week with their meats, bakery products, eggs and prepared food items. The market runs every Saturday through Sept. 29 at 9 Kearsarge Valley Rd. in Wilmot.

Churches

Ashland Community Church

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

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

Sundays:

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

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

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

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

Kidzone:

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

Alcoholics

Anonymous Group:

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

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

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

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

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

Real Church, Real People, Real Simple

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

No perfect people allowed!

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

We are handicapped accessible!

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

Sundays: Pastor: Pastor Mike Carrier
Intergenerational Service: 10 a.m.
Coffee Fellowship: Following service

Sunday School: Will resume in the Fall. Watch for the date!

NOTES: Sunday choir has ended for the summer, but our Guest Musician Program will begin on June 10 and continue through August. We welcome anyone interested in sharing their gift of music at this time.

Please contact our organist Estelle Giarrizzo on any given Sunday and she will schedule you into the program.

Bristol UCC Missions Committee announces Scholarship Application Guidelines for all people who call Bristol UCC church their home. It's intended to help them in their pursuit of a post secondary education. Supporting our people and encouraging them in their quest to further their education is an important mission that begins here in our own church. To apply for educational scholarship, a letter of intent describing your needs and what you are studying must be submitted to the Missions Committee by June 30. Scholarships will be given out by the beginning of August. Good luck to our applicants! Bristol UCC Missions Committee.

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

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

Phone: 744-8132

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

Pastor Mike began his time with us on Sunday, June 3. He can be reached through the office at 744-8132, his email mikecarrier@earthlink.net or by phone: 960-0196. Rev. Andrew McLeod will be on sabbatical throughout the summer and shall return in September.

Weekly Events:

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

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – noon

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection Returns!! With Rev. Andrew off on sabbatical, Don Sorrie is leading us as our spiritual leader, in discussing devotions by women from the NIV Bible. Our first meeting was held on Wednesday, June 6. Our participants will be looking forward to more great discussion, contemplation, prayer, and peacefulness for the days ahead. We'll be gathering on Wednesdays at 7:30 a.m. for one hour through Aug. 29. (Coffee provided by other than Don!) Come join us, and bring others for a time in God's word.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events: WIC

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

T.E.A. (Time, Encourage, Accept) – for Women 3rd Tuesday at 4 p.m. Meeting place varies.

Check with the church office for exact place and time.

Women's Fellowship - Last meeting till September will be held on Thursday June 21 at 10 a.m. in Fellowship Hall, followed by lunch at The Big Catch....all are welcome!

Ongoing: Bristol Community Services is in need of: cereal, rice, Chef Boyardee-type meals, dish soap and toilet paper.

Coming Events: Our Dynamite Dinner Crew is taking a well-deserved summer break, but will resume on Sept. 8 with a roast turkey dinner. Always a favorite!

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

Take Out Available: 744-8132

PLEASE NOTE: As mentioned, Rev. Andrew is taking a well-deserved sabbatical for the summer.

We are fortunate to have our spiritual and pastoral needs in the capable hands of Pastor Mike Carrier for the months of June, July, and August.

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

Church of the Holy Spirit Episcopal

The Rev. Kelly Sundberg Seaman thanked everyone who made her Celebration of New Ministry a wonderful event. During the service the bishop, the people and the priest exchanged symbolic, meaningful gifts, like water (for baptizing) and a Bible (to preach and live the Gospel). It was a festive and joyous service.

Grow your spirit this summer!

You're invited to take part in our "Spiritual Practices Sampler," as we explore activities such as gardening, meditative walking, writing, and other creative arts that can feed our spirits and bring us closer to God. The series concludes with a four-part introduction to the Episcopal Church as part of the "Jesus Movement," Aug. 2, 9, 16, and 23. All events take place THURSDAYS, beginning June 14 from 5-6:30 p.m. at Sherrill Hall, 18 Highland St., Ashland.

This week, June 21: Mandalas. Sacred circles are everywhere, from cathedral windows to spiders' webs. Create a mandala, and see what it says to you. Led by Guy Tillson.

Caregivers Support Group

Would you like some support as a caregiv-

er? Caregivers Support Group is a place you can meet with others to find that support. This group is held from 12:30 to 2 p.m. on the third Wednesday of each month: Upcoming dates include- June 20, July 18, and Aug. 15.

Community Breakfast

St. Mark's Community Breakfast at Sherrill from 8 to 9 a.m. is this coming Saturday, June 23. There will be St. Mark's famous French toast, fruit, juice, eggs any style, bacon, sausage, home fries, English muffins, coffee and tea! All are welcome to attend and assist.

Quilting Group

On Friday, June 29, the quilting group will meet from 10 a.m.-2 p.m. in Griswold Hall. All quilters are invited to come. The group is working on finishing quilts for donation in May.

Holy Trinity (Roman Catholic)

The summer schedule for Holy Trinity begins on Sunday, June 24.

The schedule is:

Saturday

4 p.m. at St. Matthew Church in Plymouth

Sunday

7:30 a.m. Mass at St. Matthew Church

8 a.m. Mass at Our Lady of Grace Chapel, Bristol

9:30 a.m. at Our Lady of Grace

9:30 a.m. at St. Agnes Church in Ashland

11:30 a.m. Mass at St. Matthew in Plymouth

A contractor has been selected to build the Holy Trinity Parish Christian Life Center. The building committee selected Conneston Construction. We are now waiting on the Diocesan Building Committee to meet the third week of June to finalize and solidify all details.


The Gift is a series of six sessions to be held on Wednesday mornings from 9 to 10:30 a.m. at the Marian Center on the Bristol Campus, on June 13, 20 and 27, July 11, 18 and 25. This is an inspiring and practical workshop aimed at people of all ages to help them encounter the Holy Spirit and empower them to share their faith. For more information, call Ellie Morrison at 744-8271.

There is a blood drive Wednesday, June 13 from 1 to 6 p.m. at Simard Hall which is in the basement of Our Lady of Grace Chapel.

Parishioner and newly graduated high school senior Sam Ebner has embarked on a medical mission trip to Kenya with his grandfather, Tom Ebner. Our prayers are with them as they do this most important work.

Parishioner Dave Hemeon is being accepted s a candidate to the Diaconate at St. Joseph Cathedral on Saturday, June 16 at 10 a.m., and will be ordained a permanent deacon in 2021.

Don't forget that next weekend is the time to bring back baby bottles SEE CHURCHES, PAGE A7



How to Submit Announcements & Obituaries To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
obituaries@salmonpress.com

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

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

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

Bristol Summer Concert Series kicks off June 28

BRISTOL Kelley Park is the place to be as the Bristol Summer Concert Series brings people of all ages together to enjoy and celebrate some great local music. Bristol's free Summer Concerts in Kelley Park are scheduled to begin on Thursday, June 28. The concerts, which are co-ordinated by the Bristol Community Events Committee, will be held from 6:30 – 8 p.m. in the Kelley Park Concert Pavilion.

Concerts are rain or shine, and in case of inclement weather the concerts will be held indoors at the Historic Bristol Town Hall at 45 Summer Street.

The concert schedule for 2018 is as follows:

June 28 — Studio Two—The Beatles Tribute ... Start off the season with a trip back in time...back to the '60's with true Beatles classics!

July 5 — Uncle Steve Band ...Unique rock, soul, and blues – some well-known, some home-grown – by a local favorite band!

July 12 — Jordan Tirrell-Wysocki Trio... Back by popular demand – enjoy traditional Celtic tunes with



COURTESY (Left) Hailed as "New England's Best Beatles Tribute Band," Beatles tribute band Studio Two will open the Bristol Summer Concerts Series on Thursday, June 28, 6:30 - 8 p.m. in Kelley Park.

several anonymous donors. More sponsors may be forthcoming and will be announced during the Concert Series and online.

Up to date concert information is posted on the Town of Bristol Web site at www.town-ofbristolnh.org, on local Bristol TV and on the TTCC Web site at www.ttccrec.org. You

can also follow the Bristol Community Events Committee on Facebook – [Facebook.com/BristolCommunityEvents](https://www.facebook.com/BristolCommunityEvents).

In addition to planning the Summer Concerts in the Park, the Bristol Community Events Committee is hard at work planning the Bristol Old Home Day which will take place on Saturday, Aug. 25. For more information about the concerts or Old Home Day contact the Tapply Thompson Community Center at 744-2713, or the Town of Bristol at 744-3354.

a fresh and creative twist!

