

Talent fills the stage for a great cause at Dancing with the Community Stars event

BY DONNA RHODES
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PLYMOUTH — Talent filled the stage, laughter and applause filled the auditorium, and gratitude filled the hearts of Voices Against Violence for all who took part in the record-setting success of this year's annual Dancing with the Community Stars event, held at the Flying Monkey Theater in Plymouth.

Initial fundraising for this year's dance spectacular began online six weeks ago, but on the day of the event, people were encouraged to buy additional tickets and drop them in a bucket designated for the dancers they wished to support.

Emceed by the entertaining duo of Maryann

Barnsley and Dannae Morrison, the community stars who performed in this year's fundraiser rose to the challenge of doing something new and different. Their professionals, who each have a variety of experiences in dance and choreography, also rose to the challenge of making them all winners.

Taking part in this year's charitable event were local singer-songwriter Holly Furlone, Waterville Valley's Director of Public Safety Chris Hodges, Tina E who is a long time volunteer for Voices Against Violence, retired music teacher David Lockwood of Holderness School, Christy "Tink" Coppin of Ashland, musician Jim Tyrrell and Habitat

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Donna Rhodes

Taking home the prestigious Voices Award for the most votes/donations received from the public during this year's Dancing with the Community Stars fundraiser was Waterville Valley's Public Safety Director, Chris Hodges, and his professional dance partner Noelle Ferris.



Grace Henderson

Waterville Valley Academy student named to U.S. Team

WATERVILLE VALLEY — Grace Henderson, a native of Madbury, was recently named to the U.S. Freeskiing team. She is currently ranked 17th in the world in the Big Air and 28th

in Slopestyle, by the Association of Freeskiing Professionals.

Henderson was second overall in Slopestyle in this year's Revolution Tour standings. She also placed first in the Big Air at the Aspen Open and second in Slopestyle at the USASA National Championships and was named to the 2017 Freeskiing Junior Worlds Team.

Henderson is currently a sophomore at Waterville Valley Academy (WVA).

According to Dan Shuffleton, WVA's Freeski Program Director, "Grace is a hard-working and driven student athlete who sets her goals and then stays

focused on achieving

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Good weather draws more than 200 for Circle Trot

BY DONNA RHODES
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PLYMOUTH — A little over 2600 people of all ages came out to participate in the seventh year of the Circle Trot, one of two signature fundraisers for the Circle Program, a nonprofit organization that promotes skills and educational goals for young girls and teens from low-income families throughout several communities in central New Hampshire.

Participants in this year's Circle Trot selected from one of three

SEE TROT PAGE A20

Ashland selectmen back calls for special election in District 9

BY DAVID RUELL
Contributing Writer

ASHLAND — At their May 1 meeting, the Ashland Selectmen voted to request a special election for the vacant state representative seat, chipseal North Ashland Road, develop a long term paving plan, extend summer vacation camp by another week, replace the bathhouse roof at the campground, and approve a contract with the building inspector. They also discussed ratifying the 2017 town election/town meeting, the selectmen's handbook, and other issues.

Since the resignation of Jeff Shackett, a state representative from Grafton District 9, the issue of whether to request a special election to fill the vacant seat has been debated in the five towns that make up the District. If any of the boards of selectmen in those towns request an election, the election must be held. Most of the

boards were reluctant to make the request, apparently because of the cost of the election. The Ashland selectmen tabled a motion for the request by Selectmen Tejasinha Sivalingam at their last meeting until they could find out what those costs would be. Town Clerk Patsy Tucker reported that it would cost the Town \$822 per election, for the salaries of the moderator, ballot clerks and supervisors of the checklist. If there were two candidates in either party, there would have to be both a primary and a general election, for a total cost of \$1,644. She was personally against the special election, noting that Ashland was still represented by two other state representatives in the legislature. One of those representatives, Stephen Darrow, said that he would support whatever decision the selectmen made on the question.

But, most of those who spoke favored a special election. They pointed out that two-thirds of representation was not the same as full representation and that the two representatives now serving Ashland both live in Grafton, which is closer to Hanover than to Ashland. Former state representative Phil Preston put the cost issue in perspective by noting that Ashland would celebrate democracy on the Fourth of July by shooting off \$15,000 worth of fireworks. In an interesting display of bi-partisan unity, both Joyce Weston, chair of the Plymouth Area Democrats and Henry Ahern, chair of the Pemi Baker Valley Republicans, spoke in favor of a special election. The selectmen did discuss the costs again and the issue of forcing other towns to have an election, but in the end, they voted unanimously to request a special election.

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Donna Rhodes

The Circle Program's Executive Director, Kathleen Kearns, and Circle Trot volunteer Sydney Beatrice paused for a photo with Plymouth State University's mascot "Pemi" who was on hand to rev up the runners and walkers who took part in last Sunday's Seventh Annual Circle Trot.

“Friends of the Pemi” receive 2017 “Keep America Beautiful” grant

PLYMOUTH — The more than 100 members of the “Friends of the Pemi” – Livermore Falls Chapter are thrilled to announce the 2017 Keep America Beautiful Community Trail Grant award they recently received to help build, enhance and restore public trails at Livermore Falls State Forest -- Pemi River Access. For the past several years, the “Friends” have been working collaboratively with the New Hampshire Department of Resources and Economic Development (DRED) Parks and Recreation Division, local governments, law enforcement agencies, non-profit organizations such as the Plymouth Rotary Club, and individual community members in order to develop, promote and cel-

ebtrate the Livermore Falls area as a public resource. The “Friends” plan to install interpretive signage on several permanent kiosks on both the Holderness and Campton sides of Livermore Falls. Joining forces with the New Hampshire State Parks system, local historical societies, and conservationists, the signage will be designed to acknowledge the significance of Livermore Falls with its unique geography, history and cultural significance. Keep America Beautiful is providing 35 grants of \$5,000 each to its community-based affiliates and partners throughout the country to be used in support of the development of a trail project or revitalization of one trail



Last summer, members of the “Friends of the Pemi” gathered with Commissioner Jeffrey J. Rose of the Department of Resources and Economic Development (DRED) at the Livermore Falls State Forest – Pemi River Access. The Friends participated in the ribbon-cutting ceremony at the new parking lot area on the Holderness side of the river.

in each state. The volunteer-driven community trail projects, led

by groups, such as the “Friends,” are taking place from now through

September of 2017. The “Friends of the Pemi” is currently working on historical content for interpretive signage. In addition, the Friends will organize spring clean-up efforts, greeting times and trail maintenance at Livermore Falls on both sides of the Pemigewas-

set River. Community members who would like to become involved in these efforts should contact Ken Evans, Chair of the Friends at evanmead139@gmail.com or Mary O'Brien, Vice-President of the Campton Historical Society, at m.a.o-brien610@hotmail.com.

Ellacoya Chapter’s first 2017 bean supper welcomes spring

CENTER HARBOR/HOLDERNESS — Ellacoya Chapter #43, Order of the Eastern Star’s monthly public bean suppers resume with the first one on Saturday, May 6, and will continue on the first Saturday of each month through the fall. The supper is held in the dining room at the Squam Valley Masonic Building, located across from the Center Harbor/Holderness Town Line on Route 3. Tickets are \$8 for adults and \$3 for children 12 and under, and are for sale at the door from 4:15 p.m. Service starts at 5 p.m. and continues

to 6:30 p.m., or until food is gone. Winter’s snow and ice have left and the members welcome the opportunity to cook the many good foods for the enjoyment of all who join us. There will be the usual homemade baked beans, ham, meatballs, potato casseroles, salads and pies that many before have enjoyed. We invite you to gather your family and friends and join us for an evening of good food and friendship which is also an opportunity to help others. The proceeds from our suppers are shared with others who

are in need. Eastern Star is a non profit organization and the proceeds from the suppers and other fund raising activities, after expenses, help many in need. This year Ellacoya Chapter has selected to help with funds and paper goods for Camp Sno-Mo (Easter Seals). Chapters throughout the state select to donate to many different charities. In addition, the New Hampshire Grand Chapter selects charities which all local chapters help to support. New Hampshire Grand Chapter has selected the New Hampshire Food

Bank to support. Other organizations which will be receiving funds from Eastern Star in New Hampshire are the Heart Fund and the American Cancer Society. Ellacoya Chapter together with another local chapter support Plymouth Assembly, International Order of the Rainbow for Girls. Plymouth Assembly meets at Squam Valley Masonic Building and is for girls 11 to 20. Come, enjoy friendship and the first of Ellacoya Chapter’s 2017 monthly ham and bean suppers!

Tickets are on sale for Speare’s seventh annual Wine, Women & Wisdom

PLYMOUTH — On Thursday, May 11, Speare Memorial Hospital will hold its seventh annual Wine, Women and Wisdom event from 5 to 9 p.m. at the Common Man Inn and Spa in Plymouth. This year’s event will feature leading experts in the fields of meditation, mammography, makeup, menopause, and motivation.

Speare’s annual women’s health event will include three featured speakers, a comedic keynote speaker, a light supper buffet, wine tasting, and a shopping area with women-owned businesses, a raffle and a lot of fun tossed in.

Topics/Speakers “Who’s Better Than Me?” – Nancy Witter (Keynote) was a finalist of Nick at Nite’s ‘Search for the Funniest Mom in America’. She will share her insightful, funny and entertaining look at aging, the change, courage, and choices. Get re-inspired about your own life and laugh all along the way!

“Ending the Confusion – Mammography in an Era of Alternative Facts” with Dr. Rebecca Zuurbier, Director of Breast Imaging at Speare Memorial Hospital and Dartmouth-Hitchcock Medical Center.

“The Effortless & Natural Power of Meditation” with Joyce Kendall, authorized teacher of Neelakantha Medita-

tion – Blue Throat Yoga. “It’s What’s on the Inside that Counts – A Makeup Make-over” with Kerri Biederman Dutile, Beauty Counter Tickets The cost to attend is \$10. Advanced tickets are necessary as this event sells out quickly. Tickets are on sale now online at www.Speare-Hospital.com/women and in person at the hospital reception desk and at Dressers Unlimited in downtown Plymouth.

Sponsors Thank you to the generous sponsors who help make this event possible: Wine Sponsor - Lupus Foundation New England, Favor Sponsor - Smartsources LLC, Buffet Sponsor - Helms & Company, Inc., Table Sponsors - Brand & Sawicki, DDS, Plymouth Area Renewable Energy Initiative, Venture Print Unlimited, Inc., Raffle Prizes - Innisfree Bookshop, Mill Falls at the Lake, Simply Sunflowers, Thai Smile Restaurant

LuLaRoe Fashion Retailer, Norwex, Kelly Libby - Meditation/Alternative Healing, Newfound Grocery, Zija, Devenir Spa. Speare Memorial Hospital —a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a HealthStrongTM: Top 100 Critical Access Hospital and a Becker’s Top 50 Critical Access Hospitals to know in 2016. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

Spring bird walk at Quincy Bog

Local expert Iain MacLeod leads first weekend walk of season

RUMNEY — The Quincy Bog Natural Area walks begin with a popular beginning bird program Sunday, May 14, designed to help you identify the huge variety of birds that fill our local woods, meadows and wetlands each spring. Explore the differing habitats at Quincy Bog and learn identification by sight and sound. The walk will leave from the Quincy Bog Nature Center at 7 a.m., and will continue through 9:30 am. The program is free and open to public.

Iain MacLeod, executive director of the Squam Lakes Natural Science Center (SLNSC), will lead the walk. MacLeod joined SLNSC in 2006 after an eighteen year career with NH Audubon (NHA). His New Hampshire Audubon service included Vice President of Public Affairs and Audubon’s Director of Center Operations, overseeing the statewide education outreach efforts. Iain started his career in his native Scotland where he worked several years

with the Royal Society for the Protection of Birds. He has birded in New Hampshire for more than 25 years and is a member of the New Hampshire Bird Records Editorial Team and NH Rare Birds Committee. He lives in Ashland. Weekend walks take place periodically on Saturday or Sunday at the Bog (131 Quincy Bog Rd. in Rumney), May through October. Walks are free and open to the public, and will be held (light) rain or shine, but may be cancelled in a

severe storm. All walks leave from the Nature Center. Wear comfortable walking shoes; bring drinking water and bug spray. For more information or to check for cancellation, contact Betty Jo Taffe (786-2553, bjtaffe@gmail.com). For a list of all the 2017 summer programs, including twice-monthly Wednesday evening talks and an edible and medicinal plant workshop June 4, visit www.quincybog.org. For more information or to register for the June workshop, contact Betty Jo Taffe at 786-2553 or email, bjtaffe@gmail.com.

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Plymouth Historical Society to host presentation on WWII-era Japanese internment

PLYMOUTH — The Plymouth Historical Society (PHS) will present the third in an ongoing series of programs on topics of local interest.

OHRV ATV safety course to be offered in Campton

CAMPTON — The Snowdrifters Snowmobile Club of Rumney will be conducting an OHRV safety course on June 3 at 9 a.m. at the Campton Town Hall at 10 Gearty Way, Campton.

If your child is 12 years old, they must pass this course to operate a ATV. Safety is such an important part of this sport. I encourage parents to also sit in. Space is limited.

If you ride an ATV, you must expect the unexpected out on the trails. Question: What is the most important thing you should bring with you if you were to go for a ride today? Come to the class and get the right answer. Your child's safety comes first.

For more information, contact George Wright at 536-1932.

Plymouth High School Class of '87 hosting reunion

REGION — The Plymouth Area High School Class of 1987 is seeking contact information from alumni interested in attending one of two 30th reunion events planned on July 28 and 29.

Classmates are encouraged to contact Heather (Bourgeois) McGaffigan for more details at Heather@mcgaffigan.com.

Newfound Area Churches to host annual Crop Walk fundraiser

NEW HAMPTON — Newfound Area Churches (NAC) will be sponsoring their annual fundraiser through Church World Services (CWS). The project is "Crop Hunger Walk" to fight hunger worldwide and in our own neighborhood. Twenty-five percent (25 percent) of all money raised will come back to the Bristol Community Services. Walkers may register through their local churches (or on line).

The walk will be held on Sunday, May 7 at 1 p.m. The location of the walk is the New Hampton Fitness Trail. The NAC churches are as follows: Alexandria United Methodist Church, Bristol Baptist Church, Bristol United Church of Christ, New Hampton Community Church, Holy Trinity Parish Our Lady of Grace Chapel, and Union Congregational Church of Hebron. The online address is crophungerwalk.org. For more information, please call 744-3885.

The PHS will feature a presentation "Internment of Japanese-Americans: A Father's Voice and a Boy's Remembrances" by David Sakura on Wednesday, May 17 at 7 p.m. at the Old Webster Courthouse (Court Street -behind Plymouth Town Hall).

After the outbreak of World War II, Sakura's family was involuntarily detained at Camp Harmony, a temporary detention camp. The family was subsequently transported to Minidoka, a permanent

internment camp in Idaho. During the internment, Sakura's father and three uncles enlisted in the US Army and served with the all Japanese-American 442 Regimental Combat Team. Toward the end of World War II, David's mother and her three boys were released from Minidoka and were allowed to move to Wisconsin under the sponsorship of the American Baptist Home Mission Society. By using excerpts from his father's letter from the camps, photos from



the University of California archives and his own remembrances, Sakura offers a highly personal

account of his family's internment experiences.

David Sakura is a third-generation Japanese-American (Sansei) whose grandfather was a leader in Seattle's Japanese community during the early 1900's. Prior to World War II, his family and relatives, along with 40 other Japanese families, lived in Eatonville, Wash., a small logging community located in the foothills of Mt. Rainier.

Even as a nation of immigrants, xenophobia is a recurring theme in

American history. We encourage all to attend and discuss this topic in the context of David's experiences.

This event is free, open to the public. Refreshments will be served and you are welcome to view the historical exhibits in the museum. For questions on this and other programs: contact us at www.PlymouthNHhistory.org or contact@PlymouthNHhistory.org or Dick Flanders at 536-1376 or dick.flanders062@gmail.com.

Plans well underway for Campton's 250th anniversary celebration

CAMPTON — Campton's 250th Celebration Committee has been working very hard since October 2016 to ensure that Campton's 250th anniversary is celebrated in a grand way! The following are brief descriptions of activities for three different days. More specific information and schedules will be published in the very near future.

Aug. 5 - 'Explore Campton Day.' Take part in a 5K road race; learn about Campton's covered bridges on a 13 mile bike tour; walk the Upper Village with the Campton Historical Society; kayak on Campton's scenic ponds; tour the White Mountain National Forest headquarters; check out our town's Fire and Rescue Department and more.

Aug. 26 - 'Community Day'. A festive evening of events in the upper village. Start with an "All Nations' Potluck Dinner," followed by an old-fashioned country barn dance and end the day with live music and an open mike session.

Sept. 30 - The big gala celebration at Pattee

Conservation Park and the Campton Historical Society. The day will begin with a breakfast at the Campton Congregational Church followed by the 250th Proclamation at the Pattee Conservation Park. Live events for the afternoon will include games for kids, historical reenactments, crafts, music and exhibits. Evening entertainment and dancing will follow a gala barbecue

dinner and end with a grand fireworks display.

The Celebration Committee meets at least once a month. Its next meeting is scheduled for May 11 at 3:30 p.m. in the Community Room of the Campton Municipal Building. In addition to the town's Web site <http://www.camptonnh.org/nh/campton-250-celebration/>, you can follow celebration planning activities on Facebook!


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Indie rockers Carbon Leaf spring into Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Carbon Leaf on Friday, May 5 at 7:30 p.m. Carbon Leaf is known by legions of loyal fans as DIY indie rockers with energetic live shows. Me & My Brother will open the show. Tickets for this show start at \$25. Sitting amid stops in major cities up and down the east coast, Vir-

ginia-based alt-country indie rock band Carbon Leaf makes a stop at The Flying Monkey Performance Center in Plymouth on May 5. With 23 years together and 12 studio albums, the polish, precision and maturity is palpable in the band's sound, which spans from rocky-pop to folky, Celtic-infused jams to twangy alt-country.

The group jumped onto the national scene in 2002, winning an American Music Awards in the "New Music" category, performing its

Irish-tinged song "The Boxer" to an audience of 80 million TV viewers as an unsigned band. Over the years, the quintet has shared the stage with such acts as The Avett Brothers, Toad The Wet Sprocket, Dave Matthews Band, Jason Mraz and David Gray. Tickets to see Carbon Leaf are \$25, and \$33 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.flying-monkeyNH.com.



COURTESY
The Flying Monkey Performance Center presents Carbon Leaf on Friday, May 5 at 7:30 p.m.

Tickets for 2017 NH Music Festival go on sale May 1 *Celebrating Season 65 with new concerts, series, and exciting guest artists under the direction of Paul Polivnick*

PLYMOUTH — The New Hampshire Music Festival celebrates their 65th season this summer with free outdoor special events, an expanded orchestra, a new concert series in Wolfeboro, a new series of ArtsWalks as part of the Music in the Mountains series, the fourth annual Make Music Plymouth, international soloists, and the return of music director Paul Polivnick.

This summer's popular orchestral events continue in the Hanaway Theatre at the Silver Center for the Arts on Thursday evenings offering a range of orchestral emotions beginning with the opening night featuring the Festival's concertmaster and international soloist Yulia Milstein performing the Bruch Violin Concerto paired with Beethoven's epic Symphony No. 5. The season finale features renowned 26-year-old pianist Steven Lin performing the Prokofiev Piano Concerto and the orchestra on Rachmaninoff's Symphonic Dances. In between these two masterwork concerts, the Festival presents a series of diverse concerts including Mozart and Mahler featuring a concert version of Mozart's short opera The Impresario which pits two competing sopranos against each other and Copland in Mexico, a multimedia exploration of Copland's time in Mexico and featuring a full showing of the film Redes accompanied by live orchestra. This performance is funded in part by the National Endowment for the Humanities.

This year, the Festival is also thrilled to

present their fourth annual Composer Portrait concert welcoming to New Hampshire composer Huang Ruo who has been lauded by the New Yorker magazine as "one of the world's leading young composers." A variety of Ruo's music will be performed including his piece Leaving Sao, where Ruo will be featured as a vocalist in traditional Chinese folk style. This concert will conclude with Haydn's powerful Lord Nelson Mass performed by the Festival's Symphonic Chorus, conducted by

Dr. Dan Perkins and featuring four Plymouth State University alumni who have continued their professional careers in opera and voice performance returning to the region as soloists for this great work. Alongside the orchestral series the New Hampshire Music Festival continues the long-standing chamber music series on Tuesday evenings in the Smith Recital Hall at the Silver Center for the Arts. This acoustical gem of a venue showcases the Festival musicians in an inti-

mate setting performing Mozart piano sonatas to large scale compositions by contemporary composers. The full programming schedule for this series is personally curated by the musicians of the Festival and will be updated online as information becomes available. These concerts have been known to sell out the last several years so purchasing tickets early is recommended. To celebrate Season 65, the New Hampshire Music Festival is expanding their orchestral

offerings to a new region of the state by bringing performances to Wolfeboro, New Hampshire. On the opening and closing weekends of the New Hampshire Music Festival the entire orchestra will present repeat performances of their Plymouth concerts at the Kingswood Regional Performing Arts Center. Other weeks during the summer will showcase chamber music on Saturday evenings and select outdoor events as part of the Music in the Mountains series. SEE **FESTIVAL** PAGE A15

Join the "ReZist"-ance with Roy Zimmerman in Plymouth

PLYMOUTH — Roy Zimmerman does not find Donald Trump irresistible. In fact, "ReZist" is the name of Zimmerman's new show. Zimmerman writes funny songs about racism, income inequality, guns, climate change, creationism, same-sex marriage, ignorance, war and greed. "ReZist" is 90 minutes of these songs - funny songs like "T-Rump" (<https://www.youtube.com/watch?v=Xwu-hagv-VLE>), strident songs like "To the Victims of This Tragedy We Send Our Thoughts and Prayers" (<https://www.youtube.com/watch?v=5hdX-1MUOgQw>) and heartfelt songs like "DWB" (<https://www.youtube.com/watch?v=zbU-pQOWzpVD>).

The world is full of funny songs, but Zimmerman's hilarious, rhyme-intensive originals are also incisive calls to action, smart, savvy and undeniable. "Sometimes, I think satire is the most hopeful form of expression," says Zimmerman, "because in calling out the world's absurdities and laughing in their face, I'm affirming the real possibility of change." "Without a doubt, Roy Zimmerman is among the most important political commentators of the last few decades," says No Depression Magazine, "and in the end, it's the music that unites and disarms. With music this good and humor this insightful, there is good reason to be optimistic."

Zimmerman brings "ReZist" to Plymouth Saturday, May 13 at 7 p.m. for a performance at the Starr King Unitarian Universalist Fellowship, 101 Fairgrounds Rd. Admission is \$20, or

pay what you can. Come early for Silent Auction beginning at 5:30 p.m. Zimmerman tours almost constantly with his wife and co-writer Melanie Harby. His recent YouTube tune, "65 Million" (<https://www.youtube.com/watch?v=vLQWEP-8c0zU>) got fact-checked by Politifact. They deemed the song "Half True," so Zimmerman and Harby wrote an answer video, "Playing Chess with the Fact Checkers" (<https://www.youtube.com/watch?v=n92KaBE-Brg>). Together, they log more than 40,000 miles a year, bringing encouragement to the most progressive people in some of the least progressive places in the country. Zimmerman's YouTube videos have amassed over seven million views, including the hits "Creation Science 101" (<https://www.youtube.com/watch?v=ulwiPsgRrOs>) and "Vote Republican" (https://www.youtube.com/watch?v=Ege_RBhh37A). His songs have been heard on HBO and Showtime. He has recorded for Warner/Reprise Records. Zimmerman has shared stages with Bill Maher, Robin Williams, Ellen DeGeneres, John Oliver, Kate Clinton and George Carlin. He's been profiled on NPR's "All Things Considered" and he's a featured blogger for the Huffington Post. "Progressive Americans are asking how to resist," says Zimmerman, "how to deal with the hourly outrages of the Trump presidency. Ghandi said, 'First they ignore you, then they laugh at you, then they fight you, then you win.' I say, first we laugh at them...and that's all I've got so far."

AUG 2011

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Got Lunch! Plymouth prepares for its fifth year

PLYMOUTH — For the fifth consecutive summer, a community-wide program will provide lunch ingredients for Plymouth schoolchildren through high school.

Launched in 2013, and modeled on a similar program in Laconia, the program has grown from serving 45 children to serving more than 100 children in 56 families in 2016.

The need for lunch year-round to schoolchildren is great in Plymouth, greater

than many folks in our community may realize, according to Margaret Salt, one of the coordinators for the group. Salt is a recently retired teacher who is working closely with the administrators at the Plymouth Elementary School to enroll the children. High school students residing in Plymouth are also eligible. GotLunch! Plymouth, initially launched by Starr King Unitarian Universalist Fellowship, has been joined by other local churches, community groups,

and individuals in this important mission.

Volunteers are needed to pack bags of food and to deliver the food to student homes in Plymouth. The food, sufficient for each child for a week, will be packed on Monday mornings at Starr King Unitarian Universalist Fellowship Hall. Each week's food will include whole grain bread, peanut butter or tuna and chicken, and fruit and fresh vegetables for each child.

The cost of supplying food to the children of Plymouth this



COURTESY

For the fifth consecutive summer, Got Lunch! a community-wide program, will provide lunch ingredients for Plymouth schoolchildren through high school.

summer is estimated to be approximately \$110 per child. Donations of any amount are warmly appreciated, and may be sent to GotLunch! Plymouth, P.O. Box 337, Plymouth, NH 03264. Donations are tax deductible.

Members of the Plymouth community who are interested in volunteering to pack

or deliver the food on Monday mornings are urged to call Margaret Salt at 536-3698. Par-

ents, please register your children if you have not already signed up.

Environmental Science and Policy students host Science Brew Café

PLYMOUTH —On May 8 at 5:30 p.m., experts in the fields of sociology, forestry, and economic development will participate in What's In Store for Northern New Hampshire -- a science café at Biederman's Deli and Pub on Main Street in Plymouth. The event will focus on the changing trends within forest management and their impacts on local communities and businesses.

Graduate Students in Plymouth State University's MS in Environmental Science and Policy program work closely with faculty to gain expertise in areas such as watershed and forest ecosystems, hydrology, climate

change, ecological economics, and land use planning. They develop effective skills to address the relationships between science and policy, make decisions for social and ecological sustainability and resilience, and become effective communicators of science. For more information, please visit the MS in Environmental Science and Policy's page.

Correction

PLYMOUTH — The gentleman depicted in a pair of photographs submitted by Plymouth Regional High School last week for publication alongside an article about a recent photography program that brought students into contact with local senior citizens was misidenti-

fied as John Woods. The correct spelling of his last name is, in fact, Wood. The Plymouth Record Enterprise offers its apologies on behalf of the author of this article for any confusion that may have resulted from this unintentional error.



COURTESY

Ashland Elementary School students raise funds for local cancer support program

The Ashland Elementary School Student Council hosted a Cancer Week to raise money and create awareness about those affected by cancer. The group raised \$200 to donate to Keeping You, Me, and Memories Alive. This donation is in memory of Frank "Grampa" White our beloved foster grandparent who we honor each year with this event. Pictured are Griffin Charland, Calvin Swanson, and Justin Collins organizers of our event.

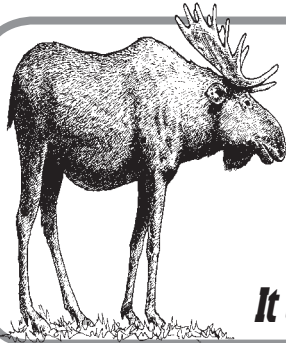


We wish all Moms
a Happy Mothers Day!

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CADY Corner

End-of-year and summer celebrations: Keep kids safe

BY DEB NARO
Contributor

As we approach the spring and summer season of celebrations from prom to graduation, to summer vacation, weddings, etc., these occasions can often become a reason to “party” with alcohol and other drugs. Many teens view drinking as a “rite of passage” at these events, and they may be pressured by peers to drink. With Facebook and other social media, celebrations can easily get out of control. It takes a combined effort of parents, schools, the community, law enforcement, and students to make sure these events stay alcohol-free and safe.

Parents do make a difference! Research shows that positive parenting has more influence over teens’ decision-making than their friends, TV, celebrities, music, and social media. Take an active role in teaching your teen about responsibility. Set clear expectations along with a family rule of no alcohol until age 21. Explain the reasons behind your expectations and encourage your teen to talk with you about any concerns. Discuss and agree upon consequences in advance with your teen. Be consistent and enforce the established consequences.

- Here are some other ways you can help:
- Encourage your teen to discuss with friends about taking a pledge to keep each other safe and to make healthy decisions when celebrating.
 - Remind your teen that under no circumstance should he/she ride in a car with someone who has been drinking or using drugs.
 - Do not allow alcohol or other drugs to be present at home, in cars or other places teens gather.

- Provide adequate adult supervision at home gatherings.
- Encourage family conversation around places where your teen will be.
- Call other parents to double-check the plans and be assured that adults will be present and awake at any parties. Confirm that no drugs or alcohol will be allowed.

Discuss with your teen how a fun celebration can turn tragic very quickly when alcohol is introduced, as the use of alcohol is frequently linked with other risky and potentially destructive behaviors such as bullying and dating violence, unintentional injuries from falls or drowning, alcohol-related car accidents, and alcohol overdose.

