

THURSDAY, JUNE 29, 2017

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COMPLIMENTARY

Patten Brook Farm hosts riding clinic

BY DONNA RHODES drhodes@salmonpress.news

ALEXANDRIA — Equestrians from the Pemiquaney Riding Club of central New Hampshire gathered at Patten Brook Farm in Alexandria for a trail riding clinic last Saturday and Sunday, during which riders learned patience and techniques that would help keep both themselves and their horses safe on a ride.

Trainer Jim Badger of Brunswick, Maine headed up the weekend-long clinic and said on Saturday that the weekend's goal was to take all 16 participants on a threeto-four mile trail ride through the woods on Sunday afternoon.

"Everything they're seeing here today is bigger than what they'll find on the trails. What we're



Horse training specialist Jim Badger of Maine helped Jen Tuthill coax her Icelandic horse "Gydja" through a small pool of water during the Pemiquaney Riding Club's two-day trail riding clinic at Tuthill's farm in Alexandria last weekend.

Hebron Gazebo concert series kicks off July 1

HEBRON — We are proud to announce the Hebron Gazebo Schedule for 2017. The concerts will take place at 6 p.m. on Saturdays.

that at 2pm is the annual Hebron Library Book sale and if you have a dessert for the Dessert Contest please submit it at that time. At 3 p.m., new performer to the program Jim Barnes will be playing traditional ballads and there will also be a vintage car show. 4pm a new event for this year is Cow Patty Bingo sponsored by the Friends of the Hebron Library this will be a fun event so please

the horses and riders comfortable with these types of obstacles and each other," he said. Badger stated that

doing now is just getting

many of the calls he receives for his training skills are to work with horses who have developed "human problems." "Humans can transfer

human characteristics like fear," he explained. "Through clinics like this, the change can be huge. The horses start out skittish in the morning but they're fine by the end of it all. It isn't just about riding, it's about socialization, too, and being comfortable riding in a group."

Throughout the day on Saturday, the horses had the opportunity to interact with each other as the clinic progressed. They and their riders also learned the importance of patience and trust as they manipulated their way through the obstacle course Badger had set up. One by one, they repeatedly crossed pools of water, stepped over logs, and even crossed wooden walkways, steps and teeter bridges. Some horses balked at the prospect at first but eventually they became confident enough to smoothly manipulate the course.

"This is a lot about communicating and slowing down with your horse. Breathing is a big part of trail riding. You have to remember to breathe because a horse senses all of that," said former Pemiquaney president Marla Walls of Alexandria.

For the clinic last weekend, Francine King and Jean Murray were

SEE **RIDING**, PAGE A12

Vehicle crashes into home in Bristol

BY DONNA RHODES drhodes@salmonpress.news

BRISTOL — Police in Bristol said that just before noon on Sunday, June 25, they received a



The first concert this year is on Saturday, July 1 with Club Soda playing top hits of the '50s to today with the barbecue by the Friends of the Hebron Library.

The next concert is on Saturday, July 8 with the Mango Groove Steel Band making a return appearance to Hebron with the barbecue by the Hebron Village Store.

Following that, on the 15th of July, is popular performer Don Campbell Band playing their great selection of Country and Western Music.

A new group for this year is Traditional Brew playing their Traditional Celtic and Folk Music appearing on July 22 with the barbecue by the Hebron Village Store.

Aug. 12 is our Family Fun Day, which starts out with a hike by the Hebron Conservation Commission. Following



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18 pages in 2 sections ©2017, Salmon Press, LLC. Call us at (603) 279-4516 email: newfound@salmonpress.news www.salmonpress.com SEE **GAZEBO**, PAGE A11

call for a vehicle that had crashed into a home at 230 Pleasant St., and upon arrival, they discovered a van had broken all the way through the exterior wall of the residence where two women were living.