July 19 —The Bel Airs...NH's Award-winning DOO WOP quintet – they will be bringing the memories back to Kelley Park!

July 26 — Annie & the Orphans... Bring your dancing shoes to really enjoy some old time Rock & Roll - with Anatole!

Aug. 2, 9 & 16 – NO CONCERTS... please support the Bristol Rotary Club Penny Sale on August 9th

Aug. 23 – Club Soda... Another local favorite – this band will keep you on your feet - playing top hits and favorites

from the '50's through today!

“Thanks to the generosity of some local sponsors we are able to continue this wonderful summer tradition with a six-concert series,” stated Leslie Dion, Chair of the Events Committee.

Due to budget constraints, the committee was unable to provide the full eight-week concert series this summer.

Summer 2018 Concert Sponsors include: Goodrum Enterprises, the Hometown Voice, New England Family Housing, NE Forestry Consultants Inc. and

Cosmic Dance comes to Fig Tree Gallery

ASHLAND — The 2018 season of Fig Tree Gallery is beginning with a colorful bang as they welcome New Hampshire artist Kristen Pobatschnig for a show of her bold abstract paintings entitled "Cosmic Dance." All are welcome to attend an art opening on June 22 at 7 p.m., featuring Pobatschnig's paintings, refreshments, raffles, local beer samples and live music with Chris White.

Known for her cosmic abstracts, Po-



COURTESY The 2018 season of Fig Tree Gallery is beginning with a colorful bang as they welcome New Hampshire artist Kristen Pobatschnig for a show of her bold abstract paintings entitled "Cosmic Dance."

batschnig paints the world around her in a unique style, using bold colors and movement. She has won several awards for her works and was named one of 2017's "Top 11 Artists to Watch" by New Hampshire magazine.

“My work is inspired by the colors in space,” she explains. “I am passionate about bringing people closer to understanding the cosmos with my artwork.”

Pobatschnig's style of painting is called abstract impressionism and is painted on small

and large canvases, wood or plexiglass. An avante garde artist, she rarely uses paintbrushes in her process and typically lays her canvases down on the ground to paint. She recently launched a 'Colors in Space' clothing line of her paintings printed onto kimonos, skirts and dresses, which will be available at Fig Tree Gallery.

This colorful show is available for view and purchase through July 31 at Fig Tree Gallery on Main Street in Ashland. For more information, please visit www.figtreenh.com.

Churches

FROM PAGE A6

for Haven Pregnancy Center. Just fill them with cash or a check and bring them to church with you. This is a great way to support Haven in all the incredible work they do for parents and their babies.

Restoration Church, Plymouth (Assemblies of God)

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

- Sunday:**
10:30 a.m. Morning Service
Monday: First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry
Friday: Second Friday of the month
6 p.m. Food, Fun, Fellowship

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

Our Mission Statement: Just One More!

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

Star King Unitarian Universalist Fellowship

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

Sunday, June 24
Sunday Morning Worship: No Time for Casual Faith, General Assembly 2018 - 9 – 10:30 a.m.

This event is scheduled to be presented to Starr King as our first Summer Service The Live streaming video, direct from GA, will begin at 9 a.m.

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

Live from GA!- Our first Summer Service on Sunday, June 24 will be Sunday Morning Worship: No Time for Casual Faith, General Assembly 2018. Please note the time change for this week's service. Live streaming will be available from 9 – 10:30 a.m. (EST).

Tour of Portsmouth Black Heritage Trail -Fellowship members are invited to walk the Heritage Trail with for-

mer Starr King member Angela Matthews on Saturday, July 21. The tour begins at 9:30 a.m. Car-pooling is strongly recommended. The cost is \$20 per person. The plan is to have lunch together after with Angela as our guest! Please see Cindy Spring or contact her at cspring2@mac.com to sign up.

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

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

The Next Meeting of the Wise Women in Training is to be held on Wednesday, June 27 from 10:30 a.m. to noon.

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

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HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

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Common Café

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Dispelling senior nutrition myths

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A Plethora of Information

As a society, we have generally become more conscious of nutritional needs. That should come as no surprise given the amount of information that we are inundated with on a daily basis, informing us of what we should and shouldn't eat, and what to avoid. With so much information, it's inevitable that some bad information gets out there, only to be perpetuated and believed by many.

When it comes to nutrition for older adults, misinformation can be especially dangerous. Though it may be difficult to believe, we live in a time when senior malnutrition – or the insufficient intake of food compared to nutritional requirements – represents a growing problem in the country. In fact, the National Institutes of Health estimates the financial impact of disease-associated malnutrition is more than \$150 billion. In an effort to provide accurate information to help support health

and wellbeing, we want to dispel some of the more common myths surrounding senior nutrition. Please note that seniors should always consult their physician before making any dietary changes.

Five Senior Nutrition Myths

1. Fewer nutrients are required

While some seniors may require fewer calories than other adults, nutrients are a different story altogether. Because our bodies aren't as efficient at absorbing vitamins and minerals as we get older, there are some nutrients that we need more of, such as vitamin D, vitamin B-12, calcium, and iron. Instead of trying to reach a certain caloric amount each day, the key is to incorporate nutrient-dense foods into the diet. Some of these foods include whole-grain bread, fruits and vegetables, lean proteins, and calcium-fortified milk.

2. Drinking water is only necessary when you're thirsty

Hydration is a cru-

cial aspect of nutrition no matter how young or old we are. But for aging adults, who generally face a greater risk of dehydration, drinking an adequate amount of water is critical. The problem is that some mistakenly associate hydration with thirst, and the signals we rely on to tell us that we are thirsty begin to diminish as we get older. Since these signals aren't as effective, it's imperative for seniors to build a proper hydration schedule into their daily routine to reach the recommended sixty-four ounces.

3. Gaining weight doesn't pose a threat

Becoming overweight or obese is just as dangerous for older adults as it is for younger adults, and can significantly impact not only cardiovascular health, but also mobility (which may already be limited, due to other age-related factors). Our metabolism slows down as we age, which makes it increasingly difficult to burn off excess calories, making it even more imperative that what's consumed

is substantial. Seniors can take an active role in reducing or preventing weight gain by choosing healthier options and engaging in physical activity (with physician approval).

4. Supplements can replace food

Go down the nutrition aisle at your local grocery store, and you're likely to assume there's a supplement for just about anything. While these certainly serve their purpose in filling in the gaps and providing seniors with extra nutrients where needed, they should not be relied on solely for proper nutrition, or serve as a substitute for real food. Doing so can cause severe gastrointestinal side effects and, over time, lead to malnutrition.

5. It's too late to begin eating healthy

When it comes to nutrition, it's easy to adopt a defeatist attitude. The belief that having a healthy lifestyle is no longer an option can be common, even for younger adults. For seniors, especially those who are facing the last years of

life, these feelings of hopelessness may be heightened. Fortunately, every change that's made – no matter how small – can make a significant impact on senior health and wellbeing. Seniors can start by doing something as simple as reducing their sodium intake, then replacing unhealthy foods for nutrient-dense whole foods, and soon enough, they'll be on their way to feeling healthier and happier.

Comfort Keepers® Can Help

At Comfort Keepers®, our compassionate, professional caregivers can help seniors prepare nutritious meals and see that they get the nutrients needed to remain healthy. Additionally, we can provide transportation to and from the grocery store, remind them to take any prescribed medications/

supplements, and help with daily tasks in the home. Contact a local Comfort Keepers office today to learn more about our in-home care services.

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.

Director Bryan Halperin introduces the cast of "The Letters" by John W. Lowell

HOLDERNESS — There are just two characters in John W. Lowell's play set in 1930's Russia, the ruthless Director of one of Stalin's bureaucratic divisions, and Anna, the intelligent but under-the-radar underling he has summoned for a meeting. This informal interview quickly turns into a game of cat and mouse in which the roles of hunter and hunted shift without warning.

In the upcoming Little Church Theater's production of "The Letters," Doug Wert of New Hampton plays The Director, "a terrifying tactician" according to the

Washington Post. The Director is a true believer in the Party and the State and as a former soldier will do anything in his power to protect the State's interest. The Director is an imposing presence and uses various maneuvers and bullying techniques to unhinge Anna to find out just what she may know about the titular "letters."