The teen brain responds to and is affected by alcohol differently than the adult brain. Alcohol consumption negatively affects brain development during these formative years. That is why it is critically important to prevent underage drinking. Please join us in promoting healthy behaviors and safe gatherings by discussing these issues with your teen.

For more information on conversation starters, visit CADY’s Web site at www.cady-inc.org.



COURTESY

Ashland Women’s Club celebrates teachers in honor of Teacher Appreciation Week

Ann Lamson, representing the Ashland Women’s Club, was happy to present a basket of healthy snacks, including fresh fruit and nuts, to Middle Tier Science Teacher Nick Gagnon in honor of Teacher Appreciation Week. Ashland Elementary School is very grateful for the on-going support the members of this organization provide to our students and staff throughout the year.

Letters to the Editor

Let the good times keep rolling in Bristol...at our expense

To the Editor:

After the great Nor’easter municipal elections of 2017, Mr. Alpers was re-elected as Selectman in Bristol. Once again, the theme of “Laissez les bons temps rouler” (let the good times roll) again rules in Bristol.

Last year, the Selectmen voted to grant a substantial pay raise to town employees without putting it in the budget or bringing it up for a vote by the taxpayers. The Selectmen voted to construct a \$9,000 retaining wall downtown to facilitate parking for a local landlord without putting it in the budget or a vote of the taxpayers. Then, the police Chief instituted a K-9 Unit without putting it in the budget or a vote of the taxpayers.

This year, the Selectmen approved a \$13,000 purchase of a utility all terrain vehicle (and you thought a UTV was a potato chip!) without putting it in the budget or a vote of the taxpayers. Starting to see a pattern here? Well, you should.

At the last Town Meeting, Moderator Ned Gordon, Chairman, Space Needs Committee, reported “The space needs of town government in 25 years

will be shaped by the changing demands of the community...Bristol will experience no substantial residential growth in the next 25 years and may even decline in population.” Bristol already has a population which is older than the state average.”

Grafton County Senior Citizens Council reports that “Bristol’s population over age 60 increased by 53.4 percent over the past 20 years.” Most importantly, “The average household income in the State of New Hampshire is approximately \$64,000. The average household income in the Town of Bristol is approximately \$38,000.”

What does it all mean? It shouldn’t mean embarking on a new round of multi million dollar expansion of municipal facilities. Spending on the new Town Office and renovated Police Station have already started.

Hold on, folks; under the continued leadership of now Chairman Alpers, that’s exactly what we, the taxpayers of Bristol, will get.

Paul Simard
Bristol

STRATEGIES FOR LIVING

BY LARRY SCOTT

I call it, “Strategies for Living,” – my take on life – but I can hear my critics now: “Come on, Scott! What you are peddling is the same old religious garbage we have been hearing for ages! Talk to me about life, about success, about achieving my dreams, about peace of mind, about self-respect. Talk to me about that and you will have my attention.” But hold on! That, in fact, is what this column is all about. Let me explain.

To understand my perspective, I need to highlight a fundamental point of view. It is my conviction that the Creator has endowed us with three distinct elements that make us who we are. Known as body, soul and spirit, we are physical, intellectual and spiritual beings. My view is that success in life, success that leads to genuine

peace, prosperity and purpose, will be found only when all three of these fundamental aspects of our being are held in balance and harmony.

The critical issue here, however, is that one of these three aspects of our personhood will inevitably predominate. We will most generally live our lives directed by our physical, our intellectual or our spiritual interests. Whatever aspect of our real selves we choose as the driving force in our lives will have a profound influence of the other two. Balance and harmony between all three is the ideal and certainly possible, but it seldom comes easy. You and I must make some tough choices; to be our very best will demand self-discipline, determined effort, and honesty. And, perhaps, just a bit of intellectual curiosity.

As you have no doubt already noted, the spiritual aspect is the predominant force in my life. But please note: I have little interest in writing about religion. Religion, as I define it, is what we do to influence, pacify and secure the blessing of our deity. Christianity, on the other hand, is not about we do to influence God; it is about what God has done for us. We may reject or just ignore Him, but He loves us so much He is committed to help us discover and develop our potential to its very best. And that is important to me. That perspective has had a profound influence on what I have done with my body and its demands, on how I have developed my intellect, and on how I have travelled my spiritual journey.

The bottom line here is that if I am to help

anyone become the very best they can be – and to that I am committed - I must bring God into the picture. We need an objective standard of authority that will give direction to how we satisfy our physical, our intellectual and our spiritual needs. My life would have been a shattering disaster had I chosen to ignore these principles. And if I’m wrong, if there is no God and if my religious convictions are without merit, I have benefited by the self-discipline and the sense of direction I have found in the Bible and in my faith. Little wonder that it comes through in my writing.

My point here is that the religious tone to this column has life in all of its aspects in view. Stay with me! We have lots to talk about. And, as always, hit me up if you wish at rlarryscott@gmail.com.



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	Highland Street (Lot)	Mixed Use/Residential & Agricultural	\$40,000	Squam Lakes Conservation	New England Forestry Foundation
Bristol	11 Central St.	N/A	\$40,000	Ernest A. Adams FT and Ernest A. Adams	Vacation Paradise
Bristol	270 Lake St.	Multi-Family Residential	\$121,000	Integrated Investment Solutions	Franke E. and Kathi E. Delaet
Bristol	75 Lancelot Lane	Single-Family Residential	\$192,500	Susan Green and Deutsche Bank National T. Co.	Deutsche Bank National T Co. Tr.
Bristol	101 Peaked Hill Rd.	Single-Family Residential		Christopher M. and Ashley L. Dolloff	Carrie S. and Steven J. Thompson
Campton	129 Hodgeman Hill Rd.	Single-Family Residential	\$119,000	Isabelle A. Lellouche	Veronica Guerrero-Macia
Campton	1326 NH Route 175	Single-Family Residential	\$67,500	USA HUD	Pnio Colasante
Campton	80 Richardson Trail, Unit 18	Condominium	\$135,000	Mark F. Geden T. and Mark F. Geden	Craig and Sylvia Hammond
Campton	51 Tobey Rd.	Single-Family Residential	\$140,000	Richard A. and Kathleen A. Bellemare	Philip W. and Kathryn L. Holland
Holderness	464 US Route 3	Single-Family Residential	\$249,933	Cherry Ventures LLC	Andrew and Jena Herring
New Hampton	56 Carter Mountain Rd.	Single-Family Residential	\$535,000	Jeremy J. Hiltz RET and Jeremy J. Hiltz	Andrew Seefeld
New Hampton	Lake Winona	N/A	\$345,000	Jason M. Haskell and Nonnie-Marie Estella	Anderson-Swartz RET and Robert P. Swartz
Plymouth	8 Blueberry Hill Rd., Unit 4	Condominium	\$175,533	Karen and James Detora	Sandra R. Gamble
Plymouth	5 Dodge Rd., Unit 5	Condominium	\$169,000	Andrew L. and Jena Herring	Alison D. Wenhart
Rumney	22 Bethel Ct.	Single-Family Residential	\$127,200	Robert W. and Thelma J. Baker	Brenda M. and Gavin A. Frament
Thornton	Diamond Ledge Road	N/A	\$13,000	Bonny J. Diefenderfer	Christopher R. and Alysha B. Gowen
Thornton	Mill Brook Road	N/A	\$38,000	Robert J. Katz	Suzanne M. Avedikian
Waterville Valley	18 Forest Knoll Way, Unit M1	Condominium	\$304,000	Faith E. Olarsch	William C. and Gloria L. Kelsey
Waterville Valley	48 Snows Mountain Rd.	Single-Family Residential	\$625,000	Patrick G. and Deborah A. Sullivan	Daniel Avery

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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

North Country Notebook

Fiddleheads and woodcock sally forth to grace the plate



By JOHN HARRIGAN
COLUMNIST

Fiddleheads and woodcock would seem to have little or nothing in common, but in my case they are firmly linked: In my younger years, I knew absolutely nothing about them, and beyond that had no clue that either one was fit for the table.

I’m reminded of this about now because the fiddleheads are almost ready to push their way up through the black soil of alder swamps; and after spending our mandatory seven months of winter far to the south, the woodcock are back.

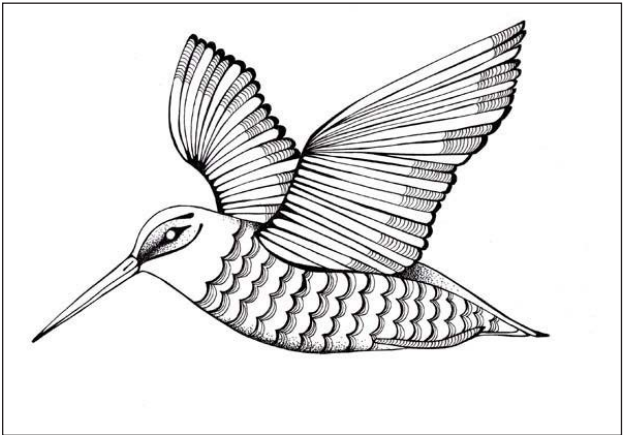
Looking back, knowing what I know now, I can’t figure out why such delectable elements of Mother Nature were absent from my childhood experience. Not knowing about fiddleheads is perhaps understandable, because they were not part of the culture, just as for some strange reason hunting with dogs has never been a big deal in my part of the North Country, and ditto for duck hunting. Just over that ridge, or just over into

that other watershed, all these and more were part of the fabric of life; around here, not so very much.

My bird-hunting days began at age 12 or so, when my parents more or less handed me over to best friends Rudy and Joan Shatney, to go live with them at Clarksville Pond. “You mean they just gave you away?” someone often will say at this story and others as I go over the hump of age 70, and the answer is yes. Rudy and Joan’s two girls were already busy, and they needed a boy to help them with their hunting and fishing and vacation cabins on Clarksville Pond, about ten miles and 500 feet higher up in elevation from my home in downtown Colebrook. And both sets of parents had long since concluded that I belonged in the woods, not on the village sidewalks.

So off I went, to just about the most idyllic, hard-working, rustic and backwoods life a boy could imagine. And one of the first things I learned from Rudy, one of the best-known guides in the state, was how to handle a shotgun.

He handed me out a single-barrel 20, which I



COURTESY — POETRY BOOKS; SAROJ OATEL

A rendition of a woodcock, difficult to capture on film because it flies so fast.

have thought ever since is the best way to start a kid out--and subsequently all of my kids began the same way. Along with the gun came lessons on the finer points of hunting partridges (grouse), and thus on fall afternoons, after whatever chores at hand were done, I was off into the woods.

The edges of alder swamps were good places to find birds, but every now and then I was distracted from being ready for grouse by this little bundle of feathers bursting forth close by my feet, emitting a frenzied peeping noise as it hit apogee a dozen feet overhead and zoomed off for parts unknown.

“Hey Rudy,” I said one night when I got back for supper. “What are those

little birds that get in the way of my bird-hunting?” and after hearing my description he replied “Woodcock,” and I thought nothing more of it. They remained, to me, just something I more or less kicked out of the way so I could concentrate on hunting the real thing.

Of course, later on in life, and not much later either, I was informed that these things were good to eat, and so when one of the more veteran hunting parties came up from Manchester one weekend and dressed out several woodcock for the table, I was invited to have some. “Ugh,” I thought upon tasting a bite, but of course did not say. “Mud, with an



COURTESY — PIXABAY.COM

A fiddlehead, bursting forth among other spring delights.

after-taste of worms.” And I’ve never graduated from that initial impression. You might as well eat a robin. Ardent woodcock-hunters are not very fond of this story.

So I continue to just sort of shoo woodcock out of my way so I can be ready for a partridge, which the rest of the world calls ruffed grouse, and there is no finer treat for me than

to bring home a couple of birds and dress them out and cook them up for supper, packing the breast cavity them with a wild apple and chive and bread stuffing and a healthy pat of butter, wrapping them in foil to bake at 350 for 30 minutes while I get everything else ready. Who gets to do this kind of thing, from right out the back door?

SEE NOTEBOOK PAGE A17

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Talk of the Towns

News from our Local Correspondents

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

A Star In The Woods

In the woods garden, a small Star Magnolia tree continues to gives us great pleasure. The two warm days helped make all the blooms open fully. The little tree is sheltered by a large Beech tree and a Hemlock. The beech doesn't leaf for another week. So the Star Magnolia has center stage!

Ashland

David Ruell 968-7716
davidruell@gmail.com

Friends of the Library Meeting

The Friends of the Ashland Town Library will meet at 7 p.m., this evening, Thursday, May 4, at the Library. The Friends will discuss the summer book sale and other topics.

Pizza & Pages For Teens

The Ashland Town Library will hold a Pizza & Pages event for those aged 12 and older from 5 to 7 p.m. on Friday, May 12, with free pizza, and a chance to hang out and talk about books and other subjects. Teens should sign up at the Library desk.

Community Garden

Some planting beds, four by eight feet in size, are still available for \$10 each for the growing season at the Community Garden on the grounds of the Ashland Elementary School. Sign up for your spot at the Town Office and come to a gathering at the Garden from 9 to 11 a.m. on Saturday, May 13. Advice from organic gardeners is available to participants.

Firefighters Golf Tournament

The Ashland Firefighters Association

will hold its 13th annual golf tournament at the Waukegan Golf Club on Saturday, May 13. For \$65 per person, the four person golf teams will get 18 holes, snacks, drinks, a meal, and the chance to win prizes. To register a team, send the team name and the team members' names, with the payment, to the Ashland Firefighters Association Golf Tournament, PO Box 856, Ashland, NH 03217. Teams can also register at the golf course at 11 a.m. on the day of the event. Play begins with a shotgun start at 1 p.m. Questions may be e-mailed to ashland-firefighters@yahoo.com.

Library Story Time

The Town Library will host a Story Time for school age children, with stories and crafts, from 6 to 7 p.m. on Tuesday, May 16. Children should sign up at the Library desk.

Red Cross Blood Drive

The American Red Cross will hold a Blood Drive from noon to 5 p.m. on Thursday, May 18, at the Legion Hall, 37 Main Street. Blood donors may enter for a chance to win two tickets to a Red Sox ball game at Fenway Park.

Science Center Pass

The Squam Lakes Natural Science Center opened for the season on May 1. Ashland Town Library patrons can get discounted admissions with the pass donated to the Library by the Meredith Village Savings Bank. The pass is good for two admissions for \$3 each and up to another four admissions for \$10 each. General admission rates are \$19 for adults, \$16 for seniors, and \$14 for children aged 3 to 15. (Children two and under are free.) So, the pass does provide significant savings. The Library can only issue one pass

per day, but will reserve a pass for up to one week in advance.

Campton-Thornton

Joël Freeman 536-3505
Fax 536-3508

bearfootfarm@aol.com

April 29, I walked into the barn to do my afternoon chores and was greeted by barn swallows. They were everywhere and they made it abundantly clear, I was not welcome. The very next day, they had all disappeared. It is early for them to nest in the barn but it was almost like they had come to do their spring cleaning and to make any nest repairs before they begin raising the next generation.

The Spanish Influenza

Join the Campton Historical Society on Monday, May 15 at 7 p.m. for "The Spanish Influenza," presented by Marion Girard-Dorsey from the UNH Speakers Bureau. The Spanish Influenza killed 20 million world-wide, at a conservative estimate, and lowered the average life expectancy in the U.S. by 12 years, yet it is a disease that few remember or know well. What was the Spanish influenza, how did it impact the U.S. and the world, and how did the U.S.-already fighting World War I-respond to it? It was a pandemic that it too important to forget because extent of involvement of average citizens and because of its impact.

Marion Girard-Dorsey is an assistant professor of history at the University of New Hampshire where she teaches modern world history, wartime propaganda and the history of espionage. Her research work is in the fields of European history, the history of medicine in the United State, history of law, and diplomatic and military history. She received her Ph.D. from Yale University.

The presentation will be at the Old Town Hall in Campton, which is handicap accessible, and open to the public. Refreshments will be served. For information

about the Society, check our Web site, www.camptonhistorical.org.

Church Services Resume at the Thornton Methodist Church

Thornton United Methodist resume it summer services which will be on the fourth Sunday of each month starting on May 28 at 1:30 p.m. Please join us.

Campton Library News

Join the Campton Library on Friday, May 19 at 6:30 p.m. for From Mickey to Magoo: The Golden Age of American Animation. From the 1920s to the 1960s, adult American theatergoers could anticipate a cartoon before each feature film. From Mickey Mouse to Donald Duck, Popeye, Betty Boop, Bugs Bunny, Daffy Duck, Tom and Jerry, Mighty Mouse, Casper the Friendly Ghost, and Mr. Magoo, the beloved cartoon "stars" were every bit as memorable as the Hollywood actors who shared the marquee. Many of these cartoons were redistributed as Saturday morning shows for kids of the next generation. Margo Burns offers an introduction to the people and studios that made these films and the changing technology, aesthetics, music, politics, and economics behind them, showing stills, characters, and clips from many of these beautifully hand-drawn films. At the end of her program, participants are treated to one of the classics in its entirety. The Campton Public Library is located at 1110 NH Route 175. For more information, call: 726-4877. Save the date!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South

Danbury Church

The regular Sunday worship service at the South Danbury Church will be at 11 a.m. on Sunday, May 7. Conversation and refreshments will follow.

On this Friday, May 5, The Backwoods & Blues Boys will play at the

church at 7 p.m. They'll be doing folk, blues, originals, and more, featuring Paul Hubert, Chicken Willie (a.k.a. Bill Camara), Dick Ackerman, Tom Herzig, and special guests.

And there will be more music the next week. Carl Hultberg will be presenting the History of Jazz on Vintage Records Friday, May 12, at 7 p.m. The program had to be postponed twice because of snowstorms, but surely the weather will be better in May.

Rebecca Rule Night

Blazing Star Grange hosted an evening with Rebecca Rule on Saturday, April 22. Over 70 people attended the evening. The gab fest, as Rule calls it, was a huge success. She promises to come back in a few years after she has more stories to tell. Following up with attendees, it was found that many folks didn't make the connection as to who was speaking because they didn't know her married name. Ads should have said... a.k.a. Becky Barker and those that were teens in the late '60's and early '70's knew her from her frequent visits and stays with her grandparents. She received a long period of applause and lots of laughs throughout the evening.

Danbury

Historical Society

Gary Ford announces: "we are doing it again"! Danbury Historical Society is hosting a community talk at the North Road Schoolhouse at the corner of North Road & Forbes Mountain Road on Sunday, May 7 from noon until 3 p.m. The last one in September was a huge success and many folks asked to do it again. You are welcome to attend the whole session or just a portion if you'd like. All are welcome to share stories about growing up or living in in Danbury including local folklore, oral histories, and community chat. Gary will be organizing this event and if you have any questions you can email him at gford15@comcast.net.

Double Feature

The United Church of Danbury and the Grange held a successful Dutch auction and chicken pie supper on April 27. The Dutch auction offered a lot of nice prizes and some great certificates. There were about 115 people served. The supper will feature roast pork and will be held on the evening of May 20.

Danbury Farm History

On Thursday, May 18 at 7 p.m., the Grange is hosting a program on Danbury Farm history with a slide show and memorabilia displays. Step back in time to connect with our farms of yesteryear. Light refreshments served.

Groton

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

Groton's Historical Society invites residents of Groton and all surrounding towns to gather at the Town House, 754 North Groton Rd. for a celebration of Memorial Day, Monday, May 29, 11 a.m.

Hebron's retired Rev. John Fischer will be Master of Ceremonies. His wife Linda will accompany our singing of a patriotic song. One hundred years ago the US entered WWI so we decided to focus on that in our program. Thanks to a grant from New Hampshire Humanities, GHS is able to have historian Carrie Brown present her program entitled "Rosie's Mom: Forgotten Women of the First World War".

Refreshments and conversation will be enjoyed after Ms. Brown's illustrated lecture.

All dog licenses were due by April 30th. If dogs are not licensed by June 1 there will be a forfeit of \$25 and a fine of \$1 monthly. Please come in to the Town Clerk's office and get this taken care of. You can license your dog(s) online if rabies certificates are current. Please bring in the current certificate to us or have the veterinarian fax it to us. Our fax number is 744-8803. License fees are as follows: Male or Female unaltered \$9, if spayed

SEE TOWNS PAGE A9

MAY SPECIALS

Summer show time

Velashape Body Sculpting Thigh Cellulite Treatment:
\$187.50 ea
(8 treatments)
(reg \$225 ea)
a \$300 Savings
Off Treatment Series

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May 19th Only

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Towns
FROM PAGE A8

or neutered \$6.50 and the first dog for an owner who is 65 or older \$2. Our office hours are M, W, and F - 9am to 4pm and Tuesday, 4-6 p.m.

There was a Planning Board Public Hearing on April 26 to discuss the Master Plan. This plan is still in review so if you have concerns, please contact the Planning Board. The Planning Board is still looking to put together a committee of citizens for input into this process. If you would be interested please contact the Town Offices. The revised master plan will be posted on the Town Web page soon.

There have been some problems at the dump with being able to get the containers out. Because they were full and no more room was available the Town has set up dumpsters at the Town Garage for the interim. The Town is sorry about this inconvenience. The road has been posted and they have not been able to take out the full containers from the dump due to the postings especially on the bridges. Perhaps by the time this article is published they will be back in business. Richard is back on duty and feeling much better. Thank you for all the well wishes on his behalf.

Meetings Coming Up:
Select Board Meetings will be held every first and third Tuesday, so the next few meetings are May 2, and May 16, all at 7 p.m. at the Town House.

Select Board Work Session Tuesday, May 2 at 4 p.m., and May 16 at 5 p.m.

The Conservation Committee will meet Thursday, May 11 at 7 p.m. at the Town House

The Select Board Office will be closed May 16 from 2:40 p.m. for the afternoon and Wednesday, May 24, the office will not be open till around 10:30 a.m.

Beginning May 1, the Select Board office will be open to the public from Monday through Thursday 9 a.m. to 4 p.m. to the public, and will be closed Friday, Saturday and Sunday.

The Road Committee will meet on May 23.

The Retention Committee will meet May 9 at 3 p.m.

Building Committee

will meet June 6 at 5 p.m. at the Town House.

Holderness
Fran Taylor 968-3846

Lakes levels quite high. Many docks nearly submerged. No information from the State as to why water levels aren't lowering at a faster rate.

Road postings on all town roads have been lifted.

The Holderness Select Board is hosting a pre-summer meeting for business owners and/or managers to discuss suggestions or concerns regarding issues that may affect local businesses during the busy summer tourist season. Meeting will be held at the Library on Tuesday, May 16 at 9 a.m. RSVP's welcomed at administrator@holderness-nh.gov.

Ticks are out. UNH Extension paper: "Biology and Management of Ticks in NH" contains valuable information. There are sprays available for clothing and skin as well as some treatments for lawns near edge of forest. Of course, for those living in the deep woods, best take all precautions.

May 4 PSU grad student will present her master's research on Phosphorus Concentrations in the Squam Watershed. This study helps to fill the knowledge gaps on the relation between precipitation, flow, P species, and flux in forested catchments in Northern New England region. Held on campus at Boyd Science Center, Room 001, off Highland Street in Plymouth.

For those eager to learn more about natural systems in New Hampshire, the PSU Center for the Environment will present a Science Brew Cafe at Biederman's Pub on Monday, May 8 at 5:30 p.m. Discussion will center on changing trends within forest management and their impacts

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on local communities and businesses.

Rec will be offering swimming lessons with instructor Audrey Hall this summer starting July 10 – 21 for ages four and up. More information at town web site.

Sign up the children ages five to 12 years old for Summer Escape. Group and individual activities, swimming, field trips and many other chances to have fun. Call Wendy at 968-3700 for more information or check Web site.

Rumney
Elise Saad (508) 981-4184
elise@infonetics-usa.com

Information for Rumney 250th
Are you a Rumney resident who yearns for an audience? Think you've missed your big chance at Hollywood or Nashville? Show us your hidden or not-so-hidden talent at "Rumney's Got Talent Show" on Friday, May 12 at 6:30 p.m. at Russell elementary School. This call for entries includes categories such as dance, voice, instrumental, comedy, spoken word and novelty acts by individuals and groups. Please contact Rachel Anderson at eranderson3@roadrunner.com or call 726-6895 to be a part of this fun, community event. For Russell Elementary School students, please contact Crystal Kenneally at ckenneally@pemibaker.org. Now practice, practice, practice!

Warren/Wentworth
Gary Jesseman 738-5372
garyj@together.net

Greetings, everyone! I hope you all had a good week. I know we need the rain, but I'd love to see at least a week of solid sunshine!

In WARREN, we have this news of an event at the Joseph Patch Library:

Join us on Saturday, May 13 at 1 p.m. as Jo Radner discusses Yankee Ingenuity: Stories of JHeadstrong and Resourceful People. Ms. Radner will share historical tales about New Englanders who have used their wits in extraordinary ways. She'll also raise questions about our admiration of ingenuity and the ethics of pursuing discoveries without taking potential outcomes into account. Both humorous and thought-provoking, this presentation will engage the audience in discussion about inventiveness and problem-solving.

Program begins at 1 p.m. and is free and open to the public. Light refreshment served. For questions, call the Joseph Patch Library at 764-7957 or email jpatchlibrary@yahoo.com. Parking in front or across the street at the Health Center. We hope to see you there!

The next Dinner and a Movie, sponsored by the Historical Society, will be held on May 20 at 5 p.m. at the Warren Village School. The Movie,

next in the great series by Sackett Productions, will be "The Birth Of Warren." I am going to preview this later in the month. Will keep you updated.

In WENTWORTH, don't forget the square dance held at the Elementary School on Friday, May 5 starting at 8 p.m.

Here is news from the race track:
Matt Pike Best in Show, Opening Day This Friday!

Over 30 slick and beautifully prepared Racing Machines were on hand Saturday, April 29 for The Legion Speedway's annual Car Show, held on the grounds of the Speedway. This was followed by a test and tune session that attracted a few additional cars that didn't participate in the show. Regulars in the O'Reilly Auto Parts Twilight Racing Series grabbed the top two spots in the Car Show with Sportsman Late Model regular Matt Pike taking best in show with his immaculate #27. Peanut's Auto Sportsman Modi-

fied regular Ricky Sanville was second best in the #92 with Sprint Cars of New England regular Christine Boesch completing the podium for Best in Show.

Anticipation for opening night this Friday, May 5th is high as the track was smooth and fast for the test and tune session. Opening night will feature the regular divisions of the O'Reilly Auto Parts Twilight Racing Series. The Peanut's Auto Sportsman Modifieds, Sportsman Late Models and the Rand's Hardware Outlaw Mini Stocks will be joined by the Winged Warriors of the Sprint Cars of New England.

The Legion Speedway is located on Route 25 at the Wentworth/Rumney NH Town line with racing every Friday Night at 7 p.m. For more information, visit www.LegionSpeedway.com.

That's all the news for now. Until next time, stay well, enjoy the spring weather, keep the umbrella handy and always remember to count your blessings!

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LOVE YOUR COMMUNITY:

Spend Locally!



Danbury Police Chief David Suckling, who also is an officer on the Alexandria Police Department, was joined by the two community’s joint Administrative Assistant Rebecca Huntoon for the collection of unwanted and expired medications last Saturday as part of the National Drug Take Back Day.

Local police report a successful prescription drug take-back day

BY DONNA RHODES
dhrhodes@salmonpress.news

ALEXANDRIA — National Drug Take Back Day on April 29 was a big success locally, when citizens brought their unwanted and expired medications to lo-

cal drop off locations in Alexandria, Bristol and Plymouth, where police departments then boxed them up for safe destruction. In Alexandria, the police set up a booth at the town’s Transfer Station

last Saturday where the public could conveniently drop off their medications that day.

“This has been really successful,” said Danbury Police Chief David Suckling, who also serves as an officer for the Alexandria Police Department. “The support has been overwhelming from both Alexandria and Danbury and people are 100-percent behind what we’re doing here today.”

Suckling said that he believes small towns such as Alexandria and

Danbury are often overlooked when it comes to the current drug crisis facing the state. In reality, rural communities also face serious drug problems. While supported by local residents, the support is not often recognized on the state and federal level, however.

He said he was recently encouraged by a personal visit from James Vara, the Governor’s Advisor on Addiction, where they discussed problems faced by small towns today that may

not always be found in larger communities like Manchester and Nashua.

During the course of the four-hour drug collection event, he reported that a large box, filled with hundreds of tablets, capsules and liquids were removed from homes in the area, which is a great step toward drug abuse prevention.

It has been shown that many drug addiction problems begin at home, making disposal of unnecessary drugs

important, but proper disposal of medications is also important to the environment. By flushing them into the water system, many of these medications have been found in the water table. People are encouraged to instead bring them to drop-off sites where they can be collected and incinerated by public health officials.

Locations of year round secured drop boxes can now be found at the Bristol, Plymouth, Belmont and Franklin Police Departments.

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Choose Your Future: A Series to Save Newfound Lake

Part III - Keeping your water clean: You and the Newfound Youth Conservation Corps

This is your land and your water – to protect what you love you have to take an active part. This third installment of our Choose Your Future series provides practical ways to protect your land and water, using sustainable, effective, and low-impact methods that last.

