



Athletes tackle Top Notch Triathlon
Story on Page B1

Newfound Landing

THURSDAY, AUGUST 18, 2016

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COMPLIMENTARY

Old Home Day celebration displays New Hampton's community spirit

BY DONNA RHODES
dhrhodes@salmonpress.com

NEW HAMPTON — Community spirit is alive and well in New Hampton, and that was evident this past Saturday, when everyone gathered at the circa 1798 Town House for the town's 118th annual Old Home Day celebration.

The New Hampton Garden Club held a huge plant sale and raffle that day, with numerous gift baskets up for grabs, and the New Hampton Historical Society had an additional raffle for two beautiful framed etchings, "The Village Church" and "Dawn Patrol O'er Lake Winnepesaukee," by famed local artist Fritz Robbins. The nearby museum was also open for the day, and the Historical Soci-

ety continues to invite the public to stop by between 10 a.m. and noon on Saturdays from now until September to enjoy their current "Message in a Bottle" exhibit and other great displays. Copies of the 2016-17 programs, which begin on Sept. 20, are also available at the museum and Gordon-Nash Library.

The New Hampton Community Church had some fun games for boys and girls to enjoy during the afternoon and there were also classic automobiles on display. The Mohawk Trail Riders snow mobile club of New Hampton and Sanborn-ton also invited everyone to learn more about their organization that promotes safety and fun in the great outdoors.

SEE SPIRIT, PAGE A14



Carl Buzzell, Dave Boynton, Alan Smith and Bill Huckins used a traditional block and tackle to hoist large kettles of beans from a fire pit where they had simmered overnight for New Hampton's Old Home Day celebration last Saturday afternoon.

DONNA RHODES



Fun in the sun

COURTESY

Seven-year-old Kayleigh was all smiles as she picked a bouquet of wild daisies growing in Alexandria this summer. If you have a photo of young ones enjoying time in the great outdoors, send it to drhodes@salmonpress.com, include their names (first names only if you prefer), ages and a brief description of the activity and you could see their smiling faces in this summer's Fun in the Sun photo series.

Towns join to combat Northern Pass

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The towns of Bristol and New Hampton have signed an agreement — and they hope to see Ashland and Bridgewater join them — to help fund a study on the potential for burying

the direct-current transmission lines associated with the Northern Pass hydroelectric project as it passes through those towns.

All four towns have filed as interveners while the joint project of Eversource and Hy-

dro-Quebec makes its way through the state's regulatory channels.

Selectmen say the study will cost \$6,800, and Bristol has committed to pay one-quarter of the cost, in anticipation of all four towns agreeing to share the expense.

Opponents of Northern Pass have mounted a campaign to either block the project or have the electric companies bury the cable to avoid the sight impact of the transmission lines. While much of the line would

SEE PASS, PAGE A15

Participants take home some great items in support of a great cause at Bristol Rotary's Penny Sale

BY DONNA RHODES
dhrhodes@salmonpress.com

BRISTOL — The 64th Annual Bristol Rotary Club Penny Sale last Thursday evening was another huge success as the community helped Rotarians raise money for not only college scholarships for Newfound Regional High School graduates, but for Rotary Youth Leadership Awards.

The RYLA awards



Lauren Kampersal, Logan McBride, and Matt and Lily Karkheck display some of the prizes they volunteered to run to the lucky winners of the Bristol Rotary Club's Penny Sale last Thursday.

DONNA RHODES

Hill's Old Home Day promises to be one to remember

BY DONNA RHODES
dhrhodes@salmonpress.com

HILL — The year 2016

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20 pages in 2 sections
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marks the 75th year of the historic move of the entire town of Hill from the banks of the Pemigewasset River to higher ground when they learned their village was to become a flood control reservoir for the Franklin Falls Dam. Appropriately, this year, residents are pulling out all the stops to make this Saturday's Old Home Day something to remember.

Originally known as New Chester, in 1837, the town was renamed Hill, in honor of Gov. Isaac Hill who also served as a senator during Pres. James Buchanan's administration. As a spe-

cial tribute to the former state leader and the town's anniversary, Old Home Day's "Hill On The Move" celebration will feature the unveiling of 75 wooden "Isaac Bear" cut-outs that will be on display around the village pond.

"We sold the bears to residents and gave some to the school and other town departments and they could then paint them any way they wanted. It'll be fun to see what everyone did with them," said Old Home Day Chairman December Fortin.

But that's only the be-

SEE HILL, PAGE A14

are presented to one or more high school applicants each year who are selected to take part in a three-day summer leadership conference at Lyndonville State College in Vermont. This year's RYLA winner was Jarrod Fairbank of Bristol, and he was on hand at the sale to help raise funds for next year's recipients.

"The money you spend tonight will 100-percent go right back to the community. It's all money well spent, and we thank you deeply," said Rotarian Kerry Mattson who served as emcee for the night.

More than 300 items were up for grabs at this year's sale, which took place in three initial rounds where people bought specially colored tickets for each. To top it all off, as a ticket was drawn it was tossed back in the bin, giving ticket holders multiple chances to go home a winner.

"This is the first time I've ever been to a penny sale. I retired this year, though, and thought I would check it out. It sounds like a lot of fun," said one hopeful ticket holder.

Starting off with the red tickets, there were 102 items available from

local businesses that included mailboxes, fishing rods, Red Sox hats, jewelry, car services and more.

Round Two was for yellow tickets that awarded winners with another 102 great prizes, as did Round Three's blue tickets for dinners, 50 gallons of home heating oil, gift cards and much, much more.

At the end of the night Grand Prizes were also drawn from each round's ticket holders. The big prizes included a Kindle Fire, an attractive wooden picnic ta-

SEE BRISTOL, PAGE A14

Alexandria Church Fair brings visitors together with local community

BY DONNA RHODES
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ALEXANDRIA — Last weekend's Alexandria Church Fair brought community members and visitors together for a day filled with great shopping opportunities, music and fun as they helped support Alexandria United Methodist Church's community outreach programs.

There was a book sale across the road at the Haynes Library, numerous crafters, and informational booths from several local non-profit organizations. The eighth graders from Bristol's Memorial Middle School also sold tee shirts, sweatshirts, hats,

popcorn and lemonade as part of their fundraising efforts for a class trip to Washington D.C. next spring.

The church itself had several booths for people to browse as well, including the popular White Elephant tent where bargains abounded.

There were children's games, a craft and cookie table presented by Alexandria Village School Community Center and a food court where burgers and other summer lunch favorites were available.

Topping it all off was live music from Pastor Deb and her friends, which provided a wonderful atmosphere to the annual event.



DONNA RHODES

The spacious lawn in front of the Alexandria United Methodist Church was transformed into a relaxing outdoor market during the annual Church Fair last weekend.

Take part in the Great Zucchini Baking Contest at Old Home Day

BRISTOL — A new event has been added to Bristol Old Home Day this year. Everyone is invited to enter "The

Great Zucchini Baking Contest."

There will be two age categories, juniors 16 and under and seniors 17-100! Now is the season to use up those extra zucchinis in creative ways. Any baked good such as bread, cake, cookies and bars will be judged for creativity and taste. Prizes for each age group will be 1st-\$50, 2nd-\$25 and 3rd-\$10. A recipe card must accompany each entry.

Drop off your entry at the designated tent on Old Home Day, Aug. 27 at Kelley Park on North Main Street by 10 a.m.

Summer reading program wraps up at Hill Public Library

BY DONNA RHODES
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HILL — The 2016 summer reading program, Get Ready, Get St. Read!, finished up on a high note at Hill Public Library recently with a Summer Carnival on their front lawn that included games, crafts and some cool outdoor activities for boys and girls.

Library Director Lynn Christopher said they had a wonderful enrollment this summer and children spent many hours reading, or having an adult or older sibling read to them some great book selections at all levels. They were all then asked to turn in their individual reading logs,

which awarded them many fun prizes.

Among the top readers this summer was nine-year-old Casey, who logged more than 900 minutes reading since school ended in June. Her favorite author this year, she said, was Judy Bluhme.

"I read a lot of good books, but I liked hers the best," she said before heading off to enjoy the Summer Carnival activities.

Melanie Waldvogel said her three daughters, seven-year-old Lily, six-year-old Anne and four-year-old Emma also enjoyed not only a lot of great books over the past

SEE SUMMER, PAGE A14



DONNA RHODES

Lily and her siblings enjoyed the bouncy house and waterslide at the 2016 Summer Carnival, presented as a Grand Finale to the Hill Public Library's summer reading program.

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The Ashland Board of Selectmen wish to express our deepest sympathy to Kathleen De Wolfe and family in the loss of Normand 'Norm' DeWolfe. He was a great selectman, friend, and gentleman to us and we will never forget him and everything he accomplished for this town.

Fran Newton
Steve Felton
Leigh Sharps
Harold Lamos

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Center for Young Children & Families

Child Care Openings for the Fall
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The Center for Young Children & Families provides programs based on warm, nurturing and respectful relationships with children and their families. We believe that children are curious, competent, and capable learners who learn best by pursuing their questions and curiosities through play-based learning. Our highly-qualified, skilled teachers cultivate important aspects of children's learning—critical thinking, creative expression, confidence, autonomy, problem-solving, and positive social interactions.

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For further information, call 535-2299 or e-mail klsanders@plymouth.edu or visit our website at www.plymouth.edu/services/cycf/

102nd Annual Danbury Fair

DANBURY — Mark your calendars for the 102nd annual Danbury Grange & Community Fair. Always held on the Saturday after Labor Day, this year's gala will be celebrated on Sept. 10. There will be fun and family activities from 7:30 a.m. to 10 p.m.

The day will begin with a pancake breakfast at the elementary school, followed by crafts and treasures sales, vegetable exhibits, food and games in the Grange Hall area. The parade will be at 11 a.m. with line-up and judging beginning at 10 a.m. This year's theme will be "Famous American

in History." Mary Lyn Ray, children's author will be selling and signing books in the Grange Hall while Lindsey Schust and the Ragged Mountain Band provide live entertainment outside. The ever-popular and exciting bed races will begin at 12:30 p.m., followed by the baby show and Dutch Auction in the Grange Hall. Horseshoes and tractor pulling will begin at 1 p.m.

Evening activities begin with a home baked beans & ham supper in the Grange Hall from 4:30 – 7 p.m. The meal will include assorted homemade salads with



COURTESY

Mark your calendars for the 102nd annual Danbury Grange & Community Fair. Always held on the Saturday after Labor Day, this year's gala will be celebrated on Sept. 10. There will be fun and family activities from 7:30 a.m. to 10 p.m.

"New Hampshire: A State Of Mind" presentation at Minot-Sleeper Library

BY BRITTANY OVERTON

Minot-Sleeper Library

BRISTOL — Every election season, we are inundated with debates and arguments over what is right and wrong. A little laughter can help keep us sane. As we approach the State Primary and the November elections, the Minot-Sleeper Library will host a humorous presentation that will explore our state's political and cultural history on Thursday, Aug. 25 at 6:30 p.m.