"The vehicle crashed through the bedroom wall and stopped on their

COURTESY - BRISTOL POLICE

Luckily, there were no serious injuries when a van crashed into a home on Pleasant Street in Bristol late last Sunday morning. bed. The wall and vehicle neighboring cemetery

Hill Public Library launches summer reading program

BY DONNA RHODES drhodes@salmonpress.news

HILL — School is out, and the time has come for boys and girls in Hill to head over to the Hill Public Library, where plenty of

fun and tons of reading excitement awaits them through this year's "Build a Better World" statewide summer reading program. Each Thursday, youngsters are invited to pack a lunch and join Library Director Lynn Christopher and her staff at 11 a.m. at the Town Pond for Brown Bag Story Hour. In addition to the story, SEE **READING**, PAGE A11



Morning stroll

Donna Rhodes

A pretty doe and her young fawn went out for a stroll in New Hampton last Saturday morning. There are many more like them along the roads this time of year so stay alert while driving and remember to always keep a safe distance from any wild animals you may encounter. bed. The wall and vehicle landed on one of the females and she was pulled out from underneath it by her wife," Lt. Kristopher Bean reported.

The car was heading north on Pleasant Street at the time of the accident and appeared to have crossed the road and hit two granite posts at the neighboring cemetery before crashing into the home.

Bristol Fire Department also responded to the scene but found there were miraculously no major injuries sustained by neither of the women or the driver that required transportation to SEE **CRASH**, PAGE A11

Early deadlines for the 4th

MEREDITH — The offices of the Newfound Landing, located at 5 Water St. in Meredith, will be closed Tuesday, July 4 in observance of Independence Day.

To ensure that our July 6 edition arrives on local newsstands and in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up 24 hours, to Monday, July 3 at noon. Submissions can be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brendan@salmonpress. news.

Any submissions received after noon on the 3rd will be held for publication on July 13.

For information regarding the holiday deadlines for display advertising, please contact our Sales department at 279-4516 or our Sales Representative, Tracy Lewis, at tracy@salmonpress. news.

The staff of the Newfound Landing thanks our readers for their cooperation with this change in our usual submissions schedule, and wishes our everyone a safe and happy Fourth of July.

Local

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A2

Bristol Summer Concert Series begins June 29

July

band!

grown!

20 —Swing

Rocket... Great Swing,

and Jazzy tunes from

the '30's, '40's and more

from this local family

July 27 — Club

Soda...Another local

favorite – this band

will keep you on your

feet - playing top hits

and favorites from the

way... The Uncle Steve

Band is back to play

for one of their favor-

ite audiences! A little.

rock, a little blues -

well known and home

cert... please support

the Bristol Rotary Club

the Orphans... Bring

your dancing shoes to

really enjoy some old

time Rock & Roll - with

Penny Sale tonight.

Aug. 10-No Con-

Aug. 17 – Annie &

Aug. 3—Bryan Con-

'50's through today!

the public. Families are encouraged to bring blankets and chairs to enjoy the park and the sounds of some great local musicians.

Concerts are rain or shine, and in case of inclement weather the concerts will be held

indoors at the Old Bristol Town Hall on Pleasant Street.

The concert schedule for 2017 is as follows:

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

July 6 — Jordan Tirrell-Wysocki Trio... Back by popular demand – enjoy tradi-June 29 — Studio tional Celtic tune with Beatles a fresh and creative twist!

> July 13 — Ragged Mountain Band...

Newfound Memorial Middle School honor roll

found Memorial Middle School has released its honor roll for the fourth term of the 2016-2017 academic year.