One important way to protect your clean water is carefully managing your yard, especially if you live next to a stream or lake. The healthiest approach is a landscape that mimics native and natural surroundings. A buffer of low bushes and shrubs along the shore is an ideal and attractive way to stabilize soil and slow runoff. Meandering paths to the waters' edge provide visual appeal and avoid becoming direct drains to your waterfront.

Carefully managed lawns provide welcome open space and light, but fertilizer can be clean water's worst enemy. Plants require small amounts of the nutrient phosphorus ("P") for healthy root growth. However, a little bit of P goes a long way, and too much is not a good thing for clean water! In fact, NH's shoreland protection act prohibits use of phosphorus within 25 feet of the waters' edge, and only limited use of approved fertilizers further inland from this critical boundary.

Here are a few tips if you are considering adding fertilizer to your lawn.

First, test your soil - you may not even need additional P.

Second, leave your grass clippings on the lawn, to return the natural P to its source.

Third, carefully follow all directions for applying P. Times of year, soil moisture, rain events, and soil requirements are all important considerations.

From our gardening maven (and NLRA Membership Manager) Karen Bemis:

Having your soil tested is very easy, and now (Spring) is the time of year to have it tested. You'll have the results in about three weeks.

To have your soil tested, go to: <https://extension.unh.edu/Gardens-Landscapes/Home-Soil-Testing> and print the appropriate form. Several different kinds of tests are available, a Standard Test is \$17 per sample and you will get the pH of the soil, and the levels of Calcium, Magnesium, Potassium, Phosphorus, and Lead. The results will show what the Optimum Range is for each mineral is and make the appropriate recommendations. Recommendations are made for both Conventional Fertilizer and Organic Fertilizer.

Next, take a sample from six to eight spots in each garden or lawn area you want tested. Each sample should be taken from a depth of six inches for gardens, six to eight inches for trees and shrubs, and three



to four inches for lawns. Samples can be taken with a spade, trowel, or auger. Mix these six to eight spots together to create a representative sample of the area.

Air dry and remove stones and other debris from your sample(s).

Submit 1 cup of dry soil in a clean zip-lock bag, labeled with a name unique to that sample (e.g. Front Lawn, Vegetable Garden), along with your payment.

Mail or bring samples

to: UNH Cooperative Extension, Spaulding Hall, Room G28, 38 Academic Way, Durham, NH 03824.

There is a wealth of information available and accessible to homeowners interested in managing their land to prevent stormwater pollution. Links to useful on-line resources include:

SOAK NH (attractive and practical ways to increase infiltration and reduce runoff), www.soaknh.org/.

Landscaping at the

Water's Edge (plants, grading, fertilizer use and application), www.extension.unh.edu/resources/files/resource001799_Rep2518.pdf.

Shoreland Protection Act (NH rules governing land use within 250 feet of protected waters, including Newfound Lake), www.des.nh.gov/organization/divisions/water/wetlands/cspa/.

Not sure of how to proceed with your own stormwater pollution

prevention project? The Newfound Youth Conservation Corps (NYCC) can help install simple and sustainable landscaping that prevents stormwater runoff, flooding, erosion and water pollution. If you are interested in a free visit to look for ways to improve your yard and protect your clean water, call the NYCC (744-8689), or register for a free assessment at www.newfoundlake.org/newfound-ycc/.

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DONNA RHODES

Students from New Hampton School, who will bring the ghoulish but fun Addams Family to the stage on May 13, were busy rehearsing their fun-filled yet slightly macabre finale last week. Shown from left to right are Leo Liang (Uncle Fester), Olivia MacLean (Wednesday), Jack Wagner (Lurch), Torre Davy (Gomez Addams), Micayla Williams (Morticia), Evan Dell (Pugsley) and Maggie VanDyne (Grandma).



DONNA RHODES

New Hampton School Junior Micayla Williams of Worcester, Mass., and senior Torre Davy of Moultonborough, practiced their dance moves with choreographer Meagan Francis last week as they prepare for the May 13 presentation of the school's Spring musical, "The Addams Family Young @ Part."

New Hampton School students bring the Addams Family to life on stage

BY DONNA RHODES
drhodes@salmonpress.news

NEW HAMPTON — They may seem creepy and spooky, mysterious and kooky, but the theatre troupe at New Hampton School is certain that people of all ages will still enjoy their musical presentation of "The Addams Family Young @ Part," and they are inviting the public to discover what happened once the iconic television family's daughter Wednesday grew up and fell in love. The musical is derived from the book by Marshall Brickman and Rick Elice, with music and lyrics by Andrew Lippa, and based on the characters originally created by Charles Addams.

"This is all about Wednesday falling in love and bringing a 'normal' family to meet the Addams'," said Director Joseph Sampson. "There's a lot of seniors that I'm going to miss next year, so when I was hunting for a spring musical I just thought this would be a lot of fun for them."

The actors all agree with his selection of a fun story based on all

things "ghoulish and macabre," but admit it also brings many unique challenges they look forward to meeting in their 2017 Spring Musical.

Senior Jack Wagner of Chicago has been tagged to portray Lurch, the towering, stoic butler of the Addams' family home. That, Wagner said, is far from his actual personality so he has been concentrating his efforts on keeping Lurch's straight face.

"The deep voice he has is tough too, but I'm working on it," Wagner said.

And while Wagner stands an impressive six-foot-five, his other challenge is Sampson's request to add a few more inches to his character's height. Last week Wagner strapped on stilts and joined his fellow actors in a dance rehearsal, where "Lurch" luckily doesn't have many fancy footsteps to perform.

Leading the troupe through their rehearsal though were Torre Davy of Moultonborough as patriarch Gomez Addams, and junior Micayla Williams of Massachusettes, who is the Addams'

family's beloved, but not always approachable mom "Morticia."

"I love her," said Williams. "Morticia is very serious and intimidating, but still very loving and caring about her family. She wants the best, and just wants to protect her daughter."

Torre said his role is fun, but admitted it is a bit challenging to play an already established character such as Gomez Addams.

"I'm really excited, though. The plot line is a bit different from the television show itself,

but it also show a different side of the Addams' when outsiders come in to the family," Torree said.

Another memorable character in the cast is "Uncle Fester," who is being portrayed by senior Leo Liang. Having grown up in China, Liang said he wasn't immediately familiar with "The Addams Family" as a television show, but a month ago he took to the Internet to see what was expected of him in the role.

"Uncle Fester's a really funny character

and I'm enjoying this a lot," he said.

Liang went on to state that his time at New Hampton School, and his involvement in several of their theater productions, has been a very rewarding experience.

"For many of us, this is our passion and everyone works really hard to do the best we can. Mr. Sampson is also the best to work with and that makes it all worthwhile," he said.

Everyone who wants to "get a witches shawl

on" and find "a roost that you can crawl on," is invited to come and take a call on the New Hampton School's fun-filled presentation of "The Addams Family Young @ Part."

The troupe will hold a one-night only performance at the school's McEvoy Theater on Saturday, May 13, at 7 p.m. Suggested donations for the performance are \$15 for adults, \$10 for children and students, and as a thank you to the community, New Hampton residents will be admitted for free.

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In Casey's world, not only is she the constant companion for Tom, her veteran owner; she is also his service dog in training. At the age

of just three, this lovely American Staffordshire Terrier is attending the College for Pets, based in Plymouth. She's a "dog with a job." Her day involves stewardship of her owner, Tom, who is a disabled veteran living in Moultonborough. She picks items up for Tom, assists him getting in and out of chairs, reminds him to take medication, and provides an unfailing, calming, sup-

portive and gentle presence 24 hours a day.

About six months ago, Casey tore her right cruciate ligament. Her trainer at American College for Pets thought it best for her to take a break from training, giving her body time to mend and recuperate.

Having recovered from the injury to her right knee, Casey has torn the ligament in her left knee — a common occurrence with such cases, as she's been compensating for the right leg for some time. Veterinary care will cost upwards of \$3,000, including surgical intervention on possibly both legs, antibiotic therapy, and post operative follow-up care.

Sadly, Tom cannot afford this expense, but he also cannot afford to be without Casey's support.

For now, this strong, stalwart canine receives pain medication only, but surgical repair is really what is needed in order for her to continue her work and certification to help Tom, her owner.

Tom has given years of service to his country, and hopes that the community will now come to his aid and assist Casey as she gives her service to him.

Want to help? Please make a donation, in any amount, at <https://www.plumfund.com/pet-fund/veterans-service-dog-needs-surgery>.

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Spring bird walk at Quincy Bog

Local expert Iain MacLeod leads first weekend walk of season

RUMNEY — The Quincy Bog Natural Area walks begin with a popular beginning bird program Sunday, May 14, designed to help you identify the huge variety of birds that fill our lo-

cal woods, meadows and wetlands each spring. Explore the differing habitats at Quincy Bog and learn identification by sight and sound. The walk will leave from the Quincy Bog Nature

Center at 7 a.m., and will continue through 9:30 a.m. The program is free and open to public. Iain MacLeod, executive director of the Squam Lakes Natural Science Center (SLNSC), will

lead the walk.

MacLeod joined SLNSC in 2006 after an eighteen year career with NH Audubon (NHA). His New Hampshire Audubon service included Vice President of Public

Affairs and Audubon's Director of Center Operations, overseeing the statewide education outreach efforts. Iain started his career in his native Scotland where he worked several years with the Royal Society for the Protection of Birds. He has birded in New Hampshire for more than 25 years and is a member of the New Hampshire Bird Records Editorial Team and NH Rare Birds Committee. He lives in Ashland.

Weekend walks take place periodically on Saturday or Sunday at the Bog (131 Quincy Bog Rd. in Rumney), May through October. Walks are free and open to the public, and will be held

(light) rain or shine, but may be cancelled in a severe storm. All walks leave from the Nature Center. Wear comfortable walking shoes; bring drinking water and bug spray. For more information or to check for cancellation, contact Betty Jo Taffe (786-2553, bjtaffe@gmail.com).

For a list of all the 2017 summer programs, including twice-monthly Wednesday evening talks and an edible and medicinal plant workshop June 4, visit www.quincybog.org. For more information or to register for the June workshop, contact Betty Jo Taffe at 786-2553 or email, bjtaffe@gmail.com.



COURTESY

Day Away program honors volunteers for service

For National Volunteer Appreciation Week, Day Away, a local senior day care, recognized all their volunteers for their help and contributions to the program. One volunteer was especially recognized for her part in Day Away. Five years ago, after visiting the first Day Away program in Merrimack, Fran Olson of Bridgewater felt a need to start the program for families in the Lakes Region. Olson brought her desire to start the program to a group of friends and parishioners at her parish, Holy Trinity, of Plymouth. Holy Trinity Parish generously offered to host the program in the hall of Our Lady of Grace Chapel in Bristol. In 2013, Day Away opened its doors to all eligible families in the Lakes Region, regardless of creed. Fran's recognition award was appropriately inscribed "Fran Olson...A Day Away... Because of You." Day Away provides a day of rest for caregivers of a loved one diagnosed with Alzheimer's or related dementia. At Day Away your loved ones enjoy a day on their own socializing, light exercise, games, a delicious lunch and a day of fun! Trained volunteers and an RN Director are on staff to provide a safe, stimulating environment for your loved ones. The program currently has openings. We encourage you to visit our Web site at www.respiteforcaregiverdayaway.wordpress.com. Shown in the photo is Fran Olson receiving her recognition award from Program Director, Sandra Coleman BSN, RN.

Carissa Gauthier inducted into Beta Gamma Sigma at CCU

CONWAY, S.C. — Carissa Gauthier, a management major from Plymouth was inducted into the Beta Gamma Sigma (BGS) honor society on Thursday, April 27 at Coastal Carolina University. BGS is the international honor society serving business programs accredited by The Association to Advance Collegiate School of Business (AACSB) International. Membership in BGS is the highest recognition a business student can receive in an AACSB-accredited business program.

The E. Craig Wall, Sr. College of Business Administration is a superb training ground for anyone interested in a successful business career. The

Wall College offers six majors (accounting, economics, finance, hospitality, resort and tourism management, management and marketing), seven minors (commercial and investment real estate, economics, international business studies, actuarial science and risk management, business administration, marketing and resort tourism management), online degree completion programs in marketing and resort tourism management, and two graduate programs (MBA and M.Acc.).

The Wall College is accredited by AACSB International.

To learn more, visit www.coastal.edu/business.

Coastal Carolina University is a dynam-

ic, public comprehensive liberal arts institution located in Conway, just minutes from the resort area of Myrtle Beach, S.C.

CCU offers baccalaureate degrees in 73 major fields of study. Among CCU's 21 graduate-level programs are 18 master's degrees, two educational specialist degrees, and the Ph.D. in marine science: coastal and marine systems science. The most popular undergraduate majors are marine science, management, exercise and sport science, communication and psychology.

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itive NCAA I athletic program, an inspiring cultural calendar, and a tradition of community interaction that is fueled by more than 180 student clubs and organizations.

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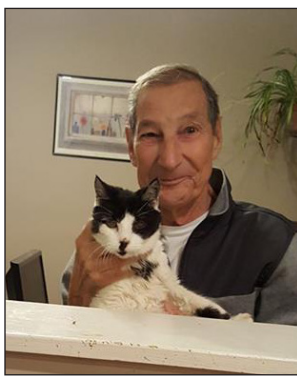
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FRANCONIA--Richard M. Prescott, of Franconia, N.H., passed away peacefully surrounded by family on Thursday, March 23, at Littleton Regional Hospital. He was 73 years young. He was born on March 2, 1944 in Woodsville, N.H. He attended Woodsville Elementary School and Woodsville High School. He went on to a technical school. He was married to Jeannie Clark (Jeannie Cornell) from 1964 to 1984, together they had two children, Loriann and Amie . Richard worked as an auto body repair man for many years in Franconia. He became a police officer in 1982 in Bethlehem. He attended the NH Police Academy in 1986. He was a police officer from 1982 to 1993. He worked for numerous towns in the local area.



After being a police officer, he went back to his auto body business. In his retirement years, he spent time with friends prospecting on the Wild Ammonoosuc. He was also active in the community, driving for the local food banks. He was an friend of the Franconia Community Church of Christ. He especially enjoyed Barry Jacobson’s Sunday services. In his last years, Richard volunteered his time to the Good Neighbor Food Pantry as well

Gerald G. Dickinson, 69

ALEXANDRIA — Gerald G. Dickinson, 69, died Wednesday, April 26. He was born in Laconia, the son of George and Dorothy (Durgin) Dickinson. Gerald spent much of his life in the greater Lakes Region area, working at various jobs. He most recently delivered the Penny Saver newspapers. Gerry enjoyed working on cars and especially old classic cars. Family members include his wife, Deborah Palm of Alexandria; four

brothers (Billy Dickinson of Campton, David Dickinson of Gilford, Allen Dickinson of Meredith, and Forest Dickinson of Ossipee); three sisters, Nancy Powers of Thornton, Mary Hoyt and Betty Gyer, both of Meredith; a son, Scott Durgin, and daughter Vicki Hanover, both of Laconia; step daughter Kenice Palm of Andover; and many grandchildren, nieces and nephews. At Gerry’s request, there will not be any formal funeral services.

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Richard M. Prescott, 73

as preforming maintenance duties at the Franconia Church as requested. He was predeceased by his father, Richard M Prescott, 1970; his mother, Charlotte Prescott, 1993 and his half-sister, Anita Pickwick in 1990. He was also predeceased by his beloved cat, 911. She was the center of his world from April 1995 until December 2016. There has never been

a more spoiled cat, the sun rose and set on her in his eyes. Richard was a thoughtful and caring person. He will be greatly missed. Richard is survived by his daughters: Amie Prescott of Epsom, N.H. and Loriann Jesseman and husband ,Jeffery Jesseman of Franconia, N.H. Richard has three wonderful grandchildren ,Keith James of Colorado; Inez Haynes

of Littleton, N.H. and Laura Prescott (which is expecting a baby boy in June) of Laconia, N.H. He also has three and wonderful great-grandchildren: Paityn Inez Haynes of Littleton, N.H., Carson and Garrett James of Wisconsin. He is survived by his sisters: Babe Charlotte Baker; Cora Sommers of Wells River; Vt.; Cheryl Prescott of Benton, N.H.; Cin-

dy Heath of Langdon, N.H.; his brothers, John Prescott of Newbury, Vt. and Asa Prescott of Woodsville, N.H. and his brother-in-law, Curt Pickwick of Lyme, N.H. A celebration of Richard’s life will be held in June in Franconia, N.H. Memorial donations may be made in Richard’s name to the Franconia Community Church of Christ, POB 237 Franconia NH 03580.

Lisa Helen Kalinoski, 54



spending time on the lake with her cousins. She also loved dancing and listening to music, she especially enjoyed spending time with her family, going to family gatherings, and most of all spending time with her dad. Lisa is survived by her parents, Michael

and Carol Faragi of New Hampton; her brother Michael and his wife, Nancy Faragi of Derry and their children, Michael and Jillian Faragi; Lisa’s cousins, Dawn Marie Shaw and her husband Robert of Saugus, Mass., Tammy Baiocchi and her husband Vinnie of Gilmanston, Peter and his wife Mary Ann Taylor of Derry, Brian Taylor of Meredith, and Kenneth and his wife Sheila Taylor of Ipswich, Mass.; her godmother, Frances, and her husband Richard Ales of Wakefield, Mass.; aunt Jeni Boccelli of Peabody, Mass.; her very special friend and caregiver,

Vicki Cam; and many nieces and nephews. A Memorial Service will be held at Saint Charles Borromeo Catholic Church, 300 NH-25 Meredith, NH 03253 on Saturday, May 6, 2017 at 11 a.m. In lieu of flowers, the family asks for donations to be sent to the Greater New England multiple sclerosis society, 101A First Ave., Waltham, MA 02451. The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements. To view Lisa’s online book of memories, go to www.mayhewfuneralhomes.com.

Robert Jonathan Corless, 91

WELLESLEY, Mass. — Robert Jonathan Corless of Wellesley, Mass. died peacefully on April 29, 2017. He was born in Joplin, Mo. on April 15, 1926 to the late George Bradford and Florence Wilkinson Corless. Robert (Bob) grew up in Houston, Texas, and was a graduate of the Massachusetts Institute of Technology and the Harvard Graduate School of Business, where he was a Baker Scholar. Bob served in the U.S. Merchant

Marines during World War II, followed by a successful business career, including as President of the American Olean Tile Company in Lansdale, Pa., and later as a professor of business at the Plymouth State College in Plymouth. He also had wide ranging personal interests, including a love of horses and dogs, hiking in the White Mountains of New Hampshire, running marathons, opera, music, and philosophy. Bob also enjoyed a long tenure with the

Harvard Institute for Learning in Retirement. He is survived by his loving wife of 68 years, Ellen Pitts Corless; children Robert Jonathan (Jon), Jr. of Pound Ridge, N.Y., Frances (Fran) Schrader of Castle Rock, Colo., Elizabeth (Beth) Hallet of Mahopac, N.Y., and Peter Corless of Wellesley, Mass.; grandchildren Chris Gatti, Rob Corless, Lynn Goldman, Stuart Corless, Abby Corless, Reid Corless, and Timothy Corless;

and great grandchildren Luca Gatti and Etta Goldman. A memorial service will be held on Saturday, May 13, 11:30 a.m. at The Country Club, Brookline, Mass. In lieu of flowers, donations can be made in Robert’s name to the Alzheimers Association, 309 Waverley Oaks Rd., Waltham, MA 02452 or online at alz.org. For directions or to share a memory with his family, please visit www.eatonfuneralhomes.com.

Minot-Sleeper Library announces Arts Program, seeks artists and artisans

BRISTOL — Minot-Sleeper Library will soon begin offering a variety of arts and crafts workshops to the Newfound community, all of which will be free to participants thanks to a generous donation in memory of Jeanne Litchfield Thompson. Jeanne Litchfield Caskie Thompson grew up on the shores of Pasquaney Bay. She attended Bristol Elementary School before moving to Massachusetts for her high school years. Her father, Captain John R. Litchfield, who also grew up as part of a family devoted to Newfound Lake, ran the Pasquaney Inn until returning to naval

duty during World War II, and later built a home on Whittemore Point. In 1970, Jeanne married her childhood friend, David Bruce “Timmy” Thompson. The two became summer residents at his family cottage on the shores of Pasquaney Bay for the rest of their lives. Their home was a way station for family, friends, and travelers. Jeanne’s artistic talents were displayed through her work with the Newfound Lake Region Association. As a graduate of the Vesper George School of Art, Jeanne was an artist of many mediums and taught art to elementary school chil-

dren with enthusiasm and devotion. It seems fitting to her family that her legacy to the area she loved be art and art education, and therefore have started a fund at the Minot-Sleeper Library to establish free Arts and Crafts classes for the Bridgewater and Bristol community. It is hoped that with the help of the Library Board and community, local artists will be given an opportunity to instruct any and all in the skills that will delight and enrich for a lifetime. It is also hoped these classes will be appreciated as a nod to the memory of Trevor

Brown, a Bristol native and Jeanne’s first love as well as another talented artist, who was killed in France shortly after the Normandy invasion of 1944. Artists and artisans who are interested in offering Arts and/or Crafts workshops at the library through this program should contact the library by calling 744-3352 or via email at librarian@townofbristolnh.org. All events will be free, open to the public, and posted at minotsleeperlibrary.org. Additional information will be available at the Minot-Sleeper Library, 35 Pleasant St., Bristol.

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Gathering for the LRCs Miles for Smiles 5K Race in Plymouth - this year's race will be held Saturday, June 10 at Smith Bridge in Plymouth with all proceeds supporting dental care for adults with disabilities.

Seventh Annual Miles for Smiles 5K Walk/Run set for Saturday, June 10

PLYMOUTH – On your marks...Get set... Smile! Runners, walkers, families, and school groups from across the region are gearing up for the Seventh Annual Miles for Smiles 5K Walk/Run. Since 2011 this event has raised much-needed funds to provide access to dental care for adults with disabilities.

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

“We are excited that the Miles for Smiles 5K will be our school season’s final event - the course and location are perfect! The students

and schools are proud to support Lakes Region Community Services in this local fundraiser,” commented Miles for Smiles volunteer and assistant coach Fran Gonsalves, from Plymouth Elementary School.

The USA Track & Field certified course is fast, flat, out-and-back, which starts and finishes at Smith Bridge in Plymouth. The professionally timed race starts at 9 a.m., with registration and check-in at 8 a.m. Runners and walkers of all levels are welcome to participate in this community-wide event.

LRCs provides services for adults with disabilities including resource coordination, employment services and residential support. While most services are

funded through state and federal Medicaid dollars, Medicaid does not cover the cost of dental care for adults over the age of 21 except for extractions. Providing access to dental care for this population of adults is extremely important because of the strong connection between oral health and overall health and wellness.

Sponsors

Miles for Smiles would not be possible without the generous sponsorship of dental and medical professionals and businesses who support the cause. This year’s sponsors include: Gold Crown Leaders: Finn & Finn Beautiful Smiles and Hiller Orthodontics. Silver Filling level: Well Sense Health Plan, Northeast Del-

ta Dental, NH Healthy Families and Region III Family Support Council. And supporting the race as X-Ray Level sponsors are Winnisquam Dental, Lakes Region Dental Implant and Tilton Family Dental.

Race Award Categories

There are Men’s and Women’s categories for Best Overall – 1st place. First to third place awards will also be given out for children male and female categories in the following age groups: 7-10; 11-14. First place awards will go to older teens and adults male and female in age groups 15-19, 20-39; 40-59 and 60 and over. All children 6 and under will receive finisher awards. As always, there is also an award for the Best

Smile Costume!

Registration

The pre-registration fee for Miles for Smiles, up to June 9 is \$20. Registration on the day of the race is \$25. Anyone who registers before May 10 will receive a free race shirt. To register online visit: <https://g2racereg.webconnex.com/smile5k2017>. Runners and walkers can also register by mail with a check payable to LRCs. Additional sponsorships are also available. For a registration form visit LRCs.ORG or contact Phoebe VanSchoy-Giessler giving@lrcs.org or call 581-1526 for more information.

Lakes Region Community Services is a non-profit, 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 the greater Lakes Region from birth throughout their lifespan.

At the core of LRCs’ work are inclusion, acceptance, and building strengths and partnerships – whether 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.lrcs.org.

Festival

FROM PAGE A4

A Wolfeboro series subscription for all concerts will be available for purchase.

With generous support from the Lincoln Financial Foundation and with new support from the New Hampshire Charitable Foundation, the New Hampshire Music Festival is excited to continue their third annual Music in the Mountains series presenting free informal concerts on lakesides and mountaintops. This year the series evolves to include a new set of events called ArtsWalks. On Friday mornings in select communities musicians will be performing along nature trails partnered with local artists who will be creating new work. At the head

of these trails, local conservation organizations will be present to provide guided walks describing their efforts to promote and improve the ecology of their specific region. Details about ArtsWalk events will be available on the Festival’s website – www.nhmf.org - along with other Music in the Mountains series concerts that will be taking place across the state, including a chamber concert at St. Gauden’s National Historic Site, a free series of concerts at the Taylor Community in Laconia, the fourth annual Make Music Plymouth with a free family concert on July 22 and the second annual New England Choral Institute.

Single tickets range from Free-\$75. Subscription packages begin at \$90. Subscriptions are

available for the Plymouth chamber series, the Plymouth orchestral series, and the Wolfeboro classical series. Free events include Make Music Plymouth, our Family Concert, ArtsWalks, and Music in the Mountains.

Tickets can be purchased online at www.nhmf.org or by calling the New Hampshire Music Festival Office at 238-9007 11 a.m.-4 p.m., Monday-Friday. Tickets can also be purchased in person at the NHMF office at 7 Main St., Plymouth, May 1-19 and at the Silver Center for the Arts for the remainder of the season at 114 Main Street., Plymouth, NH. Wolfeboro tickets can be purchased starting at 4 p.m. on concert days at the concert venue. Full season details can be found at www.nhmf.org.



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*Prices shown are for select fabrics. Excludes prior purchases. Offer good through May 15.

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Plymouth Congregational UCC celebrates 25 years of being open and affirming

PLYMOUTH — There is a lot to celebrate at Plymouth Congregational UCC! This church made the bold decision to become Open and Affirming (ONA) when no other Congregational Church in New Hampshire had made that commitment. Now there are 44 ONA churches in the state, and more to come.

Plymouth Congregational is proud to continue to be in the forefront of this civil rights movement, which is as important today as it was 25 years ago.

The public is invited to join in this joyful celebration. Here is the schedule for your convenience. Drop in on any part or come for all.

Opening Worship Service -Friday, May 5, 6:30 p.m.

The guest preacher on Friday evening will be Andy Lang, Executive Director of the ONA Coalition of the United Church of Christ. A combined choir from ONA churches around NH will perform and lead the singing.

ONA Mission Gathering-Saturday, May 6, 9 a.m. - 2:30 p.m.

Coffee and conversation, 9-9:30 a.m. Morning Worship with WildVine Jazz Group at 9:30 a.m. Several inter-



COURTESY

Susan Wei’s fabric art, titled “Celebrate Diversity,” at Plymouth Congregational UCC.

esting workshops will be available from 10:30 – 11:30 a.m. Conference Minister, the Rev. Gary Schulte, will lead us in a moment of worship and public witness on

the Common from 11:30 a.m. - noon.

Lunch will be served in the Fellowship Hall at noon. The keynote speech by Alex Myer, a transgender man, au-

thor, and social activist will be at 1 p.m.

“In Praise of Diversity”-An art exhibit

This exhibit is part of the ONA 25 Celebration. With art as di-

verse and meaningful as the topic itself, this exhibit is available for viewing in the church Sanctuary whenever the church is open and the Sanctuary is not in

use. This is usually 9 a.m. to 2 p.m. Monday through Friday, Sunday after morning services and by appointment any time until June 30.

Spring is coming...Imagine That!

BRISTOL — Spring really will get here, and we’re getting ready to celebrate. On May 4 at 7 p.m., the Friends of Minot Sleeper Library will sponsor an evening of fashion and fun. All are invited to this “ladies’

evening” at the library.

Nancy Spears, owner of “Imagine,” the new women’s specialty shop in Bristol, will entertain and educate the audience on the latest trends in fashion with an eye toward smarten-

ing up our “already in the closet” wardrobes. Her associate, Michelle Sistek, who among other things is an expert on tying and draping scarves, will add her ex-

pertise to the effort.

As you would expect from a Friends function, the décor will be festive with punch and pastries being served throughout the evening.

There is no fee for this party, but you are asked to reserve a spot by calling the library (744-3352) before April 28. Space is limited, so call soon.

NANA offers scholarships

REGION — In accordance with our mission to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities, NANA (Newfound Area Nursing Association) provides Scholarships to students living in the surrounding communities. These are awarded to individuals who are accepted into an accredited educational program in the health care field and are based

on the following criteria:

a. Applicants shall be residents of communities that NANA serves. Special consideration may be granted to non-residents who are past recipients of the scholarship monies or current NANA employees.

b. An accredited educational program is one that leads to a formal certification qualifying the individual for entry into a health care field.

c. The health care field shall be consistent with the health-related efforts of NANA.

Please submit your application and two letters of recommendation no later than Friday, April 28.

Applications are available at the NANA office, 214 Lake St., Bristol, NH 03222, or at the Newfound Regional High School Guidance Department. For more information, please call 744-2733.