Tamara McGonagle of Gilford plays Anna, a cog in the Soviet machine who has managed to survive in a society that isn't fair while trying to retain her humanity. She's no pushover, but also not one to chal-

lenge authority. Anna gives the outward appearance of a frightened bird, but as the play progresses, she exhibits a steely resolve. She talks fast and thinks swiftly as she tries to decipher what the director is up to. Has the Director underestimated her? And just what has happened to the letters?

According to Director Bryan Halperin of Meredith, "The Letters is a perfect kind of play for the intimate setting of Little Church Theater. The audience can't help but become a fly on the wall (or a bug in the lamp?) to witness this game of bluffs between

two expert players. This play is an actor's showcase and I'm really looking forward to helping them present it to the Lakes Region in this New Hampshire premiere."

Special ticket prices for Thursday night only: \$30 reserved seats and pew seats by donation. All Thursday night ticket proceeds will be donated to the "Got Lunch" Ashland-Holderness School Program. Tickets for all other nights: \$30 first four rows, \$20 general admission in pews. Tickets can be purchased online at litttlechurchtheater.com.

Help Wanted Holderness Recreation

Beach Attendant

Weekends Part-time position from June 9TH OR 16TH - Labor Day. \$10 per hour. 10am - 5pm

Call 968-3700,

email recreation@holdemess-nh.gov or send resume to P.O. Box 203, Holderness, NH 03245

Newfound Area School District 2018-2019 Employment Opportunities

Newfound Regional High School

- Special Education Teacher

Bridgewater Hebron Village School

- Pre-School/Special Education Teacher

District Wide

- Paraprofessionals – Must be certified or certifiable

Elementary Level

- Instrumental Music Teacher – 1.5 days per week. Flexible days and hours.

APPROPRIATE CERTIFICATION REQUIRED FOR ALL TEACHING POSITIONS

Applicants for all positions should submit a letter of interest, resume, supportive credentials, job application and three current written references to:
Stacy Buckley – Superintendent of School
Newfound Area School District
20 North Main Street
Bristol, NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>

CAMPTON SCHOOL DISTRICT Campton Elementary School

2018-2019 School Year

RECEPTIONIST/ SPECIAL EDUCATION SECRETARY

7.5 hours per day
187 day contract (Beginning Fall, 2018)
\$14.16 per hour

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

Janet Eccleston, Special Education Coordinator
Campton Elementary School
1110 NH Rt. 175
Campton, NH 03223
jeccleston@pemibaker.org

PEMI-BAKER REGIONAL SCHOOL DISTRICT PLYMOUTH REGIONAL HIGH SCHOOL

COACHING OPPORTUNITIES 2018-2019 School Year

Junior Varsity Boys Soccer Coach
Salary \$2,446.99 depending on experience

Junior Varsity Volleyball Coach
Salary \$2,446.99 depending on experience

Any interested applicants, please send coaching resume and references to:
James Carey, Athletic Director
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
jcarey@pemibaker.org



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	76 Morrison Rd.	Single-Family Residence	\$197,000	Raymond P. and Karen A. Thomas	Whitney P. Skinner
Bridgewater	47 Pinker Rd.	Single-Family Residence	\$170,000	Gregory W. and Trisha A. Farrell	Cameron Woolsey
Bristol	250 Brookwood Park Rd.	Single-Family Residence	\$189,933	Willard R. and Meredith K. Sweet	Scott A. Sykes
Bristol	Hemlock Brook Road	Residential Open Land	\$60,533	Prentice L. and Jean M. Gove	Ryan J. and Shannon B. Szepan
Bristol	29 Pasquaney Shores Dr., Unit 29	Condominium	\$325,533	Thomas L. Larsen (for Larsen RT 2)	Carol C. Macklis (for Carol Clark Macklis Trust)
Bristol	45 Robieson Dr.	Single-Family Residence	\$151,000	Nathan R. Porter	Marie E. Slugaski
Campton	9 Durgin Circle	Single-Family Residence	\$181,000	Leo G. and Judith A. Lake	Ning L. Zhang
Campton	1142 NH Route 175	Single-Family Residence	\$290,000	Constance McCoy (for Dar Dav Fiscal Trust)	Constance L. McCoy
Campton	186 Puckerbrush Rd.	Single-Family Residence	\$229,933	186 Puckerbrush Road LLC	Sandra C. Gobin
Campton	84 Richardson Trail, Unit 20	Condominium	\$187,000	Stephen M. and Maria C. Cunneen	Jacque S. and Timothy R. Little
Campton	34 Weetamoo Trail, Unit 1	Condominium	\$60,000	Eric English	Jose I. Caballero and Sirel Taner-Caballero
Dorchester	1312 NH Route 118	Single-Family Residence	\$99,533	USA	Ronald L. Fralick and Bethany C. Fralick
Groton	17 Karkheck Lane	Single-Family Residence	\$232,000	John F. Fitzpatrick	David R. and Amy C. Westman
Hebron	Ledgewood Circle	Acc. Land Imp.	\$29,000	Richard Collins (for Collins Fiscal Trust)	Charles and Candice Todd
Hebron	156 W. Shore Rd.	Single-Family Residence	\$204,933	Jeffrey A. Hillier (for Jeffrey A. Hillier RET)	Raymond M. and Kristen O. Reimold
Holderness	372 US Route 3	Single-Family Residence	\$350,000	Daniel A. and Heather J. Litchfield	Camp Deerwood Inc.
New Hampton	530 Straits Rd.	Single-Family Residence	\$255,000	William F. and Deborah A. Allaire	Christopher M. and Caitlin Y. Turgeon
Plymouth	209 Chaisson Rd.	Single-Family Residence	\$129,933	Christina S. Krause	Zachary A. Dill
Plymouth	Loon Lake Road	N/A	\$42,000	Anne M. and John Tamyk	David S. Fitzgerald (for David S. Fitzgerald Trust)
Plymouth	53 Tenney Mountain Rd., Unit 5	Condominium	\$110,000	Christopher R. and April L. Patricia	Dean and Katie Hayden
Rumney	22 Hawkensen Dr.	Commercial Building	\$675,000	Summa Humma Realty Rumney	Mount Prospect Academy
Rumney	2559 Stinson Lake Rd.	Single-Family Residence	\$402,000	Edward Mattuchio	Renee K. and William M. Duffield
Thornton	Route 49	N/A	\$240,000	BRC William Tell Holdings	Garryowen Properties LLC
Thornton	312 Upper Mad River Rd.	Single-Family Residence	\$310,000	Nancy N. Thompson (for Nancy N. Thompson Trust)	Robert and Sharon Smith
Warren	7 Bixby Lane	Single-Family Residence	\$110,000	Herbert C. and Rebecca B. Gray	Christopher M. and Jaime A. Witcher
Waterville Valley	Mountain Sun Condo Unit 19	Condominium	\$18,533	William E. Kelley (for Waterville RT)	Charles E. and Grace E. Busa
Waterville Valley	8 Mountain Sun Way, Unit 8	Condominium	\$265,000	Paul A. Saulnier (for Amy E. Saulnier Fiscal Trust)	James P. Dunn (for James P. Dunn, Jr. RET)

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.

Plymouth State University honors five faculty members with Distinguished Service Awards

PLYMOUTH — When Plymouth State University (PSU) celebrated its 147th commencement recently, in addition to awarding 690 degrees to undergraduates, the University recognized five members of its faculty with Distinguished Faculty Awards. Recipients of the University's most prestigious recognition for excellence in teaching, scholarship, and service are nominated by their peers.

The 2018 Distinguished Faculty Awards were presented to:

Cynthia Waltman, Ph.D., professor of counselor education and school psychology, and coordinator of the school psychology program, received the Distinguished Graduate Teaching Award. She is a licensed psychologist (WA) and nationally certified school psychologist. Dr. Waltman holds a Bachelor of Arts in Elementary Education from New England College, a Master of Science in Special Education from Central Connecticut State University, and a Doctor of

Philosophy in School Psychology from the University of Connecticut.

Jonathan Santore, Ph.D., professor of music, received the Distinguished Teaching Award. Before joining the PSU faculty in 1994, Dr. Santore held teaching positions at Occidental College, California State University, Los Angeles, and the University of Minnesota. He holds a Bachelor of Arts., Magna cum laude with departmental distinction in Music from Duke University, an Master

of Music in Composition from The University of Texas at Austin, and a Doctor of Philosophy in Music from the University of California, Los Angeles.