8th Grade

High Honors: Autumn Braley, Cassidy Dumont, Owen Henry, Jennifer MacDonald, Tyler MacLean, Alexia McGlew, Gretchen McGowan, Oceanne Skoog, Hailey Towne

Honors: Jacob Blouin, Tiffany Doan, Sadira Dukette, Bailey Fairbank, Erik Hanser, Matthew Karkheck, Adele Meyer, Thomas Moore, Meghan Murray, Hannah Owen, Hunter Pease, Madison Perry, Jasmine Peterson, Shyann Seymour, Simon Shedd, Marisa Stafford, Skyler Torsey, Emma Tucker, Gabriel Tyson

7th Grade

High Honors: Sabrina Alan, Alexia Bassett. Margaret Bednaz, Hayse Broome, Zoe Davol, Connor Downes, Ryder Downes, Noah Eckert, Julia Huckins, Mackenzie Jenkins, Evan Labonte, Lindsey Lacasse, Kaileigh LeBlanc, Elsa McConologue, Emma Sawyer, Bodhi Smith, Natalie

BRISTOL — New- Susi, Cassandra, Marie Rohan Zick

7th Grade

Honors: Maryjane Abbott, Daisya Basford, Tynan Beauchemin, Ryan Berg, Paige Blad, Kaylie Brown, Timothy Cantwell, Cassie Coffin, Katelynn ley Cornell, Alexis Daughen, Logan Glidden, Scott, Joffre, Mason Kesselring, Emily Lower, Leaha Mitchell, Caleb Moores, Kaelyn Nadeau, Nathan Paige, Kaylin Parker, Angela Patten, Aria Peringer, Emalie Ruiter, Madeline Sargent, Abbey Springer, Conor van Lingen, Caoilainn Voelbel, Benjamin Washburn

6th Grade

High Honors: Romeo Dokus, Paige Fischer, Ela Goucher, Lillian Karkheck, Taylor Mooney, Alexis Moore, Samuel S. Sanborn, Brynn Sidelinger, Mikayla Ulwick, Elizabeth Wentworth Honors: Malina Bohlmann, Alexis Braley, Reuben Carruth, Leah Deuso, Rebecca Dillon, Dalton Dion, Emily Harmon, Gabriel Henriksen, Emily Huckins, Jeffrey Huckins, Brady MacLean,

Magrauth, McGowan, Adelaide Molly Lu McKellar, Madelynn Monahan, Andrew Murray, Sydney Owen, Chloe Parker, Myles Perry, Gretchen Reynolds, Jillian Robie, Danielle Walke, McGowan Wil-

Anatole!

And don't miss the bonus concert at the end of August! In addition to this great Thursday night line-up of music, there will be a special bonus concert on Friday, Aug. 25 to help kick off Old Home Day weekend. Join the "Country Mile Band" band on Friday, Aug. 25 from 7 to 9 p.m. at the Bristol Old Town Hall. This popular New England band will be playing some great country classics as well as some newer country rock all for your listening and dancing pleasure!

Kelley Park is the place to be on Thursday nights as the Bristol Summer Concert Series brings people of all ages together to enjoy and celebrate some great local music. Up

to date concert info is posted on the Town of Bristol web site at www.townofbristolnh. org, on local Bristol TV and on the TTCC web site at www.ttccrec. org. You can also follow the Bristol Community Events Committee on Facebook – Facebook. com/Bristol Community Events.

In addition to planning the Summer Concerts in the Park, the Bristol Community Events Committee is hard at work planning the Bristol Old Home Dav which will take place on Saturday, Aug. 26. For more information about the concerts or Old Home Day contact the Tapply Thompson Community Center at 744-2713, or the Town of Bristol at 744-3354.



Local Alzheimer's social day care receives

COURTESY

gift from Knights of Columbus

PG-13

The Day Away program would like to thank the Bristol Knights of Columbus for their generous gift of planters for a vegetable garden. The participants at Day Away planted the vegetable garden outside Simard hall in Bristol where the weekly program is held. The vegetables and herbs will be incorporated into the healthy lunches that are made for them every week. 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.



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Memories Last Forever



REGION — Burt Williams of Bristol, one of several candidates vying for former state Rep. Jeff Shackett's seat in the District 9 special election next month, notified the Record Enterprise and Newfound Landing earlier this week that he has been forced to withdraw his name from consideration for personal reasons.