Eligibility Requirements for Camp Mayhew Food Service Program Public Notice for the Summer Food Service Program

The Mayhew Program is participating in the Summer Food Service Program at Camp Mayhew in Bristol, NH. Meals will be provided to all eligible children free of charge. To be eligible to receive free meals at a residential camp, children must meet the income guidelines for reduced price meals in the National School Lunch Program. The income guidelines for reduced price meals by family size are listed below. Children who are part of households that receive Supplemental Nutrition Program (SNAP, formerly food stamps) benefits or benefits under the Food Distribution Program on Indian Reservations (FDPIR) or Temporary Assistance to Needy Families (TANF) are automatically eligible to receive free meals.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at Camp Mayhew from June 21 to July 15, and July 19 to August 12.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave., SW, Washington, DC, 20250-9410; (2) FAX: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

Income eligibility guidelines for July 1, 2016 to June 30, 2017 are as follows: Household size of 1, yearly income of \$21,978. Household size of 2, yearly income of \$29,637. Household size of 3, yearly income of \$37,296. Household size of 4, yearly income of \$44,955. Household size of 5, yearly income of \$52,614. Household size of 6, yearly income of \$60,273. Household size of 7, yearly income of \$67,951. Household size of 8, yearly income of \$75,647. For households over 8, please add \$7,696 to the yearly income.



May 18, 2017 PUBLIC HEARING MEETING Plymouth Planning Board

The Plymouth Planning Board will meet on **Thursday, May 18, 2017 at 6:30 PM** in the Plymouth Town Hall at public hearing to continue the review on the following application:

1. CONTINUED TO A DATE CERTAIN -- One Lot Subdivision on PID 207-001 Fairgrounds Road. Katharina M. Kelsey, Trustee, Trustees of the Undercliff Farm Trust, Denis L. Girard and Florence L. Leduc as owners of the property represented by agent Foreco LLC, Rumney, NH, propose the subdivision of one 50-acre lot from parent lot PID 207-001 (249 acres). The parcel to be subdivided exists in the Agricultural Zone.

2. SITE PLAN REVIEW -- EXPANSION OF USE PID 230-006 at 327 Daniel Webster Highway. Owner Alex Ray, Ashland, NH requests site plan approval for the construction of a disassembled barn to be used as an accessory structure for the Italian Farmhouse Restaurant. This structure will house events formerly held in the greenhouse structure on the property. This property exists in the Agricultural Zone.

3. BOUNDARY LINE ADJUSTMENT -- David Sanborn, owner PID 214-006 and Sharen J. Fuller Revocable Trust Of 2005, owner PID 214-005 request a boundary line adjustment totaling 1.5 acres from PID 214-005 to PID 214-006. The parcels are located at the intersection of Routes 3A and 25 in the Agricultural Zone.

4. SITE PLAN REVIEW -- CHANGE OF USE PID 214-006 – David Sanborn, Holderness, NH . David Sanborn, owner of The Last Chair Restaurant/Sublime Brewery Company located on PID 214-006 for change of use of three of the storage units currently located on the property from storage to relocation of the beer brewing operation currently inside the Last Chair Restaurant.

5. Boundary Line Adjustment – Merelise O’Connor 2013 Trust, owner 243-01 and 243-02. A request for an acreage adjustment between the lots by owner Merelise O’Connor. The properties are located at 1029 and 1031 Texas Hill Road in the Agricultural Zone.

Plans for the above applications are available for viewing at the Plymouth Town Hall, M-F from 8:00 AM to 4:30 PM. For additional information, contact Sharon Penney, Town Planner at 536-1731 or email at spenney@plymouth-nh.org.

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New Hampton School students lend a helping hand at Belknap Mill

LACONIA — The Belknap Mill Society was thrilled to have some helping hands from the New Hampton School assisting recently with preparing the building for the summer season!

Six energetic students from New Hampton School, along with their advisor, dedicated an entire day of service to the Belknap Mill on Monday, April 17. The students, all members of the graduating class of 2017, made quick work of cleaning and organizing over 250 pieces of furniture and washing windows in the Power House Museum. Their efforts help to prepare

the Mill for this year's Industrial Heritage Program which kicks off for the season on May 3.

The New Hampton School, a co-ed boarding and day school for grades nine – 12, hosts four community service days annually. This school year alone, the school has partnered with more than 45 different community organizations, elementary schools and assisted local neighbors. The students agreed that spending time with their advisor, visiting interesting places and seeing New Hampshire were highlights of their service days.

The Belknap Mill Society is a 501(c)(3)



Pictured, left to right, are New Hampton students Emma and Maddie, Student Advisor Erin, Taylor, Julia and Barbara.

Notebook

FROM PAGE A7

Fiddleheads are another matter. I don't know why they are not and never were part of the local legacy and lexicon, like dandelion greens. It's a cultural thing, I guess. Whatever the case, I never found out until relatively late in life that fiddleheads not only can be eaten, but very well should be. In the fall I am an ardent picker of blueberries and raspberries and any other edible berry I can find, and now, in the spring, I pick fiddleheads.

This does not require much of an expedition, because fiddleheads pop up right behind my wood-burning furnace, in the little alder swamp that runs from South Hill Road all the way down to the north branch of Beaver Brook. Fiddleheads are appearing just about now in New Hampshire's southern climes. Given the disparity of seasons between Concord and

Colebrook, about one week of growing time in the spring, we should be picking fiddleheads sometime around the end of next week.

Fiddleheads are the sprouting, coiled fronds of the ostrich fern. There are other fern-fronds that sort of look like the same thing, but are not very good to eat, and in some cases can make you sick. The ostrich fern fronds can be identified by the U-shaped groove on the underside of the stem.

These coiled sprouts do indeed look like the curved top end of a fiddle, just above the tuning pegs, and can be found in seasonal wetlands all over the state. Good manners dictate that you seek landowner permission before picking a bunch for supper.

Fiddleheads are a pain in the butt to clean, but Steve Roeder of Gilford, who haunts camps and roams the landscape up in my territory and is involved in the care and feeding of a camp

on Boundary Pond, clued me in on a pretty simple trick. If you've got a crayfish or other fine-mesh wire trap, throw your fiddleheads in there and submerge the trap in running water, which in a few minutes of tumbling will wash the small brown membranes right off, a necessary step for good cooking.

Steve sautes his in garlic and butter in a cast-iron pan. They're pretty good that way. I steam mine for about ten minutes and serve them up with butter and

a touch of vinegar.

"Yum," I'm thinking as I write this, anticipating it all in a week or so. But sorry, timberdoodle lovers--the taste of woodcock will always make me think "Worms."

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement. Built in 1823, the Belknap Mill, New Hampshire's Official Meetinghouse, is the oldest unaltered textile mill in the United States

and is recognized on the National Register of Historic Places as a site worthy of preservation. The Society relies on the continued support of donors and its members. To learn more about the Belknap Mill Society, to make a donation or to learn about becoming a member, visit www.belknapmill.org or email operations@belknap-mill.org.

**ATTENTION
HOLDERNESS RESIDENTS**

Holderness residents please complete the survey for Holderness Central School located on our website at www.hcs.sau48.org.

Survey will be open until May 15th.

**NOTICE OF PUBLIC HEARING
TOWN OF HEBRON**

**EXPLANATION OF
SPECIAL TOWN MEETING**

The Hebron Select Board will be holding a Public Hearing on **Tuesday, May 9, 2017 at 7:00 p.m.** in the Hebron Community Hall located at 16 Church Lane to explain the reason and to hear public comment on the necessity for the Special Town Meeting. The Special Town Meeting will be held on Tuesday, May 16, 2017 to correct a procedural defect in the posting of the 2017 Warrant and Budget for March Town Meeting. The public is encouraged to attend.

Hebron Select Board
Patrick K. Moriarty, Chair
John W. Dunklee, Vice-Chair
Eleanor D. Lonske, Member

Nizetic, Gabriel advs.
Attorney Discipline Office - #16-026

SUMMARY OF PUBLIC CENSURE

The Committee approved the facts as stipulated by clear and convincing evidence. It further found that Gabriel Nizetic's conduct violated Rules of Professional Conduct 3.1 and 8.4(a), as stipulated.

The Committee also concluded that a public censure is appropriate. Its sanction is in accord with the purposes of attorney discipline. See e.g., Conner's Case 158 N.H. 299, 303 (2009); Richmond's Case, 152 N.H. 155, 159-60 (2005). The sanction is also in accord with the ABA Standards for Imposing Lawyer Sanctions (2005) ("Standards").

The Committee issued a Public Censure, and reimbursement of all costs associated with the investigation and prosecution. An Order is available on our website at www.nhattyreg.org and at the Attorney Discipline Office at 4 Chenell Drive, Suite 102, Concord, NH 03301.

April 26, 2017
Barbara J. Guay
Legal Assistant

**HOLDERNESS PRIVATE SCHOOL
PUBLIC NOTICE**

In accordance with RSA 7:19-a, Holderness School is making the following public notice. During the 2016-2017 school year, Ms. Robin Peck, spouse to the Head of School Phillip Peck, is serving as the school's Special Events and Stewardship Associate.

During the year Ms. Peck is planning, organizing, and hosting on-campus events for a variety of constituencies, and aiding in the school's stewardship program to promote institutional and advancement goals.

For these services, Ms. Peck is paid a salary of \$20,800.

**Ashland Elementary School
Kindergarten Registration**



**Thursday May 11, 2017
Please call for appointment
603-968-7622**

Ashland Elementary School
16 Education Drive
Ashland, NH 03217

Children who reach the age of five years on or before September 30, 2017 are eligible for kindergarten.

TOWN OF HEBRON

The Supervisors of the Checklist will be in session upstairs in the Selectmen's Office Building on **Saturday, May 6, 2017, from 11:00 to 11:30 a.m.** This is an opportunity to register, and/or make corrections to the Hebron Checklist prior to the Special Town Meeting on Tues, May 16, 2017 at 7:00 p.m. Voting will be downstairs in the Community Center. (a/k/a basement of the church)

Supervisors of the Checklist
Barbara Brooks • Sandra Cummings • Audrey Johnson

**HOLDERNESS PLANNING BOARD
PUBLIC HEARING NOTICE**

Thursday, May 18, 2017 • 6:30 P. M.

Notice is hereby given that a meeting and public hearing will be held at the Holderness Town Hall on Thursday, May 18, 2017 at 6:30 P.M. The meeting will address both the submission and acceptance of completed Applications as well as a public hearing on the merits of the following application:

Case #2017-04: Site Plan Review Application for a change of use on property located at 1412 NH Rt. 175, identified as Tax Map 210-004-000, owned by Dova Properties, LLC, Donald Stoppe, Member, located in the Commercial District, in accordance with the Town of Holderness Site Plan Review Regulations. A list of possible uses will be presented for Board approval.

Holderness Planning Board

**PUBLIC NOTICE
STATE OF NEW HAMPSHIRE
SPECIAL TOWN MEETING
TOWN WARRANT
HEBRON, NH**

To the Inhabitants of the Town of Hebron, in Grafton County, the State of New Hampshire, who are qualified to vote in Town affairs:

You are hereby notified to meet at the Hebron Community Hall, 16 Church Lane in said Hebron on Tuesday the 16th of May, 2017 next at 7:00 p.m. to act upon the following subject:

1. To see if the town will vote to ratify the results of the March 14th annual meeting even though the statutory requirement to post the MS-636 Budget Form with the warrant were not met. (Majority vote required) Given under our hands and seals this 20th day of April, 2017.

Attested:
Hebron Select Board
Patrick K. Moriarty
John W. Dunklee
Eleanor D. Lonske

Ashland

FROM PAGE A1

quest the Governor and Council to hold a special election to fill the vacant seat.

Public Works Director Tim Paquette presented a quote of \$98,342 to chip-seal three miles of North Ashland Road and asked that the sum be taken from the Road Improvements capital reserve fund. The road was shimmed last year in the expectation that it would be sealed this year. Paquette emphasized the need to preserve the pavements of decent roads, so that they will not deteriorate to the point of needing complete reconstruction, as has happened with Thompson Street.

When asked about the bid process, he explained that the company was the only one in the region that did chip-sealing, the nearest competitor being in western New York. He stated that the company was reliable, having been in business for decades. The selectmen voted 3 to 1 with 1 abstention, to use the capital reserve fund for the North Ashland Road project.

The selectmen also approved a \$7,500 con-

tract with the Lakes Region Planning Commission to develop a pavement management plan for the Town roads. Their specialist will review the municipal roads with the Public Works Director, analyzing their condition and needs, to develop a long term plan for every road. The Commission is already working on a culvert management plan for the Town. Paquette, who has taken courses on pavement preservation, felt that Thompson Street and Smith Hill Road would remain at the top of the list of roads needing work, but that it was important to preserve other roads so that they do not eventually need major reconstruction.

Parks & Recreation Director Ann Barney asked that the Summer Vacation Camp be extended to seven weeks from the six weeks of last year. She explained that the cost of an extra week would be about \$2,000, but that would be offset by the fees from as few as 16 kids. She was confident that the extra week would attract more participants, so the revenues would exceed expenses. She asked for a quick decision, as registration

begins on May 17, and she had to know how long to hire the summer camp employees for. After some discussion, the selectmen voted 2 to 1, with two abstentions, to add the extra week. She also asked the selectmen to approve a new metal roof for the old bathhouse that now serves the campground. They voted the estimated \$3,465 cost, which will come from the Building Improvements Fund. Barney also explained that the problematic gas stove in the Booster Clubhouse kitchen would be removed by the Common Man crew, and the propane tank and pipes by the propane company. She had decided, after consulting with Food For All, to install just one electric stove. The new stove and the necessary wiring will cost under \$800.

The Town's Building Inspector has been working without a formal contract, so a three year contract was drafted. The only objection to the proposed contract was the length of the agreement, so it was approved for just one year.

Ashland was among the many New Hampshire towns that postponed the March 14 town election because

of the heavy snowstorm, in this case, to March 16. After much controversy, the legislature gave selectmen the power to ratify or confirm the results of those rescheduled elections following a public hearing on the issue. The selectmen agreed to hold the required public hearing.

There was more controversy about the proposed selectmen's handbook. The plan was to review the handbook to see what sections should be changed before its adoption. The discussion soon became a debate about what a "conflict of interest" was and how it might apply to the Board's chair, who is the wife of the chair of the Water and Sewer Commission. The selectmen soon decided to postpone what will probably be a long discussion to another time.

The Selectmen, who must approve all alterations to the Town-owned but Historical Society-operated Whipple House Museum, confirmed decisions to allow the installation of an apartment bathroom fan and a railing around an open stairway, but spilt on the Society's request to remove two

trees near the building, allowing the removal of a dying tree, but asking the Society to get professional advice on the healthier tree.

The selectmen decided to revive the Housing Standards Board, appointing Kendall B. Hughes to serve on it and asking for volunteers to fill two other vacancies. The Fire Chief and Health Officer are ex officio members. Since Chair Fran Newton is also the Health Officer, she can serve as the liaison from the Selectmen. The selectmen also appointed Cheryl Cox to the Economic Development Committee.

The Ashland Transportation Advisory Committee needs to be reorganized for the year. It was agreed that Sivalingam, the selectmen's representative, would arrange the meeting for the reorganization. A proposal to hire an outside engineer to review the Thompson Street-Smith Hill Road project was referred to the Committee. The selectmen discussed times for meeting with Primex representatives and the town department heads to consider Town goals and objectives. The Public Works Director was

asked to research lighting for the new flagpole at the ball field. The board approved printing certificates of appreciation for town officials of the last five years and talked about the Volunteer Day planned for July 20 in memory of Norm DeWolfe. Volunteers are needed for the Volunteer Day Committee. Sivalingam distributed reports from the Water & Sewer Commission, and Selectman Leigh Sharps reported on the recent activities of the Planning Board and the Pemigewasset River Local Advisory Committee, as well as a conference attended by Planning Board and ZBA members. The Code Enforcement Officer has made the annual inspection of Ashland's only junkyard at Buskey's Auto.

The selectmen approved the draft of a letter tentatively supporting the installation of a distillery in the old Scribner mill. Newton announced that some planting beds are still available at \$10 for the growing season in the Community Garden. The selectmen have been invited by CADY to a regional summit on the drug crisis on May 22.



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2007 Hyundai Accent 4-Door, A/C, 4-Cylinder Automatic  \$3,995	2009 Toyota Tacoma Access Cab, 4-Door, 4x4, 5-Speed 4-Cylinder  \$13,995	2011 Ford Expedition 4x4, V-8, Leather, Loaded 3rd Row Seating  \$17,995	2006 Nissan Frontier LE, Crew Cab, 4.0L, Automatic, V-6, Loaded 4-Door  \$9,995	2012 Mazda 3 Touring, 4-Door, 4-Cyl., Loaded, Low Miles 6-Speed  \$8,995
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2006 Ford F-350 Super Cab, 4-Door, 4x4, Dually, Knapheide Utility Body, Stainless Steel Blade Powerstroke Diesel  \$12,995	2009 Ford F-350 Reg. Cab, 8-Ft. Bed, 4x4, Loaded, Fisher Plow Powerstroke Diesel  \$21,995	2006 Ford F-250 Utility Body, 4x4, Automatic, Fisher Plow Only 84k  \$15,995	2013 Chevy 2500 HD Ex-Cab, 4-Door, 4x4, 6.0L, Loaded Only 68k  \$28,995	2004 Ford F-250 Super Crew, 4-Door, 4x4, Lariat, Leather, Curtis Plow Powerstroke Diesel  \$15,995

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DONNA RHODES

The cast of the 2017 Dancing with the Community Stars took a final bow at the Flying Monkey Theater in Plymouth last Sunday afternoon before winners of this year's event were announced.

Dancing

FROM PAGE A1

for Humanity's Executive Director, Frank McClain.

Judging this year was entertainment in itself for all who packed the theater in Plymouth. Local actor and PSU affiliate Fran Page, PSU English professor Ann McClellan and Camp-ton Elementary School Music teacher AJ Cop-pola manned the white boards and gave out some very creative votes from their box seats in the theater.

Using pictorial "emo-jis" versus numerical scores on their scoring boards, dance couples were awarded flames, stars, dashboard hula dancers, nachos, toilet seats with the lid up, puppies and more. Cop-pola even told retired Holderness School music teacher David Lockwood his tap dance was so great, that as a fellow music instructor, he wrote a symphony as his

vote on the white board.

Entertainment also came from the stage, not just the judges box. After each performance the emcees appeared in a fun costume but follow-ing Tina E's sultry dance Morrison and Barnley bot came out with face-masks on.

"That dance was smoking hot, that's why we needed these masks," Morrison said.

Capping off the after-noon was a performance by the Plymouth State University Contempo-rary Dance duo of Mol-ly Henry and Nicole Marquis, whose touch-ing dance was choreo-graphed by Plymouth Regional High School graduate Maya Infasceli.

They were then fol-lowed by energetic acts from both the local White Mountain Jazzer-cise crew and the talent-ed Plymouth State Uni-versity Dancers.

This year there were two winners de-clared in Dancing with

the Community Stars. While voting was close, Jeff Brode and his star Christy "Tink" Coppin took home the Judge's Trophy for "amazing footwork and incredible concentration" to the song "Let's Get Loud."

The Voices Award, presented to the com-munity dancer bringing in the highest amount of donations this year, was awarded to Waterville Valley's Public Safety Director Chris Hodges who danced to the song, "Cleopatra."

Hodges said the en-tire experience was re-warding for him as he learned how to step out-side his comfort zone and do something new. His professional part-ner Noelle Ferris of PSU was pleased with his commitment to their dance and said he did everything she asked him to do. She even came to trust him with a few technical lifts in their poignant perfor-mance, which told the story of a couple from



DONNA RHODES

Well-known local resident Christy "Tink" Coppin of Ashland and her professional dance partner, Jeff Brode, were awarded the highly coveted Judges Award for their outstanding dance performance at last weekend's Dancing with the Community Stars fundraiser for Voices Against Violence.

the beginning of their romance until their passing.

"He had a lot of his own input and real-ly wanted our dance to have a story and a meaning. I learned a lot from this, too," Ferris.

Before Dancing with the Community Stars even got underway

last Sunday afternoon, Hodges had already raised more than \$2,000 for Voices Against Violence.

"The community has been so supportive of what I was doing and I can't thank everyone enough for their dona-tions," he said.

To learn more about the mission, educa-tional outreach, and support for those in crisis provided by Voic-es Against Violence, please visit them online at www.voicesagain-stviolence.net, or call 536-5999 for more infor-mation.

Student

FROM PAGE A1

them. She is very talent-ed, skilled and motivat-ed making her success-es frequent and fun to watch. I'm lucky to have the pleasure to be a part of it."

"When I found out that I was named to the team, I was freaking out in disbelief. I am very excited for this and for the opportunities I will have because of this," said Henderson. "As a member of the Rookie Team, I will have two weeks of training camp at Mam-

moth in May, two more weeks in June, and a week at Mt Hood in July. Based on my Rev-olution Tour results, I have received starts in all the World Cups and Olympic qualifiers for next season. My results from those events will determine whether I am qualified for the 2018 Olympics, the top four Americans in the stand-ings will qualify. I am currently in sixth after

the first qualifier which was last January."

Each athlete accept-ing the nomination to U.S. Freeskiing receives world class program support, along with ac-cess to the USSA Center of Excellence, as well as athletic benefits includ-ing an elite coaching, sport science, sports medicine and high per-formance staff, and edu-cational opportunities.

"Grace's focus and

commitment to her sport motivates our en-tire WVA and WVBBS community. We are very proud of her se-lection to the US Team and look forward to her competing as a national team athlete from our school and the state of New Hampshire," said Peter Stokloza, Water-ville Valley Black and Blue Trail Smashers CEO and Head of School for WVA.

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Trot
FROM PAGE A1

walk/run distances that led them on designated routes through the town of Plymouth. While seasoned runners opted for the more strenuous 10K distance, others jogged, walked or pushed baby

strollers along the 5K and 2K courses.
“This has become an institution on our community, and it’s good to see everyone come out to take part in the Circle Trot each year,” said the program’s Executive Director Kathleen Kearns.
For the first time in

recent memory, the day was met with sunshine and seasonal temperatures, unlike past years, when rain and snow challenged walkers and runners who came out to support the program.
“This has been not only our biggest turnout, but our best weather yet,” Kearns said.
One of the walkers, State Rep. Suzanne Smith of Hebron, has taken part whether there was rain, snow or sunshine every year since the Circle Trot began though.
“The Circle Program is such a great, great opportunity for young girls, and the Circle Trot is just a wonderful way to meet new friends and come out to take a

walk with old friends,” Smith said.
Young friends gathered to be a part of the event as well. Plymouth Regional High School Cross country teammates Ainsley, Hailey, Randall, Kyle, Garrison and Ethan all teamed up for the 5K race, and while the young men opted for standard running apparel, the girls added a little extra sparkle to their day.
“We always like to wear tutus when we’re running in a 5K just to have some fun,” said fifteen-year-old Ainsley of Thornton.
“It’s not something we do for a cross country meet, though,” her teammate, Hailey of Rumney, added with a

smile.
Besides participation by Plymouth’s younger school community, students from Plymouth State University are also an integral part of the event’s success. Kearns said the university has now added participation and organization of the Circle Trot to the curriculum for their health and wellness programs.
“The students help set up the course and bring in volunteers for the day to help us out. With just a full time staff of three, I don’t know how we could ever make this event happen without them,” she said.
Kearns also credited the Circle Girls, their mentors and other pro-

gram volunteers for all the time and energy they, too, put into the event each year.
All proceeds from the Circle Trot will now benefit the girls through summer camp experiences, mentoring and year round activities.
Circle Program is celebrating its Silver Anniversary in 2017 and will be hosting a special “25 Years and S’More” dinner on Aug. 19 at their camp headquarters located on Spectacle Pond in Groton. On Sept. 3, their 10th annual Circle Triathlon will also be held at Riveredge Marina in Ashland. For more details on these events and more, please visit them online at www.circleprogram.org.

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WHAT'S ON TAP

The local high school teams will see plenty of action in the coming week as the new month gets into full swing.

The Plymouth boys' tennis team will be hosting Kennett today, May 4, at 4 p.m. and will be hosting Trinity at 4 p.m. on Thursday, May 11.

The Bobcat girls' tennis team will be at Kennett at 4:30 p.m. on Friday, May 5, will be hosting Manchester West at 4 p.m. on Monday, May 8, and will be hosting Windham at 4 p.m. on Wednesday, May 10.

The Plymouth baseball and softball teams will be at Kennett at 4:30 p.m. on Friday, May 5, will be hosting Coe-Brown at 4 p.m. on Monday May 8, and will visit Bow on Wednesday, May 10, at 4:15 p.m.

The Bobcat lacrosse boys will be hosting Con-Val on Friday, May 5, and will be at Gilford on Monday, May 8, both at 4 p.m. and will be at Milford for a 4:30 p.m. game on Wednesday, May 10, before returning home to host Belmont at 5:15 p.m. on Thursday, May 11.

The Plymouth girls' lacrosse team will be at Con-Val at 5 p.m. on Friday, May 5, and will be hosting Gilford on Monday, May 8, at 4 p.m.

The Bobcat track team will be at Oyster River for a 4 p.m. game on Tuesday, May 9.

At Newfound, the baseball team will be at Newport today, May 4, at 4:30 p.m.,

SEE **ON TAP**, PAGE B5

Bobcats double up Knights in vacation week tilt

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — While most tennis teams were off for the vacation week, the Kingswood and Plymouth tennis boys did battle in Wolfboro on Thursday, April 27, the lone match over vacation for both teams. The match was rescheduled from April 19.

The two teams split the first four singles matches to get the match off to a good start.

First off the course was the number three match, where Kingswood's Russell Lucia defeated Plymouth's Jackson Morrill by an 8-4 score.

The match at number one was next off the court, as Plymouth's Graham Pogue defeated Kingswood's Noah Smith by an 8-6 score.

The number two match also finished with an 8-6 win for Plymouth, as Adam Means of Plymouth defeated Jake Merrill of Kingswood.

The longest singles match came at number four, where Plymouth's Roger Babin and Kingswood's Aaron Kust battled back and forth, with Kust eventually pulling out a 9-7 win.

The Bobcats captured the final two singles matches to take a 4-2 lead to the doubles. First off among the final two singles matches was the match at number six, where Plymouth's Jeffrey Stewart, in his first match, defeated Kingswood's Greg Bush by an 8-4 score. Jackson Palombo rounded out the singles with an 8-4 win over Matt Horton of King-



Adam Means prepares to return a shot during his team's game in Wolfboro last week.

JOSHUA SPAULDING



Jackson Palombo gets airborne as he returns a shot in action against Kingswood.

JOSHUA SPAULDING

swood at number five to close out the singles.

The number one doubles match ended up deciding the final outcome, as Pogue and Babin teamed up to defeated

Smith and Merrill by an 8-6 score. The Bobcats led the match by a 6-3 score before the Knight duo came back and tied the match at six before the Bobcats put the match away.

Kingswood did get the win at number two doubles, as Kust and Lucia picked up an 8-6 win over Means and Morrill.

The final doubles

match featured Horton and Bush for Kingswood against Stewart and Palombo for Plymouth, with the Bobcats pulling out the win to close out the 6-3 victory.

Kingswood, which fell to 3-3 with the loss, will be in action again on Friday, May 5, at Portsmouth at 4 p.m. before returning home to host Trinity on Monday, May

8, at 4 p.m. and Pembroke on Wednesday, May 10, at 4 p.m.

Plymouth, which improved to 4-2 on the season, will be hosting Kennett today, May 4, at 4 p.m. and will be hosting Trinity at 4 p.m. on Thursday, May 11.

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

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JOSHUA SPAULDING
Zach Ross moves around a defender during action against Monadnock last week.



JOSHUA SPAULDING
Nolan Farina had three goals for Plymouth against Monadnock on April 25.

Huskies race by Bobcat lacrosse boys

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — According to one New Hampshire television station, it was supposed to be pouring cats and dogs in Plymouth on Tuesday afternoon, April 25, as the Plymouth lacrosse boys were slated to host Monadnock.

However, the only cats and dogs that showed up were the two

teams, as the rain held off for all of the varsity games and the Huskies defeated the Bobcats by a 10-5 score.

“They had a lot of time of possession and that made it tough on offense,” coach Glenn Mausolf said. “We just couldn’t secure as many ground balls as we wanted to.

“The fields and conditions weren’t ideal but it’s the same for

both teams,” the Bobcat coach said. “They were able to make the adjustments.”

Out of the gate, Plymouth got some quick shots, with Matt Rossner and Tyler Morrison getting bids but they were turned away by the Monadnock goaltender. The Huskies had their own chances but one went wide and Chris Patnaude made a save in the Plymouth net on an-

other bid.

The Bobcats got on the board first when Connor Magowan worked around the defense and fired a lefthanded shot past the Husky goaltender for the 1-0 lead with 7:10 to go in the first quarter.

The Huskies bounced back with a quick goal just more than a minute later, as a bounce shot eluded Patnaude and went into the net for the tying tally.

The Huskies got the better of the chances for the rest of the first quarter, forcing Patnaude to make a couple of saves and sending a few shots wide of the net. Rossner had the lone bid for the Bobcats in the final few minutes, but his shot was stopped by the Monadnock goaltender, keeping the score tied at one after one quarter.