Elizabeth Ahl, Ph.D., professor of English, received the Distinguished Scholarship Award. Dr. Ahl is an author and poet whose works have been published in numerous literary journals and anthologies. She holds a Bachelor of Fine Arts in Creative Writing from Emerson College, a Master of Fine Arts in Poetry

from the University of Pittsburgh, and a Doctor of Philosophy in English from the University of Nebraska.

Judith D'Aleo, teaching lecturer, biological sciences, received the Distinguished Teaching Lecturer Award. D'Aleo has taught anatomy and physiology to students of all ages for almost 30 years. She teaches Anatomy and Physiology Labs at PSU as an adjunct and provides technical support to professors teaching physiology. D'Aleo holds a Bachelor of Arts and Master of Arts in Biology from the State University of New York, Geneseo.

Scott Coykendall, associate professor of professional writing, received the Excellence in Faculty Service Award. Prior to his academic career, Coykendall worked in the software industry as a Senior Technical Writer. In 2014 PSU students honored him with the Distinguished Advising Award. Coykendall holds a Bachelor of Arts in English Language and Literature/Letters from Missouri Western State College, and a Master of Fine Arts in Creative Writing from Bowling Green State University.

"We are proud of all of our faculty members and their dedication to our students, and we are honored to recognize five people who tru-

ly transform students' lives through their passion for teaching and professional growth in their respective fields," said Donald L. Birx, president, Plymouth State University. "Each of the educators honored as Distinguished Faculty continuously go above and beyond for their students, colleagues, and for Plymouth State University. We are grateful for their service and pleased to bestow this well-deserved recognition."

About Plymouth State University

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

2018 Salmon Press

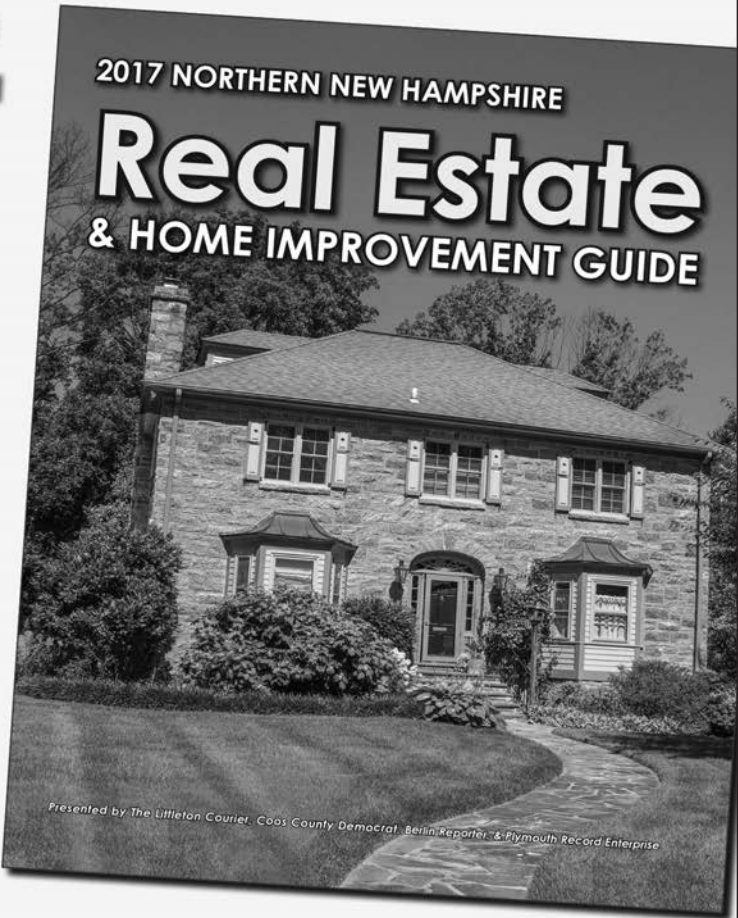
REAL ESTATE & HOME IMPROVEMENT GUIDE

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

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Gordon

FROM PAGE A1

much.” Yet, he said, he knew going into the job what the “rules of the game” were, so he knew he’d be retiring from the bench on June 13.

He has retired before — he took early retirement from New England Telephone after working there for 15 years — but it has never meant not working, and Gordon intends to stay busy now.

“I want to be productive, to contribute, and to be relevant, and not just go away,” he said.

His plans are twofold: He has filed for one of the two seats for state representative from Grafton County District 9 (Alexandria, Ashland, Bridgewater, Bristol, and Grafton); and he plans to practice law with his daughter, Dorcas, under a newly formed business, Newfound Law PLLC.

Values and education

Gordon’s plans to continue working fit both his character and his history. He began working at the age of 14 as a

farm laborer, taking jobs at the Walker Farm and Donald Hutchins’ dairy farm in South Alexandria, as well as at the Robie farm in Bristol.

“South Alexandria was a great place to grow up,” he said. “Not to credit Hillary Clinton, but it does take a village, and Alexandria was a very supportive community. I learned a lot in terms of values working on the farm.”

He gives credit to his teachers and other people at Newfound Memorial High School in Bristol for taking an interest in him and encouraging him to pursue post-secondary education.

“I came to the realization that, coming from my circumstances, where my parents were not affluent, we didn’t have a family business, and with no connection to people in power, my only ticket was education,” he said. “My teachers encourage me to go to school, and through education and investing in myself, I was able to have a successful career.”

Family values supported him. His mother,

Dorothy Gordon, “always said to work hard, go more than halfway, do more than your share, and be honest — take responsibility for everything you do (and sometimes for things you didn’t do). Always have some goal, or something you want to obtain.”

He worked his way through college at the University of New Hampshire. During his first summer after high school, he worked at the First National grocery store in Bristol, and manager Mark Cramton gave him a recommendation to secure a job at the First National in Dover while at college. He also worked at a shoe factory while attending UNH.

Between his sophomore and junior years, he got married (he and his wife, Gayle, will celebrate their 50th anniversary in September). After earning his bachelor’s degree, he found difficulty finding work, so he attended graduate school. While there, a friend arranged an interview with New England Telephone, and he got a job in sales. When

the telephone company faced divestiture, he was among the seven percent of employees selected to go with the parent company, AT&T, giving him a total of 15 years in the business. He worked as an industry manager, selling switching systems to large businesses.

The job meant a daily commute from Bristol to Boston, but Gordon said, “It was great to live in Bristol with the quality of life here, and have a Boston income.”

However, the company kept urging him to relocate to Atlanta, Denver, Georgia, California, or to the headquarters in New Jersey. It became clear that, if he wanted to advance in the company, he would have to relocate, but he and Gayle wanted to stay here.

AT&T had paid for him to obtain a master’s degree in business administration through night courses at Boston College, and he decided to take night courses at Suffolk University in order to obtain a law degree. When AT&T offered him an early retirement incentive, he accepted and transferred to Franklin Pierce College to finish law school.

He had an opportunity for an internship with Hugh Bownes in the federal circuit court, which led to a clerkship with New Hampshire Supreme Court Chief Justice David Brock. He then went to work with Wescott, Millham & Dyer in Laconia, which he described as a wonderful place to work.

“Peter Millham and Rod Dyer were great mentors,” he said. “They believed it’s not all about making money. When you’re done being a lawyer, people aren’t going to remember you for how much you made or what you took from the community, but what you’ve contributed to the community. Virtually all the lawyers in that firm have community involvement.”

Political life

While working at the law firm in 1992, Gordon first ran for public office as a member of the New Hampshire House and, two years later, he ran for the Senate, where he was to serve four terms.

“What I enjoy most is feeling I’ve helped people,” Gordon said, “making an effort to improve their lives. I did that in the Senate, and also in the courtroom. There’s satisfaction in doing that.”

After four terms in the Senate, Gordon did not seek another term.

“I would have liked to

have stayed,” he said; “I felt I might have further political opportunities, but by the time I was in my mid-50s, I realized I needed to secure my retirement. I needed to focus on my law practice.”

That also was the period that the Republican Party began moving toward the right. Gordon is what he terms a “traditional Republican” — fiscally conservative but more middle of the road on social issues.

“I’m not much different from my father and grandfather, who were Republicans,” he said. “They wouldn’t recognize the Republican Party today.”

By appealing to the middle, Gordon said, “I don’t know if I’d have been successful politically in seeking higher office. I had strong support in my district when I left.”

Shortly after he left the senate and began refocusing on the law work, he had an opportunity to serve as a circuit court judge, and Democratic Governor John Lynch approved the nomination.