Presenter Carl Lindblade, of the University of New Hampshire Speaker's Bureau, has worked in the hospitality industry for more than 40 years. His early beginnings were at the Balsam's Resort in Dixville Notch, known for being the first polling location in the country to submit presidential primary results. Over the past several decades, Lindblade has operated 3- and 4-diamond hotels and resorts, he

was a delegate to the 1995 White House Conference on Travel and Tourism, and has received many accolades including Innkeeper of the Year and Travel Person of the Year. Using his experience, Lindblade is a lecturer in the hospitality management department at the University of New Hampshire.

The presentation at the library on Aug. 25 is described as being "A humorous romping look at NH from the time of King George II to the present." Lindblade highlights Colonial Days, and the state's political traditions and culture.

The program is free and open to the public; it is sponsored by the UNH Speaker's Bureau. Refreshments will be generously provided by the Friends of the Minot-Sleeper Library. For more information, call 744-3352, or visit the library at 35 Pleasant St., Bristol.

New Hampton Garden Club announces raffle basket winners

NEW HAMPTON —The town of New Hampton held its Old Home Day on Saturday, Aug. 13, and the New Hampton Garden Club members once again were at their table selling raffle tickets for four large decorated gift baskets.

Many people look forward to this event, as each year the winners are amazed at the lovely gifts within each one. The winners were: New Hampshire basket, all articles made in New Hampshire, John Volker; Children's basket, variety of children's toys,

books and certificates, Ellen Denoncour; Relaxation basket, many soothing articles and books to enjoy, Peter Gulick; and the Wine basket, wines and snacks,

SEE WINNERS, PAGE A14



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homemade pies for dessert. Live bluegrass music will be provided by the wildly popular

Hebron Historical Society hosting program on stone walls Saturday

HEBRON — On Saturday evening, Aug. 20, the Hebron Historical Society will sponsor a presentation by Kevin Gardner entitled "Discovering New England Stone Walls."

Mr. Gardner is a writer, teacher, tradesman, and a lifelong resident of Hopkinton. For more than 30 years, he has been a stone wall builder in a family business widely known for traditional New England stonework, particularly for historic restoration of antique structures.

In 2001, Gardner published "The Granite Kiss: Traditions and Techniques of Building New England Stone Walls." In addition, he has appeared on New Hampshire Public Radio and a syndicated nation radio series about New England's regional literature. Furthermore, he is a professional actor, director and teacher of theater and has taught at the New Hampton School, the New Hampshire Institute of Art, St. Paul's School and is a regular guest director

at PSU.

During his talk, Gardner will explain how and why New England came to acquire its thousands of miles of stone walls, the manner in which they and other dry stone structures were built, how their styles emerged and changed over time and their significance to the New England landscape. Along the way, he will occupy himself by building a miniature stone wall on a tabletop using small stones.

The program will be held in the Hebron Community Hall (16 Church Lane in the basement of the Union Congregational Church), which is directly across North Shore Road from the Hebron Common and is ful-

SEE HEBRON, PAGE A14

Cardigan Mountain Tradition followed by an entertaining live auction.

Blazing Star Grange #71 has been active in Danbury since 1867 and leads the organizing efforts for the fair. The Danbury Grange & Community Fair is a chance to experience rural life at its best. Following tradition, the fair is made possible by

the generosity and energy of many supporters and volunteers. Fair

organizers urge 'Come One, Come All' to enjoy part or all of your day at the fair. For more info or to support the fair, email lisa.m.windsor@gmail.com, call 252-4440 or 630-0159. For a complete schedule of events, visit www.blazingstar-grange.org.



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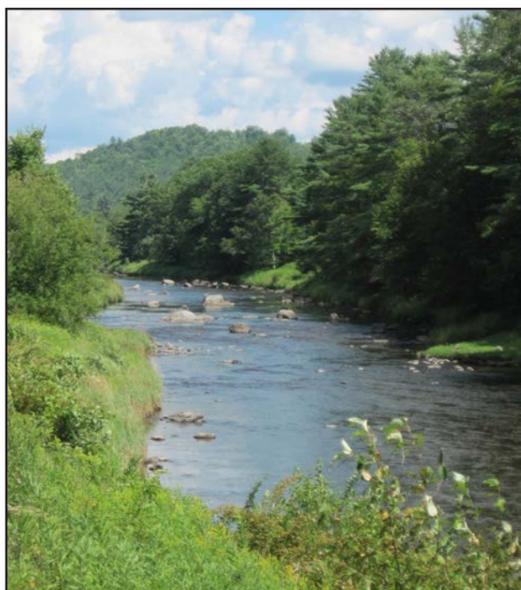
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JOHN HARRIGAN

Water is low in the Wild Ammonoosuc, where rocks stand out like bales of hay.

North Country Notebook

Any rain that falls just now will be staying right at home



By JOHN HARRIGAN
COLUMNIST

“When the water’s low, the rocks stand out like hay bales,” Corey Roman liked to say when he was steering his boat around invisible boulders in the fast and furious Menihek Rapids, in central Labrador. For 13 years a bunch of us from northern New Hampshire and Vermont went up to fish at Menihek, around a thousand miles north of my home in Jefferson.

I was reminded of this when I took the slower way home from Lebanon a week or so ago, and along the Wild Ammonoosuc between Lisbon and Littleton saw rocks sticking up like hay bales.

The water is low in the Ammonoosuc and all other free-flowing

ivers, evidence of a long spate of dry weather that gardeners know about all too well. In my case, this is only the second time I’ve had to water my garden in all the years I’ve had one, and as I approach 70, that’s saying something.

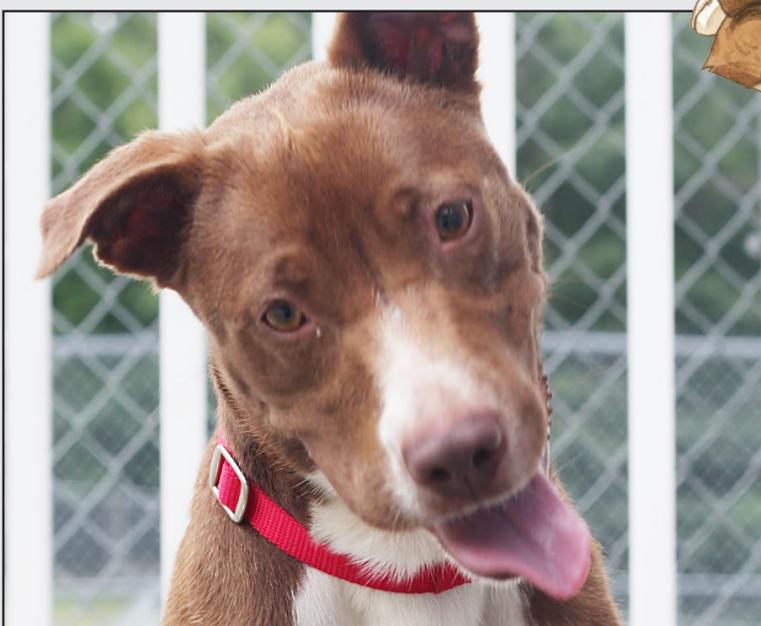
Most of the time, along the northern tier of New England, the ground is pretty well saturated and the water tables, either perched or under valley floors, are pretty well full, evinced by the thousands of springs and seeps created by rainwater that follows layers of clay and fine silt to emerge on the sides of ridges and hills.

Not for nothing are the vast expanses of woodlands here wryly referred to as “The Asbestos Forest,” because under normal conditions it would be pretty difficult to get a good forest fire going. I used to kid Jack Sargent, longtime chief of the state Forest Fire Service, about always seeming to have a convenient forest fire of 20 acres or so to battle just before budget time.

And under normal conditions, the ground is so full of water that ev-

SEE NOTEBOOK, PAGE A14

PET of the Week



JILLIAN

Small tan and white lab/terrier mix with just the sweetest disposition seeks loving forever home. Of course, this is what we say about all our dogs at New Hampshire Humane Society but in Jillian’s case, this plea is especially poignant and heartfelt. Imagine the stress of moving from Texas to the granite state. Life is not so good for canines in the lone star state although some animal advocates are working hard with us to save lives. Jillian is bouncy and energetic but all she really wants to the warm cuddles of humans who will love her. She loves riding in the car, and is a demure well behaved girl at the park, so say our staff who take her out on road trips. A family with older children would be ideal for this ebullient dog. Come and visit, spend some time with her, surely your heart will melt? Call 524-3252 or check out www.nhhumane.org

Conservation Matters

Local Control

A monthly column focused on conservation education, as the result of collaboration among several area conservation commissions and organizations. If your town’s commission or conservation organization would like to contribute articles, please contact Jessica Tabolt Halm jess_tabolt@hotmail.com

BY BOYD SMITH
Newfound Lake Region Association

If you are reading this article, you are probably quite familiar with the abundant natural beauty of the Newfound Lake and White Mountain regions of New Hampshire. Whether a long-term visitor or year-round resident, we know how lucky we are to live in an area that awes and impresses people from around the world. New Hampshire thrives on tourism because of its natural beauty, and we are surrounded with



some of our State’s finest examples of clean, clear water and verdant, unspoiled hills.

If you feel personally connected to this area, you have probably also noticed some unwanted changes. More traffic on the roads, more houses near the water and on the hillsides, ponds and lakes that are less clear, and beaches that have more silt and weeds than in years’ past. These changes are often subtle, giving us a slight sense of unease rather than a full-on jolt, and reflect trends that have grown slowly in recent decades.

This letter is a call to action, because we love where we live and recreate, and there are actually simple things we can do that really make a difference. Putting off steps that protect our environment is rather like planning a diet tomorrow so we can eat a donut today – how has that worked for you?

Cooperating to protect the common good, whether fresh air, healthy land, or clean water, can easily become complicated and seemingly impossible. We build agencies and systems of enormous size and cost to “regulate” our behavior. Then we

complain about “government overreach” and paying for these services, leading to gridlock and divisive debate. But wait, aren’t we each responsible for our own property? And don’t we all have a stake in the future of our towns? By gum, “local control” has been a New Hampshire rallying cry forever!

So if you believe in local control, what should we do to remain independent while enjoying the shared benefits of our common resources? It’s really pretty easy. First, take care of your own property. Manage your land so rainwater sinks into the ground to refill your well and water your plants, rather than wash out your driveway and foul your water with polluted runoff. Keep your noise and light inside your property boundaries. Essentially, just be a good neighbor – use your land responsibly and in such a way that you do not infringe on your neighbors’ rights to the same clean air, water and unimpeded views that you enjoy.

Second, take part in your Town’s government to make sure land use regulations – and their enforcement – will

bring you the future you expect to see. It is easy to balance land protection with smart and sustainable economic growth, as long as we are proactive about it. It is impossible to recover what is lost by poorly planned land-use.

Federal, State and even local governments lack the budget and staff to enforce all the rules we ask for, and why should they? It is our home, our land and our community. Who better to protect and preserve natural beauty and economic vitality than those who are close at hand?

If you want to learn more about local control, and be an active part in charting your town’s future, reach out to your Planning and Select Boards and let them know what you want, and that you care. They are your neighbors, too, and will often be grateful for the help.