Patnaude made a save out of the gate in the sec-

ond period but just 1:25 into the frame, the Huskies were able to take the lead on a shot that ripped past Patnaude for a 2-1 lead.

Plymouth came back with a chance from Morrison that was stopped and the Huskies came back down the field and buried a shot top shelf for a 3-1 lead with 8:38 to go in the first half. Patnaude made another save and the Huskies sent one through the crease as the pressure continued for Monadnock.

The visitors went up 4-1 with 7:31 to go on a nice feed from behind the net that was hammered home. Patnaude kept his team in the game with a couple more saves and Nolan Farina had a bid denied by the Huskies.

Plymouth was able to cut the lead to 4-2 with 4:31 to go in the first half, as Farina beat the defense with a couple of nice moves and fired the ball into the net.

Morrison came back with a bid that was denied and the Huskies did a good job killing off a penalty. With 2:59 to go in the half, the visitors upped their lead to 5-2 on a shot that went low on Patnaude and into the net.

The Huskies had a couple more chances in the final few minutes of the half, with Patnaude making a big save in close.

With less than a minute to play in the first half, Plymouth cut the lead to 5-3 as Farina sent a nice pass in to Morrison, who buried the ball and the game went to the break with Plymouth trailing 5-3.

The Huskies broke the game open in the first minute and a half of the second half, as they scored three goals in 1:26 to up the lead to 8-3.

The first goal came just 12 seconds into the second half and they added another just 34 seconds later during a man-up situation for a 7-3 lead. The third goal came with 10:34 to go in the third for the 8-3 lead.

The Bobcats bounced back with some chances, as Rossner found Morrison but his shot went off the post. Zach Ross had a shot stopped, as did Farina and Rossner took a nice feed from Sawyer

Wilcox but his shot went wide of the net.

The Bobcats got back on the board with 6:27 to go in the third, as Farina picked up a ground ball and moved through the defense, firing the ball in to make it 8-4.

After a pair of strong Patnaude saves over the next couple of minutes, the Huskies scored again after a Plymouth turnover in the zone, making it 9-4 with 4:40 to go in the third.

Rossner and Wilcox had chances, as did Magowan, while Josh Johnston did a nice job blocking a shot and the third quarter came to an end with the visitors up 9-4.

The two teams both had chances early in the final frame, with Farina and Rossner getting Plymouth’s bids. The Huskies scored the first goal of the frame with 7:40 to go in the game for a 10-4 lead though the Bobcats came back just more than a minute later, with Farina scoring his third goal of the game to make it 10-5.

The Huskies then did a nice job of killing off the clock in the final minutes, keeping possession of the ball for much of the time and taking the 10-5 win.

Mausolf noted the three-goal outburst at the start of the third quarter was too much for his team to come back from.

“That was the turning point for the game,” Mausolf said. “We were hanging around until that.

“And that turned things in their favor,” the Bobcat coach added.

The Bobcats were coming off a couple of good wins, beating the Division III champions from Laconia and Bishop Brady in the previous week. The loss for the Sachems was the first in 20 games.

The Bobcats will be back in action on Friday, May 5, at home against Con-Val at 4 p.m. ON Monday, May 8, the boys will be at Gifford at 4 p.m. and on Wednesday, May 10, they visit Milford at 4:30 p.m. The Bobcats will host Belmont at 5:15 p.m. on Thursday, May 11.

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

PMHS searching for hoops coach

ALTON — Prospect Mountain High School in Alton is accepting applications for a varsity boys’ basketball coach for the 2017-2018 season. Anyone interested in the position can contact the SAU office at 875-8600 for more information.

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Smart Investing Can Help You Keep Moving Toward Your Goals

It’s Kentucky Derby time again. Even if you’re not much of a horse racing fan, you might appreciate all the Derby’s pageantry – the mint juleps, the women’s beautiful hats, the singing of “My Old Kentucky Home,” and so on. But if you look beyond the hoopla, you’ll realize just how much work it takes to put on such an event. And the efforts of one group in particular – the jockeys – may be able to provide you with some lessons in life – and in investing.

For starters, consider the **stamina** the jockeys show as they steer 1,000-pound thoroughbreds around the track at Churchill Downs. Riding a racehorse is difficult, demanding and dangerous, requiring enormous endurance on the part of the jockey. And in many areas of life, you too will need to show some staying power. That’s certainly true when you invest. You need the fortitude to keep on investing, in good markets and bad ones, and during all the phases of your life – even after you’ve retired. It might not always be easy – during turbulent markets, you may be tempted to take a “time out” – but the most successful investors are usually the most persistent ones.

Here’s another trait shown by Kentucky Derby jockeys: **vision**. Jockeys must be able to spot the spaces they need to go through to gain the position they want. In other words, they see where they want to go. As an investor, you need this same ability. To illustrate: What do you want your retirement to look like? Will you stay close to home and volunteer? Will you travel the world? Will you even open a small business? You need to envision your goals if you’re going to achieve them.

Strategy is also important to jockeys. They all want to win the race, but they employ different methods. For example, three-time Kentucky Derby winner Calvin Borel’s strategy usually involves riding his horse on the rail at the inside of the track – so much so that his nickname is “Bo’rail.” As an investor, you need a strategy that’s appropriate for your goals, risk tolerance and time horizon. Such a strategy will involve choosing a suitable mix of investments, reviewing your portfolio’s progress at regular intervals, and making changes as necessary.

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Finally, jockeys need **knowledge**. Is the track in good shape? How has the horse been behaving lately? What’s the weather going to be at post time? To be a good investor, you also need plenty of knowledge. You’ll need to pose some questions about individual investments you’re considering: **How will this investment perform under different market environments? Will this investment fit well into my portfolio, or do I already have others similar to it? Is this an investment I can hold for the long term?** And you’ll also need to learn about yourself as an investor: **What is my tolerance for risk? Am I fully considering all my goals, such as college for my kids, my own retirement and the type of legacy I’d like to leave?** There’s no shortage of questions for active investors to ask – and the best investors never stop learning.

You can learn a lot from Kentucky Derby jockeys. By applying some of their skills and habits to your investment activities, you can keep moving toward your goals – and you won’t even have to run in circles.



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Bobcat bats bounce back for win over Generals

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After taking a tough loss on the road on Monday, April 24, the Plymouth softball team bounced back with a good win against John Stark on Thursday, April 27, at D&M Park.

“They had a pretty good pitcher, but we put some runs on the board,” said Plymouth coach Brian Blanchard.

That was a far cry from the team’s first game of vacation week, when the Bobcats could not get their bats going in Goffstown.

“We just weren’t hitting the ball,” Blanchard said of the Goffstown game, a 5-0 loss for the Bobcats. Plymouth had just three hits and two walks on the afternoon.

Despite not hitting, the Bobcats and Grizzlies were still scoreless heading to the bottom of the sixth inning. However, three Plymouth errors and two Goffstown hits led to five runs in the frame and the Grizzlies got the win.

“Jenna (Flaherty) caught a great game and Jevan (Sandhu) pitched a great game, but we couldn’t do anything offensively,” Blanchard said. “And you can’t give a good team six outs in one inning.”

Against the Gener-



Tristan Keller takes a throw at first base during her team’s game with John Stark on Thursday.

RC GREENWOOD

als, a game that was delayed a day by rain, the bats came alive, as the Bobcats had 14 hits and 10 runs in a 10-4 win.

Tristan Keller had

a pair of doubles and drove in two runs, Kacie Johnston was two-for-three with two doubles and two RBIs and Jackie Gaumer was

three-for-three with an RBI.

Additionally, despite a few errors late in the game, Blanchard also noted that the

team played well on the defensive side of things.

“Defensively we played very well and offensively we hit the

ball the way I’m hoping we’re going to continue to hit the ball,” the Bobcat coach said.

The Bobcats had a big week in front of them, with games against Lebanon and Sanborn after deadline and at Kennett on Friday.

“It’s a big week for us,” Blanchard said. “Sanborn gave us a hard time a couple of weeks ago and Kennett’s been playing well.

“Hopefully the bats stay with us,” the Bobcat coach continued.

The Bobcats will head to Kennett for a 4:30 p.m. game on Friday, May 5, before returning home to host Coe-Brown on Monday, May 8, at 4 p.m. and then visiting Bow at 4:15 p.m. on Wednesday, May 10.

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

Bears stumble in Claremont, get first loss

BRISTOL — The Newfound softball team came out on the wrong side of the scoreboard for the first time this season, dropping a 13-6 decision to Stevens on the road in Claremont on Thursday, April 27.

Mackenzie Ryan got

the start in the pitcher’s circle but four errors came back to haunt her, as the Cardinals were able to score nine runs in the first inning, eight of which were unearned.

“The team never gave up but just couldn’t claw their way back from the 9-0 deficit,” said coach Co-

rey Johnston.

Kasey Basford pitched well in relief, giving up four runs while striking out eight in five and a third innings of work. It was the first varsity pitching appearance for Basford.

The Bears were unable to find their groove against Stevens pitcher Sarah Ruest, who only walked two batters.

Katie Drapeau got her first start of the season, playing in right field and going two-for-three with a triple and a run scored. JV freshman catcher Caroline Marchand was called up to start behind the plate and did a fine job on her birthday, going one-for-two. Fellow JV freshman Hayleigh Pabst was called up as well and had a hit in four plate appearances.

Johnston noted that the Bears were down a few players due to April vacation.

Newfound will be back in action on Monday, May 8, at 4:30 p.m., hosting Belmont and they will be at Berlin at 4:30 p.m. on Wednesday, May 10.

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

Racing kicks off this weekend at Speedway 51

GROVETON — Speedway 51 powered by the Autosaver Group is anxiously awaiting its season opener on Saturday, May 6. The exciting day will feature their annual car show that will be held on the track from 10 a.m. until 1 p.m. All divisions are welcome including the North Country Ford Late Models, the Perras Ace Hardware Tiger Sportsmen, the Caron Auto Repair and Welding Street Stocks, the AB Excavating Daredevils, White Mountains Community College Cyclones, the Twisted Tea Pure Stocks and the Moms Angels.

Following the car show practice will be held for all divisions as they will alternate throughout the afternoon. The car show and the grandstands will offer free admission and at 4 p.m. the grandstands will be emptied and the front gates will be opened up to purchase race day tickets.

The Perras Ace Hard-

ware Tiger Sportsmen will headline the opening night card as they will keep fans on the edge of their seats. The exciting news for the Tiger Sportsmen is that they once again will be able to have free racing tires, and are looking at a huge point fund for the 2017 season. Joining them will be the Caron Auto Repair and Welding Street Stocks. These mighty four-cylinder racers will be out in force looking towards having the chance to unseat 2016 champion Bunker Hodgdon. The speedway welcomes Chris Caron and his business as a new sponsor of the division. The always exciting AB Excavating Daredevil youth racers will see action and several new faces will be entering the class as several racers from last year have moved up the ladder this season. The card will also feature a couple new divisions including the White Mountains Community College Cyclones and

the MOMS, Motorcycles of Lancaster Lady Angels, (formerly FB Spaulding). The North Country Ford Late Models have the night off, but will highlight the card on Saturday, May 13, at the NAPA Spectacular.

There will be lots of excitement and fun throughout the night, and the season as one of the track’s all time favorite announcers, Dick Therrien will return to the microphone at Speedway 51 powered by the Autosaver Group. His high energy will entertain the youngsters, teens, middle age fans and seniors alike.

Plan on making your Saturday night racing home at Speedway 51 powered by the Autosaver Group. Post time for most events is 6 p.m. For more information on this event and others, please visit www.speedway51int.com, or call the track hotline at 802-479-2074. Speedway 51 is located on Craggy Road in Groveton.

A retirement and other random notes

The news that dominated the sports world last week was the announcement that Dale Earnhardt Jr. was retiring from NASCAR’s top series at the end of this year.

When I was in high school, I began working at Riverside Speedway in Groveton and thus got into racing. My favorite driver at the time was Dale Earnhardt Sr. and when he passed away in 2001, I became a fan of his son. While my NASCAR fandom has not been as strong in recent years, I still listen to the races on the radio when I’m working in the office on Sunday and Dale Jr. is the person I’m always cheering on.

It was a pretty tough season last year for Junior and while I will miss having him in races next year, I was glad he was able to make the choice on his own accord and will be able to go out on his own terms.

NASCAR is a dangerous sport and the death of Dale Sr. is a pretty good indication of that. Junior’s concussion last season seemed to put him on the track toward retirement and while the announcement came as a surprise, I don’t think everyone was totally taken back by the idea that he’s retiring.

Of course, my hope is that he goes out with a championship but I would be happy if he has a few wins under his belt and has a solid performance in his final year.

A few other random notes from the back of the junk drawer in my

SPORTING CHANCE



By JOSHUA SPAULDING

mind.

The Red Sox offense has been tough to listen to or watch at times this season. There’s been a few good moments, but it has not been pretty. There are still some good hitters in that lineup (Mookie Betts, Xander Bogaerts, Dustin Pedroia) and some young guys who can be dynamic (Andrew Benintendi and Christian Vazquez). But to this point, it’s been a slow start. Chris Sale has certainly come as advertised and while I was not a huge fan of that trade, he has staked his claim as the top of the rotation guy that David Price was not last year. But here’s hoping his presence boosts Price’s performance when he returns.

It was great to see playoff NHL hockey in Boston again. The Bruins-Senators series was pretty intense from start to finish. Overtime playoff hockey is about as nerve-wracking as anything can get and to have so many overtime games in one series was incredible. Yes, it stinks that the Bruins were eliminated, but losing so many defenders was bound to catch up with a team. I’m excited to see what Bruce Cassidy can do with a full season.

This season of Survivor has been quite a lot of fun so far. Some of the best players in the history of the game (Tony,

Sandra, JT, Malcolm, Ozzy) have all gone by the wayside so far and most in pretty impressive blindsides. The players who weren’t such big threats coming in have also been playing pretty good games (Brad, Sierra, Sarah) and that has made for plenty of drama every Wednesday night.

And speaking of Wednesday night, the other “Survivor” on that night, Designated Survivor, has been an enjoyable ride in its first season. I’ve enjoyed the premise of a career bureaucrat becoming president during a national crisis and the roadblocks that have to be navigated.


A huge thanks to those who have supported my trip to the 2018 Olympics. I’m truly honored that people have been helping out. If you’d like, feel free to go to TD Bank and they have an account named Joshua Spaulding 2018 Olympic account, or send to the address below.

Finally, have a great day Bobby Burns.

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 Bay-sider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.

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Trout Unlimited getting update on Beebe River restoration

PLYMOUTH — The Pemigewasset Chapter of Trout Unlimited and The Conservation Fund will present an update on the Beebe River restoration project. Progress from last year and plans for this year will be discussed.

COURTESY PHOTO
(Right) Trout Unlimited will be meeting on May 16 in Plymouth.



Speakers will include: Nancy Bell, Vermont and New Hampshire Director for The Conservation Fund; Dave Pushee, Pemi TU secretary; Benjamin Nugent, NH Fish and Game biologist; Tyson Morrill, Plymouth State grad student; and Colin Lawson, Trout Unlimited culvert specialist.

The New Hampshire Fish and Game Commission recently honored Bell with the Conservation Organization Award of Excellence for her outstanding efforts in the conservation field in support of the NH Fish and Game Department's mission. Come early to the Pemigewasset Chapter of Trout Unlimited

May 16, meeting, 7 p.m. at the Common Man Inn, in Plymouth and meet Pushee, Bell and fellow environmentalists. There will be a raffle with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp. Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Membership is open to all, meetings are free and open to the public. Visit www.pemigewasset.tu.org and like the group on Facebook.

Littleton defense denies White Mountains Regional

BY COREY MCKEAN
couriersports@salmonpress.com

LITTLETON — The Littleton defense went to work on Sunday, April 23, behind starting pitcher Derek Walker, as the Crusader defense made 20 of the game's 21 outs in the game without making an error. Littleton led White Mountains Regional early, by a score of 4-2 heading into the fourth inning and Quintin Ross would open up the game for the Crusaders with a two-run homerun in the sixth inning as Littleton went on to defeat White Mountains Regional, 9-2.

"Derek Walker threw well today, throwing a complete game on only 86 pitches while our defense was stout behind him. Danny Kubkowski at shortstop had five assists and Lucas Bray did a nice job in center. Brody Fillion was the man again at the plate with two hits and four RBIs while Quintin Ross had a two-run homerun for us in the sixth. That was a big knock as it was a 4-2 ballgame at that point and that homerun broke it open for us," explained Littleton coach AJ Bray. "I'm mostly proud of our defense. Derek only struck out one so we had to make 20 outs in the field. We did that without an error. That's a testament to how hard these kids work on their defense. It's something we take pride in," Bray added.

White Mountains Regional started the game drawing back to back walks as Braxton Brown and Jake Labounty were on first and second and Brown was brought around to score by a double to right center field from Riley Corrigan as the Spartans led early, 1-0.

Littleton responded with two runs of their own in the bottom of the first as Lucas Bray drew a walk and Walker reached base off an error. A double to left center field by Fillion brought both Bray and Walker around to score, giving the Crusaders a 2-1 lead heading to the second inning.

A quick one, two, three inning by the Crusaders defense brought the Littleton bats back out where Kubkowski



COREY MCKEAN/THE COURIER

Brody Fillion launches a double into left center field two bring in two runs in first inning action.

reached first off a drop third strike and stole second and third while Bray drew a walk, putting runners on the corners. A throwing error on the White Mountains Regional catcher down to third base brought Kubkowski in to score while Bray was brought around to score off another error, pushing the Crusaders ahead 4-1 going into the third inning.

With two fast outs to start the third inning, it wasn't looking good for the Spartans but that was until Brown smashed a homerun to left field to bring the score to 4-2. A pitching change by White Mountains Regional had the Crusaders off balance as Littleton didn't score again until the sixth inning. The Littleton defense stayed strong as well, keeping the Spartans off the scoreboard for the remainder of the game.

In the sixth inning, the bats finally got going again for Littleton as Fillion started the inning off with a single while Ross blasted a two-run homerun to left center field, giving the Crusaders a 6-2 advantage. A pair of walks to Jacob Allaire and Kubkowski put runners on first and second for Littleton while an error in the outfield by White Mountains Regional off a hit by Dylan Odell brought Allaire and Kubkowski around to score, pushing Littleton ahead 8-2. Odell would steal third and be brought in to score off a sacrifice fly by Bray, giving the Crusaders a 9-2 lead going into the seventh inning.

Littleton finished out the softball team will be hosting Laconia on Thursday, May 11, at 4:30 p.m.

The Newfound track team will be competing at Laconia on Thursday, May 4, at 4 p.m. and will be at Berlin at 4 p.m. on Tuesday, May 9.

the game fittingly, with a one, two three inning with all the outs being recorded by the infield, earning the Crusaders the 9-2 victory.

The Crusaders were led by Fillion with two hits and an RBI while

Ross added a hit and two RBIs. The Spartans were led by Brown and Corrigan who each recorded a hit and an RBI.

Littleton improves to a record of 2-0 on the season while White Mountains Regional

Janna Ancil runs for a reason *Former Wolfeboro resident tackles Boston Marathon in honor of stricken teammate*

BY JOSHUA SPAULDING
Sports Editor

BOSTON, Mass. — Like many people that run the Boston Marathon, Janna Ancil had a story, a reason why she was running.

The former Wolfeboro resident and Brewster Academy graduate, who now coaches and works at the Rivers School, conquered her first-ever marathon on April 17 and she did so in honor of her former Boston College field hockey teammate, Chelsey Feole.

"It was one of the best days of my life," Ancil said. "And I would never have previously considered myself a runner."

"I'd run for a ball or to defend," Ancil continued. "It's an activity I got into in order to stay in shape."

Ancil's experience with the Boston Marathon goes back to her days at Boston College when she recalls the runners going by the campus and Marathon Monday always being a one of the best days on campus, mostly for reasons that had nothing to do with running. However, the marathon had always intrigued her and she always thought it would be a challenge to actually run it.

Then her friend and teammate, Feole, suffered a spinal stroke in the fall of 2015. Feole had a blood vessel clogged in her neck and when she cracked her neck, her arms went numb and she started losing feeling in the lower half of her body.

She went to Massachusetts General Hospital and eventually moved on to Spaulding Rehabilitation Hospital to begin her rehab.

"She had to learn how to walk and just move her arms," Ancil said.

As her teammate and friend, Ancil was there by Feole's side and other Boston College teammates were also there for their friend and they eventually made a pact that when Chelsey was better, they would all run the marathon together.

"She's still struggling with full mobility," Ancil said. Though the group had set a goal of doing the marathon this year, Feole wasn't up for the challenge, but Ancil still wanted to do something to honor her teammate.

"Spaulding has a marathon team and we made a pact that when she was better, we'd run and raise money," Ancil said. "But I had this itch, so I applied for the Spaulding team."

Ancil told her friend's story and she was accepted to the team for this year and set out to do two things, raise money for Spaulding and train for the marathon.

The fundraising part actually came fairly easy for the Brewster graduate.

"I fundraise for Rivers as part of my job, so that was not a daunting task," Ancil said. "And it helped to have such a story that was well-known in the field hockey world."

"With such a story, it

wasn't hard to get people behind you," she continued.

Ancil set out with a goal to raise \$6,000 for Spaulding and when all was said and done, she almost doubled that.

"It shows you that when people believe in something, they'll open up their wallets and donate," Ancil said.

And with the money part taken care of, the training part started to fall into place and they were intertwined from the beginning.

"On those days when you don't want to go and run, you think about Chelsey and her fight," Ancil said.

While she trained with her fallen teammate on her mind, Ancil noted that all the training in the world can't prepare you for what you face on Marathon Monday, when the thousands of people line up in Hopkinton to start the race and the thousands more line the course to cheer on the runners.

"I think I let the adrenaline and excitement of the day fly me through the first half," Ancil said. "After that, my body took a toll on itself."

registers by April 30.

Registration will also be taking place on the day of the race starting at 8:30 a.m. Walkers will begin the race at 9 a.m. and runners will start at 9:15 a.m.

Registration can be mailed to SBMS, PO Box 2251, Wolfeboro, NH 03894.

More information can be found by calling Peggy Hart at 557-6321, Sonya Lapar at 832-3331 or Jackie Grasso at 986-1254.

On Tap

FROM PAGE B1

while the baseball and softball teams will be hosting Belmont on Monday, May 8, and will be at Berlin on Wednesday, May 10, both at 4:30 p.m. and



Geez Louise!
Eclectic Home Décor
(gently used furnishings & more)

WELCOME TO OUR 10TH SEASON ON SATURDAY MAY 6TH!
—Spring is officially here!

Shop Hours: Thursdays - Sundays, 10am - 5pm
Ph. 603-544-2011, 448 GWH (Rte 109), Melvin Village, NH
www.facebook.com/geezlouiseeclecticomedecor

FRIDAY, MAY 5

SPRING BIRDING (7-10 a.m.) Squam Lakes Natural Science Center, in partnership with the Squam Lakes Conservation Society, offers a bird identification program for adults and children ages 14 and up. Join Science Center Executive Director, Iain MacLeod, for this series of beginning birding programs. A huge variety of birds fill the woods, meadows, and wetlands of the area each spring. Explore a variety of habitats in the Lakes Region looking for birds while learning identification by sight and sound, building on your bird identification skills each week. For details about this program, upcoming events, and membership, please call 968-7194 or visit www.nhnature.org.

SATURDAY, MAY 6

NEW HAMPSHIRE DAY (9:30 a.m.-5 p.m.; last trail admission 3:30 p.m.) Squam Lakes Natural Science Center invites New Hampshire residents to New Hampshire Day for a reduced trail admission. Visitors will get nearer to nature on the three-quarter mile live animal exhibit trail featuring mink, turtles, frogs, fish, coyote, foxes, bobcats, mountain lions, white-tailed deer, river otters, black bears, plus various owls, raptors, and much more. There will be live animal presentations at 11 a.m. (Porcupine), 1 p.m. (Woodchuck), and 3 p.m. (Barred owl). Volunteer docents will be on the exhibit trail with live animals and props. The Howling Coyote Gift Shop holds its annual New Hampshire Day sale. Dead River Company will be onsite providing energy saving ideas. New Hampshire Electric Cooperative will provide free admission to New Hampshire Electric Co-op Members on New Hampshire Day. NHEC members should mention that they are members at admissions. New Hampshire Day is generously sponsored by Dead River Company and New Hampshire Electric Cooperative Foundation. For details about this event, upcoming programs, and membership, please call 968-7194 or visit www.nhnature.org.

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

CHURCH SUPPER (4:30-6:30 p.m.) Plymouth Methodist Church, 334 Fairgrounds Rd. Ham & beans, plus choice of casseroles, salads, breads/rolls, beverage, and dessert. Ten percent of the proceeds go to a local charity. We are handicapped accessible. For more information, please call 536-9707.

SUNDAY, MAY 7

OPEN KNITTING TABLE (2-4 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Bring a knitting project to work on. Teacher Polly Bartlett will be available to offer her expert advice.

WEDNESDAY, MAY 10

MAKE A PAIR OF EARRINGS WITH SUZAN GANNETT (5-7 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. In this class, you will learn the basics of making loops and wrapped loops out of wire and make a pair of earrings. There are many different types of beads and colors to choose from. Just bring yourself! Class size is limited to 10, so stop in at Artistic Roots or call 536-2750 now to register!

FRIDAY, MAY 12

SPRING BIRDING (7-10 a.m.) Squam Lakes Natural Science Center, in partnership with the Squam Lakes Conservation Society, offers a bird identification program for adults and children ages 14 and up. Join Science Center Executive Director, Iain MacLeod, for this series of beginning birding programs. A huge variety of birds fill the woods, meadows, and wetlands of the area each spring. Explore a variety of habitats in the Lakes Region looking for birds while learning identification by sight and sound, building on your bird identification skills each week. For details about this program, upcoming events, and membership, please call 968-7194 or visit www.nhnature.org.

www.nhnature.org.

SATURDAY, MAY 13

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

SUNDAY, MAY 14

OPEN KNITTING TABLE (2-4 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Bring a knitting project to work on. Teacher Polly Bartlett will be available to offer her expert advice.

TUESDAY, MAY 16

TROUT UNLIMITED, PEMIGEWASSET CHAPTER (7 p.m.) The Pemigewasset Chapter of Trout Unlimited and The Conservation Fund will present an update on the Beebe River Restoration Project. Progress from last year and plans for this year will be discussed. Speakers will include Nancy Bell, Director for The Conservation Fund; Dave Pushee, Pemi TU secretary; Benjamin Nugent, New Hampshire Fish & Game biologist; Tyson Morrill, Plymouth State grad student; and Colin Lawson, Trout Unlimited culvert specialist. Come early to the Pemigewasset Chapter of Trout Unlimited at the Common Man Inn, Plymouth, and meet Dave, Nancy and fellow environmentalists. There will be a raffle with the proceeds going toward sending a lucky boy or girl to the Barry Fishing Camp. Trout Unlimited is a non-profit organization with a mission dedicated to conserving, protecting and restoring North America's cold-water fisheries and their watersheds. Membership is open to all; meetings are free and open to the public. Visit our Web site, www.pemigewasset.tu.org, and Like us on Facebook.

THURSDAY, MAY 18

GLASS FUSING: SUN CATCHER AND NIGHT LIGHTS WITH LYNN HAUST (5-7 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Come and discover the amazing medium of melted glass! You will cut sheet, confetti, noodles and stringers to make your own sun catcher design. Creative directions will be covered. Glass is fired off site and delivered to Artistic Roots. Stop in or call 536-2750 to register.

FRIDAY, MAY 19

SPRING BIRDING (7-10 a.m.) Squam Lakes Natural Science Center, in partnership with the Squam Lakes Conservation Society, offers a bird identification program for adults and children ages 14 and up. Join Science Center Executive Director, Iain MacLeod, for this series of beginning birding programs. A huge variety of birds fill the woods, meadows, and wetlands of the area each spring. Explore a variety of habitats in the Lakes Region looking for birds while learning identification by sight and sound, building on your bird identification skills each week. For details about this program, upcoming events, and membership, please call 968-7194 or visit www.nhnature.org.

SATURDAY, MAY 20

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

SUNDAY, MAY 21

OPEN KNITTING TABLE (2-4 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Bring a knitting project to work on. Teacher Polly Bartlett will be available to offer her expert advice.

TUESDAY, MAY 23

ACRYLIC PAINTING WITH SUZAN GANNETT

(5-7 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. This adult class introduces the beginning painter to acrylic painting in a relaxed atmosphere. Step by step instruction will result in an 11-inch-by-14-inch flower painting ready for framing. Come have fun! Stop in at Artistic Roots or call 536-2750 to register.

THURSDAY, MAY 25

ESSENTIAL OIL BASICS WITH JUDY JEWELL (5-7 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Learn about the amazing benefits of essential oils. Enjoy delicious oil infused treats, with some cool prizes and have fun! Create your own essential oil recipes, including a sleep time blend. Stop in at Artistic Roots or call 536-2750 to register.