“It was his first judicial appointment, and, to his credit, although I was a Republican and he was a Democrat, he supported me,” Gordon said. “I know he took some heat over that.”

The Judge

As a circuit judge, Gordon would serve at courtrrooms around the state, although he was primarily assigned to Franklin, a city he was familiar with because his father, Arthur Gordon, had worked at the J.P. Stevens Mill until it closed.

He said people would be surprised to hear how much activity there is in court. Parenting cases used to be heard only in Concord, but now

they’re heard in the circuit courts.

Gordon was one of 10 circuit judges to volunteer to serve as family court judges, and he said those cases can be the most difficult.

On days he was not presiding over the Franklin court, he would be assigned to other courtrooms, sometimes sitting in Berlin one day and Nashua the next.

“I’ve enjoyed the Franklin community,” he said. “They’re good people. Over the last 12 years, I’ve gotten to know both the community leaders and the underbelly, those who would be using the courts.”

The socio-economic difficulties have a lot to do with who ends up in court, he said. Most people are looking ahead to long-term goals they want to achieve, he said, “but people who suffer from poverty are thinking only in terms of what’s going to happen next.”

That is where he tried to offer help and emphasize the value of education.

The Future

Retirement offers a chance to return to the political life, and he has filed for one of the District 9 seats currently held by Vincent Paul Migliore of Bridgewater and Robert Hull of Grafton.

His daughter, Dorcas, had followed him into the law firm now known as the Wescott Law Firm in Laconia, also doing business out of her own office in Bristol. Last November, she filed the trade name of Newfound Law and, on July 1, she will be leaving Wescott to practice in her own law firm — and her father will be joining her.

“She cares about the town just like me,” he said.

Graduates

FROM PAGE A1

“Remember, today is not the end of your education; it’s the beginning.”

Valedictorian Emma Lageux prepared a humorous speech that “roasted” faculty, administration and the class as a whole. Admitting to post-traumatic amnesia about some of the things they endured in school, she also looked back on pop culture events that took place over the last four years. A Super Bowl win for the Patriots, reality stars running for presidents, the Kardashians and their baby boom, a few jabs at Beyonce and a botched Oscar Awards presentation left her shaking her head and the audience laughing. So after reviewing the “slow de-evolution of American culture” as she saw it she turned to roasting teachers and administrators, bringing laughter once

again to the forefront.

Lageux did get serious for a moment as she told her classmates not to feel bad if they didn’t get together in the future or even remember everyone’s names in 20 years.

“If you look back and high school was the best years of your life, then your life can’t be that great,” she said. “Take whatever you can from these last four years and just let the rest go. It’s time for us to move on to bigger and better things.”

John Lellos, a popular civics teacher at NRHS, delivered the Commencement Address for 2018. Choices, he said, would be key to their future but unfortunately statistics have shown through one poll that more than 50-percent of participants said they regret the choices they had made. Therefore, his intention was to make certain all the graduates left that day knowing the fine me-

chanics of good choices.

Lellos said they should make choices slowly, taking time to question their options before choosing. He asked that they keep “the long run” and “morality” in mind when making those decisions.

His final words to the class were a quote, “Fools and fanatics are full of answers but the wise are full of questions.”

Principal Paul Hoiiris was sentimental as he bid farewell to what he called a truly remarkable class. He said they were a well-rounded group of individuals with many talents and skills, noting that of the 79 graduates, 35 were off to a four-year college, 17 to a two-year college, three were joining the military while three others were joining a trade union. Four international exchange students would be returning home to their native countries to continue their education, 16 members of the class were headed for the work force and one individual would continue on at NRHS through their program for 18-21 year-olds.

“The decisions you’ve made are not fixed however,” Hoiiris reminded them. “As you discover a passion, pursue it. As you find an opportunity, take it. Don’t run from challenges- seek them.”

In closing, he quoted A.A. Milne in saying, “How lucky am I to have something that makes saying goodbye so hard.”

with an Osage ambulance body. The current Ambulance II is aging, he said, and is beginning to require a lot of maintenance. At Morrison’s request, LaRoche is to look into the market for used ambulances to determine whether the town would be better off selling the old ambulance than trading it in.

In discussing the trade-in for the sewer department truck, Morrison joked that they could paint the old truck black and white. “The chief needs a new rig,” he said, referring to the Police Chief Jim McIntire’s crash with a town cruiser. The cruiser had been badly damaged and the New Hampshire State Police are conducting an investigation in the nature of the crash.

The board also agreed to send a letter to the New Hampshire Public Utilities Company to complain about the work by Eversource subcontractors who have been replacing utility poles, but leaving the old poles in precarious states that could pose a danger to the public.

Bristol

FROM PAGE A1

higher revenues for the town that would repay the monetary outlay in a short amount of time, but Chair Rick Alpers pointed out that they are obligated to stay within the spending limits set by the voters. Alpers said that, by October, they should know how well they are doing at operating within those limits and might be able to approve the credit card collection system at that time.

They briefly discussed the high cost of recycling, and Selectman Don Milbrand asked that the matter be put on the agenda for the next meeting. Town Administrator Nik Coates said the solid waste budget may be exceeded by \$30,000 if they continue to recycle because the market for recyclables has collapsed and it costs twice as much to dispose of them as it does to include them with regular solid waste.

Also next meeting, the board will take up Fire Chief Ben LaRoche’s request to purchase a new Dodge chassis outfitted

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CADY
FROM PAGE A4

Restorative Justice is a strength-based, experiential process that gives youth the opportunity to learn from their choices, make restitution, and turn their lives around. Through his deep commitment to education and children, Tim has helped over 150 vulnerable children learn, grow, and thrive, transforming lives by moving vulnerable children from social isolation to brighter, healthier connections in the home, school, and community.

The Carole J. Estes Community Leader Award was presented to Kellie Jenkins, guidance counselor at Bristol Elementary School. Kellie is a “supportive adult” for a countless number of students in the Newfound schools. She teach-

es, mentors, advises, and councils them daily throughout the school year. For many youth, who have nowhere else to turn, she is the “go to” caring person. Kellie exemplifies the traits of leadership and humanitarian values Carol believed in, and the Newfound Area School District can be proud of her efforts to support their students.

The John W. True Award for Excellence was presented by Marianne True to Jessica Dutille. As a valued member of the Plymouth Community through her work with the Pemi Youth Center, CADY, Plymouth State University, and many other organizations, she has demonstrated personal commitment, community leadership and direct action to stem the tide of youth substance misuse.

Deb Naro, in her nomination of Jess, said this: “While leading PYC, Jess brought Dorothy Law Nolte’s timeless poem, ‘Children Learn What They Live’ to life for so many kids, especially disadvantaged children. Jess created a family filled with understanding and love, giving so many kids the hope and acceptance they needed to overcome difficult circumstances and thrive.” John truly cared about the welfare of children, and Jess’ accomplishments and effective problem solving for kids is just the kind of leadership he valued.

CADY is extremely grateful to the following sponsors for making the 18th Annual Prevention Summit possible: Community Health Services Network, Lakes Region Mental Health Center, NH Healthy Families,

Service Credit Union, Speare Memorial Hospital, Common Man Family of Restaurants, Northeast Credit Union, Bank of New Hampshire, Granite State Credit Union, Lindt & Sprungli, Inc., Meredith Village Savings Bank, Mid-State Health Center, Kathleen Kearns on Behalf of the Circle Program, The Mayhew Program, Pemi Youth Center, SAU #48, and Tapply Thompson Community Center. CADY also wishes to thank Plymouth State University for the use of their beautiful facility and to all the staff that helped make this event possible.

This event once again demonstrated the commitment of individuals and community to keeping our kids safe and drug free—we are truly stronger together. To learn more about CADY, visit www.cadyinc.org.

Route 3-A
FROM PAGE A1

and the proprietors of cottage colonies and condominium developments have petitioned the state to reduce the speed limit and make other accommodations to let drivers know that they are approaching a congested area.

After a meeting with state officials last November, Migliore followed up with a request for the Department of Transportation to act on the concerns by May 1. He specifically asked for a reduced speed limit, the installation of signs to warn traffic that people who frequent the beach make road crossings on a regular basis, and to take other action to make the public aware of the congested nature of the area.