If you have questions about preventing stormwater pollution on your property, regulations towns can follow to protect their land and water, or land conservation, please contact the Newfound Lake Region Association at info.NewfoundLake.org, or 744-8689.

Newfound Landing

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

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Late summer

It was a tough week with the heat, humidity, company, and then rain.

The church fair was well attended, we had many visitors at the Historical Society.

The tomatoes are ripening, but a few hornworms are still trimming leaves.

No sign of blooms on the hydrangeas, perhaps too many leaves. Bet they need something I'm not giving them.

The phlox are in bloom every where, every color.

Groton

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

It was sure nice to see a little rain this past weekend, and from the sounds, we might have a little more this week. I started preparing my tomatoes in advance by watering them a little each day. I'm not sure if it will keep them from cracking, but am hoping it does the trick. The grand-boy and I picked blueberries after church this past Sunday and then went for a swim. It sure was muggy. Even without the sun beating down on us we were overheated and the swim felt great.

There was no Select Board Meeting on the 9th as we are still on the summer every-other-week schedule so no meeting notes today. We hope to have some meeting notes for the next article as there will be a meeting on the 16th.

The announcements for this week:

There will be a memorial service for Pam Yinger on Saturday, Aug. 20 at 10 a.m. at the Union Congregational Church in Hebron. There was a nice write-up in the Paper last week in memorial of Pam. Hope you had a chance to read it. Pam served our community in many ways as Librarian Trustee and Supervisor of the Checklist and just all-round good involved citizen. She was a published author of numerous children's books and a wonderful story teller. The

family has asked in lieu of flowers if gifts would be made to the Speare Memorial Hospital Oncology Department at 16 Hospital Rd., Plymouth, NH 03264.

*** The Groton Old Home Day will be at the Everett Hobart Memorial Park on Saturday, Aug. 20 from 5-ish till everyone heads home. There will be a parade, a BBQ dinner and live music from the Express Revival Band concluding with fireworks at dusk. There will be Crafters, a Raffle and Game throughout the evening. We hope lots of people come out to celebrate with us.

If you would like to take part in the parade or have a booth at the Park for the evening

Churches

Family Worship Center Plymouth Assembly of God

Thursday, Aug. 18, 6:30-7:30 p.m., please join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpack Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen Yungmans and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Saturday, August 20, (please note date change) 10 a.m., Men's brunch at the church. All men are invited. Please contact Pastor Glen or Willie Gusha for information and reservations.

Sunday, Aug. 21, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages newborn to three. There is a children's ministry during the morning ser-

vice for Preschool, and grades K-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Sunday, Aug. 21, at 3 p.m., Pastor Glen and Sharon Yungmans, and the church's worship team will minister at the Chapel of St. John of the Mountains, Ellsworth Hill Road, Ellsworth.

Wednesday-Friday, Aug. 24 -26, the Royal Rangers will go to Pow Wow.

Monday, Sept. 5, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Ladies: it is time to start planning to attend the Ladies Fall Convention, which is scheduled for November 10-12 at the Attitash Grand Summit Hotel in Bartlett. Please check the bulletin board or Sharon Yungmans for information.

Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has

a ministry to the residents at Forestview Manor in Meredith.

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

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

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Historical Society Pot Luck Supper and Program Aug. 20

On Saturday evening, Aug. 20, the Hebron Historical Society will sponsor a presentation by Kevin Gardner entitled "Discovering New England Stone Walls." Mr. Gardner is a writer, teacher, tradesman, and a lifelong resident of Hopkinton, NH. For more than 30 years he has been a stone wall builder in a family business widely known for traditional New England stonework, particularly for historic restoration of antique structures. In 2001, Kevin published

"The Granite Kiss: Traditions and Techniques of Building New England Stone Walls." In addition, he has appeared on NH Public Radio and a syndicated nation radio series about New England's regional literature. Furthermore, he is a professional actor, director and teacher of theater and has taught at the New Hampton School, the NH Institute of Art, St. Paul's School and is a regular guest director at PSU.

During his talk, Kevin will explain how and why New England came to acquire its thousands of miles of stone walls, the manner in which they and other dry stone structures were built, how their styles emerged and changed over time and their significance to the New England landscape. Along the way, Kevin will occupy himself by building a miniature stone wall on a tabletop using small stones.

The program will be held in the Hebron Community Hall (16 Church Lane in the basement of the Union Congregational Church) which is directly across North Shore Road from the Hebron Common and is fully handicapped accessible. The evening will begin with a pot luck supper at 5:30 p.m., followed by the featured presentation at 6:30 p.m.

Mr. Gardner's presentation is supported by a grant from the New Hampshire Humanities Council and is open to the public without charge.

For more information, please call 744-3335.

gland landscape. Along the way, Kevin will occupy himself by building a miniature stone wall on a tabletop using small stones.

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Mr. Gardner's presentation is supported by a grant from the New Hampshire Humanities Council and is open to the public without charge.

For more information, please call 744-3335.

For our 9:30 service, we continue to enjoy the hospitality at St. Mark's church in Ashland. The 8:00 service is still held in Plymouth at Holy Spirit. This week's celebrant will be Bishop Frank Griswold and on the 28th we will welcome back Rev. Jane van Zandt. Our priest in charge Rev. Randy Dales will return from vacation to celebrate on Sept. 4.

Sept. 10: Plymouth Town Wide Yard Sale

The Town Wide Yard Sale is coming up in just over a month, on Saturday, Sept. 10, and CHS will be participating again. We are looking for

Church of the Holy Spirit Episcopal

SEE CHURCHES, PAGE A6

DANCING FEET STUDIOS

2016-2017 SCHEDULE:
OPEN HOUSE: Tuesday & Wednesday, September 6th/7th, from 4:00-6:30pm

<p>MONDAY: 3:30-4:15 Ages 4-8 Tap & Ballet Combo 4:15-5:00 Ages 5-10 Jazz/Hip-hop 5:00-5:45 Ages 7-13 Tap & Ballet Combo 5:45-6:30 Ages 8-13+ Jazz/Hip-hop 6:30-7:15 Musical Theatre Movement 7:15-8:00 Zumba/Fitness</p> <p>TUESDAY: 9:00-9:30 Ages 2-4 Pre-Ballet 9:30-10:15 Ages 4-6 Tap & Ballet Combo 4:00-4:45 Ages 7-13+ Tap & Ballet Combo 4:45-5:30 Ages 4-8 Tap & Ballet Combo 5:30-6:15 Ages 7-13+ Tap & Ballet Combo 6:30-7:30 Adult tap 7:30-8:30 Adult Jazz</p>	<p>WEDNESDAY: 3:30-5:00 Teen Tap, Ballet and Jazz/Hip-hop 5:00-5:30 Ages 3-5 Pre-Ballet 5:30-6:15 Ages 4-8 Tap & Ballet Combo 6:30-7:15 Adult Stretch & Tone Barre Conditioning</p> <p>THURSDAY: 3:30-4:00 Ages 3-5 Pre-Ballet 4:00-4:45 Ages 4-8 Tap & Ballet Combo 4:45-5:30 Ages 5-12 Jazz/Hip-hop</p> <p>FRIDAY: 9:15-10:00 Ages 4-6 Tap & Ballet Combo 10:00-10:30 Ages 2-4 Pre-Ballet 10:30-11:15 Ages 4-6 Tap & Ballet Combo</p> <p>SATURDAY: 9:00-9:45 Ages 4-7 Tap & Ballet Combo 9:45-10:15 Ages 2-4 Pre-Ballet 10:15-11:00 Ages 5-9 Tap & Ballet Combo 11:00-11:45 Ages 7-12 Tap & Ballet Combo</p>
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Monthly Tuition: * 1/2 hour \$20 * 3/4 hour \$30 * 1 hour \$40
Receive 10% off monthly tuition for multi-Class/dancers (Two months of Tuition are due at Registration - Nonrefundable)
(Excluding Zumba/Fitness/solos)

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Think When You Drink

Churches

FROM PAGE A5

items to make the sale a success! If you have any items that would make nifty contributions to the yard sale, consider bring them to 263 Highland Street for the yard sale! (No clothes, please. Drop off dates and times will follow.) We are also looking for volunteers to help out with the sale (sorting and pricing, moving large items, helping shoppers the day of, and removing unsold items). It's a lot of fun, a great spirit builder and many hands are appreciated! Please speak to Randy or the Vestry if you would like to be involved.

Plymouth Got Lunch!

Many thanks to all the people who have contributed food and money to the Plymouth Got Lunch program this summer. Can't believe that there is only one week left. However, we are low on tuna fish and would appreciate any donations that would help us reach the last week of the program. Again, many thanks for all you have done already! You may leave donations in the box at Holy Spirit or St. Mark's church or contact Anne Hunnewell to make a donation.

Quilting Group

The quilting group will be meeting on Wednesday, Aug. 24 at 10 a.m. in Griswold Hall. Last month we were able to finish several quilts and donate them to the Voices Against Violence organization.

Meeting with Canon Hannah Anderson

Important: Don't forget to save the date of Sunday, Sept. 11 for our meeting with Canon Anderson. This is an important meeting regarding where we are in our journey as a church and will be an opportunity to discuss any concerns we

have. The meeting will be in Griswold Hall and start at 11 a.m.

Holy Trinity (Roman Catholic)

Weekly Meetings
Thursday, Aug. 18
Day Away Program, Simard Hall, 9 a.m.-3 p.m.

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

Hard Hat Crew

It has come to our attention here at the parish office that many of our elderly, disabled and homebound parishioners cannot take care of some much needed repairs to their homes. We are asking men and women of the parish who have skills in the building trades to consider helping as an act of service to someone in the parish. We would like to put together a Hard Hat Crew. If you are interested please call Deacon Mike at 536-4700, or at 744-2700 on Thursdays.

Mass of the Feast of the Assumption and Holy Hour for World Peace Monday, Aug. 15 8 a.m.: Mass at St. Matthew 8:45 a.m.: Holy Hour of Reparation at St. Matthew (includes Adoration and Holy Rosary) 6 p.m.: Prayer Service for Peace at Our Lady of Grace (includes Adoration and Holy Rosary) Bishop Libasci has asked us to join together with other Catholics in prayer due to the ongoing bloodshed in our country and abroad. Let's come together in prayer asking Almighty God to grant to our world His healing peace.

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

Sacrament of the Sick

The Sacrament of the Sick will be administered at Masses on the weekend of Oct. 8 and 9. Stay tuned for more details.

Haven Pregnancy Center

Volunteer Training: We are in need of some new volunteers so we are having a volunteer training, Mondays, Oct. 24, 31 and Nov. 7. Attendance is needed on all three days from 10:30 a.m. to 3:30 p.m. Prayer Meeting: We have scheduled a prayer meeting here at Haven on Tuesday, Aug. 16 at 1:30 p.m. If you are able to join us, we would love to see you here to pray with us. ITEMS NEEDED: We are also in need of the following items... Diapers, size 6, toddler clothes in sizes 3 and 4T. Gifts cards to Walmart are always gratefully accepted for baby furniture.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellow-

ship, our community, and our world to nurture justice, respect, and love.