FRIDAY, MAY 26

SPRING BIRDING (7-10 a.m.) Squam Lakes Natural Science Center, in partnership with the Squam Lakes Conservation Society, offers a bird identification program for adults and children ages 14 and up. Join Science Center Executive Director, Iain MacLeod, for this series of beginning birding programs. A huge variety of birds fill the woods, meadows, and wetlands of the area each spring. Explore a variety of habitats in the Lakes Region looking for birds while learning identification by sight and sound, building on your bird identification skills each week. For details about this program, upcoming events, and membership, please call 968-7194 or visit www.nhnature.org.

MOVIE MAVERICKS: FILMMAKERS WHO CHALLENGE THE HOLLYWOOD SYSTEM (7 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. This presentation by Patrick Anderson, sponsored by the Margaret and H.A. Rey Center and Humanities to Go, will focus on contemporary film directors and screenwriters in the United States whose originality, independence and unconventional approaches to the medium have contributed to the evolution of the industry. Patrick D. Anderson, Gibney Distinguished Professor at Colby-Sawyer College, is a cultural historian who teaches film courses. Anderson has written about Hollywood filmmaking and The Academy Awards, and hosted a television film review program, "Reel Talk." Funded through a grant from New Hampshire Humanities.

SATURDAY, MAY 27

FROG WALK WITH SENIOR NATURALIST DAVE ERLIER (10 a.m.-noon) Squam Lakes Natural Science Center holds a frog walk program for adults and families. Spring is an exciting time to be out and about. The birds are back and the frogs are hopping. Join this adventure to learn more about the seven species of frogs found on Squam Lakes Natural Science Center's grounds. Find out what is the different among frogs, toads, and tree frogs. Plus, attendees will meet several species up close and search the pond edges and wet meadow for several others. For details about this event, upcoming programs, and membership, please call 968-7194 or visit www.nhnature.org.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

DARK SKY STARGAZING (9 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Join Rey Center and New Hampshire Astronomical Society volunteers at the Curious George Cottage for a guided tour of the night sky! This program is weather dependent. Please call 236-3308 before 3 p.m. if you have any questions. Free, but donations always welcome!

SUNDAY, MAY 28

OPEN KNITTING TABLE (2-4 p.m.) Artistic Roots Artist Co-op, 73 Main St., Plymouth. Bring a knitting project to work on. Teacher Polly Bartlett will be available to offer her expert advice.

SATURDAY, JUNE 3

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

SATURDAY, JUNE 10

SEVENTH ANNUAL MILES FOR SMILES 5K COMMUNITY RUN/WALK (8 a.m.) 100 Smith Bridge Rd., Plymouth. Registration starts at 8 a.m., with the race kicking off at 9 a.m. The Miles for Smiles 5K Community Run/Walk raises much-needed money to provide dental care access for individuals with disabilities served by Lakes Region Community Services. The race is a fast, flat, out-and-back USATF certified course. Register by May 10 to receive a free race shirt (additional shirts will be available for purchase on race day). Register online at <https://g2race-reg.webconnex.com/smiles5k2017>. For more information or to register by US Mail, check www.lrcs.org.

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

SATURDAY, JUNE 17

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

FRIDAY, JUNE 23

CURIOUS GEORGE COTTAGE OPEN HOURS (9:30 a.m.-3 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Immerse yourself in all things Curious George. Relax on a bean-bag chair, read your favorite Curious George stories, see original art work by the Reys, explore the Curious George Nature Trail and more. All ages welcome. There is no charge to visit The Rey Center, BUT donations are welcome. For more information, contact the Margret and H.A. Rey Center at 236-3308 or info@theycenter.org.

SATURDAY, JUNE 24

CURIOUS GEORGE COTTAGE OPEN HOURS (9:30 a.m.-3 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Immerse yourself in all things Curious George. Relax on a bean-bag chair, read your favorite Curious George stories, see original art work by the Reys, explore the Curious George Nature Trail and more. All ages welcome. There is no charge to visit The Rey Center, But donations are welcome. For more information, contact the Margret and H.A. Rey Center at 236-3308 or info@theycenter.org.

CURIOUS GEORGE STORY TIME (11 a.m.-noon) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley. Pull up a pillow and listen to your favorite Curious George stories being read out loud by one of our amazing volunteers or staff members. Fee: Free to all, donations are always welcome.

LITERARY DISCUSSION GROUP (4:30 p.m.) Curious George Cottage, 7 Noon Peak Rd., Waterville Valley.

CALENDAR DEADLINES

Submissions for the calendar are welcome. Deadline for the calendar section is Friday at noon for the following Thursday's newspaper. Generally deadlines are one day earlier during holiday weeks. For more information call 536-1311 x111.

Our Towns

Please alert *The Record Enterprise* of any changes via record@salmonpress.com or call 536-1311 x 111.

ALEXANDRIA

CONSERVATION COMMISSION: 4th Wednesday of each month, 6:30 p.m., municipal building

PLANNING BOARD MEETING: 3rd Wednesday of each month

SELECTMEN MEETING: every 2nd & 4th Tuesday at 6 p.m.

ASHLAND

PLANNING BOARD MEETING: 1st Wednesday of each month

SELECTBOARD MEETING: 1st and 3rd Mondays of each month (except holidays)

CONSERVATION COMMITTEE- 3rd Wednesday of each month at 6:30 p.m., Town Hall.

BRISTOL

PLANNING BOARD MEETING: 2nd and 4th Wednesday of each month at 7 p.m.

SELECTMEN MEETING: 2nd and 4th Thursday of each month at 6 p.m.

ZONING BOARD MEETING: 1st Tuesday of each month at 6 p.m.

CAMPTON

PLANNING BOARD MEETING: 1st and 2nd Tuesday of the month at 6:30 p.m.

SELECTMEN MEETING: every Monday night at 6:30 p.m.

CONSERVATION COMMISSION: 1st Wednesday of each month at 7 p.m..

ELLSWORTH

SELECTMEN MEETING: Second Tuesday of the month at 6:30 p.m.

GROTON

PLANNING BOARD MEETING: last Wednesday of the month at 7 p.m.

SELECTMEN MEETING: every Tuesday at 7 p.m.

HEBRON

PLANNING BOARD MEETING: 1st Wednesday of each month at 7 p.m.

WORK SESSION: 3rd Monday of each month at 7p.m.

SELECTMEN MEETING: 1st and 3rd Thursday of the month at 7 p.m.

ZONING BOARD MEETING: 1st Tuesday of each month at 7 p.m.

HOLDERNESS

SELECT BOARD: Every other Monday, 4:30 p.m., Town Office; agenda items considered beginning at 5 p.m.

PLANNING BOARD: 3rd Thursday of every month, 6:30 p.m., Town Office

CONSERVATION COMMISSION: 2nd Tuesday of every month (except January, July, and August), 4 p.m., Town Office

ZONING BOARD: 2nd Tuesday of every month as required, 6:15 p.m., Town Office

Please check the "Boards and Committees" tab

on the town Web site (www.holderness-nh.gov) for a full list of all meeting dates and times, and to review meeting minutes and agendas.

NEW HAMPTON

PLANNING BOARD MEETING: 3rd Tuesday of each month at 7 p.m.

SELECTMEN MEETING: every Thursday night at 6 p.m.

ZONING BOARD MEETING: 1st Wednesday of each month

CONSERVATION COMMISSION: 2nd Monday of each month

PLYMOUTH

SELECTMEN MEETING: 2nd and 4th Monday of each month at 6 p.m.

WORK SESSION: At 5 p.m. prior to Selectmen meetings

PLANNING BOARD: 3rd Thursday of each month at 6:30 p.m.

WORK SESSION: 1st Thursday of each month

ZONING BOARD MEETING: 1st Tuesday at 7 p.m.

CONSERVATION COMMISSION: 3rd Tuesday of each month, 7 p.m., Pease Public Library

RUMNEY

PLANNING BOARD MEETINGS: Last Tuesday of the month at 7 p.m.

SELECTMEN MEETING: First and third Monday

of every month at 7 p.m.

THORNTON

PLANNING BOARD MEETING: 3rd Thursday of each month at 6 p.m.

SELECTMEN MEETING: every other Wednesday. CONSERVATION COMMISSION: 1st Tuesday of each month at 8:30 a.m.

WARREN

SELECTMEN MEETING: Every other Wednesday, 5 p.m., starting April 12

PLANNING BOARD MEETING: Held 1st Monday of each month, 6 p.m.

WATERVILLE VALLEY

PLANNING BOARD MEETING: 2nd Thursday of each month at 8 a.m.

SELECTMEN MEETING: 2nd and 4th Wednesday of each month at 3 p.m.

CONSERVATION COMMISSION: 2nd Tuesday of each month at 8 a.m.

WENTWORTH

SELECTMEN MEETING: Held every Tuesday at 6 p.m..

PLANNING BOARD MEETING: 1st Monday of each month at 6 p.m. Meet 2nd Monday of each month for holidays falling on Monday.

MEETINGS, SUPPORT

GROUPS & PRAYER

PARKINSON'S DISEASE SUPPORT GROUP — Monthly support group for people with Parkinson's disease, their family, friends, caregivers and the community! All are welcome to attend — pre-registration is not required, and there is no fee. Meetings are held on the fourth Wednesday of each month from 1-2:30 p.m. at the Plymouth Regional Senior Center, 8 Depot St., Plymouth. For more information, please contact Diane Sherman at the Parkinson's Resource Center at DHMC, 653-6672 or Diane.L.Sherman@hitchcock.org. Anyone who is affected by or interested in Parkinson's disease is encouraged to attend to learn & share.

PRAYER GROUP, held on Sundays, sponsored by Scott and Betty Newhall, Plymouth.

AL-ANON MEETING, 7 p.m. Mondays at the Community Life Center building, Church of the Holy Spirit, Plymouth. Call Sharon, 536-3999.

HELPING HANDS FOOD PANTRY at Family Worship Center, 319 Highland St., open 1st and 3rd Monday of the month from noon to 2 p.m. Call 536-1966.

TOPS (TAKE OFF POUNDS SENSIBLY) meets Mondays in Plymouth. Weigh-in 5:30- 6:30 p.m., meeting 6:30-7:30 p.m. Plymouth Congregational Church. Call 536-4129 or 536-4018.

BRISTOL HISTORICAL SOCIETY will be open 7-9 p.m. on Tuesdays throughout the summer beginning on June 14. Located at Old Fire House on High Street Bristol. Contact 744-2751 for further information.

NATIONAL MS SOCIETY - NEW MS LAKES SELF-HELP GROUP Meets 2nd Friday of each month, 1-3 p.m., Moultonborough Lions Club, 139 Old Route 109 in Moultonborough. For more information: Beth or Kathy at mslakes-group@gmail.com or 539-6919 (Kathy).

NEW HAMPTON GARDEN CLUB meets the 1st Tuesday of the month at 9:30 a.m. at the Gordon-Nash Library, Main St.

PFLAG (PARENTS, FAMILIES & FRIENDS OF LESBIANS AND GAYS) Plymouth Chapter meetings are held on the Second Tuesday each month at the Whole Village Family Resource Center in Plymouth from 7-9 p.m. Meetings are held for support and education and all are welcome. Further information: 536-3823

ALCOHOLICS ANONYMOUS MEETINGS every Wednesday at 7:30 p.m. at the Danbury Community Center.

KNIGHTS OF COLUMBUS MEETINGS 1st Wednesday of the month at St. Matthew's Parish Hall, Plymouth. Call 536-4700.

PLYMOUTH AREA DEMOCRATS meet on the third Wednesday of the month at the Plymouth Regional Senior Center, with programs or speakers of interest. A potluck supper begins at 5:30pm, followed by a brief business meeting at 6:30 and the featured program at 7pm. Summer and holiday months excluded. Visit plymouthareademocrats.org for updated information on the dates and programs, or call 536-2856.

BAKER VALLEY BAND - Community band rehearses Thursdays at 6:30 p.m. at the Russell School in Rumney. No audition! For more information call

536-8168. Check our Facebook page for updates.

GENTLE YOGA CLASS Wednesdays 5-6 p.m. and Saturdays 8:30-9:30 a.m. at the Starr King Unitarian Universalist Fellowship in Plymouth. For more information call 536-1179.

NEWFOUND PLAYPALS GROUP meets Wednesdays & Fridays at New Hampton Community Church 9:15-11:15 a.m. for children 0-5. Call Mary at 524-8811 ext. 175.

PEMI-BAKER COMMUNITY HEALTH FOOT CLINICS. Second Wednesday of each month, 9:30-11:30 a.m., Plymouth Regional Senior Center; third Wednesday of each month, 12:30- 2 p.m., Pemi-Baker Community Health; fourth Wednesday of each month, 9:30 a.m.- 2:30 p.m., Common Man Commons, Ashland. \$15 fee. Call Pemi-Baker to book your appointment, 536-2232.

PLYMOUTH AREA WRITERS GROUP - Open to all ages, meets weekly on Friday at 11 a.m., upstairs in the Plymouth Regional Senior Center (optional brunch at 10:30). Free and informal, all with an interest in writing are welcome, whether published or not. We support each other's writing interests and efforts. Guest speakers. Any questions, please call Joan, 998-4239.

WHITE MOUNTAIN TOASTMASTERS meets the second, third and fourth Wednesday of every month. The third Wednesday of the month meetings will be open house for guests. "Don't let fear hold back your career" is the theme. Networking and interviewing skills will be highlighted in the program. Free. Guests arrive by 6:45 p.m., meeting 7-8:30 p.m. At the Common Man Inn in Plymouth. No meetings third weeks in November and December. Contact sheila@ coppertoppe.com or 744-5036.

CAMPTON HISTORICAL SOCIETY MUSEUM is open to the public Thursdays 9 a.m.-4 p.m.. We are located at 529 U.S. Route 175 South in Campton, 536-5140. For activities and more information, visit our Web site at www.CamptonHistorical.org.

POWERTONE CLASSES Tuesdays & Thursdays 6-7 p.m. and Saturdays at 8 a.m. at Bristol Elementary School - \$6/class.

KARATE at the Tapply-Thompson Community Center, Bristol. Adults Wednesdays at 6:30 p.m. \$30/month. Call John at 744-8353.

PRAYER & SHARING MEETING every Wednesday at 6 p.m. — inspiring sharing of healings & insights from Bible study at the Christian Science Society, 7 Emerson St. in Plymouth. Free to everyone.

TAXPAYERS AWARENESS GROUP - Plymouth: 2nd Wednesday of every month, Pease Library at 7 p.m.

ADVANCE DIRECTIVES First Thursday of every month in the Social Services Conference Room at Speare Memorial Hospital, 1:30-3 p.m. This is a free service offered to assist individuals in completing the Advance Directive document. Bring Photo ID. Call Social Services at 238-2216 or 238-6442.

PEMI-BAKER VALLEY REPUBLICAN COMMITTEE meets every second Thursday of the month at 7 p.m. Call 536-1126 for location.

WENTWORTH HISTORICAL SOCIETY meets third Thursday of every month. Meeting held in Wentworth Historical Museum.

CAREGIVER SUPPORT GROUP meets the 1st Friday of the month at Senior Center, Route 25, Meredith, from 9:30- 11 a.m. Call Carol at 279-5631 or Mary at 524-8444.

MOMS OF PRESCHOOLERS meets the second and fourth Friday of each month from 9:30-11:30 a.m. at the Millbrook Christian Fellowship in Grafton. Moms of children from birth through age six are welcome, along with their little ones. For more information, call Rachel at 632-4191 or Christine at 768-7020.

PLYMOUTH PEER SUPPORT GROUP meets the 1st Friday of the month from 1-3 p.m. at Whole Village, 258 Highland St., Plymouth.

ALCOHOLICS ANONYMOUS MEETINGS

every Saturday morning 7:30 a.m., Common Man Inn, 123 Main St., Plymouth.

NEWFOUND AREA CANCER SUPPORT GROUP meets monthly at convenient locations, or as needed. We are now in our 11th year. For more information, please call Karen at 744-2173, Donna at 744-3140, or Joyce at 536-8186.

ALZHEIMER'S CAREGIVER SUPPORT GROUP Tuesday at 6 p.m. at Live Free Home Health Care, 438 Rt. 104, New Hampton. Will meet monthly and anyone caring for a family member or loved one with a dementia is welcome. Call 603-254-7397 for information and to reserve your spot in the group. Light refreshments will be served. Join us in a secure and comforting environment.

DROP-IN BEREAVEMENT GROUP - All welcome. Last Wednesday of each month, 5:30- 7:30 p.m., Pemi-Baker Community Health, 101 Boulder Point Dr. Suite 3, Plymouth, NH. Facilitator Mary Francis Drake; Spiritual Care Counselor & Bereavement Coordinator. For more information call 536-2232 x305.

NATIONAL ALLIANCE on MENTAL ILLNESS (NAMI) FAMILY SUPPORT GROUPS First Thursday each month at the Plymouth Congregational Church (UCC) on the Common from 6:30 - 8:00 PM in the 2nd Floor Adult Education Classroom (entrance in the rear right-hand side of the church.) ADVOCACY Meeting open to ALL interested members of the community.

Third Tuesday each month at the Whole Village Family Resource Center, 258 Highland Street, Plymouth 7:00 - 8:30 PM. CARING and SHARING open ONLY to family members and caregivers of those with mental illness.

GOLD STAR REFERRAL CLUBS is a business networking and referral marketing organization. Members meet weekly in order to give and receive referrals more business. The Pemi-Baker Club meets at the Plymouth State ice arena gallery every Wednesday from 8:15 to 9:30 a.m. Visitors are welcome. For more information, contact Dave Greene at 536-8200 or Jeff Levesque at 238-2589. See our page on Facebook.

FOR SENIORS

BLOOD PRESSURE CLINIC. Pemi-Baker Community Health, second Thursday of the month, 11 a.m., in the library, Plymouth Regional Senior Center

ADVISORY COUNCIL MEETING. Plymouth Regional Senior Center, second Thursday of the month, 10:30 a.m. in the conference room

FOOT CLINIC. Second Wednesday of the month, Plymouth Regional Senior Center. Call Pemi-Baker Community Health at 536-2232 to register.

BAKER PEMI CLUB. 1st and 3rd Thursdays of each month, 1 p.m., upstairs at the Plymouth Regional Senior Center

PARKINSON'S SUPPORT GROUP. 4th Wednesday of the month, 1-2:30 p.m., Plymouth Regional Senior Center.

RSVP BONE BUILDERS. Mondays 10:45-11:45 a.m., Wednesdays 10:30-11:30 a.m., Tuesday & Thursday 9-10 & 10:30-11:30 a.m., Plymouth Regional Senior Center.

TAI CHI & DAO YI. Mondays, 9:30-10:30 a.m., Plymouth Regional Senior Center.

WOOD CARVING. Mondays 9 a.m.-noon, Art Room, Plymouth Regional Senior Center.

BRIDGE. Tuesdays 12:30-2:45 p.m., Plymouth Regional Senior Center.

GENTLE YOGA. Wednesdays 8-9 a.m., Plymouth Regional Senior Center.

COUNTRY LINE DANCING. Fridays, 9:30 a.m., Plymouth Regional Senior Center.

BOOK DISCUSSION GROUP. 1st Tuesday of every month, 1-2 p.m., Plymouth Regional Senior Center.

CRAZY QUILTING CLASS. Thursdays, 9 a.m.-noon, Art Room, Plymouth Regional Senior Center.

CENTRAL NH ARTISTS. Wednesdays, 9 a.m., Art Room, Plymouth Regional Senior Center.

BINGO AT THE NEWFOUND AREA SENIOR CENTER every 2nd Tuesday of the month.

CRAFT GROUP at 9:30 a.m. every Tuesday at the Newfound Area Senior Center.

SENIOR LUNCHEON offered by Newfound Area Senior Center, held at the Bristol United Church of Christ Tuesday at noon. Call 744-8395.

BLOOD PRESSURE CLINICS the 2nd Thursday of the month at the Plymouth Regional Senior Center from 11:30 a.m. to 12:15 p.m.

THINGS TO DO

STAND UP PADDLEBOARD FITNESS AND YOGA WITH ANDREA. Sundays, Mondays and Wednesdays, 9-10:30 a.m. Paradise Point, Hebron. To register, call Newfound Audubon Center at 744-3516.

STAND UP PADDLEBOARD YOGA WITH LORI OR BETH. Saturdays (starting June 25), 10:30 a.m.-noon. Paradise Point, Hebron. To register, call Newfound Audubon Center at 744-3516.

MORNING SONGBIRD SURVEY. Mondays, 7:30-8:30 a.m. Ash Cottage, Hebron. Bring your binoculars! Donations welcome. To register call Newfound Audubon Center, 744-3516.

FARM FEAST BREAKFAST, 1st Sunday of the month at D Acres of NH from 10 a.m. -1 p.m. Suggested donation of \$5-\$15. Farm Tour starts at 1 p.m. Call 603-786-2366 or visit dacres.org.

PLYMOUTH SECULAR SOCIETY 2nd and 4th Tuesdays 7-8:30 p.m. Pease Library. Info: 536-1179.

MAD RIVER DASHERS Weekly runs, 1st & 3rd Sundays from Chase Street Market in Plymouth, 2nd and 4th Sundays from the Roaster Room on Riverside Drive just off Rt. 49 in Campton (next to Handyman Hardware); 8 a.m. start both locations. Open to all skill levels. Contact buffalo107@roadrunner.com.

POT LUCK DINNER Third Sunday of the month at Campton Baptist Church. For more information, call

726-4662.

ADULT BADMINTON Mondays at the Tapply-Thompson Community Center in Bristol, 7 p.m. \$1/night; call 744-1815 for details.

ASHLAND GARDEN CLUB meets the 3rd Monday of the month at 7 p.m. at Sherrill Hall, St. Mark's Church, Highland St., Ashland. Come join us to share your interest in gardening, conservation and environmental awareness

PRE-SCHOOL STORY TIME is held the first Friday of each month at 10:30 a.m. at the Ashland Town Library.

MEALS FOR MANY Community Meals served every Thursday at 5 p.m. at Plymouth Congregational Church in downtown Plymouth.

PRESCHOOL PLAYGROUP meets Thursdays at the Danbury Community Center, from 10-11:30 a.m. Call 768-3424.

WENTWORTH HISTORICAL SOCIETY meets the third Thursday of every month at the Historical Society Building.

OPEN MIC & POTLUCK AT D ACRES OF NH

last Friday of the month 6 p.m. Music starts at 8 p.m. Music, Poetry and more! Call 786-2366 or visit dacres.org.

WENTWORTH OLD TIME SQUARE/ BARN DANCE first Friday of every month, 8-10:30 p.m. \$7 adult/ \$15 family.

FREE COMMUNITY BREAKFAST served to all non-religious, second Saturday of the month at the Methodist Church, Washington Street, Ashland, 8-9 a.m.; third Saturday of the month at the Baptist Church, Main Street, Ashland, 8-9 a.m.; fourth Saturday of the month at the Episcopal Church, Highland Street, Ashland, 8-9 a.m. For more information, call 968-9766.

STORY HOUR Saturdays at the Campton Library at 10 a.m.

PLYMOUTH AREA CHESS CLUB meets Tuesdays, 6-8 p.m. at Pease Public Library on Russell St. Contact George Maloff, 536-1179.

BONE BUILDERS, a low impact exercise class to prevent osteoporosis, 9:30-10:30 a.m. Every Tuesday & Friday, Bristol UCC, Church St., Bristol, NH. Questions call Rebecca Herr 744-6526.

FREE TUTORING FOR ADULTS in the Plymouth/Bristol area. Reading, Writing, Math, High School Equivalency Test preparation, English as a Second Language, Basic Computer Skills. Call Pemi-Baker Literacy 536-2998 pemibakerliteracy.org

EARLY BIRD EXERCISE — Mon. Wed. Fri. 5:30 — 6:30am at the Holderness Central School. \$50 for 12 weeks. Please enter through the front door of the school. Holderness Recreation 968-3700.

GENTLE YOGA AT THE PLYMOUTH SENIOR CENTER Wednesday from 8:30- 9:30 a.m. in the exercise room. You do not have to be a senior to participate. The slow pace is great for beginners. The cost is donation based, you pay what you can afford. No experience is necessary.

HATHA YOGA — All levels with Lori Card. Tues. & Thurs. 9 — 10:15 a.m., Wed. 5:30 — 6:45 p.m. at Holderness Town Hall. \$12 drop in or six classes for \$60. Holderness Recreation 968-3700.

PIZZA & A MOVIE NIGHT. D Acres Farm, Streeter Woods Road, Dorchester. 2nd Friday of the month. Pizza at 6:30 p.m., and Movie starts at 7:30. Buffet style all-you-should-

eat farm fresh hand-made pizza. Always a thought provoking movie, and a G-rated family film for the kids too!

FREE COMMUNITY BREAKFAST. Ashland Methodist Church, second Saturday of each month; St. Mark's Episcopal Church, Ashland, every fourth Saturday. 8-9 a.m.

WHITE MTN DOWSERS Second Monday of the month at Starr King Unitarian Universalist Fellowship, Plymouth. 5:30 p.m. Dowsing practice, 6:30 p.m. featured speaker. \$5 suggested donation. For more info, call 726-3874.

YOGA CLASSES at Memorial Hospital at Boulder Point. Mondays at 5:15 p.m. For more info, call 238-2225.

ADULT PICK-UP BASKETBALL — Monday nights at the Holderness Central School. 7:30 — 9:30pm. \$5 per season. Ages 18+. Please enter through the front door of the school. Holderness Recreation 968-3700.

ADULT PICK-UP BASKETBALL Sundays, 6 p.m., Newfound Memorial Middle School, Bristol. \$1/night.

ADULT PICKLEBALL Tuesdays & Thursdays, 9:30 a.m., Tapply Thompson Community Center, Bristol. \$1/day.

GUITAR LESSONS FOR 4TH & FIFTH GRADERS Thursday afternoons at Tapply Thompson Community Center, Bristol. \$10/class.

7TH & 8TH GRADE TEEN NIGHT Thursdays, 5:30-8 p.m., Tapply Thompson Community Center, Bristol. \$1/night.

TAI CHI Saturdays, 9 a.m., Tapply Thompson Community Center, Bristol. \$10/class.

ADULT PICK-UP VOLLEYBALL Tuesdays & Fridays at Bridgewater-Hebron Village School, 7-9 p.m. \$1/night. Any questions, call 744-2713.

ADULT PICK-UP VOLLEYBALL — Thursday nights at the Holderness Central School. 7:30 — 9:30 p.m. \$5 per season. Please enter through the front door of the school. Holderness Recreation 968-3700.

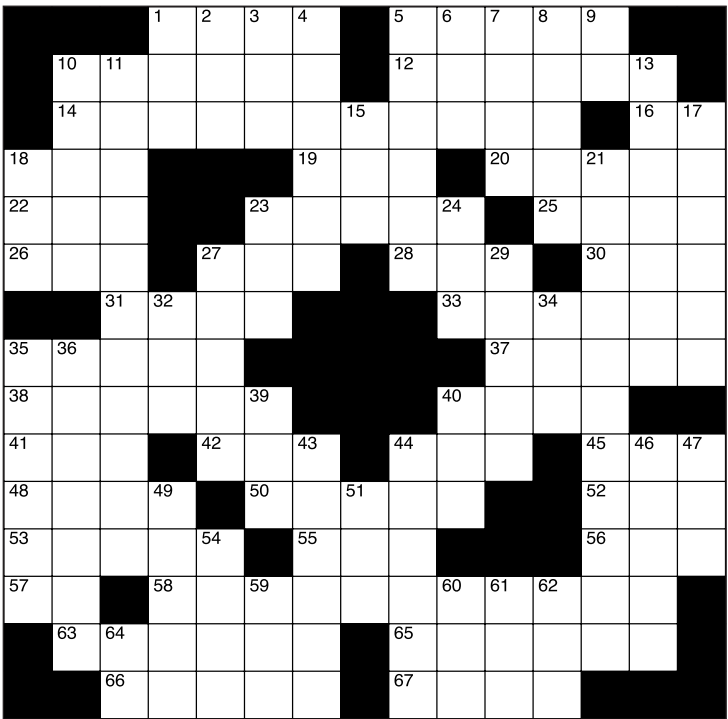
FRENCH LANGUAGE MEET-UP GROUP. French conversation for speakers of all ability levels. Second Tuesday of each month, 6 p.m., Common Man Inn, Plymouth. For more information, visit www.meetup.com/Plymouth-French-Language-Meet-Up-Group.

HIGH SCHOOL TEEN NIGHT Tuesdays at the Tapply-Thompson Community Center, 5:30-8 p.m. \$1/night; call 744-2713 for details.

LAKES REGION CAMERA CLUB - Meets at the Trinity Episcopal Church, Rt. 25, Meredith, on the first and third Tuesday of the month at 7:30 p.m. Persons of any experience level are welcomed. For more information, visit our website at www.lrcamera-club.com or call Phyllis Meinke at 340-2359.

PAPER CRAFTS & STAMPING CLASS First Tuesday of every month at Newfound Area Middle School in Bristol. Make fun paper crafts and cute cards to share. 6:30-8:30 p.m.