Migliore said one of those with deeded lake access who lives on the other side of the highway has Parkinson’s Disease, making the crossing especially slow and dangerous. A number of children also cross the highway, and he said that, on one occasion, a car slowed down to allow people to cross but the tractor-trailer behind the car had just geared up from the speed limit change and was unable to stop, so it went around the car just as the pedestrians were about to step out into that lane.

“It’s an accident waiting to happen,” Mi-

gliore said. Yet, despite several conversations and correspondence with the Department of Transportation and other state agencies, Migliore has not been able to get any action on the matter.

The department requires a traffic study to validate the residents’ claims before taking a permanent position, but there is a provision in the law that allows the town selectmen to set temporary speed limits when there is such a concern, until the traffic study can be completed. Bridgewater selectmen have supported the change but the law also requires any action by the town to be approved by the commissioner of transportation.

Exasperated by the delay, Migliore has spoken with people in the Governor’s Office, hoping to bring additional pressure on the Department of Transportation to take the residents’ concerns seriously.

Coming up for re-election as a state representative, Migliore is concerned that failure to resolve the speed limit issue could provide fodder for a challenger to capitalize upon, but his bigger concern is the unresponsiveness of those working for state agencies. Many of his requests have gone unacknowledged, and “that isn’t the way government is supposed to work,” he observed.



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JULY 4TH SPECTACULAR

Gorham, NH

June 29th - July 4th

 Gorham 4th of July Celebration

FREE CONCERT

RECYCLED PERCUSSION

Friday, June 29th

on the Common

at 7:30 PM

This Years Theme:

Hats Off

To Our Troops

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Longest 4th of

July Celebration

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Gorham 4th of July Celebration

June 29th – July 4th • Town Common

MIDWAY RIDES • GAMES • FOOD



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Friday, June 29th

5:00 pm - 10:00 pm Miller Amusements Carnival Midway

Night Bracelet Pay ONE PRICE On The Rides \$25.00

5:00 pm Side Walk Vendors Open

5:00 pm Horse Drawn Wagon Rides By Meadow Creek Farm

7:30 pm **CONCERT: RECYCLED PERCUSSION**

Saturday, June 30th

8:00 am - 4:00 pm NEW EVENT!

At-Your-Leisure Singles Golf Tournament at AVCC (Play anytime between 8 am – 4 pm on Sat or Sun to be entered!)

8:45 am - 9:15 am 4K Walk/Run Registration at Ed Fenn

9:30 am Scootin' for the Red White & Blue 4K Walk/Run Starts

Start and finish at the Ed Fenn. Sponsored by AVH

11:00 am Side Walk Vendors Open

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens

Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

12:00 pm - 6:00 pm Horse Drawn Wagon Rides By Meadow Creek Farm

4:00 pm - 7:00 pm Chili Chowder Cook Off on the Common!

Hosted by White Mountain Rotary Club

5:00 pm - 10:00 pm Miller Amusements Carnival Midway continues

Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:00 pm - 9:00 pm **Concert: Straightaway**

Sunday, July 1st

8:00 am - 4:00 pm At-Your-Leisure Singles Golf Tournament at AVCC

11:00 am Classic Car Parade Line Up (Ed Fenn School)

11:00 am Side Walk Vendors Open

11:30 am **Classic Car Parade** Sponsored by ColorWorks

12:00 pm - 2:00 pm **Classic Car Show** & Music with Steve Emerson

12:00 pm - 2:00 pm Kids Games - Hosted by Legion Aux. Unit 82

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens

Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

12:00 pm - 6:00 pm Horse Drawn Wagon Rides By Meadow Creek Farm

5:00 pm - 10:00 pm Miller Amusements Carnival Midway continues

Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:00 pm - 9:00 pm **Concert: Riley Parkhurst Project**

Monday, July 2nd

8:00 am - 7:00 pm 2nd Annual Patriotic ATV Photo Scavenger Hunt

Registration 8-10 am at Gorham Corner Market (\$5 PP)

Must have a camera or cell phone and internet access.

5:00 pm Side Walk Vendors Open

5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens

Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:00 pm - 9:00 pm **Concert: Lil' Penny**

Tuesday, July 3rd

5:00 pm Side Walk Vendors Open

5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens

Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:00 pm - 9:00 pm **Concert: Shark Martin**

Wednesday, July 4th

10:00 am - 10:45 am REGISTRATION For Kiddies Parade

(Registration is a MUST at Ed Fenn School)

11:00 am **Kiddies Parade** (Starts at Ed Fenn School)

11:00 am Side Walk Vendors Open

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens

Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

1:00 pm Parade Line up

1:30 pm DJ Music by Mountain Music at the Bandstand

2:00 pm **Main Parade - Sponsored by Service Credit Union**

(Starts at Dublin Street down Rt 16 to Railroad St.)

3:00 pm - 5:00 pm Karaoke and DJ Music by Mountain Music

5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues

Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:00 pm - 10:00 pm **Concert: Blacklite Band**

10:00 pm **Fireworks** by Atlas Fireworks

Newfound Landing Sports

Section **B**
Thursday,

Thursday, June 21, 2018

Local athletes kick off Granite State Track season

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Wolfeboro Granite State Track team was joined by a host of other schools for a meet at The Nick during the first few weeks of June. Joining Wolfeboro were teams from Meredith, Moultonborough, Newfound, Wakefield, Madison and New Durham. Numerous locals earned top six finishes.

In the 50 meters for the boys, Graham Burke of Wolfeboro led the locals in 8.1 seconds for second, with Brendan McPhee of Wolfeboro in fifth in 8.33 and Jayden Belyea of Newfound in sixth in 8.93. For the girls in the 50 meters, Joselyn Gigli of Madison finished second in 9.17 to lead locals.

For the 100 meters for boys ages 9-10, Graham Burke of Wolfeboro got the win in 15.77, Dean Porter of New Durham was third in 16.27, Jayden Belyea of Newfound was fourth in 16.35 and Brendan McPhee of Wolfeboro was also fourth in 16.35. For the girls in the same age group, Keira Haley of Wolfeboro won in 16.73, Olivia Carnes of Wakefield (16.85) and Gabby Valliere of Newfound was sixth in 17.59.

For the 11-12 boys in the 100 meters, Dominic Alberto of New Durham took the win in 15.34, Jaeger Keathley of Wolfeboro was second in 15.62 and Shane Sevigny of Madison was fifth in 16.36. For the girls in the same age group, Kylie Rapoza of New Durham won in 15.38, followed by Hannah Debow of Wolfeboro in second in 15.51, Madison Eaton of Wolfeboro in third in 15.62, Kendyl Shackford

of Madison was fourth in 15.89, Katherine Haley of Wolfeboro was fifth in 15.96 and Abigail MacMillan of Wakefield was sixth in 16.61.

For the 13-14 boys, John Haley of Wolfeboro was first in 14.58, Brennan Labreque of New Durham was second 14.81 and Cole Dumont of New Durham was third in 15.11. For the girls in the same age group, Lauren McPhee of Wolfeboro won in 13.62, Anna Tibbetts of Wolfeboro was second in 14.65, Emma MacMillan of Wakefield was third in 15.65, Morgan Chandler of Madison was fourth in 15.87, Sarah St. Jean of Madison was fifth in 15.94 and Emma Adams of Newfound was sixth in 16.14.

For the 200 meters for girls ages nine to 10, Billie Jo Murphy of Wakefield was first in 38.6, with Kiera Haley of Wolfeboro was third in 38.88 and Aldea Locke of Wolfeboro was sixth in 41.54. For the boys ages 11-12, Dominic Alberto of New Durham was first in 31.65, Jaeger Keathley of Wolfeboro was second in 32.87 and Timothy Bennett of Wakefield was third in 33.75. For the 11-12 girls, Madison Eaton of Wolfeboro was first in 33.85, Katherine Haley of Wolfeboro was second in 33.96, Hannah Debow of Wolfeboro was third in 34.06, Kendall Shackford of Madison was fourth in 34.96 and Alexandra Mooney of Newfound was sixth in 37.96. For the 13-14 boys, John Haley of Wolfeboro was first in 31.89, Brendan Labreque was second in 33.84 and Tyler Summers of Wakefield was third in 36.85. Lauren McPhee of Wolfeboro was first for

the 13-14 girls in 29.77, Anna Tibbetts of Wolfeboro was second in 32.03, Emma MacMillan of Wakefield was third in 33.34, Sarah St. Jean of Madison was fourth in 34.62, Morgan Chandler of Madison was fifth in 35.22 and Vivianna Bennett of Wakefield was sixth in 36.67.