Sunday, Aug. 21, 9:30 a.m.
"How to tell a story"
Paul Tierney

Our ninth informal Sunday summer presentation and discussion will be led by Paul Tierney, a member of the Fellowship. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the Fellowship.

Children and Youth Religious Education, Meredith Flynn, DRE

We are very excited to offer five wonderful classes next year for kids of all ages in Religious Education. Please don't hesitate to contact me over the summer to discuss the upcoming fall classes. Classes will begin Sunday, Sept. 17.

The Youth Group for students in eighth to twelfth grades meets on the second and fourth Sundays of the month from 6-7:30 p.m. In 2016/2017 they will be raising money for, and planning a service trip to Nicaragua. The trip will be in early spring 2017. Bob Clay and Jane Clay are the Youth Group leaders.

Contact Meredith for more information by calling the Fellowship and leaving a message at

536-8908.

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

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

Yard Sale

SKUUF will participate in the Plymouth town-wide yard sales on Saturday, Sept. 10.

Do a dig through your house & bring a box - or two, or ten - to SKUUF with your cast off treasures. Drop off your items any time SKUUF

is open, in the designated areas- look for the signs! The downstairs door will be open Tuesday through Thursday mornings and Sunday morning. We don't sell: clothing, computers / monitors / parts, stuff that's broken or has missing parts, sets of encyclopedias or musty books or large appliances.

Questions? Got something big to transport? We have folks who can help! Kathy Hillier, 536-1572, ednkath@gmail.com.

Ongoing Activities

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

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Contact Deedie at cdkriebel@gmail.com for information.

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

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

Uncommittee Gather-

ings will meet again in the fall. Contact Gigi Estes, or Virginia Miller at seabean@roadrunner.com for information and any changes.

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

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

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

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

Little Church Theater's latest production examines the hardships and high points of family

BY DONNA RHODES
dihodes@salmonpress.com

HOLDERNESS — If anyone missed last weekend's opening of "Summer of Faith," an original play by local playwright Monique Robichaud-Devine, it's not too late to purchase a ticket for another box office hit at The Little Church Theater in Holderness.

Robichaud-Devine is the theater director at Holderness School who has written several popular plays, including "Goldfish Girl," which debuted at Little Church Theater in 2014, "Ice Out" and "Writes of Reunion."

Joining her in her newest venture is Theater Director Joe Sampson of New Hampton School, who said he is thrilled to team up with Robichaud-Devine for this year's performance.

"At the last minute, she asked me to take a look at this play and tell her what I thought and I've been here ever since," said Sampson.

He called "Summer of Faith" a lovely play, and said the chemistry among the eight actors involved is genuine, making it an even more interesting experience for the audience.

"The cast members all like each other, and that shows on the stage," he said. "This play's all about families and how complicated they can be, but at the end of the day, they all love each other."

Rebecca Kelly of Campton is a former student of Robichaud-Devine's who has worked on the technical and theatrical aspect of plays with her in the past. During her high

school years she assisted technically with "Hair-spray" and stepping out onto the stage in her senior year for the school's fall performance of "Dearly Departed." Having graduated from Holderness School, she said she is happy to work once again with her former teacher and to be brought into a performance with all adults.

"I did the sound with her for 'Goldfish Girl' a couple of years ago and filled in one night for one of the roles in that play but she keeps giving me extra theater opportunities and now here I am," said Sampson.

This summer, Kelly agreed to take on the lead role, Faith, in Robichaud-Devine's latest venture. And she even gets to perform with her high school mentor, who plays her grandmother Eve in the play.

"Summer of Faith" takes place in Cape Cod and centers around all that occurs when Faith



DONNA RHODES

As the cast of "Summer of Faith" rehearsed last week, Campton resident Rebecca Kelly, who plays the lead role of Faith, playwright/actress Monique Robichaud-Devine, who is Faith's grandmother Eve for the performance, and Matt Doyle of Plymouth, who portrays Faith's friend Jeff, posed for a photo on the set at Little Church Theater in Holderness.

comes to spend the summer with her grandmother. Family dynamics are brought into play as relationships evolve and one really never knows what to expect as they watch.

"There are lots of twists and turns in the relationships. One minute it's a funny physical comedy and in the next scene there could be a dramatic moment," said Kelly. "I don't think there's a minute that

won't entertain you." The final performances will take place this Thursday, Friday and Saturday evenings beginning at 7:30 p.m. The Little Church Theater is located on Route 113 in Holderness, across from the Squam Lakes Science Center and tickets are available online for the final at www.littlechurchtheater.com or can be purchased at the door as availability allows.



COURTESY

Bristol Summer Concerts continue with Annie & The Orphans

Local favorites "Annie & the Orphans" will be rocking the concert pavilion at Kellogg Park in Bristol on Thursday night, Aug. 18 from 6:30 - 8 p.m. Summer concerts are sponsored by Hannaford of Bristol, and are free and open to all ages. Bring a blanket or chair - and even your dancing shoes - to enjoy a stroll down memory lane with music from the fabulous '50s and '60s. In case of inclement weather concert will be held at the Bristol Old Town Hall. More information at 744-2713.





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Wednesday Nights
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Full Moon Fantasy
Friday, Aug 19

1980s Wave
Friday, Aug 26
From Weirs Beach, 7-10 PM
From Meredith, 7:30-10:30

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Take a little trip with WAR

PLYMOUTH —The band WAR brings their funky party to The Flying Monkey Performance Center for the first time on Sunday, Aug. 21 at 6:30 p.m. WAR is known for mega hits like “Low Rider,” “Why Can’t We Be Friends,” and “Cisco Kid.” Tickets for this concert start at \$55.

WAR is coming to town... and what a cool thang that is.

One of the most popular funk groups of the ‘70s, the band WAR was also one of the most eclectic... freely melding soul, Latin, jazz, blues, reggae and rock influences into an effortlessly

funky whole. Although WAR’s lyrics were sometimes political in nature, in keeping with their racially integrated lineup, their music almost always had a sunny, laid-back vibe emblematic of their Southern California roots. War kept the groove loose, and they were given over to extended jamming; in fact, many of their studio songs were edited together out of longer improvisations. The band’s grooving interplay placed War in the top echelon of funk ensembles.

“Don’t you know that it’s true, that for you and for me, The World Is A

Ghetto.” These were the lyrics and the title track from their 1972 album. The band formed in 1969, and they had the nerve to carry the name WAR at a time when peace was the slogan in an anti-Vietnam America . . . but their mission was to spread a message of brotherhood and harmony!

WAR would wind up being honored with 17 gold, platinum or multi-platinum awards which included the triple platinum “The World Is A Ghetto,” the double platinum “Why Can’t We Be Friends?” and greatest hits, the platinum albums Deliver The Word,



COURTESY

The band WAR brings their funky party to The Flying Monkey Performance Center for the first time on Sunday, Aug. 21 at 6:30 p.m.

WAR Live, All Day Music, Best Of WAR and . . . more and Platinum Jazz, along with gold albums Eric Burdon Declares WAR, Galaxy and The Music Band.

“Our instruments and voices became our weapons of choice and the songs our ammunition. We spoke out against racism, hunger, gangs,

crimes, and turf wars, as we embraced all people with hope and the spirit of brotherhood. It’s just as apropos today,” states veteran record producer Jerry Goldstein whose hits had included “My Boyfriend’s Back,” “Hang On Sloopy” and “I Want Candy” and who brought the original street band together

along with rock legend Eric Burdon, the ex-lead singer of the top British band The Animals.

Tickets for WAR are \$55 and \$65 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

League of NH Craftsmen Gallery hosting workshop on Nuno felted scarves

MEREDITH —The League of New Hampshire Craftsmen Meredith Fine Craft Gallery invites you to join us on Saturday, Sept. 10 from 9 a.m. – 3 p.m. to create your own unique Nuno Felted Scarf with individual class instruction provided by juried artisan, Melinda LaBarge.

Melinda is a silk and wool artisan specializing in the Nuno felting technique. ‘Nuno’ is the Japanese word for cloth and the technique bonds loose fibers, such as hand dyed silk, merino roving, silk roving, printed silk materials, and other dyed locks onto a sheer fabric silk. The use of floral silks in unique color palettes produces a handmade product that is reminiscent of impressionist paintings.

If you have never felted before or if you are looking to take your skill to the next level this class is for you. Melinda will meet students at their skill level and work with them individually. No felting experience is necessary.

There will be an abundance of materials available for students to choose from to create their own special scarf in whatever design



COURTESY

The League of New Hampshire Craftsmen Meredith Fine Craft Gallery invites you to join us on Saturday, Sept. 10 from 9 a.m. – 3 p.m. to create your own unique Nuno Felted Scarf with individual class instruction provided by juried artisan, Melinda LaBarge.

and color they wish to make. View examples of design options on our Web site at: meredith.nhcrafts.org/classes. Additional materials will be available for sale, if students wish to make more than one scarf.

Students are encouraged to bring a lunch or snack to satisfy themselves through this 6 hour class.

Students should bring the following materials/tools to class: three to four bath tow-

els, scissors, pen/paper to take notes, camera (optional) to document process; rubber mat (optional) to stand on; comfortable shoes.

Please note that this class will be held in Meeting Room B at the Meredith Community Center which is located at 1 Circle Drive in Meredith. Tuition is \$60 per student and a materials fee of \$35 paid directly to the instructor on the day of the class. Space is limited. Pre-registration is required.

White Mountain National Forest Artist in Residence Jude Valentine, Aug. 18

CAMPTON-- All those interested in art inspired by nature are invited to a free talk by Jude Valentine, this year’s White Mountain National Forest Artist in Residence, on Thursday, Aug. 18 at 7 p.m. The talk, “Responding to the Landscape: Paintings and Prints,” will be held at White Mountain National Forest Headquarters, 71 White Mountain Drive, Campton.

Jude will provide an overview of her landscape paintings and prints, talk about her life and views as an artist and share work from her portfolio of 2016 paintings and several new prints from her first visit to the Forest in June. All are welcome; there will be time to talk with Jude and ask questions after this informal

presentation.

A long-time resident of Maine, Valentine is a painter and printmaker who has a studio practice and teaches art and design to youth and adults. She is currently an adjunct member of the interdisciplinary fine art faculty at the University of Maine in Machias. She has received numerous awards for her work, including a Jerome Foundation Fellowship, several Special Opportunity Stipends through the New York Foundation for the Arts, artist in residency grants through the New York Council on the Arts and National Park Service, and an Individual Grant Award from Cornell University Council of Creative Arts. She has exhibited widely in New

England and New York. Her work is represented by The Gallery at Somes Sound in Mt. Desert, and the Maine Farmland Trust Gallery in Belfast, Maine.

In addition to summer painting time, Jude will return in January 2017 to work on a special project with resident scientists and Forest Service staff.

The Artist in Residence program is a partnership between the White Mountain National Forest and the Arts Alliance of Northern New Hampshire. Read more about Jude and the program at www.aammh.org. For additional information, or to be included on a list of upcoming programs, contact the Arts Alliance at 323-7302, info@aammh.org.

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CELEBRATE BRISTOL!