TAKE A BREAK



ACROSS

- 1. Hot meal
- 5. Razor clams
- 10. Blood-sucking African fly
- 12. Chauvinists
- 14. Windy City football player
- 16. An alternative
- 18. Federal Housing Administration
- 19. Styles hair
- 20. Arabic female name
- 22. Paddle
- 23. Area once separated from Germany
- 25. Marketplace
- 26. Gode Airport
- 27. Upset
- 28. Where wrestlers sweat
- 30. Garland
- 31. Robert ___, poet
- 33. An iPad is one

- 35. Fruit of the oak tree
- 37. Della ___, singer
- 38. Women's clothing retailer
- 40. Mailed
- 41. Largest English dictionary (abbr.)
- 42. Pouch
- 44. Radioactivity unit
- 45. Month
- 48. Nanosecond
- 50. Domestic
- 52. What a boy becomes
- 53. Breezes (anc. Greek)
- 55. Jogged
- 56. At the stern
- 57. Lawrencium
- 58. Destructive to both sides
- 63. Arterias
- 65. Removes
- 66. Pretentious people
- 67. Tropical Asian plant

DOWN

- 1. Type of whale
- 2. Type of medication
- 3. Land of the free
- 4. Formed an opinion of
- 5. Logo
- 6. No (Scottish)
- 7. Leaves tissue
- 8. Sacred state to Muslims
- 9. Thus
- 10. African nation
- 11. Someone who has a stake in
- 13. Parties
- 15. Subsystem producers
- 17. Large, flightless birds
- 18. Compromises visibility
- 21. A ballet enthusiast
- 23. More (Spanish)
- 24. Skeletal muscle
- 27. Hands (Span.)

- 29. Weighed
- 32. Businessman
- 34. Famous clock Big __
- 35. Unkeyed
- 36. Break between words
- 39. Ink (slang)
- 40. Disappointed
- 43. Stroke
- 44. Curdled milk
- 46. Restaurants
- 47. Explosive
- 49. Type of terrier
- 51. Disfigure
- 54. Innermost cell layers
- 59. Bar bill
- 60. Distinct period of history
- 61. Mode of transportation
- 62. Equal (prefix)
- 64. Operating system

PET OF THE WEEK—MARLOW

A very special dog, is Marlow, currently in an offsite foster home but so ready for her next step, a permanent forever home.

She came to us in August 2016 at the request of a sister shelter in New Hampshire. Marlow's story is heartbreaking; she was attacked in her own home by unknown human assailants. Immediate medical care was provided by another shelter, but they also asked if we would take her, for geographical reasons. Of course, we said "yes". Marlow has simply blossomed under the gentle, constant care of her New Hampshire Humane Society approved foster home (& BTW: what a great way to get involved with our organization!)

Marlow, aged perhaps 4 years young, is vigorous and energetic, completely recovered in mind, body and spirit, and now looks for a family to love her always. Best home:- teens and up, possibly another dog with formal introductions, cats... not so much! To arrange a meeting with Marlow, please contact us directly at the shelter, 524-3252 and ask to speak with an adoption counsellor.

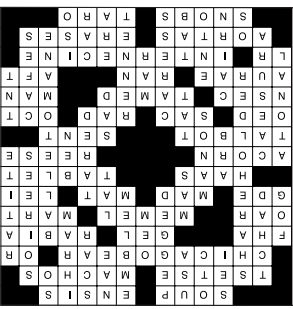
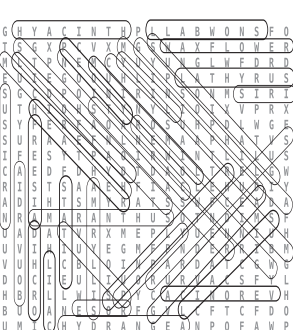
Check www.nnhumane.org for more details.



IN BLOOM WORD SEARCH

AMARANTHUS, AMARYLLIS, BOUVARDIA, CARNATION, CHRYSANTHEMUM, DAFFODIL, DELPHINIUM, FREESIA, GARDENIA, GLADIOLUS, GYPSOPHILIA, HEATHER, HYACINTH, HYDRANGEA, HYPERICUM, IRIS, LATHYRUS, LIATRIS, LILAC, LILY, LIMONIUM, NARCISSUS, ORCHID, PEONY, POPPY, RANUNCULUS, ROSE, SNOWBALL, SOLIDASTER, STATICE, STEPHANOTIS, SUNFLOWER, TULIP, VERONICA, WAXFLOWER, WINDFLOWER

This Week's Answers



Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

Ashland Community Church

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

Sundays
9 a.m. Early Worship Service, followed by coffee/fellowship in the church dining room
9:25 a.m. KidZone for K-grade 6; Special Needs Ministry for high school aged teens and adults
11 a.m. Contemporary Worship Service
11:15 a.m. KidZone for K-grade 6
11:15 a.m. Youth Sunday School
“Toddler Zone” is available at both services for infants through age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone
Debbie Madden leads the K-6th grade class. Kids will love the great videos and games that teach awesome age appropriate lessons in a loving atmosphere!

Sermon Series
“What Makes You Happy?”
April 30 “Plan For It”
May 7 “Peace with God”
May 14 “Happy Monday” (Mother’s Day!)
May 21 “Shoes”
May 28 “You’re Not Enough”

Special Needs Minstry
Becky McCuin will be leading a new special needs ministry for high school age teens and adults at the Early Worship Service. Please let Ernie know if you know of anyone that might be interested in joining this class. We are very excited about this opportunity.

New College/Career Group (ages 18-25)
Monday nights
6:30-8 p.m. at Plymouth State University. Contact Ernie Madden for more information.

Small Group Study Building Your Marriage to Last
Led by Ernie Madden
Tuesdays, 6:30-8 p.m.
Childcare provided for infants through sixth grade
Your marriage is under construction every day, as you build on the promises that you’ve made to each other and learn to deal with setbacks and challenges. Some days, it’s less than you hoped for, and other days, it’s more than you ever dreamed. No matter how good, difficult, long or short your marriage has been, you can start building — or remodeling — right now.

Who Needs God?
Perhaps nobody. Perhaps everybody. Perhaps we should talk about it. Led by Ernie Madden. Thursdays, 6:30-8:15 p.m.

Axyon Youth Ministry, for grades 6 through 12
Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays
8 p.m. — Alcoholics Anonymous Group meets in the church dining room.

It is our desire to help you understand God’s incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463, (home phone number) 968-7770, or his cell phone at 412-2046. You can also e-mail him at accernie@hotmail.com, or visit the church Web site, ashlandcommunitychurch.com.
We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our Dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others to do the same.

Real church, real people, real simple.
We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Campton Congregational

Sunday, May 7
We continue in our celebration of Christian Life as we share in Holy Communion. In this season of awe and growth in understanding and applying what we learn from God’s Word, the Bible; today we focus on seeking the lost. Worship includes hymns and rejoicing, Scripture and reflection, time for the children, and a message to invite us to further our understanding about the miraculous love of God for us.
Following Worship, plan continue with us in Christian Communion as we proceed to the Sunset Grill for our Lunch Bunch. We are a Biblically based, Spirit filled, Christ Centered group of believers – inviting you to join us as we grow in our Christian Faith together.

Monday, May 8
Pastors will be in the area beginning at 9 a.m. Drop in for coffee and conversation. The bereavement Group meets from 2:30 until 4 p.m., you are welcome here.

Tuesday, May 9
9 a.m. Deacons Committee meets.

Adult Bible Study groups meet at 10:30 a.m. (a study in Genesis) and 6:30 p.m. (in the Gospel of Luke). Join us the group is led by Pastors Russ and Cindy.
At noon, we share Fellowship Lunch, bring a sandwich we provide beverages.
At 1 p.m., the Ladies Guild meets. All ladies welcome to join in this time of handcraft projects and fellowship; finishing with tea at 3 p.m.
Children’s Bible Time begins at 3 p.m. Every Child is welcome. We come to know our Savior Jesus Christ, Our Father in Heaven, and the Holy Spirit better; as we learn about God and His Love for us. Lesson includes Scripture, crafts, snacks, games, songs, and conversation.
Moms and Grandmoms, bring your infants and toddlers in for a time of play and mother’s conversations. This begins at 3 p.m. and ends at 4:30 p.m. We provide coffee and tea, toys and fun. Come on in and make new friends as your little ones do the same.
Wednesday, May 10
At 9 a.m., the NACCC Fellowship will meet. Check with pastors for location.
Thursday, May 11
6:30 – 8:30 p.m. Child Care Aware meets in the Fellowship Hall. You may sign up on line.
Friday, May 12
At noon, Plymouth

Area Clergy will gather here. Let all pastors know they are welcome to join in this event. Bring a lunch, beverages and desserts will be provided.
Saturday, May 13
8:30 a.m. Potluck Breakfast will be shared in our Fellowship Hall. Bring a breakfast dish to share and join in the fun.

Sunday, May 14
Mothers’ Day will be celebrated today. Our guest Preacher will be Joy Moody. Please join us as we Worship together.

Church information
Whether you are dealing with a loss, have questions about Christianity or simply need a listening ear, we are here for you! Please contact us. You are always welcome here.
Our Pastors are available for visits or simply drop in or call, and one or both of the Pastors will be pleased to meet with you in your home, at church, or a local coffee shop.
The Campton Congregational Church is a member of the National Association of Congregational Christian Churches, and has been a part of the Campton Community for 241 years. Please drop in for any of our activities (495 NH Route 175, Campton) or to call Pastors Russ and Cindy Petrie at 536-2536 for further information or SEE CHURCHES PAGE B9



ALEXANDRIA
Alexandria United Methodist
12 Washburn Rd.
Alexandria Village, Alexandria
9 a.m. Sunday Worship Service
Pastor Deb Hoffman • 603-744-8104
Lenten Weekly Services
April 13th Maundy Thursday Service @ 7p.m.
April 14th Good Friday Service @ 7p.m.
April 16th Sunrise Service @ 6a.m.
Held at the Lake at Wellington Boat Ramp then Breakfast will be Served at Alexandria Methodist Church
April 16th Easter Worship @ 9a.m.

ASHLAND
Ashland United Methodist
18 Washington St., Ashland
All are welcome.
9:30 Sunday morning Worship Service.
Church School for 3-7 year olds during worship service.
Communion on 1st Sunday.
Sunday Evenings 6:30-7:30
Praise and Prayer gathering.
Wednesday Bible Study 2:30-4:00 p.m.
Pastor Roger Kleinpeter

Ashland Community Church
55 Main Street., Ashland
(across from Shurfine Market)
9:00 AM Early Worship Service
9:25 AM KidZone for K-Grade 6
11:00 AM Contemporary Worship Service
11:00 AM KidZone for K-Grade 6
11:25 AM Youth Sunday School
Toddler Zone is provided at both services
Pastor Ernie Madden • 968-7770
accernie@hotmail.com

Holy Trinity Parish (Roman Catholic)
St. Agnes Church • 19 Hill Ave., Ashland, NH 03217
Thurs Mass 8:00a.m.
Sunday 9:30a.m. (Summer only)

St. Mark's Episcopal Church
Highland St, Ashland • 968-7640
(please leave message)
8 a.m. worship & 9:30 a.m. Sunday School and worship at Church of the Holy Spirit, Plymouth
Thursday Eucharist, 11 a.m. at Sherrill Hall, Ashland
Rev. Randy Dales, Vicar

BRISTOL
Bristol Baptist Church
30 Summer Street in Bristol, NH
Sunday School for all ages -- 9:00am
Sunday Worship -- 10:00am
Prayer meeting -- 10:00 am on Tuesdays
Prayer & Bible Study -- 6:00 pm on Tuesdays
For more information, please call 744-3885

Bristol United Church of Christ
15 Church St., Bristol
9 a.m. Bible Study • 10 a.m. Sunday School

10 a.m. Worship Service • Child Care Available • 744-8132

Holy Trinity Parish (Roman Catholic)
Our Lady of Grace Chapel
2 West Shore Road, Bristol
Sunday Mass 9:30a.m.
Saturday Mass 5:45p.m. (Summer only)
Sunday Mass 8a.m. (Summer only) North
American Martyrs Oratory
17 West Shore Rd., Bristol
Friday Mass 8a.m.

CAMPTON
Campton Baptist Church
1345 Main Street, Campton
Sun. 10a.m. Worship & Praise Service followed by Time of Fellowship
Monday 7 p.m. Bible Study followed by Prayer Meeting
Thursday, 7 p.m. Men's Group
All are welcome
726-4662 • Handicapped Accessible

Campton Congregational
#495 Rt. 175, Campton
9:30 a.m. Sunday Worship Service
Nursery and Child Care Available
11 a.m. Tue. Bible Study for Youth & Adults
Rev. Russell Petrie • 536-2536
Member NACCC

River of Grace Church
Southmayd Plaza (off I-93 Exit 28)
24 Southmayd Road, Campton
(Across Route 49 from Campton Mobil)
10:00AM Sunday Worship Service
Childcare and Children's Ministry available
Pastor Steven Veinotte
rogchurch.com

DANBURY
Danbury Christian Church
High St., Danbury
9:30 a.m. Sunday School
11 a.m. Morning Worship
Tuesdays 6:30 p.m. AWANA
Thursday, 7:00 p.m. Prayer Group/Bible Study

United Church of Danbury
"All Are Welcome"
Rt. 104 — Near Center of Town
9:30 a.m. Sunday Worship Service
9:30 a.m. Sunday School
Contact: Sylvia Hill, Deacon at 768-3936
danburypastor@myfairpoint.net

HANOVER
Our Savior Lutheran Church
5 Summer Street, Hanover • 643-3703
10:30 a.m. Sunday Service of Holy Communion and Children's Church
9:15 a.m. Adult Education Hour

HEBRON
Union Congregational Church
16 Church Lane, Hebron • 744-5883
10 a.m. Sunday Worship Service
Rev. John M. Fischer

HILL
Picturesque "1800" Hill Center Church
Non-denominational, All Welcome
Murray Hill Rd.
5 p.m. Sunday Services June-October
Rev. Carol Snow-Asher • 744-7864
Hill Village Bible Church
9am - Sunday School
10am - Morning Worship
11am - Coffee Fellowship
11:30am - Bible Hour
6:30pm - Wed. Prayer & Bible Hour
Teen/Childrens' Ministries
Nursery provided at all services
Pastor: Rev. Daniel Boyce
Youth Pastor: Nathan Pelletier
www.hillvillagebiblechurch.com
Look for us on Facebook

HOLDERNESS
Holderness Community Church
919 US Rte 3, Holderness
Workshop Service: 10 a.m. June-Aug.
11 a.m. September-May
Rev. Daniel Ward • 968-3219
www.holdernesscommunitychurch.org

NEW HAMPTON
New Hampton Community Church •
744-8252
A Christian Church w/ a Family friendly atmosphere • Main St. New Hampton
10 am Sunday Worship
Nursery care, Children & Youth ed.
Small groups throughout the week in area homes

PLYMOUTH
Calvary Independent Baptist • 536-3024
115 Yeaton Rd., West Plymouth
8:45 a.m. Sunday Morning Service
10:30 a.m. Sunday School
6:30 p.m. Sun. Evening Service--Tilton
7:00 p.m. Tuesday Evening Service
Dr. Chester W. Kulus, Pastor

Christian Science Society
7 Emerson St., Plymouth • 536-3997
10-11 a.m.--Sun. Service/Sun. School
Wed. 6:00-7:00--Testimonial Meeting -- Reading Room
Mon. 12-2 & by appointment
www.cs-plymouth-nh.org

Church of Jesus Christ of Latter-Day Saints
354 Fairgrounds Rd., Plymouth
10:00a.m. Sunday Service
11:10a.m. Sunday School
Kevin Simpson • 536-3664

Episcopal Church of the Holy Spirit
170 No. Main & Pearl Sts., Plymouth • 536-1321
Sunday Service 8 and 9:30 a.m. (with music and nursery)
Rev. Randy Dales, Priest-in-Charge

Family Worship Center of Plymouth Assembly of God
319 Highland St. • 536-1966
8:30 a.m. Bible and Bagels

9 a.m. Sunday School
10 a.m. Sunday Worship & Children's Church
6:30 p.m. Mid-week Service Thursday
6:30 p.m. M-Pact for Girls Thursday
6:30 p.m. Royal Rangers Thursday
HANDICAP ACCESSIBLE
Rev. Glen Yungahans, Pastor

Gateway Alliance Church
9 Fairgrounds Road, Plymouth • 536-3043
Sunday School and Adult Education 9:45 AM
Worship Service 11:00 AM
(Nursery Care is available)
Dennis Simmons, Pastor
gatewayalliancechurch.org

Grace Baptist Church
Meeting at the Plymouth Regional Senior Center
8 Depot St., Plymouth
1:30 PM Sunday School
2:30 PM Sunday Worship Service (Nursery Provided for every service)
Thursday, 6 PM - Teen Youth Group
Thursday, 7 PM - Prayer Meeting and Children's Patch the Pirate Club
Pastor Steve Anglea
(603) 530-2866
gbcnh.org

Holy Trinity Parish (Roman Catholic) St. Matthew Church
11 School St., Plymouth, NH 03264 • 536-4700
Monday Mass 8:00 a.m.
Tuesday Mass 8:00 a.m.
Saturday Mass 4:00 p.m.
Sunday Masses 7:30 & 11:30 a.m.
Rev. Leo A. LeBlanc, Pastor

Plymouth Congregational United Church of Christ
On the Common, Plymouth
Sunday Worship 9:30 a.m.
Children's Church School 9:30 a.m.
Nursery care available
Thursday: Choir Rehearsal 7p.m.
Open and Affirming, Just Peace
Global and Local Missions, Fully Accessible
Rev Paulo Franca, Pastor
Church Office Administrator, Richard Cowing
Brad Dumont, Music Director
Laura Belanger, Organist
Alison Thatcher, Director of Spiritual Formation
536-2626 • www.uccplymouth.org

Plymouth United Methodist
334 Fairgrounds Rd., Plymouth
9:30 a.m. Sunday Worship and Children's Sunday School
Ashley Bowler, Pastor • 536-1941
www.plymouthumc.wordpress.com

Starr King Unitarian Universalist Fellowship
101 Fairgrounds Rd., Plymouth
536-8908
9:30 a.m. Sunday Service and Church School & Nursery Care
Rev. Linda Barnes
www.starrkingfellowship.org

RUMNEY
Rumney Baptist Church
375 Main Street • 786-9918
Sun. 9 a.m. Worship & Praise Service
10:45 a.m. Bible Discovery Groups
Mon. 6:30 p.m. "24/7" Teen Nite
Wed. 5:30 p.m. Alpha Course
Wed. 6 p.m. Awana (ages 3 - grade 6)
Small groups meet throughout the week in area homes.
Pastor Dan Bowers
www.rumneybaptist.org
email: rumneybaptistchurch@myfairpoint.net

West Rumney Community Church
United Church of Christ
1218 Old Route 25, West Rumney
Sun. Worship 9 AM, All are welcome.

THORNTON
Thornton United Methodist
22 Church St., Thornton
Off Cross Road between Rts 3 & 175
Call 603-726-3774 for more information or to leave a message.

WARREN
Warren United Methodist Church
On the Common, Warren, NH
Sunday Worship 10 a.m.
Sunday School 10 a.m.
Pastor David J. Moore • 787-6887

WENTWORTH
Baker River Bible Church
259 Moosilake Hwy., Wentworth
* Sunday School - 9:45 am
* Morning Worship Service 11:00 am
* Potluck Lunch - 12:00 noon
* Afternoon Worship Service 1:30 pm
* Wednesday Prayer Meeting, Patch the Pirate Club for grades 1-6, and Teen Youth Group 7:00 pm
Rev. Bruce Michaud, Pastor
764-9406 or 786-9550

Wentworth Baptist Church Independent, Fundamental, K.J.V.
260 Cape Moonshine Rd., Wentworth
9:30 a.m. Sunday School
10:30 a.m. Sunday Service
1 p.m. Sunday Afternoon Service
7 p.m. Wednesday Evening Service
Pastor Jeffrey Greeson
764-9800 www.wbcn.org

Wentworth Congregational Church
38 Wentworth Village Rd
wentworthcongregationalchurch.org
Adult Sunday School 9 am.
Worship 10:15 am.
Bell Rehearsal 12:1:30 pm.
Rev. Margaret W. Bickford, Pastor

WOODSTOCK
Pemi Valley Church
1091 Rte 3 South Woodstock, VT 05424
ALL ARE WELCOME
Wednesday- 6:30PM Bible Study and Prayer Group.
Sunday 9AM-10AM Worship Service and Children's Sunday School. 10-10:30AM Refreshments.
Reverend John Muehlke Jr.

Churches

FROM PAGE B8

conversation about the Christian faith or the Church. You are always welcome.

Family Worship Center Plymouth Assembly of God

Greetings from Family Worship Center Assembly of God church, located at 319 Highland St., Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Family Worship Center. Please feel free to contact out Pastor, Rev. Glen Yunghans at 726-0254 or 536-1966. Our upcoming schedule is as follows:

Thursday, May 4: On Thursday, May 4, come out and join us for our family night at church. We offer the following programs from 6:30 to 7:30 p.m.: Royal Rangers: Boys from Elementary School through High School MPact: Girls from Preschool through High School Adult Bible Study: In our fellowship hall, currently studying the book of Romans Please come out to this time of fellowship and training.

Sunday May 7 Sunday Morning Come on out and enjoy Bible and Bagels before Bible Study, and get a cup of juice, or coffee and a bagel from 8:30-9 a.m. Following this is our Sunday School classes for all ages from 9-10 a.m. Immediately after Sunday School we head into our regular Sunday Morning Worship Service, which features contemporary music and a Biblical message brought by our Pastor. We offer Children's church and nursery during our services.

Sunday Evening Sundays at 5 p.m. we have a time of prayer in our sanctuary. No prayer experience needed. All you need to do is come and talk to the Lord and trust the Lord to meet your needs and the needs presented. If you have a prayer request you may put it in the green box in our hall way marked prayer requests.

Looking Ahead: Friday, May 12: 6 p.m. Food, Fun, Fellowship at the home of Rev. Raymond Hahn, 4 Stetson Drive, Campton. Saturday, May 20: 10 a.m. Ladies' Fellowship in the fellowship hall. Please contact the church concerning this event. Saturday, May 27: 10 a.m. Men's brunch in the fellowship hall. Please contact Pastor Glen, 726-0254, or Willy Gusha, 254-4541, with any questions concerning this get together.

Our Schedule: **Sunday:** 8:30 a.m. Bible and Bagels 9 a.m. Sunday School 10 a.m. Morning Service **Monday:** 1st and 3rd Monday of the Month

10 a.m.-2 p.m. Helping Hands Food Pantry

Thursday: 6:30-7:30 p.m. Family Night Friday: 2nd Friday of the month 6 p.m. Food, Fun, Fellowship

Saturday: 3rd Saturday of the month: 10 a.m. Ladies Fellowship Last Saturday of the month: 10 a.m. Men's Brunch Our Mission Statement: Transforming Lives Through God's Word Please give announcements for Sunday Bulletin to the church office by 4:30 p.m. on Tuesday by email: fwcag@hotmail.com or gyunghans@hotmail.com, or contact the church, 536-1966 or Pastor, 726-0254. Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance. Please note the church's Web site: assemblyofgodplymouthnh.org.

Grace Baptist Church

Evangelist Todd Sivnksty and his family will be at Grace Baptist Church of Plymouth for the week of May 21-26, and the meetings will take place at the Plymouth Senior Center, 8 Depot St., Plymouth. He and his wife, Krista, and their two children, Cameron and Ivy, will minister in preaching, music, and children's meetings. The first service on Sunday, May 21, will be at 2:30 p.m., but he will also minister in Sunday School at 1:30 p.m. Monday – Friday, May 22-26, the services will be at 7 p.m. Todd and Krista founded Karis Ministries in 2000 for the purpose of helping his family to serve God in a full-time capacity through churches and church-supporting ministries. Their goals include promoting personal revival in the lives of believers, proclaiming the good news of salvation through faith in Jesus Christ, and providing encouragement to spiritual leadership for the glory of God and the fulfillment of His eternal will. Todd's family travels approximately ten months of the year in itinerant evangelism. While most of their travel is in the United States, they also hold meetings in other countries. Todd and Krista base their ministry out of Starr, S.C. Todd is the son of nationally known Jerry Sivnksty and he has two other brothers serving as evangelists in the United States. For more information bout these meetings, please call the church at 350-2866 or visit our Web site at www.gbcnh.org. So, come and enjoy the great fellowship and the Sivnksty's ministry during this special week, May 21-26 at Grace Baptist Church of Plymouth.

Hebron Union Congregational Church

All are welcome to join in our worship ser-

vices on Sundays at 10 a.m., followed by coffee hour. Please come meet our new Interim Minister, Rev. Earl Miller. Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the Church Secretary, Linda Kriss using the contact information in the last paragraph of this notice.

We gather once a month to make soup for people in our local communities. Our next soup route is May 8. While we are making soup for others, we also share a meal of soup, salad, bread and

dessert. If you would like more information about Soup Route, would like to volunteer, or would like to receive soup from us, please contact our Church Office using the contact information below.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our church secretary's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's


email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church Web site at www.hebronchurchnh.org.

Holy Trinity (Roman Catholic)

Day Away program Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff

and volunteers (with meal included), while also giving the caregiver some much needed time off. Please contact Christine Santom at 786-2283 or come by and visit between the hours of 9 a.m. and 3 p.m. every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region. Volunteers are always needed. Visit our Web site at www.respiteforcaregiverday-away.wordpress.com


Benefit Quilt Auction Will you donate a SEE CHURCHES PAGE B10



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Things we want you to know: New Postpaid or Shared Connect Price Plan required. 30-month Retail Installment Contract; credit approval, new customer number port-in and device turn-in also required. A \$25 Device Activation Fee may apply. A Regulatory Cost Recovery Fee (currently \$2.02) applies; this is not a tax or government required charge. Additional fees (including Device Connection Charges), taxes, terms, conditions and coverage areas may apply and vary by plan, service and phone. Offers valid at participating locations only and cannot be combined. See store or uscellular.com for details. **Device Protection+ is required in all states, except OR:** Minimum monthly price is \$8.99 per Smartphone. A service fee/deductible per approved claim applies. You may cancel anytime. Property insurance is underwritten by American Bankers Insurance Company of Florida and provided under a Master Policy issued to U.S. Cellular®. You will be the certificate holder on U.S. Cellular's Master Policy for loss/theft benefits. Service Contract Obligor is Federal Warranty Service Corporation in all states except CA (Sureway, Inc.) and OK (Assurant Service Protection, Inc.). Limitations and exclusions apply. For more information, see an associate for a Device Protection+ brochure. **Free Samsung Galaxy S8:** Full price is \$726. \$24.20/month less \$24.20/month bill credit for 30 months; 0% APR. Bill credit applied within three bill cycles and ends when balance is paid. First credit will include all credits for bill cycles one, two and three. Line must remain in good standing. May apply max credit toward Galaxy S8+, which will be reduced but not free. Available on new line activations and upgrades. This device not eligible for Early Upgrade. **Qualifying turn-in devices include:** iPhone SE, 5s, 6, 6 Plus, 6s, 6s Plus, 7, 7 Plus, Samsung Galaxy S® 6, S® 6 Edge, S7, S7 Edge, Note 5. Turned-in Smartphone must be in fully functional, working condition without any liquid damage or broken components, including but not limited to a cracked housing. Smartphone must power on and cannot be pin locked. **Kansas Customers:** In areas in which U.S. Cellular receives support from the Federal Universal Service Fund, all reasonable requests for service must be met. Unresolved questions concerning services availability can be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection at 1-800-662-0027. Limited-time offer. Trademarks and trade names are the property of their respective owners. ©2017 U.S. Cellular

Churches

FROM PAGE B9

quilt? If you're a quilter and want to donate a homemade quilt to raise funds for Haven Pregnancy Center, please contact Beth at 536-2111, or Eileen at 536-3323. Quilts are due by Sept. 30. Our online auction runs from Oct. 30 through Nov. 30. Visit our auction page at www.quiltauctionnh.com.

Plymouth Knights of Columbus Scholarship

The Holy Family Knights of Columbus, Council 10307 in Plymouth, are again offering a scholarship for a member of Holy Trinity Parish. Applicants must be applying to a full-time university or trade school. The application includes an essay, photo, and requires one letter of recommendation. For applications, please contact John Boyle at 536-1188. All applications are due by June 6.

Campus Ministry

Thank you dinner for parishioners who provided courses for the monthly suppers will be Sunday, May 7, at 6 p.m. at St. Matthew's rectory, hosted by grateful students. Please RSVP to Kathy Tardif by Monday, May 1, at 535-2673. Take a deep breath and relax as the semester's work increases before finals. The weekly student meeting on Tuesday, May 9, will be at 5:15-6 p.m. in the Reflection & Spiritual Care Center. Wendy Hills will join us for a guided meditation.

Calling all bakers! Food for Finals is around the corner, a time when Catholic Campus Ministries deliver comfort food in the form of homemade goodies to all res. halls and Centre Lodge the first night of Finals Week. Parishioners interested in providing batches of cookies or squares should contact Sandy Abbott at 2543431 or sandy-abbott6@gmail.com with their name, phone number, what they will bake, and the amount. Baked goods should be dropped off at the Reflection & Spiritual Care Center between 9 a.m. and noon on Saturday, May 13. The Center is located on Highland St., across from Lamson Library, the next building up from Citizens Bank.