For the 400 meters, Dean Porter of New Durham led the local 9-10 boys in 1:20.65 for second place and Collin Pelletier of New Durham was fourth in 1:22.92. Gabby Valliere of Newfound led the girls in the same age group in 1:24.26, Keira Haley of Wolfeboro was second in 1:25.99 and Annora Ferris of Wakefield was third in 1:42.01. For the 11-12 boys, Emerson DeNitto of Wolfeboro was first in 1:09.04, Keegan Russo of Wolfeboro was second in 1:14.96, Luca Domingos Worth of Wolfeboro was fourth in 1:15.87, Timothy Bennett of Wakefield was fifth in 1:16.31 and Matt Carpenter of Wolfeboro was sixth in 1:16.9. For the 13-14 boys, Brayden Rapoza of New Durham was first in 1:11.55, John Haley of Wolfeboro was second in 1:12.99 and Tyler Summers of Wakefield was third in 1:26.37. Marcella DeNitto of Wolfeboro led

the 13-14 girls in 1:10.27.

In the 800 meters, Emerson DeNitto of Wolfeboro led the 11-12 boys in 2:54.38, Keegan Russo of Wolfeboro was second in 3:08.35 and Cabot Henley of Madison was third in 3:24.95. For the 11-12 girls, Savannah Murphy of Wakefield was first in 3:42.36 and Katherine Shackford of Madison was second in 3:53.72. For the 13-14 boys, Zach Egan of Wakefield was first in 2:36.74, Brayden Rapoza of New Durham was third in 2:56.55 and Cole Dumont of New Durham was fourth in 3:03.22. Marcella DeNitto of Wolfeboro was first for the 13-14 girls in 2:46.22.

In the 1,600 meters, Zach Egan of Wakefield was first for the 13-14 boys in 5:35.03, while for the girls, Marcella DeNitto of Wolfeboro was first in 6:15.31 and Emma Adams of Newfound was second in 6:47.96.

In the 4X100-meter relay for the 9-10 boys, New Durham was fourth in 1:14.97 and Newfound was fifth in 1:23.64. For the 9-10 girls, Wakefield was second in 1:20.75 and Newfound was third in 1:24.04. For the 11-12 boys, Wolfeboro was second in 1:03.99, New Durham was third

in 1:05.55 and Madison was fourth in 1:09.81. Wakefield was first for the 11-12 girls in 1:09.12, Newfound was second in 1:11.62 and Madison was third in 1:12.48. For the 13-14 boys, New Durham was first in 59.59 and for the 13-14 girls, Wolfeboro was first in 57.96.

In the softball throw for the 9-10 boys, Jayden Belyea of Newfound was second at 115 feet, one inch, Brendan McPhee of Wolfeboro was third at 115 feet and Graham Burke of Wolfeboro was sixth at 83 feet, one inch. For the girls in the same age group, Ryley Anderson of Wakefield was first at 57 feet, two inches, Alana Colon of Wakefield was second at 47 feet, one inch, Keira Haley of Wolfeboro was fourth at 53 feet, 11 inch, Oliviana Carnes of Wakefield was fifth at 46 feet, 11 inches and Billie Jo Murphy of Wakefield was sixth at 46 feet, one inch. For the 11-12 boys, Keegan Russo of Wolfeboro was second at 131 feet, seven inches, Cabot Henley of Madison was third at 125 feet, four inches, Tyrone Belyea of Newfound was fourth at 118 feet, 11 inches and Timothy Bennett of Wakefield was fifth at 117 feet. For the 11-12 girls, Savannah Murphy

of Wakefield was first at 82 feet, Abigail MacMillan of Wakefield was second at 68 feet, two inches, Molly Hunewill of Newfound was third at 68 feet, nine inches, Isadora Robert of Newfound was fourth at 67 feet, 11 inches, Ceili Irving of Newfound was fifth at 67 feet, four inches and Electra Heath of Newfound was sixth at 60 feet, two inches. For the 13-14 boys, Zach Egan of Wakefield was first at 139 feet, six inches, Brayden Rapoza of New Durham was second at 117 feet, 11 inches, Cole Dumont of New Durham was third at 112 feet, 11 inches and Brendan Labreque of New Durham was fourth at 70 feet, six inches. Lauren McPhee of Wolfeboro led the 13-14 girls at 98 feet, 11 inches, Emma MacMillan of Wakefield was second at 93 feet, 11 inches and Vivianna Bennett of Wakefield was third at 90 feet, eight inches.

In the standing long jump, Graham Burke of Wolfeboro was tops for the boys in the 9-10 age group at six feet, 11 inches, Matthew Kerin of Wolfeboro was second at six feet, four inches, Colin Pelletier of New Durham was third at six feet, one inch, Dean Porter of New Durham was

SEE TRACK PAGE B6

Coachin openings at Newfound

BRISTOL — Newfound Regional High School has the following coach openings for 2018-19: JV field hockey and JV volleyball. If interested, please send letter of interest and resume to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x1507 or pcofr@sau4.org.



State champions

Recent Plymouth graduate Lucas Johnstone, who will be playing collegiate soccer at Bryant next year, was part of Team GPS out of Bedford that won the New Hampshire State Cup in early June. Johnstone and his teammates will now be heading to Colorado for the national championships in July. The team won the national championship two years ago.

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General Help Wanted

Camp Robin Hood in Freedom, NH is seeing Registered Nurses or Nurse Practitioners for July 7-July 21. Must hold license to practice in NH and have CPR/First Aid certification or WFA. Room and board is included \$400-\$500/week. Camp Nursing experience preferred but not required.

Please call 603-539-4500 or email lizz@camprobinhood.com

Camp Robin Hood in Freedom, NH is seeking boat drivers for their waterski program. The ideal candidate would have experience towing skiers and boat driving. Please call 603-539-4500 or email lizz@camprobinhood.com.

Camp Robin Hood in Freedom, NH is seeking a photographer to work at camp this summer. The camp photographer is responsible for taking photos of campers during activities and uploading photos for parents to view. Photography experience is required. Please call 603-539-4500 or email lizz@camprobinhood.com

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SAU 68

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Lincoln-Woodstock Cooperative School District
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If you answered 'yes' to even one of these questions, you may be in an unhealthy or abusive relationship. Find more information at www.thehotline.org.

The production of this material was supported by Grant #90SV0001-01-00 from HHS Administration for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of The National Domestic Violence Hotline and do not necessarily represent the official views of ACF/FYSB.

The National Domestic Violence
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north country healthcare

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(603) 444-5317 or jeverleth@nchhha.org

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PRODUCTION SUPERVISOR

At Upper Valley Press, Inc. we believe our employees are our greatest assets. As a 100% employee-owned company, we are committed to developing our team members and watching our profits grow! We are not just employees, we are owners!

We are currently recruiting for a Production Supervisor to direct the day-to-day operation and activities of three shifts in a fast-paced production environment. Responsibilities include: scheduling employees and jobs to production needs, management and reporting of cost, waste, and product quality. Prior experience as a Supervisor in a production environment is required.

Upper Valley Press, Inc. provides excellent wages, benefits, 401(k) & ESOP retirement plans and much more. We offer opportunities in a solid company with an excellent record of stability and growth. If you have experience and talent to bring to our table, we want to talk to you!

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446 Benton Road • PO Box 459
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Upper Valley Press, Inc., a printing and direct mail company, has immediate openings available working in a high volume production center. We are seeking an experienced candidate with the ability to effectively lead a small crew in a fast-paced, deadline-driven production environment.

Do you have what it takes?
Duties include running machinery, overseeing other machine operators and ensuring performance standards and deadlines are consistently met. Prior leadership experience in a production environment preferred.

Would you like to be invested in the company you work for and be part of an employee-owned company (ESOP)?
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Littleton Regional Healthcare

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The PTA may begin the information gathering and assessment portion of an initial evaluation order, prior to the patient being seen by a PT. The PTA assists with restoration of patient functioning to prevent disability following injury, disease or physical disability. Assists patients to reach their maximum performance and level of functioning, while learning to live within the limits of their capabilities. Participates in all infection control, departmental equipment training, organizational safety and fire safety programs.