August 26th & August 27th

More information on all events at 744-2713



FRIDAY • AUGUST 26th

5:00 PM—7:00 PM ♦ **BRISTOL FIRE COMPANY SPAGHETTI DINNER**

\$10 adults, \$5 ages 4-12, Ages 3 & under free -- at the Fire Station, 85 Lake Street

7:00 PM—9:00 PM ♦ **Concert & Dance with CLUB SODA Band**

Put on your dancing shoes and join us at the Bristol Old Town Hall! **Free! All ages welcome!**

SATURDAY • AUGUST 27th BRISTOL OLD HOME DAY

All Events Held at **KELLEY PARK** Unless Otherwise Noted

8:00 AM ♦ Registration opens for 5K Road Race to benefit Stand Up Newfound

8:30 AM ♦ 5K Road Race Begins

8:00 -- 11 AM ♦ Buffet Breakfast at Union Lodge

9:00 AM -- 3:00 PM ♦ Health & Fitness Fair

9:00 AM -- 3:00 PM ♦ Craft Fair & Vendors

10:00 AM ♦ Horseshoe Tournament -- **CASH PRIZES!**

10:00 AM ♦ Pick-Up Softball Game -- Contact the TTCC for info on playing

10:00 AM -- 3:00 PM ♦ FUN at Kelley Park...

♦ Kids Games ♦ Giant Obstacle Course ♦ DJ Tim Martin ♦ Water Wars

♦ Dunking Booth ♦ Operation Game Thief -- NH Fish & Game

♦ FOOD available all day -- the Bristol Lion's Club Food Wagon

♦ Cotton Candy & more! ♦ Home-Made Beans & fresh Walker's Corn (at noon)

DON'T MISS

11:30 AM & 1:00 PM—Fire Department "HOSE DOWN"

1:00 PM—NACIMENTOS—a magical review with story-telling and magic!

♦ Come meet "ARRO" Bristol's first Canine Police Officer!!

♦ The "GREAT ZUCCHINI BAKING CONTEST!" **Cash Prizes!** Any baked item that is made with zucchini • Age categories: 16 & under or 17—100 •

MUST attach a recipe card and be in a disposable container • Deliver to Old Home Day tent by 10AM

5:30—7:00 PM ♦ TTCC Lobster/Chicken Dinner ♦ Ticket info at 744-2713

Lobster Dinner \$17—Chicken Dinner \$15—Combo \$20—Kids Hot Dog Plate \$4

-- Dinner Music provided by Solitary Man

DUSK (approx. 7:30 pm) ♦ MOVIE on the Park

"Come see this movie you must!" (hint hint).

Bring a blanket or chair for lawn seating.

♦ In the event of inclement weather Saturday events will be moved to the Old Town Hall and Tapply Thompson Community Center. Check the website

for specific schedule updates that morning, or call the Fire Department at 744-2632 for more info.

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SUPER SENIORS

Living Well

Protect your joints and prevent pain

Joints play vital roles in the human body, forming the connections between bones and facilitating movement. Damage to the joints can be especially painful, and that damage may result from conditions such as osteoarthritis or gout.

While not all joint pain is debilitating, the discomfort of joint pain



Swimming is a great workout that can alleviate pain and reduce stress on the joints.

is such that it's wise for adults to take steps to protect their joints with the hope of preventing joint pain down the road. Recognizing that joint pain can negatively affect quality of life, the Arthritis Foundation offers the following joint protection tips to men and women.

- Forgo fashion with regard to footwear. When women choose their footwear, fashion should not be their top priority. According to the Arthritis Foundation, three-inch heels stress the feet seven times more than one-inch heels and heels put additional stress on knees, possibly increasing women's risk of developing joint pain is not worth making the fashion statement.

- Get some green in your diet. A healthy diet

pays numerous dividends, but many may not know that a healthy diet can help prevent joint pain. Green vegetables such as spinach, broccoli, kale and parsley are high in calcium and can reduce age-related bone loss while also slowing cartilage destruction.

- Shed those extra pounds. If you start including more healthy vegetables in your diet, you might just start to lose a little weight as well. Such weight loss also can help your joints, as the AF notes that every extra pound a person gains puts four times the stress on his or her knees. The AF also notes that research has shown that losing as little as 11 pounds can reduce a person's risk of osteoarthritis of the knee by 50 percent.

- Hit the pool. Swimming is a great full-body

workout and can be especially helpful to the joints. The buoyancy of water supports the body's weight, reducing stress on the joints and minimizing pain as a result. If possible, swimmers already experiencing pain should swim in heated pools, which can help relieve pain. While you can still benefit from swimming in pools with colder temperatures, cold water may not soothe the joints like warm water can.

- Take breaks at work. Many people develop joint pain thanks to their jobs. If you spend all day sitting at a desk or standing on your feet, try to find a greater balance between the two. Joints can grow stiff from sitting all day, while standing throughout your work day can stress the joints. Take a short break every 30 minutes to stand up and walk around if you spend most of your day at a desk. If you stand a lot at your job, stop to sit down for a few minutes once every half hour.

Joint pain and aging do not have to go hand in hand. More information about joint pain is available at www.arthritis.org.

UPCOMING TOURS FROM NH

Tours depart from Concord, NH

Additional 2016 Tours:

- Mystic & CT River Valley**
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- Hudson River Valley**
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- JERSEY BOYS in Boston**
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Recommended immunizations for seniors

BY MARTHA SWATS

Owner/Administrator
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Several preventable diseases can cause serious illness and even death in unvaccinated seniors. Many adults believe that they do not need vaccinations, or worry about their side effects, but people age 65 and older are at higher risk of complications from the actual diseases.

There are many reasons why seniors should keep up on their vaccinations. They may not have been vaccinated when they were children, new vaccinations may have been developed and are now available, or their immunity may have expired over time. Even more important, seniors are particu-

larly susceptible to serious and life-threatening infections.

The more crucial vaccinations seniors should discuss with their doctors include the flu vaccine, pneumococcal vaccine to prevent pneumonia, the shingles vaccine, and a tetanus-diphtheria-pertussis vaccine (Tdap).

How vaccines work on the body

A vaccine provides immunity from a disease, and can be administered through needle injections, by mouth, or by aerosol. A vaccine will contain the same germs or a part of the germ that causes a certain disease. A good example is the measles vaccine contains mea-

sles virus. But the virus is either killed or weakened to the point that it doesn't make you sick.

A vaccine stimulates your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease without having to get the disease first. So, unlike medicine, instead of treating or curing diseases – it actually prevents them.

Influenza vaccine

Over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older. That's why it is recommended that most adults get an annual flu vaccination. Getting an annu-

al flu vaccine is necessary because immunity is short-lived, and manufacturers update the vaccine annually to ensure that it is as effective as possible against the most current virus. The vaccine is usually available September through April each year, but it depends on supply.

Speak to your doctor before getting the flu shot if you are allergic to eggs, latex, have had a severe reaction to the flu vaccine previously, or have had Guillain-Barre syndrome. Patients with fevers should wait to be vaccinated until the illness subsides.

Pneumococcal vaccine

Pneumonia causes significant illness in seniors and is responsible

for 60,000 deaths each year. People 65 years or older need a series of two different vaccines for pneumococcal disease. Talk with your health care team about how to schedule them, and let them know if you have had a pneumococcal vaccine before.

There are currently two types of pneumococcal vaccines: pneumococcal conjugate vaccine (PCV13) and pneumococcal polysaccharide vaccine (PPSV23). There are more than 90 types of pneumococcal bacteria, and PCV13 protects against 13 types, while PPSV23 protects against 23 types. Both protect against illnesses like meningitis (infection of the covering of the brain and spinal cord) and

bacteremia (blood infection). PCV13 also provides protection against pneumonia (lung infection).

Zoster vaccine

Shingles is a very painful, contagious blistering rash caused by a reactivation of the herpes zoster, or chicken pox virus. If you are 60 or older, get a shot to prevent it even if you have already had shingles. The zoster vaccine has only been available for a few years, and decreases your risk of having shingles by about 50 percent, or can minimize its severity. There are risks with the vaccine for people with certain conditions, so be sure to discuss any health prob-

SEE SENIORS, PAGE A15

SUPER SENIORS

Living Well

Popular sports for seniors

Age doesn't have to stop older men and women from enjoying their favorite sports. In fact, remaining active can improve physical and mental health.

If a doctor has confirmed that it is okay to participate in sports, these activities can help men and women 50 and older enjoy friendly competition and physical activity.

Fishing

Fishing is more than just a leisurely day at the lake. Casting and reeling in your catch provides a good workout for the arms, legs



Golf

Golf is enjoyed by people of all ages. Requiring a combination of strategy and skill, golf also pays several physical dividends. Play at your own pace, taking your time walking from hole to hole so you can enjoy the sunshine and soak in the beauty of the course.

Swimming

A few laps around a pool works your whole

body. Swimming is attractive to seniors because it works the muscles and provides a cardiovascular jolt without putting any strain on the joints.

Cycling

Many seniors are avid cyclists. You can ride a bicycle in competition or for pleasure. You can even vary your route depending on how physically intense you want the ride

to be.

Seniors need not abandon their love of sport just because Fa-

ther Time is catching up with them. Many sports can be enjoyed by athletes of all ages.

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Autism Center Walkathon fundraiser set for Sunday, Sept. 18

LACONIA —The Sixth Annual Autism Center Walkathon will be held on Sunday, Sept. 18, 10 a.m.-1 p.m., on the WOW Trail.

This family friendly community event attracts walkers of all ages. By supporting the Autism Center Walkathon, local families and businesses help the growing number of children and parents in need of its services receive support that makes a real difference in their lives. Last year's event attracted more than 200 walkers. The past five walkathons have raised in excess of \$35,000.

This event has grown considerably in its relatively short history. The Walkathon's Founding business sponsors, Syl LaPierre Masonry of Belmont and Kara Financial, LLC of Laconia, are both connected to children who have received services through the Autism Center. William White Educational and Behavioral Services and the Region III Family Support Council are supporting the event as Blue Ribbon Sponsors. Well Sense and NH Healthy Families are Trail Sponsors.

"We are very grateful for the continued support of all of our sponsors," said Director of Public Relations & Development Joanne Piper Lang. "The Autism Center Walkathon is successful because of the families who walk and raise money and our sponsors consisting of family-run business-

es, as well as businesses and organizations that support families."

According to the U.S. Centers for Disease Control, today one in every 68 children is diagnosed with an Autism Spectrum Disorder. You can help make a difference in the lives of Lakes Region families by participating in the Walkathon.

The Autism Center, a program of the LRCS Family Resource Center, supports parents to educate, encourage and advocate for their child with autism. The Autism Center's team teaches parents of young children strategies they can incorporate into their everyday family routines. Staff and family work together to create measurable goals and objectives to meet their specific needs. And thanks to support from The Van Otterloo Family Foundation, the Autism Center is expanding its scope of services to help adolescents with autism and their families plan for adulthood.

The Walkathon begins and ends at Lakes Region Community Services in Downtown Laconia, the home of the Autism Center, conveniently located at 719 North Main St. (across from the Laconia Clinic and adjacent to the entrance of the WOW Trail). Participants walk the length of the WOW Trail then turnaround and return to LRCS. The route is approximately 3.2 miles.