World Day of Prayer For Vocations

World Day of Prayer will be observed on Sun-

day, May 7, also known as "Good Shepherd Sunday." The purpose of this day is to fulfill the Lord's instruction to, "Pray the Lord of the harvest to send laborers into his harvest" (Mt 9:38; Lk 10:2). Please pray that young men and women hear and respond generously to the Lord's call to the priesthood, diaconate, religious life, societies of apostolic life or secular institutes. You can find many resources to promote a culture of vocations on the USC-CB Vocations Web page (www.usccb.org/vocations).

No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church...no matter what your current family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

Weekly Meetings Thursday, May 4

Day Away Program, Simard Hall, 9 a.m. Cub Scout Meeting, St. Matthew Hall, 6 p.m.

Sunday, May 7

Faith Formation Ashland/Plymouth: 9:15 a.m., St. Agnes Hall Bristol:10:30 a.m. Simard Hall Confirmation Plymouth: St. Matthew Meeting Room, 10:15 a.m. (second year only) No Bristol Confirmation Boy Scout Meeting, St. Matthew Hall, 5 p.m. ~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

Plymouth Congregational, UCC

You are Invited to Join Our Celebration for 25 Years of Being Open and Affirming!

There is a lot to celebrate. This church made the decision to become Open and Affirming (ONA) when no other Congregational Church in New Hampshire had made that commitment. Now there are forty-four in the state! We are proud to be in the forefront of this important civil rights movement.

Opening Worship Service -Friday, May 5, 6:30 p.m.

The guest preacher on Friday evening will be Andy Lang, Executive Director of the ONA

Coalition of the United Church of Christ. A combined choir from ONA churches will perform and lead the singing.

ONA Mission Gathering-Saturday, May 6, 9 a.m. - 2:30 p.m.

Morning Worship with WildVine Jazz Group will begin at 9:30 a.m. Conference Minister, the Rev. Gary Schulte, will lead us in a moment of worship and public witness on the Common from 11:30 a.m. - noon.

Several interesting workshops will be available from 10:30 - 11:30 a.m.

The keynote speech by Alex Myer, a transgender man, author, and social activist will be at 1:45 p.m.

Workshop: ONA

201: Best Practices for Church Growth with Andy Lang Open and Affirming churches can grow: if they are visible, confident and persistent in their witness. This workshop distills the best practices learned from the experience of growing ONA congregations, including tips on communication, marketing, advocacy and personal evangelism. Have you ever asked, "What's next for our ONA church?" This workshop is for you! Congregations exploring the possibility of an ONA covenant will also benefit from this workshop.

Workshop: Graceful Engagement with the Open and Affirming Concerns Mission Group of the New Hampshire Conference, United Church of Christ.

Paraphrased from Building an Inclusive Church: A Welcoming Toolkit: The "spirit" with which a congregation does an Open and Affirming (ONA) process can make all the difference. It requires deep listening, seeking "that of God" in the people with whom you engage and finding the ways in which God is revealed to you through them. So must the ONA Process carry a similar spirit. We call this spirit "Graceful Engagement."

Graceful Engagement is a way of practicing holy conversation, where each person is treated as a loved child of God. It is about listening, sharing one's own story, hearing one another's perspective, finding commonalities and shared experiences. It is about

building relationships around values that bring us together as opposed to things that polarize us.

Workshop: Building Community Through Music with Sarah Dan Jones.

Sarah Dan is the past President of the Unitarian Universalist Musician's Network, and has traveled around the country presenting workshops and worship around "Building Community Through Music." Her workshop will offer a refreshingly new understanding of music in ONA churches.

This celebration, including the workshops, is free and open to the community. Drop in for some or all!

Live-Streamed and More!

Don't miss a thing. Many programs and Sunday Worship are on FaceBook. "Like" the church FaceBook page and you will receive notification when the weekly service goes live on Sunday morning! Missed something? You can find it on the FaceBook site, "Plymouth Congregational United Church of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh. We "live stream" the worship service every Sunday at 9:30 a.m.

You can also find this on the church Web site, www.uccplymouth.org.

"In Praise of Diversity"-An Art Exhibit

This exhibit is part of the ONA 25 Celebration. The art is as diverse and meaningful as the topic itself. The exhibit is available for viewing in the Sanctuary whenever the church is open and the Sanctuary is not in use. This is usually 9 a.m. to 2 p.m. Monday through Friday.

Sunday School

All children are invited to join us for Sunday School. During May we'll be participating with our church-wide ONA celebration by talking about diversity, uniqueness, similarities, and having a loving spirit to all. We have some fun object lessons and new stories to share on this important theme.

On Mother's Day, we'll be focusing on how much our mothers

(and all parents, grandparents, caregivers) mean to us and we'll be making a special gift for our mothers to celebrate their special day. Kids with a Mission will be meeting again on Sunday, April 30, with a focus on building: building relationships, helping Habitat Humanity, and maybe even building some bird houses for our friends that have trouble getting out of their homes to come to church. Kids With a Mission, for all kids 5th grade and older, will meet during the Sunday School hour.

Live-Streamed and More!

Don't miss a thing. Many programs and Sunday Worship are on FaceBook. "Like" the church FaceBook page and you will receive notification when the weekly service goes live on Sunday morning! Missed something? You can find it on the FaceBook site, "Plymouth Congregational United Church of Christ Plymouth NH." Scroll down to the date of the service or program you missed. It is all there! You will also find current information about upcoming church events and a few posts to make you laugh.

Church Calendar

The public is welcome and expected at these ongoing free programs. You may receive the complete calendar by email, or look on the Web site, www.uccplymouth.org. The people friendly way to get information is still available; call and chat with the church administrator, Sonnie, at the church office.

Sunday Services at 9:30 a.m. each Sunday, Pastor Paulo Franca will greet you and preach the sermon. Everyone is welcome here!

Adult Choir: Singers wanted! Everyone welcome. Claire McIver directing.

Communion: First Sunday of every month. For homebound, call the office to arrange. Open; all invited to partake.

Coffee House: Usually last Friday of the month, 6:30 p.m. Free, Music, Discussions, Refreshments. Community invited.

Sunday Niters: alternate Sundays in the evenings in homes. Call the office for the latest. Everyone invited. It is an opportunity to visit over supper and get to know your church friends bet-

ter.

Rev. Franca's sermons: www.uccplymouth.org. and Facebook. Inspiration is waiting for you.

PCUCC is an Open and Affirming, Just Peace, mission oriented, theologically curious, socially progressive, Spirit filled faith community where all God's children are welcome. This congregation is called to be a compassionate community, intentionally inclusive, openly searching, joyfully serving in the way of Christ. Visit our Web site at www.uccplymouth.org. To learn about the United Church of Christ, our national affiliate, visit the Still Speaking Web site: www.stillspeaking.org. Church office hours are Tuesday through Friday, 9 a.m.-2 p.m. Hope Fund requests are taken during regular office hours. Phone: 536-2626. Email: office@uccplymouth.org.

Church closings will be posted on wmur.com or on WMUR television.

Get the Latest News, Updates and Details on our FaceBook page, Plymouth Congregational United Church of Christ Plymouth NH. And now you can see live-streamed services here. Please "like" us to stay connected!

Plymouth United Methodist Church

Saturday, May 6, 4:30-6:30 p.m.- Ham and Bean Supper


Join us for an incredible mouthwatering meal. Feast on ham, chicken, beans, salads, sides, beverages, pies, cakes, and so much more. \$8 for adults, \$4 for children ages six to 12, children five and under are free. For more information, visit us on Facebook- Plymouth United Methodist Church.

Sunday Service, May 7, 9:30 a.m.

Our services are a blend of praise music, scripture lessons, and shared prayer. For more information about the United Methodist faith, beliefs, and mission, visit www.umc.org and then visit with us at 334 Fairgrounds Rd. The dress is casual, the people are friendly, the building is accessible, and there's plenty of off-street parking.

SEE CHURCHES PAGE B11

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TAKE THE SAFE ROUTE. GO HANDS-FREE.

Churches

FROM PAGE B10

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

Sunday, May 7, 9:30 a.m. A Celebration of Music Sarah Dan Jones

Join Music Director Sarah Dan Jones, the Starr King Singers, and members of the fellowship in a music making worship service. All ages welcome.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is usually held downstairs concurrently with the service.

Children and Youth Religious Education, Meredith Flynn, DRE

There will be no regular children's classes on May 7. Instead, we will be having a whole congregation service celebrating music. This service is appropriate for adults and children alike. Please join us.

Regular classes resume on May 14.

Social Justice Community Outreach for "GOT LUNCH!PLYMOUTH" is the community organization designated for May's SKUUF monthly outreach. For the 10-week period beginning June 19, volunteers will gather at the SKUUF meeting-house on ten Monday mornings, to pack and deliver a week's supply of lunches for children in Plymouth who are in need. These children will go back to school in the fall healthier in body and spirit than they otherwise would be if this program did not exist.

We provide fresh food from Hannaford: bread, fruit and vegetables; also cans of tuna, jars of peanut butter and jelly, coupons for dairy items provided by a local convenience store, produce obtainable at local farms, and additional staples from the New Hampshire Food Bank. Families must enroll their children each year to participate. We expect to add delivery routes to accommodate the anticipated increase in participants to be served. We are looking forward to seeing many of you during the summer as volunteer packers and deliverers for the program. Over 100 children participated last summer. It is a community program with a broad level of both financial and volunteer support from individuals, churches, and businesses in Plymouth. SKUUF support remains critical to the continued success of the program.

Please bring canned or dry packaged food items for our local Community Closet collection basket in the foyer.

Upcoming Annual Afternoon Tea, Sunday, May 7 at 4 p.m. Tickets may be reserved by calling the Fellowship office weekdays mornings at 536-8908 or acquired on Sunday mornings from Elizabeth Becker. Wear

your fanciest hat and join us for tea and a plethora of tasty treats. This fund raiser for the kitchen is much fun and well attended.

Saturday May 13, Roy Zimmerman, musical satirist. Doors open at 6:00 pm. Tickets available at the door. Silent auction in Fellowship Hall.

Starr King UU Fellowship is located at 101 Fairgrounds Rd.,

Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship and other activities we enjoy together.

Wentworth Congregational

Join us each Sunday morning at 10:15 a.m. for our worship service.

Adult Bible Study is held each Sunday morning at 9 a.m. in the Pastor's office.

Communion is served on the first Sunday of each month.

Choir rehearsals are usually held on

Wednesday evenings at the church, at 7 p.m.

This Sunday the choir will sing "I Just Keep Trusting My Lord."

Choir will recess for the summer at the end of May.

It is very probable our worship services will go to 9 a.m. for the summer. More details on this later.

Blessings to all!

KEEPING EACH OTHER WELL



BY ELIZABETH TERP

The ugly truth is that the Northern Pass proposal is a scam to benefit Eversource and Hydro Quebec, not to provide New Hampshire with clean, renewable energy. HQ energy under the current NP plan would come at great cost to the environment, to neighborhoods, home landscaping, home water lines crossing Route 3, and wetlands. Installation of the line would jeopardize businesses, people commuting from

Northern Pass — the ugly truth comes out!

their homes, school buses and tourist travel as Route 3 and other roads were torn up. All so that Eversource would profit from the rent money for the line, not the people of New Hampshire.

The Department of Energy Supplement to the Environmental Impact Statement (EIS) advises that fully buried transmission lines could use the already disturbed median corridors in place, for example in I93. Those wide medians were designed for just such projects in the interests of the general public. The NP project has consistently refused to consider using I-93.

Richard Widhu of Nashua noted in a Letter to the Editor of the Union Leader on April 25 that the 2015 EIS advised that burying the

line along existing medians could also bring 3,766 more construction jobs and 544 more permanent jobs. Why on earth would the Site Evaluation Committee (SEC) even consider any other option if they responsibly served the people of New Hampshire?

Estimated cost would be one and a half times that proposed by the Northern Pass. However, considering all the blasting, well replacements, wood clearing costs, and law suits filed against NP to put up 135-foot towers for the proposed above ground line and undergrounding through secondary roads, there will certainly be additional costs that magically appear at the end of the project if the current plan is approved.

We have to keep in mind Eversource's masterplan as explained by president, Bill Quinlan, "The Northern Pass is just the first of many projects we have planned for NH." Indeed, the Northern Pass is the North-South backbone of Eversource's future projects. Other projects will utilize all that land HQ has bought up in the state and the big plan is to have several arms reaching out across the state East and West, a giant cobweb of power lines bisecting the NP line and utterly destroying the beauty, livelihood, health and harmony of our state.

With the Eversource/HQ plan, New Hampshire would lead the country in expanding an archaic energy transmission system and would be so sub-

merged in what it cost that we would not have the resources to explore clean, renewable energy that saves the Earth and all life therein.

That is, unless we New Hampshire citizens actively say, "No to Northern Pass!" Send your letter to the Site Evaluation Committee, c/o Pamela Monroe, Administrator, 21 S. Fruit St., Suite 10, Concord, NH 03301 or email: Pamela.Monroe@sec.nh.gov.

Comments welcome at elizabethterp@yahoo.com, www.elizabethterp.com, or PO Box 547, Campton, NH 03223.

Editor's note: The author's views with regard to the Northern Pass project are her own, and do not reflect those of the Plymouth Record Enterprise.

Food allergies: Detection and management for Seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

What Are Food Allergies?

In theory, it can be easy to confuse food intolerance for a food allergy. The former primarily involves the digestive system and its inability to properly break down certain foods. Food intolerance can cause everything from nausea to bloating and cramps. With food intolerance, you can generally consume small amounts of the food without causing much of a reaction. On the other hand, reactions from a food allergy can be much more serious, and contact with even trace amounts of offensive foods can be life-threatening.

Food allergies (commonly linked to foods such as peanuts, shellfish, soy, and wheat) are directly involved with the immune system. For those with a food allergy, the body produces an antibody called Immunoglobulin E (or IgE). When an offensive food allergen binds to these antibodies, they trigger immune cells to release histamine and other chemicals, leading to a number of potential symptoms.

Mild Symptoms:
• Hives
• Redness of the skin or eyes
• Nasal congestion or sneezing

Severe Symptoms:
• Shortness of breath
• Sudden drop in blood pressure
• Swelling of lips, tongue, or throat

A Growing Problem
A common misconception regarding food allergies is that they only develop during childhood. In reality, food allergies can manifest at any point in life, and while the first appearance is not readily seen in older adults, many are still faced with symptoms due to an allergy's persistence late in life. In fact, food allergies are becoming more prevalent within the rapidly growing senior population. The scientific community has yet to conclude the exact reason behind this increase. The aging of the immune system – or immunosenescence – is a factor, according to some. Others theorize that we, as a society, are not developing the proper immunities quickly enough, due to the overly hygienic standards put in place.

Detecting a Food Allergy

If a senior is concerned about the possibility of having a food allergy, it's important to receive a diagnostic food allergy test from an allergist. Below are the four most common diagnostic tests. Note that all of these tests should be conducted under the

supervision of allergists and other medical professionals (as necessary).

Skin prick test: This involves an allergist allowing a small amount of food allergen to enter the surface of the skin on the forearm or back. If a wheal – small raised bump surrounded by red, itchy skin – is produced, it generally indicates an allergy exists.

Blood test: This tends to be more costly than the skin prick test, and is used to detect the quantity of IgE antibodies to help determine potential triggers. Though this test can yield helpful information regarding the chance of a food allergy's existence, it does not necessarily provide information on the severity of the allergy.

Oral food challenge (OFC): Known to be one of the more accurate methods of food allergy detection, an OFC involves an allergist providing small samples of potentially offensive foods to the subject, followed by periods of observation/identification of reaction. If a reaction occurs, no more food is given.

Food elimination diet: Typically used in unison with skin or blood tests, the food elimination diet is exactly as it sounds. The test involves the elimination

of potentially offensive foods from one's diet to determine the cause of allergy symptoms, over a finite duration with close monitoring.

Management Is Key

If your loved ones are faced with a food allergy, it is important that they treat it seriously and take the proper precautions. Understanding which foods are offensive is naturally the first step, but it must be followed by strict, active avoidance. They should read food labels carefully and avoid any potential cross-contamination when preparing meals. However, even with the most stringent measures in place, there's always a chance that a reaction may occur. That's why, in addition to having a plan in place for such an occurrence, it is vital that your loved ones have their emergency medication with them at all times – even if they do not anticipate being around food of any kind.

Comfort Keepers® Can Help

We can work with your loved ones' medical provider to understand

their food allergies. And with that knowledge, we can help prepare meals and remind your loved ones of which foods to avoid. Our caregivers will provide meaningful day-to-day interactions, while promoting physical and emotional wellbeing – which, in turn, will help eliminate worry for you and other family members. Reach out to your local Comfort Keepers® for more information.

About Comfort Keepers

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



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Spectacular custom built 10 room home within walking distance to Wildwood Beach on Lake Winnisquam.

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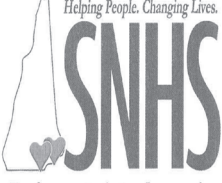
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Bristol | MLS# 4627883 | \$899,000
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Bristol: 603-744-5411
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Gilford: Two bedroom condo at Samoset on Lake Winnepesaukee. Beautiful lake and mountain views are enjoyed from this property. Wonderfully appointed kitchen with newer cabinets, granite counter tops, updated appliances, newer flooring and ample space. Oversized living room with gorgeous hardwood floors and a large master bedroom.
\$399,000 MLS# 4628449



Laconia: The ultimate Lake Winnepesaukee vacation home! Beautiful, long Lake Winnepesaukee views can be enjoyed from every room in the house. Recent improvements include, brand new waterside stone walls, new beach area, no grass to mow, new A/C system, a year-round permanent dock was just replaced and just recently stained.
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Moultonborough: Well-crafted home with 330' of shoreline on Ledgy Pond. The home was built in 2005 and boasts the highest quality standards throughout, as well as a design that fuses both rustic and contemporary elements. Open concept kitchen/living area, wide pine floors, wood stove with granite hearth, radiant heat, shaker-style maple cabinets, and curly maple staircase. **\$299,000 MLS# 4628417**



Laconia: Great views from all three floors of this town house located in Pausus View. The home includes a 3-bedrooms and 3-baths, a living room with a gas fireplace, central A/C and FHA heat. Nicely appointed with stainless steel appliances in the kitchen, granite counter tops and hardwood, carpet and tile flooring. Relax and soak in the views on either of the two decks or at the cozy patio area. **\$179,900 MLS# 4627997**


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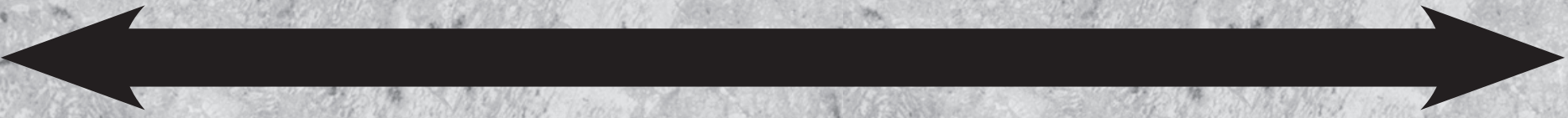
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Community College

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POSITION #W1R00026
AVAILABLE 08/14/17**

\$38,578.25 - \$60,184.10 Annually
Benefit package included

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FMI: Gretchen Taillon, Human Resources Officer
(603) 342-3003, gtailon@ccsnh.edu

Closing date for applications is 05/19/17
Employee shall be required to pay
an agency/union fee.
EEO



Northern
Human Services
Changing Lives

IT Systems Administrator

Basic Function: To provide computer hardware/software installations, configuration, maintenance, training, and support for all information systems in the organization.

Responsibilities of Systems Administrator:

- Responsible for handling end-user support requests (Help Desk).
- Support LANs, WANs, network segments, Internet, and intranet systems.
- Administer servers, desktop computers, printers, VoIP phones, smartphones, software deployment, enterprise applications, security updates and patches.
- Some hardware/software purchasing.
- Maintain network and system security.
- Maintains documentation for all IT systems and procedures.
- Trains staff/users on hardware, software, and enterprise applications.
- Maintains current knowledge levels on existing products and/or acquires knowledge on merging technology and products.
- Assist in the implementation and completion of projects.
- Perform other duties as assigned.

Education/Training/Experience

- Degree or certification in Computer Science or equivalent preferred. 1-2 years IT Systems Administration experience preferred.
- Interested candidates, please send cover letter, resume and salary requirements to dheon@northernhs.org, by fax: 603-447-3904 or mail to: Dale Heon, Chief Financial Officer
Northern Human Services
87 Washington Street
Conway, NH 03818

*This position requires a valid driver's license, proof of adequate auto insurance and completion of driver's, criminal and background records checks.
Northern Human Services is an Equal Opportunity Provider, and Employer.*



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Sale

Moving Sale - Furniture
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table & chairs, more) and Garage
(workbench, 6" steel shelves(4),
snowblower, more). Sat. 5/6 7am-noon. 8
Cricket Hill Rd., Wolfeboro

Moving Sale- Riding mower, snow
blower, sewing machine, commerical
sized freezer, walker and other handicap
supplies, 2 air conditioners, Kirby shop
vacuum, carpet cleaner and many other
things. Saturday May 13th, 8-3.
NO EARLY BIRDS 19 Blueberry Lane,
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I AM LOST!

MY NAME IS BUDDY

I am a 5 year old, 16 LB. buff colored
male cat. I live on Pinnacle Park Road
PLEASE CALL MY FAMILY at 279-7000.
Reward if found.

Thank-You

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Monday 10:30 am

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4PM Public Invited to bid on Estate items,
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Gary Wallace Auction Gallery RT 16
Ossipee NH. see
www.wallaceauctions.com for details-lic
#2735 call 539-5276
email -nhauction@roadrunner.com

Spring Kickoff Auction, Wednesday,
April 26th @ 6:00 PM. At Union Hall,
South Tamworth.
Visit www.TroonFamilyAuctions.com
or call 603-733-6165, Rob Troon,
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STILL MISSING!!

SHANE- Shetland Sheep Dog
Lost in Laconia NH on August 27,
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Prefers women. **Please do not**
chase! Old or new leads
welcomed! If sited in the area call
1-855-639-5678. Not from the
area- he slipped his collar upon
arriving.

General Help
Wanted

Castle in the Clouds is hiring:

-Bartenders
-Servers
-Hostess
-Dishwashers

We are looking for applicants that can
work through the end of October.

Call 603-476-5900 or email
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Experienced Painters Wanted

Come join our team of experienced
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Pay is based on Experience.

Full and part time positions available for a
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Great Summer Job!

June 30 thru Labor Day. We are looking
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residents. Duties include: monitoring
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mature, love working with the public and
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Please call or email 603-476-5177 /
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Landscape Maintenance/Installation.
FULL time for motivated, hard working,
honest individual. Must be at least 18
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have own transportation. Experience is a
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Chris (603)744-2195

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Maintenance Positions

Male or Female
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a plus
Lost River Valley Campground
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Office Manager/Receptionist/
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Looking for non-smoker, reliable and
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Send resume and references to:

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Bus Driver for Belmont Area and
Substitute RTS Bus Drivers for
Franklin, Pittsfield and Laconia Areas -

Drivers needed to transport older adults
to various locations throughout the area
for shopping, medical appointments,
errands, etc. Current NH Commercial
Driver's license with passenger
endorsement preferred. Will consider
non-CDL drivers with excellent driving
record for smaller buses. DOT medical
card and reliable transportation to bus
pick-up location required. Part-time
position for Belmont Area is Tuesday-
Thursday, Substitute positions are
Monday-Friday, up to 7.5 hours a day, as
needed. For Franklin and Belmont routes
contact Nancy Marceau at the TRIP
Center, 934-4151; for Pittsfield route
contact Carol Schiferle, 435-8482; for
Laconia route contact Tom Menard,
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Early Childhood Teaching Positions
Available Immediately. Must have at
least 9 credits in ECE to apply. Prefer
BS in ECE. Must be reliable, flexible,
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work with the public and have a good
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of three evening meetings per month.
Salary range: \$14.55 - \$18.91 per
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The position requires completion of a
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All real estate advertising in this
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statement, or advertisement, with respect
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crimination based on race, color, religion,
sec, handicap, familial status or national
origin, r an intention to make any such
preference, limitation or discrimination."
(The Fair Housing Act of 1968 at 42
U.S.C. 3604(c))

This paper will not knowingly accept
any advertising which is in violation of the
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informed, that all dwellings advertised
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Commission for Human Rights
at 603-271-2767

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The Commission at
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great family car

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Tilton, NH
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Soft Top
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\$9,995

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\$7,995

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Access Cab, 4-Door, 4x4, 5-Speed
\$13,995

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4x4, V-8, Leather, Loaded
\$17,995

2006 nissan Frontier
LE, Crew Cab, 4.0L, Automatic,
V-6, Loaded
\$9,995

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Touring, 4-Door, 4-Cyl., Loaded,
Low Miles
\$8,995

2005 Nissan Frontier LT
Crew Cab, 4- Door, 4x4,
6 Cylinder
\$11,995

2009 Ford Ranger
Super Cab, 4x4, Automatic
\$12,995

2001 Dodge Dakota
Ex-Cab, 4x4, Automatic
\$5,995

2008 Ford F-150
Reg. Cab, 4.2L, V-6, Automatic,
A/C
\$8,995

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Cab, 4x4, 4-Door, Leather, Z-71
\$28,995

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Double Cab, 4-Door, 4x4, Loaded
\$25,995

2010 Ford F-150
Super Cab, 4-Door, 4x4
\$14,995

2012 Toyota Tundra
Double Cab, 4-Door, 4x4,
Loaded, 5.7L
\$18,995

2012 Ford F-150
Super Crew, 4-Door, 4x4, Loaded
\$19,995

2005 Toyota Tundra
SR5, Access Cab, 4.7L, Loaded
\$13,995

2007 GMC 1500
4-Door, 4x4, Loaded
\$13,995

2014 Dodge Ram 2500
Heavy Duty, Reg. Cab, Loaded,
8-Ft Bed
\$15,995

2014 Ford F-350
Super Crew, 4-Door, 4x4, Lariat,
Leather
\$38,995

2013 Chevy 2500 HD
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OFFICE OF SELECTMEN

TOWN OF CENTER HARBOR

CENTER HARBOR, NH 03226

Notice of Public Hearing

Proposed Change in Road Speed Limits

Cary Mead Meeting Room

Wednesday, May 17, 2017

7:00 p.m.

Notice is hereby given that on Wednesday, May 17, 2017 at 7:00 p.m. the Board of Selectmen will hold a Public Hearing to receive input on proposed changes in road speed limits in Center Harbor. Roads included for a 25 miles per hour speed limit are Coe Hill Road, College Road (South), Kelsea Ave., Keyser Road and Hawkins Pond Road.

For further information, please contact the Board of Selectmen's office at either (603) 253-4561 or chselectmen@metrocast.net.

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Outstanding benefits, team environment with opportunity for advancement. Generous vacation and holiday policy – starting with 3 weeks and 11 paid holidays in year one.

• Full time position with full benefits

• Assist adults and children with serious mental illness in their homes, communities and in work settings to learn skills and strategies to overcome the effects of mental illness on activities of daily life and life pursuits

• Must be flexible; available to work occasional early evenings

• Positive and supportive work environment

• Starting salary \$13.12 per hour; advancement opportunities

• BA degree required

Northern Human Services offers generous benefits. Full time employees receive three weeks paid vacation with eleven paid holidays, sick leave, mileage reimbursement, health insurance, and agency paid 403B contribution with no match requirement.

Send cover letter and resume to:

Northern Human Services

Attn: Bobbi Lyndes-Langtange

29 Maple Street


PO Box 599

Littleton, NH 03561

blyndes@northernhs.org

603-444-5358

These positions require a valid driver's license, proof of adequate auto insurance, and the completion of criminal and background checks. NHS is an Equal Opportunity Employer, and Provider.



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• Great Schedule! Saturday, Sunday and Mondays off. Daytime work with one asleep overnight shift on Friday.

• Work as a part of a dynamic team assisting six individuals with medication self administration, activities of daily life, socialization, and recreation

• Opportunity to make a difference in someone's life, while also obtaining valuable experience and training in the mental health field.

• Bachelor's degree or an associate degree with two years work experience in the human services field preferred. Strong applicants without a college degree and with experience in a related field (medical, elder care, LNA etc.) may be considered.

• Entry Salary: up to \$11.50 an hour. – with periodic increases.

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Outstanding benefits, team environment with opportunity for advancement. Generous vacation and holiday policy – starting with 3 weeks and 11 paid holidays in year one.

• Full time position with full benefits

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29 Maple Street

PO Box 599

Littleton, NH 03561

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THE ONES WHO ACTUALLY DO.

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IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

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What's Happening at Plymouth State University

Summer Science Explorers Day Camp: June 26–30

9am–4pm in the Boyd Science Center lab on the Plymouth State University campus. Open to students entering grades 1–3; cost is \$375.

Join us for a week-long science camp designed to introduce students to the wonderful science world. We'll explore everything from how seeds grow into plants, to live animals right here in Boyd, to the black magic of chemistry, to the invisible world of what germs really are. Bring your curiosity and your questions!

Register at https://www.events.unh.edu/RegistrationForm.pm?event_id=24197




Questions? Contact Rachelle Lyons at rllyons@plymouth.edu or Nina Domina at (603) 535-3271, or visit <http://tinyurl.com/mn39mjt>.

Plymouth State UNIVERSITY

See further up here.

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