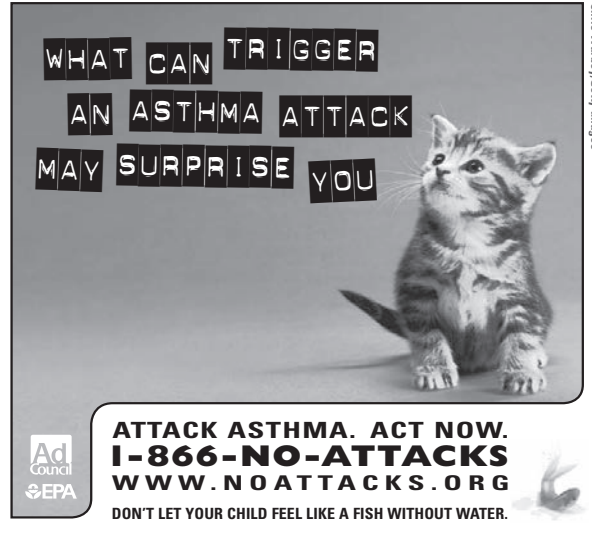
Must have degree or certificate in Physical Therapy from an accredited school (minimum requirement is a certificate or Associates Degree). Must have a current license or be eligible for licensure in the State of New Hampshire. Previous outpatient experience preferred. BCLS required

Littleton Regional Healthcare offers competitive compensation and a generous benefits package.

To apply please visit our website at www.lrhcares.org.

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Human Resources Department
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Ad Council EPA

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If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com

SUMMER SALES HELP

Current opening for temporary full-time business to business sales person in the Lakes Region to assist our current sales team. Potential to turn into a permanent position.

Job Summary:

Salmon Press is a well-established publishing company with 11 local newspapers, websites, and special magazines that have been helping local businesses expand their markets for generations.

We are currently looking for an outside sales person in the Lakes Region to work with customers to determine their needs and then recommend the right advertising campaign for them.


Responsibilities and Duties:

Working with the current sales team. Visiting and calling local businesses to secure advertising. Develop and cultivate strong relationships with customers.

Experience helpful but not necessary.

Please send resume to:

Frank Chilinski, President & Publisher
frank@salmonpress.news



GRAPHIC DESIGNERS WANTED

FULL-TIME POSITIONS AVAILABLE

Upper Valley Press, Inc. is currently recruiting for talented, motivated designers to join our prepress team; openings available on all shifts. Experience with InDesign, Photoshop, and Acrobat are required. Working knowledge of typesetting, graphic design, and pre-flighting preferred.

At Upper Valley Press we believe our employees are our greatest assets! As an employee-owned company, we are committed to developing our team members and watching our sales and profits grow!

If you have the experience and talent to bring to the table we want to talk to you!

Interested candidates please submit a resume including salary requirements to:

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American Red Cross

HELP NOW



Field day for women at Owl Brook in Holderness

HOLDERNESS — The New Hampshire Fish and Game Department is holding a Hunter Education field day for women on July 29, from 9 a.m. until 3 p.m. at the Owl Brook Hunter Education Center in Holderness. Participants must first register for and complete the online Hunter Education course at www.huntercourse.com/usa/newhampshire. Once students pass the online exam, they will receive a voucher with a link to register for the field day.

Note: The cost of the online exam is \$29.99, which you only pay once you pass.

Attendees will learn about hunter laws and regulations, firearms handling and nomenclature, map and compass skills, and will participate in a live-fire activity. At the end of the field day, participants will be required to pass a written exam in addition to a practical field exam before being granted a certificate of completion necessary for the purchase of a hunting license.

This event will occur rain or shine. Participants should come prepared for the weather and bring a bag lunch.

For more information about this field day opportunity, please contact Tom Flynn or Eric Geib at the Owl Brook Hunter Education Center at 536-3954.

The 800 club

SPORTING CHANCE

As some people might be aware (at least those who follow me on Instagram or Twitter (salmonsportsguy on both platforms), I am writing this from “vacation.” I put the vacation in quotation marks because I am still technically working. I am filing stories from the road and am putting papers together as well. I am just out of the office and out of the state.

But the true story of the vacation will come next week because this week is actually a special week as far as this column goes. This edition of Sporting Chance marks the 800th week in a row that the column has appeared in Salmon Press Newspapers.

Granted, this column has not appeared in all of the papers each of those weeks. For instance, The Baysider and The Newfound Landing didn’t even exist when this column ran for the first time in February of 2003. I also



By JOSHUA SPAULDING

was not doing sports for the Record-Enterprise at that time, so it didn’t run in that paper for a number of years.

However, for the Granite State News and Carroll County Independent, this column has run 800 weeks in a row. I’ve filed columns from Sochi, Russia and PyeongChang, South Korea while covering the Olympics. I’ve filed columns on the road in Florida with the Kingswood baseball team on a few different occasions. I’ve filed a column from a hotel room in Lander, Wyoming while visiting my brother a few summers ago. And now I can say I’ve filed one from the Super 8 in Sioux City, Iowa.

It boggles my mind that I’ve been writing this column for 800 weeks in a row and it is even more insane to me that I started this job that long ago (about a month before the first column was published I became the sports editor on a full time basis). That was 15 years ago, which I still can’t wrap my head around.

There are days that I seriously consider finding another job, but there are days, like when I’m writing this, reflecting on all the fun I’ve had doing this job, when I’m glad I’ve stuck with it for so long. There’s a lot of great things about this job and the fact that I get to deal with a lot of great people is number one on that list. The coaches who I deal with on a regular basis are a fantastic group of people and I always enjoy checking in with them during the high school seasons. And I work with some great people as well, including the company’s other sports writers, Tara Giles, Bob Martin, Jody Houle and Corey McKean, who submit content to me every week without fail. Brendan, Beth, Sam, Melissa, Ryan, Donna, Erin, Patti, Tim and Tyrra in the Meredith office are all great people who I enjoy working with (even if I am very sick of the drive from Ossipee to Meredith every day).

I’m sure there will come a week when this column no longer appears in the paper, but for now, I’ll take some enjoyment out of the fact that this is number 800. When Jeanne Tempest gave me permission to write a column 15 years ago, I’m sure neither she nor I envisioned it would be around 800 weeks later.

Tune in to 801 for all the updates on the “vacation.”

Finally, have a great day Mike and Sara Potenza.

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For more info visit mountwashingtonairport.com/events
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Track

FROM PAGE B1

fifth at six feet, one inch and Brendan McPhee of Wolfeboro was sixth at six feet. For the 9-10 girls, Olivia Carnes of Wakefield was first at five feet, nine inches and Aldea Locke of Wolfeboro was second at five feet, 5.5 inches. Dominic Alberto of New Durham was first for the 11-12 boys at seven feet, 3.5 inches, Emerson DeNitto of Wolfeboro was second at six feet, 9.5 inches, Burke Garrett of Wolfeboro was third at six feet, eight inches, Mack Carpenter of Wolfeboro was fourth at six feet, eighth inches and Jaeger Keathley of Wolfeboro was fifth at six feet, 6.5 inches. For the 11-12 girls, Kylie Rapoza of New Durham was first at six feet, 5.5 inches, Madison Eaton of Wolfeboro was second at five feet, 11 inches, Josie Halle of Newfound

was third at five feet, eight inches, Mia Mohla of Madison was fourth at five feet, eight inches, Isadora Robert of Newfound was fifth at five feet, seven inches and Electra Heath of Newfound was sixth at five feet, four inches. Cole Dumont of New Durham won the 13-14 running long jump for the boys at 12 feet, seven inches and Tyler Summers of Wakefield was third at nine feet, 8.5 inches. For the girls, Lauren McPhee of Wolfeboro was first at 13 feet, 9.5 inches, Dakota Turner of New Durham was second at 13 feet, six inches, Marcella DeNitto of Wolfeboro was third at 12 feet, 11 inches, Anna Tibbetts of Wolfeboro was fourth at 11 feet, three inches and Emma Adams of Newfound was fifth at 10 feet, six inches.

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

What's Happening at Plymouth State University

PSU SUMMER DAY CAMPS KICK OFF WITH
FLYING MONKEY CHILDREN'S THEATRE SUMMER PROGRAM!
MONDAY-FRIDAY, JUNE 25-29, 2018

9 a.m.-3 p.m. (Performance at 7 p.m. on Friday, June 29)
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A great way for young performers to gain more stage experience in a non-threatening, nurturing environment! Local New Hampshire and African refugee children will work with PSU graduate students and arts professionals to create an original musical in five days.

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For more information, please contact Trish Lindberg at plindber@plymouth.edu.



See further up here.