Pre-registration is not required. However, let-

ting us know you plan to attend is appreciated as it helps us plan. Anyone who raises \$25 will receive an event T-shirt. Contact Samantha Seymour at 581-1558 or Samantha.seymour@lracs.org for more information. Brochures, pledge sheets and sign up forms are available at the LRCS Main Office, 719 No. Main St., Laconia, and our Northern Office at the Whole Village Family Resource Center, 258 Highland St., Plymouth. You can form a team with your friends, neighbors or co-workers. If you can't walk please support an individual or team you know who is participating.

The Region III Family Support Council is sponsoring lunch immediately following the Walkathon - grilling hotdogs and serving snacks and soft drinks. It's a great chance to unwind and socialize after completing the walk. There is limited parking available on site, but ample parking is available on the street, in municipal lots and across from LRCS at the Laconia Clinic. Please join us and enjoy a brisk walk on a fall day for a great cause!

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education and support to help families meet basic needs, keep children safe, and make positive connections because the



The WOW Trail in Laconia is a sea of light blue for the Annual Autism Center Walkathon. The 6th Annual Walkathon community fundraising event will be held on Sun. September 18 starting at 10 am at Lakes Region Community Services, 719 North Main Street in Laconia.

Family Resource Center believes strong families lead to strong communities. Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders

and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work is inclusion, acceptance, and building strengths and partnerships - wheth-

er at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information, contact Joanne Piper Lang at 524-8811 or visit www.lracs.org.

Grafton County organizations eligible for federal funds

NORTH HAVERHILL--The Emergency Food and Shelter Program National Board, through the State of New Hampshire Set-Aside Committee, has allocated \$18,937.00 to be distributed in Grafton County to help expand the capacity of food and shelter programs.

A Local Emergency Food and Shelter Program Board consisting of representatives from area government, faith based organizations, social service providers and other individuals will determine how the funds designated for use in Grafton County are to be distributed amongst the county's emergency food and shelter pro-

grams. Under the terms of the grant, local governments in Grafton County or nonprofit organizations operating emergency food and shelter programs in Grafton County may apply to the Local Board for funding. To be considered an organization must: 1) be non-profit, 2) have a valid accounting system and conduct an annual audit, 3) practice nondiscrimination, 4) have demonstrated the capability to deliver emergency food and/or shelter programs and 5) have a volunteer board. Qualified organizations are encouraged to apply. An application form and/or more informa-

tion may be obtained by calling Local Board Chairman Amy Goyette at Tri-County Community Action (603) 752-7001 ext. 204. Completed funding request forms must be received at Tri-County Community Action no later than Wednesday, Aug 30, 2016.

The Grafton County Emergency Food and Shelter Program Local Board will meet at 10 a.m. on Tuesday, Aug. 30, 2016 at the Grafton County Administrative Offices in North Haverhill to determine the allocation of funds. A representative from each applying organization will be expected to attend this meeting.

Playhouse holding teen auditions for "Carrie" musical

MEREDITH —The Winnepesaukee Playhouse Education Department is holding auditions on Aug. 26 and 27 for teens ages 13-18 who are interested in being cast in October's production of "Carrie the Musical."

Based on Stephen King's bestselling novel, this newly reworked version of the musical thriller that debuted on Broadway in 1988 is set in the small town of Chamberlain, Maine in the present. "Carrie" features a book by Lawrence D. Cohen (screenwriter of the classic film), music by Academy Award winner Michael Gore ("Fame," "Terms of Endearment"), and lyrics by Academy Award winner Dean Pitchford ("Fame," "Footloose").

Carrie White is a misfit. At school, she's an outcast who's bullied by the popular crowd, and

virtually invisible to everyone else. At home, she's at the mercy of her loving but cruelly over-protective mother. But Carrie's just discovered she's got a special power, and if pushed too far, she's not afraid to use it.

The production will be directed by Timothy L'Ecuyer, with music direction by Judy Hayward and choreography by Lisa Travis.

Teens interested in auditioning should prepare a song and monologue to perform. They only need to attend one of the audition sessions.

SEE CARRIE, PAGE A15

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	27 Karl Gordon Rd.	Single-Family Residential	\$143,533	Scott F. and Ann M. Fogg	John D. and Laura L. Whitaker
Ashland	27 Carr Ave.	Single-Family Residential	\$40,009	US Bank NA Tr.	Peter and Cheryl Bates
Ashland	122 N. Ashland Rd.	Mobile Home	\$122,533	VLK FT and Ernest E. Vlk	William M. Croft
Bridgewater	10 Mountain View Rd.	Single-Family Residential		Mark Swanson	Eric W. Lacroix
Bridgewater	52 Whittemore Point Rd. N.	Single-Family Residential	\$215,000	Cloyed and Carole M. Ross	Tzannetis A. Serlemitsos and Elizabeth Alford-Thompson
Bristol	41 Beech St.	Apartment Building	\$212,333	Stephen B. and Marianne Clorite	Cedar Brick LLC
Bristol	Cedar Street	N/A	\$123,600	Stephen B. and Marianne Clorite	Cedar Brick LLC
Bristol	200 Country Club Rd.	Single-Family Residential	\$80,000	Odete C. Borges	Alesha R. Borges
Bristol	Lake Street (Lot)	Residential Open Land	\$39,000	Hemlock Brook LLC	Gary Baker
Bristol	81 Wulamat Rd., Lot 44	Mobile Home	\$58,000	Arthur A. Richart	Jennifer L. and Joshua R. Strout
Bristol	444 Wulamat Rd.	Single-Family Residential	\$226,000	Richard N. and Heather P. Hart	Eugene and Lynne Avery
Campton	27 Deacon Willy Rd.	Single-Family Residential	\$371,000	Matthew S. Messina	Buryzski Cran FT and Catherine A. Crane
Campton	Owl Street	N/A	\$80,000	Sarah Caldwell	DPC RT and George Zografos
Campton	8 Skye Drive	Single-Family Residential	\$181,067	Patricia E. Thompson and Reverse Mortgage Solution	Reverse Mortgage Solution
Campton	US Route 3 (Lot)	Residential Open Land	\$70,000	Edward R. Hebert	Kathleen M. and Joseph P. Grinley
Holderness	257 Perch Pond Rd.	Single-Family Residential	\$332,000	Bruce C. and Beverlee R. Carpenter	Hannah B. Steinitz and Scott A. Kresge
Holderness	853 US Route 3 S	N/A	\$1,080,400	Sqam Boat Livery Inc.	SBL Real Estate LLC
New Hampton	865 Old Bristol Rd.	Single-Family Residential	\$182,000	John W. and Julie A. Moyer	Elizabeth Wilson
Plymouth	42 Eagles Nest Rd., Unit 42	Condominium	\$269,933	Buryzski Crane FT and Catherine A. Crane	Baumgartner FT and James R. Baumgartner
Rumney	338 Stinson Lake Rd.	Single-Family Residential	\$50,000	Norman J. Bates and Wilmington Savings Fund Soc.	Wilmington Svgs Fund Soc.
Rumney	1686 Stinson Lake Rd.	Single-Family Residential	\$110,000	Valentine Baziliauskas and FNMA	FNMA
Thornton	57 Sellingham Hill Rd.	Single-Family Residential	\$358,533	Virginia M. Deluca T and Virginia M. Deluca	Margot J. Riley
Warren	25 Island Rd.	Single-Family Residential	\$75,000	Monte Petersen	Brandon D. Fulton and Brittany A. Cyr
Warren	Sawyer Highway	N/A	\$37,000	Robert J. Hueber	Frederic Sontag
Waterville Valley	32 Windsor Hill Way, Unit 130	Condominium	\$73,933	Greenway RT and Jennifer F. Stoner	Jonathan G. Weibel and Colleen Lent
Wentworth	Buffalo Road	Residential Open Land	\$23,000	Dennis J. and Gaye E. Clough	Mary R. and Anthony F. Melendy

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Putting it together



BY MARK PATTERSON

I recently had a client who is bringing more money into his account and ask me how he can get this money to work. This money is really earmarked for equities' in his portfolio because his fixed income portion, in other words "bonds," that are providing income are already allocated. He is aware that the equity market is pricey and I tend to not want to buy stocks when they are expensive. But that doesn't mean we can't go fishing for stocks that he would want in his portfolio at a better price and even if we don't get to buy them at that better price, we will make money for his account.

When I explained to him that we could sell "out of the money" cash covered puts, I knew I would get a blank stare and a proclamation from him that he has no idea what I'm talking about. My explanation went something like this; first we want to identify some companies whose stock

he would want to own. For exemplary purposes of this strategy, we will use Procter & Gamble.

What I'm about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Procter & Gamble is a consumer non-durable's company whose beta is .63, which means it is less volatile than the benchmark S&P 500. This lack of beta or volatility means that the option premium when collecting will not be as high as if we were using a stock with a higher beta. Presently Procter & Gamble is trading at \$86.94. If we look out three months in the future we could sell a "put" with a strike price of \$82.50, so this is over four dollars out of the money. For this "put" which represents 100 shares Procter & Gamble, we will receive \$140 in premium that goes directly into the clients account. By the time this option contract expires in about three months one of three things will happen. The first thing is that Procter & Gamble does not move under \$82.50 and the \$140 remains in the clients account. The second thing is; that before expiration

the time element of an option contract could make it worth next to nothing which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing that could happen is that Procter & Gamble moves

below \$82.50 and the stock gets "put" to the client at our strike price of \$82.50 less the \$140 of premium which we collected to give the client a purchase price equivalent to \$81.60.

The client needs to keep \$8,250 of cash in

the account in case the stock is put to them. \$140 is collected for the three-month period, annualized that is 6.8% return on the money even if you never buy stock.

This option strategy allows my client not to "chase the market" and

bid on stocks at lower prices while keeping premium if the stocks are not "put" to them.

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

MVSB, Common Man purchase nearly \$66,000 in CDFA tax credits from the Grafton County Senior Citizens Council

MEREDITH — Meredith Village Savings Bank (MVSB) and the Common Man Family of Restaurants recently purchased \$65,593 in combined tax credits from the Grafton County Senior Citizens Council (GCSCC) through the Community Development Finance Authority (CDFA) of New Hampshire's tax credit program. The tax credit grant will be used to upgrade six senior centers in Lebanon, Plymouth, Littleton, Canaan and North Haverhill.

"We're grateful for the generous contribution of Meredith Village Savings Bank and the Common Man," said Roberta Berner, Executive Director for the Grafton County Senior Citizens Council. "This contribution will help make it possible for us to con-

tinue providing the best possible care and support for the older adults and adults with disabilities living in our communities."

"It's an honor to support the Grafton County Senior Citizens Council," said Moe Lafreniere, CFO for the Common Man Family.

"We fully support their mission to develop, strengthen and provide programs and services that promote the health, dignity and independence of older adults and those with disabilities," added Rick Wyman, President of Meredith Village Savings Bank. "It's very rewarding to be able to make contributions to organizations that fill such a vital need in our community like this one."

Founded in 1972, GCSCC provides



COURTESY

Moe Lafreniere, CFO for the Common Man Family of Restaurants, Roberta Berner, Executive Director for the Grafton County Senior Citizens Council, Gail Shaw, Director of the Plymouth Regional Senior Center and Rick Wyman, President of Meredith Village Savings Bank.

home-delivered meals, outreach and counseling, on-demand transportation, activities, educational programs, congregate meals, vol-

unteer opportunities, assistance with chores and repairs and telephone re-

assurance to the home-

SEE MVSB, PAGE A15

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HEBRON

FROM PAGE A3

ly handicap accessible. The evening will begin with a pot luck supper at 5:30 p.m., followed by the

featured presentation at 6:30 p.m.

Mr. Gardner's presentation is supported by a grant from the New Hampshire Humanities

Council, and is open to the public without charge.

For more information, please call 744-3335.

SUMMER

FROM PAGE A2

several weeks, but the special programs held at the library as well.

"My oldest daughter Lily started reading chapter books this summer and that was all due to Lynn's influence for sure," she said. "On top of that, Lynn (Christopher) plans the most amazing summer reading programs every year and my daughters really

enjoyed them."

Included in this year's programming were special presentations by juggler and entertainer Bryson Lang that got things rolling for the summer, an exciting visit from Linda and Her Puppet Pals, as well as other weekly crafts and fun-filled events.

Last Thursday it all came to an end with a day filled with sand art,

a lollipop ring toss, beanbag toss, a duck pond for prizes and a "really cool" bouncy house that came complete with a slippery waterslide.

Boys and girls who have not yet turned in their reading logs should not be dismayed, as prizes and recognition of their reading efforts will continue from now until the start of the new school year.

HILL

FROM PAGE A1

ginning.

"Hill On The Move" will kick off Saturday morning with a Pancake breakfast from 7-9 a.m. inside the Jenny D. Blake School cafeteria.

At 8 a.m., Family Kick Ball will get underway at Morris P. Wheeler Park behind the town offices and registration for a Pie Bake-Off will begin at 8:30 a.m..

The Hill Historical Society has another great event scheduled to start

at 9 a.m.. Fortin said HHS will host a Scavenger Hunt for both young and old to take part in as they discover a bit about Hill's unusual past.

"The general concept is they will be given clues about items originally located in Old Hill Village that are now here in the new village and they're challenging people to find them all," said Fortin.

At 10:45 a.m., everyone will then be invited to gather along the

village common to enjoy the special parade that will feature many marching contingencies and floats.

Throughout the day there will be several events taking place. Among those are a craft fair, book sale, lots of children's activities, a 2 p.m. horseshoe tournament in the park, a petting zoo and historical exhibits while a silent auction, raffles and live music will provide even more fun and entertainment

SPIRIT

FROM PAGE A1

The New Hampton Fire Department had apparatus on display, which people of all ages enjoyed seeing up close, and First Responders kept the fires burning as they cooked up hamburgers and hot dogs for all. The New Hampton Fire Association also offered tee shirts for sale to help support the fire department and its mem-

bers.

All of this took place to the upbeat tempo of the East Bay Jazz Ensemble, which inspired a few dance couples to take a whirl around the lawn while others gathered at tables to enjoy the classic tunes and the company of friends and neighbors.

As noon drew near the focus turned to the bean pits behind the building however as a crew of vol-

unteers began to dig two large kettles of beans out of the ground where they had simmered over night.

"Oh, I can smell them already. That's heavenly," said one woman as the men prepared to hoist the kettles out of the pit.

The beans, served up at no charge, rounded out a wonderful community luncheon to help celebrate the day.

NOTEBOOK

FROM PAGE A4

ery drop of rain, I'm fond of saying, is on its way to Long Island Sound as fast as it can caper.

This is not the case now, and the land is like a dry sponge. We need not the fast and hard thunder storms we've been getting, but instead four or five days of slow, soaking rain. The more northern parts of northern New England have more water than their

southern neighbors, but they're not flush.

There are two rivers that are running fairly full, however--the Connecticut and the Androscoggin. Both have enormous upriver lakes and tributaries that serve as storage batteries.

The dams on the headwaters are releasing a lot of that water just now, because there are power dams and turbines downriver, and in the cities they're all running air conditioners,

and that power has to come from somewhere, and you can bet that the price is right.

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

WINNERS

FROM PAGE A3

Don Levasseur. The gifts in these baskets are donated by members

and supportive businesses in the area. Money raised from this raffle helps support the gardens in town as well as

the Garden Therapy program which takes place each month at Golden Crest Assisted Living in Franklin.



DONNA RHODES

This colorful bear is one of 75 "Isaac Hill" bears that will be displayed at the town pond in Hill Village this Saturday. The bears are part of the "Hill On The Move" Old Home Day celebration that will pay tribute to the 75th anniversary of the town's relocation to higher ground above the Pemigewasset River flood plain.

for all.

There will also be a Classic Car Show, and of special note will be the National Guard Static display, which will have tanks and all sorts of armory and vehicles available for the public to see up close.

Food vendors will be on hand all afternoon and at 5 p.m. the Hill Fire Department will host a

chicken and pulled pork barbecue.

After everyone has enjoyed the barbecue, it will be time to get things moving in Hill once more when a Street Dance featuring The Cable Guys begins at 7 p.m. beside the gazebo on the town pond.

"We'll literally be dancing in the streets here that night," Fortin

said.

Then, finally capping off the full day of festivities will be fireworks in the park at 9:30 p.m.

"We had the best committee with a lot of really good people working on this for a year now and we hope people from all over will come out and have a great time with us all on Saturday," said Fortin.

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What Can Investors Learn from Roller Coaster Rides?

If you have an interest in looking up obscure holidays and celebrations, you will find that August 16th is National Roller Coaster Day. As you know, a roller coaster is used as a metaphor for many areas of life - including the financial markets. As an investor, what can you learn from this thrill ride?

Here are a few suggestions:

- **Don't jump off.** This is pretty standard advice for all roller coaster riders - but it's also a good recommendation for investors. Specifically, you don't want to exit the financial markets when they turn volatile. It can be tempting to do so, because the markets do indeed experience dizzying drops from time to time. But if you jump out of the markets when they're down, you may be on the outside when they start their climb, potentially missing out on gains.
- **Protect yourself.** When you're on a roller coaster, you are typically advised to keep your arms and legs inside the car to protect your extremities from dangerous contact with the track and other

cars. As an investor, you also need to protect yourself from dangers such as a market downturn. If you owned just one type of asset, such as aggressive growth stocks, and a downturn occurred, you'd likely take a big hit. One of the best ways to help avoid this possibility is to diversify your holdings among stocks, bonds and other investments. Although diversification can't guarantee a profit or protect against losses, it can help reduce the impact of volatility on your portfolio.

- **Keep looking forward.** When you're on a roller coaster, you don't want to look backward. Not only could you strain your neck, but you'll also be unprepared for the ups, downs, twists and turns that await you. When you invest, you want to keep looking forward as well. By keeping your eyes, and your focus, on your long-term goals, such as a comfortable retirement, you can be better prepared to follow a consistent strategy designed to help get you to your destination.

- **Don't bring extra baggage.** For obvious reasons, it's not a good idea to bring any loose or extra baggage inside a roller coaster car that may have you going upside down at 90 or so miles per hour. As an investor, you don't want to be saddled with any extra "baggage," either - and one of the biggest sources of this baggage is unrealistic expectations. If you think you will earn double-digit returns every year, you will likely be disappointed - and your disappointment could lead you to make unwise decisions, such as constantly buying and selling investments to improve your performance. This type of activity is expensive, time-consuming and usually futile. So, when you invest, maintain realistic expectations - it can help you stay on track toward your goals.

By following these basic guidelines for roller coasters, you'll enjoy a safer ride. And by observing similar rules for investing, you can help make your investment "journey" smoother - and less scary.

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

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Her office is located at

14 Main Street, Downtown Meredith.

For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



BRISTOL

FROM PAGE A1

ble, a sleek bicycle, \$125 gallons of fuel oil, 100 scratch tickets, dinner for two at BHOP and a \$250 shopping spree at

Hannaford's Supermarket.

Participants were also able to bid on a wide variety of silent auction items throughout the night. Among

those were gift cards, NASCAR memorabilia, glassware, home décor items and other great donations. Tapply Thompson Community Center also raffled off 50 Powerball tickets to benefit the TTCC Summer Program Scholarship Fund and Bristol Community Services held a 50/50 raffle as well.

In addition to the drawings for prizes there was food available for all who attended. Steamed hot dogs, popcorn, donuts, chips, and plenty of cold drinks helped take the edge off a hot summer night and all the profits helped further the night's mission.

"We received some incredible donations this year and we want to thank everyone for their support and participation," said Bristol Rotary's president, Bob Broadhurst.

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MVSB

FROM PAGE A13

bound community. With eight senior centers in Grafton County, GCSCC offers weekday meals, activities, gift shops,

exercise classes and computer labs among many other services. For more information about GCSCC, visit gcsc.org.

CDFA tax credits allow low businesses to fund

qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. For more

information about the CDFA, visit nhcdfa.org.

For nearly 150 years, Meredith Village Savings Bank (MVSB) has been serving the people, businesses, non-profits

and municipalities of Central New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, North Hampton, Laconia, Meredith, Moultonborough, Plymouth or Wolfeboro, call 1-800-922-6872 or visit mvsb.com.

Founded in 1971, the Common Man Family in New Hampshire is made

up of 16 restaurants, two Inns, a Spa and Salon, Company Store and The Flying Monkey Movie House and Performance Center. Common Man locations include Common Man restaurants in Lincoln, Ashland, Concord, Claremont, Merrimack and Windham; Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse and The Flying Monkey in Plymouth; Common Man Inn & Restaurant in Claremont; Lakehouse

SEE MVSB, PAGE A16

SENIORS

FROM PAGE A11

lems you have with your doctor.

Tetanus-Diphtheria-Pertussis (Tdap)

Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than 10 years since your last shot. It contains the same components as the tetanus-diphtheria vaccine with the addition of the pertussis component.

More seniors are getting pertussis, or whooping cough, possibly due to fading immunity.

Have a discussion with your doctor about which vaccines he or she recommends, and make sure to have the needed vaccines on schedule to help prevent disease and maintain good health.

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PASS

FROM PAGE A1

run along existing rights of way, it would require higher towers, ranging from 90 to 145 feet, or wider corridors to carry the Canadian-based power through New Hampshire.

Eversource's Forward New Hampshire Plan, announced one year ago, increased the amount of transmission line to be buried from eight to 60 miles, but that is less than one-third of the full length of the power corridor. The line would carry DC power from the Canadian border to a substation in Franklin, where it would be converted to alternating current that would feed into another substation in Deerfield, and then into the New England power grid.

Opponents want to see all 192 miles of transmission line placed underground, but Eversource spokesmen say that would drive the cost of the project too high to be feasible. Martin Murray pointed out that an approved underground line in Vermont remains unbuilt, for lack of a supplier able to meet the expense. Northern Pass, on the other hand, has an agreement in hand for the purchase of Canadian power.

Eversource has been reluctant to provide actual costs for burying the line, and the new study would provide a factual basis for calculating those costs — at least for the portion of the line running through the Lakes Region towns.

In other business at their Aug. 15 meeting, Bristol selectmen agreed to hire Wendy Costigan as executive assistant and bookkeeper for the town; and they made offer to a candidate to serve as finance officer.

They also agreed to extend the contract with Gated Property Management for maintenance of Kelley Park and Central Square.

Selectmen are looking into the hiring of someone as a shared laborer to work with the water, sewer, and highway departments, with

each department contributing an equal portion of the cost.

The Hemp Hill radio tower project, which was delayed when the bids came in higher than anticipated, remains unresolved. While the town received a new bid within the appropriated amount, there is a potential legal access problem that needs to be resolved.

The town's space needs committee, which has been reviewing the staff's needs and available buildings, has settled on an estimate of 6,500 square feet for a new municipal building — a size that would fit on the so-called Smith property which the town acquired adjacent to the current municipal building earlier this year.

The pavement in front of the property has

been marked to indicate how the new building might fit on the site. Parking has not been determined, but with 20 spaces at the current municipal building, the committee is considering having at least 50 spaces.

Moving town offices to the new building would allow the Bristol Police Department to expand throughout the current municipal building. At present, the department occupies part of the building, but is unable to provide proper separation of cells and work area, and there are

other safety concerns.

Other matters discussed at the meeting included the coliform bacteria found at the Breck-Plankey Spring, forcing the town to close it until the problem is resolved; and animal-related bacteria that forced the closing of Avery-Crouse Beach. Selectmen will be posting signs warning people not to feed the ducks, to which the bacteria are attributed.

Selectmen accepted an offer by John Sellers to donate six conference tables and 13 executive chairs he obtained from

his company's closed office building.

Sellers reminded the selectmen that he had presented a plan nearly a year ago that would reconfigure how the cost of ambulance service is apportioned among the participating towns. Currently based on the number of calls in the preceding year, which causes fluctuations in the rates for the member towns, Sellers would have Bristol base its charges on the total population that the ambulance potentially serves. Selectmen have not yet taken up the proposal.

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MVSB

FROM PAGE A15

Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; and the Common Man Company Store in Ashland. The Common Man recently completed a major renovation of the state Welcome Centers on Interstate 93 north and south in Hooksett, which feature all Common Man-made food at a Hi-Way Diner and Common Man Roadside food court. For more information about The Common Man, visit thecomman.com.

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Contact me at
(603) 439-1950. Email: jpelle63@gmail.com

Hill Old Home Day

Saturday, August 20, 2016

Rain or Shine



Schedule

7-9am: Pancake Breakfast	12pm: Music by Katie Rose Lombardi
8am: Family Kickball	1 & 3pm: Magician George Saterial
8:30am: Pie Bake-off Registration with Judging at 1pm	2pm: Horseshoe Tournament
9am: Hill Historical Society Scavenger Hunt	3pm: Hill Village Bible Church Open House
9am: Raffles, Craft Fair, and Silent Auction	5pm: Chicken/Pork BBQ
10:45am: Parade "Hill On The Move"	7pm: Street Dance, Music by The Cable Guys
	9:30pm: Fireworks

Miscellaneous activities and events throughout the day:

Library Book Sale, Petting Zoo, Classic Car Show, National Guard Static Display, Hill Historical Society Exhibit, Children's Activities, Music, Street Vendors

Come see the "Isaac Hill" Bear display

Follow us on Facebook - "Hill Old Home Day 2016"
For more information call the Hill Public Library at 934-9712

WELCOME

The Pulmonary and Critical Care Medicine providers and staff are pleased to welcome Dr. Ana Zamora, to the practice on behalf of all LRGHealthcare.

Dr. Zamora received her certification from the American Board of Internal Medicine and Pulmonary Disease.

Dr. Zamora is accepting new patients and may be reached at 527-2970.

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SOUTHWORTH
Commercial

Newfound Landing Sports

Section **B**
Thursday,
Thursday, August 18, 2016

Highlighting the Newfound Hall of Fame inductees

Newfound 1972 girls' hoop team to be inducted Oct. 1.

BRISTOL — Newfound Regional High School will be celebrat-

ing its first Athletic Hall of Fame class on Oct. 1 during the annual

Homecoming festivities. This issue will highlight two of the eight individ-

ual inductees. The Newfound Memorial High School

girls' basketball team won the NHIAA Class "A" State Championship in 1972. It was only the second year the NHIAA had sponsored a girls' tournament and the first year with two divisions.

venge in the tournament as they defeated Inter-Lakes, 30-16, in the semifinals to advance to the finals against the Orford Wildcats.

Newfound upset the undefeated Wildcats, 38-33, led by long-time Plymouth resident Jerry LeSage, to win the Class "A" Championship, in a game played at Kearsarge Regional High School.

At the Oct. 1 event, there will be a reception for the inductees in the cafeteria from 2 to 3 p.m., with the induction starting at 3 p.m. For more specifics or ticket information, please contact Peter Cofran at 744-6006, x1507 or pcofr@sau4.org. Tickets are \$25.

Cofran to serve as NHADA President

CONCORD — Newfound Regional High School Athletic Director Pete Cofran has started his two-year term as President of the New Hampshire Athletic Director's Association. Cofran was the First Vice-President for the past two years

and is entering his 10th year as the NRHS Athletic Director.

Cofran is a Certified Athletic Administrator, as well as a Registered Middle School Athletic Administrator. He has served on NHIAA committees since 1978, including

the Softball, Eligibility, Below 9th Grade, 2004 Strategic Plan, Coaches Education, Building and the Executive Council. He is presently on the Football Committee and Chair of the Awards Committee.

He coached varsity

softball at Plymouth AREA and Plymouth Regional High School for 25 years and girls' basketball for 12. Cofran is a past President of the New Hampshire Coaches Association, as well as the New Hampshire Softball Coaches Association.

Athletes tackle Top Notch Triathlon

BY TARA GILES
tara@salmonpress.com

FRANCONIA — It was the perfect day on Aug. 6 for the 24th annual Top Notch Triathlon at Cannon Mountain. Just about 200 athletes of all ages tackled the tough course that consisted of a six-and-a-half-mile rugged bike ride, a half-mile swim in the chilly Echo lake and ended with a two-and-a-half mile run up to the top of Cannon Mountain.

Many competitors raced as a team and some competed as Iron Men and Women completing each leg of the course solo.

There was no question the course was challenging by the looks on some of the faces transitioning from the bike leg and into the cold water of Echo Lake.

The first to cross the finish line in the Iron Man race was 49-year-old Sean Snow of Concord, who finished in 1:13:46. Taking second place was 46-year-old

Seth Downs of Anchorage, Ak., who crossed in 1:14:35. The bronze went to 48-year-old Ulandt Kim of Somerville, Mass., who finished in 1:19:05.

On the women's side the first female to cross was 51-year-old Kathy Maddock of Wilton, who finished in 1:29:50. The second place female to finish was 21-year-old Maddy Pfiefer of Andover, who finished in 1:30:54. The third place female finisher was 25-year-old Alexandra Morss of Boston Mass. who reached the summit in 1:36:24.

Special awards were given to the youngest solo competitor who was 11-year-old Calum Davis who finished in 2:11:20. The oldest competitor was 77-year-old Gisela Estes who finished in 2:37:28.

In the male 19 and under category the gold went to Franconia native Seamus Slattery who finished in 1:36:29. Taking second place was Asher Merrill who finished in 1:36:31



PHOTO BY TARA GILES

Sixteen-year-old Seamus Slattery of Franconia won his age group at the rugged Top Notch Triathlon on Aug. 6.

and third place went to Chris Murphy who crossed in 1:37:13.

Other local award winners were Richard Williams of Franconia who took third in the 40-49 age group in a time of 1:34:13. Tom Eymann took third place in the 50-59 age group with a time of 1:43:35. John Huntington of Bethlehem took first place in the 60-64 age group in a time of 1:38:13.

For the women's side, Madison McClaren of Sugar Hill took

third place with a time of 1:54:39. In the 20-29 age group Natalie Stephenson took first place with a time of 1:53:46. Emily Eska placed third with a time of 1:56:51.

In the 30-39 age group Bridget Freudenberg of Colebrook placed second with a time of 1:52:01. Laura McCarthy placed third in 1:56:34.

In the 50-59 year old age group, Toni Butterfield of Sugar Hill placed third in a time of 2:05:24.

A few random thoughts to fill the vacation space

SPORTING CHANCE



By JOSHUA SPAULDING

As this week's sports pages were reaching deadline, I was still on vacation (shocking, I know). Wanting to keep my work level during vacation to a minimal amount, this column was written before I left for a visit with my brother in Wyoming. It was a perfect time for some random thoughts.

First up, the Red Sox. This team can be a lot of fun, but can also be pretty maddening, unable to score more than a couple of runs off a mediocre pitcher. And the man who was

signed to be the ace of the team has struggled for much of the season, but that seems to be normal. A few additions at the trade deadline were necessary and I was pleased to see some new pieces to the puzzle, but at the same time, was happy the future wasn't mortgaged to bring in Chris Sale. If all words from the minors are to be believed, Yoan Moncada and Andrew Benintendi will both be stars someday and with an already young nucleus of Mookie Betts, Jackie Bradley Jr. and Xander Bogaerts, it's scary to think what be in the pipeline for the Red Sox offense. The pitching, on the other hand, looks a little

SEE CHANCE PAGE B4

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Chance

FROM PAGE B1

susceptible moving forward, but we'll see. I'm excited to see what the final few months of the

season bring.

Before I left for vacation I had a chance to check out a little waterskiing action on Back Bay in Wolfeboro. Abenaki Water Ski

Club hosted the New Hampshire Championships and I got to take a few runs in the boat to grab a few pictures and also got some from the shores of Back Bay.

It had been a few years since I'd been out in the boat for waterskiing pictures but it is always a good time and there's usually some good pictures to come out of the

trip as well.

Another Village Players production wrapped up and it came at the right time. I planned my vacation to come after the show ended but before the Granite Man Triathlon, which is this weekend. Bathroom Humor was a great time and I was honored to serve as assistant director with the great Jay Sydow, who has helped many shows at the theater. I am looking forward to this fall's musical, Kiss Me, Kate, though I've yet to decide just how much of a role I want to take on in the show. Fall is a busy time of year in the work world so there's time commitments to consider. But I'm sure you'll see my name in the program somewhere if you come to the show in November.

I also had the chance to MC the Friends of the Wolfeboro Community Bandstand concert on Aug. 6, featuring

Carolyn Ramsay Band. While I knew the band's drummer, I had never actually heard the band and I walked away very impressed with everything the band brought to the table. We weathered a little rain just before the start of the show but the band put on a great set for the audience in Cate Park. These free Saturday night concerts are just another great thing about Wolfeboro.

Finally, have a great day Mike Chatigny.

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

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- Weekly Weight-In program
- Individual Nutritional Counseling
- Group Support
- Bariatric Surgery

All with the entire WINH team behind you every step of the way!



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