Although state law prohibits the removal of his name from the ballot at this late stage in the process, Williams stressed to us that he is no longer campaigning for the

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position, and urged be better able to serve voters to choose anothif elected. er candidate who will

Husson University announces Spring 2017 President's List

BANGOR, Maine -Husson University is pleased to share their Spring 2017 President's List. Students who earn President's List honors must carry at least 12 graded credit hours during the semester and earn a grade point average of between 3.80 to 4.0 during the period.

Here is a list of students who earned President's List honors during the during the Spring 2017 semester:

Carolyn Miller of Bristol is a junior who is currently enrolled in Husson's Bachelor of Science in Healthcare Studies/ Master of Science in Occupational Therapy program.

Allison Carey of Plymouth is a sophomore who is currently enrolled in Husson's Bachelor of Science in Kinesiology-Human Movement Science/ Doctor of Physical Therapy program.

Jessica Toomey of Wentworth is a junior who is currently enrolled in Husson's Bachelor of Science in Nursing program.

> For more than 100 SEE HUSSON, PAGE A11

Loca

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A3

Wilmot woman named Seventh Annual Kathy Anderson Scholarship winner

PLYMOUTH Kimberlee Esposito of Wilmot was selected as the 2017 recipient of the seventh annu-Kathy Anderson al Scholarship.

Esposito, a New Hampshire Electric Co-op (NHEC) member and mother of a young daughter, will receive \$2,500 to help continue her studies at New Hampshire Technical Institute, where she is pursuing an associate degree in General Studies/Business Management. She plans to go on to earn a bachelor's degree in Communications.

Named for the late Kathy Anderson, wife of retired New Hampshire Electric Co-op



Fred Anderson, former NHEC President/CEO and husband of the late Kathy Anderson, congratulates Kimberlee Esposito of Wilmot upon being named the recipient of the 7th annual Kathy Anderson Scholarship.



NHCS student receives Katie Knott-Garon Outstanding NHCS Cares Award

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

SNHU announces Spring 2017 President's List

President/CEO Fred Anderson, the scholarship was created to help a deserving New Hampshire woman who is seeking to better her life through education. "Kimberlee is a very

grateful and motivated woman with a strong passion for her daughter and her continuing education. This was very clear upon meeting her in person," said Fred Anderson. The Kathy Ander-

established in 2011 and awards one \$2,500 scholarship annually to a non-traditional female learner over the age of 25 who is a US citizen, resident of New Hampshire and is a member of NHEC. For more information regarding the Kathy Anderson Scholarship, please visit the Community tab at www. nhec.com. The Kathy Anderson Scholarship is funded by individual contributions made in Kathy's name to the NHEC Foundation, a 501 (c) 3 charitable fund that has contributed over \$3 million to charitable organizations within NHEC service territory since 2006.

son scholarship was

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

Revolutionary War era home on Home and Garden Tour

WOLFEBORO You will turn back the clock when you step into this charming two-story farmhouse built around the time of the Revolutionary War. This is just one of the four homes on this year's Central NH VNA and Hospice Home and Garden tour Wednesday, July12, from 10 a.m. to 4 p.m. Tickets for the tour are \$40 and may be purchased at Black's Paper and Gift Store located at 8 South Main St. in Wolfeboro or at the main office of Central New Hampshire VNA & Hospice, 780 North Main St., Laconia. Special arrangements may also be made by calling the Wolfeboro Hospice office at 569-2729. An optional \$15 luncheon ticket is also available. This year's luncheon will be held at O'Bistro at The Inn on Main and tickets must be purchased in advance. One of the original homes in Wolfeboro,



This is just one of the four homes on this year's Central NH VNA and Hospice Home and Garden tour Wednesday, July12, from 10 a.m. to 4 p.m.

the house when built ing the total rooms in was just two rooms the house to twelve. wide with a half-story The farm was the sixth above. Almost one hunhouse built in Wolfedred years later two boro and originally dormers were added to consisted of 100 acres the upstairs half-story that ran down to the creating lighter, more lakeshore. It was used usable space and bring-SEE TOUR, PAGE A11

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the spring 2017 President's List.

Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0.

of

Davis Brooke Campton

Kayla Judkins of Alexandria Isabel Thorne of

Plymouth Devin von Gunten of

Holderness Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 85-year history of educating traditional-aged students and working adults. Now serving more than 85,000 students worldwide. SNHU offers over 200 accredited under-

graduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each student. Learn more at www.snhu.edu.



Bristol Community Services needs your help

BRISTOL — As we come into our summer months (i.e. yard sale season), we at Bristol Community Services need your help.

While donations are the lifeblood of our operation (we love your donations!), our space limits how much we are able to accept. We are extremely blessed to live in a community with so many generous people.

To give everyone a chance to make donations, we are able to accept only three bags/boxes per person during our regular



business hours.

Please, as you bag or box up your donations, be sure that all items are in good, clean, working condition. We don't sell ripped, stained or worn-out clothing or vhs/dvd combos where 'part of it still works'; we sell good, clean, high quality items. Please do not donate anything you would not put your name on. If you will have a larger donation, please call ahead to see how much we are able

to accept. We hate to refuse anyone but we need to provide a safe working environment for our volunteers.

All sales from the thrift shop and donations we receive cover our minimal operating expenses and support our food pantry, special programs (like our backpack program, Thanksgiving baskets, food vouchers and GOT LUNCH!) and the financial assistance we are able to provide to our clients.

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Opinion Can vou brovent



Can you prevent addiction?

BY DEB NARO

One way that addiction and substance abuse can be prevented is through screening and early intervention. Prevention must begin during childhood and extend into later adolescence. Despite the benefits and availability of screening and early intervention tools, too few health professionals, school personnel, and social service providers routinely screen for tobacco/nicotine, alcohol and other drug use.

Addiction Prevention Strategies

Messages that parents, doctors, teachers, the media and others in the community send to children and teens about the dangers of tobacco/nicotine, alcohol and other drug abuse can be extremely influential in helping to prevent addiction and reduce substance abuse.

School and community-based addiction prevention programs can help children, teens and adolescents:

resist social pressures to engage in substance use; strengthen self-esteem;

improve decision-making and communication skills; and manage stress and anxiety.

Other prevention strategies include:

Increasing taxes on tobacco and alcohol products to reduce use, particularly among young people.

Reducing the availability of excess prescription medications.

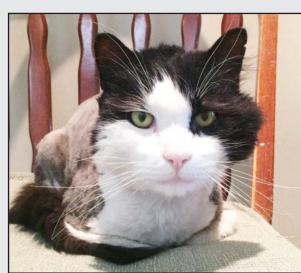
Restricting advertising of addictive substances, particularly to young people.

Restricting marketing of addictive substances in ways that appeal to youth.

As former Drug Czar, Michael Botticelli says, "Addiction is a preventable disease." Ninety percent of those struggling with addiction began using alcohol, marijuana, or other substances before they turned 18. If we can prevent youth substance abuse, we can prevent addiction and save many lives. For more information on ways to prevent substance misuse, please go to www.cadyinc.org.

Most cats are scooped up quickly once we at New Hampshire Humane Society have rehabilitated them and placed them on the Adoption Floor. Grover, an abandoned Laconia stray was in particularly rough shape suffering from the scrapes and results of fisticuffs on the streets by other cats.

He had to have been an owned cat at some point in his life, but ended up fending for himself – which is not something most former housecats can adopt to very well. Poor Grover, he arrived under police escort with horribly



of the Week

Grover

matted fur, and injuries from trying to defend himself outside. His long black and white fur was just a mess, matted and filthy. So disheveled was he that the best bet was to give him a 'kitty makeover', the so called Lion Cut, thus freeing him from that mantle of bedragglement, allowing him to grow a new luxuriant coat. Grover is affection personified. He'd love to be your confidante, he will keep your secrets. Given his harrowing road experiences, he'd rather not share a home with a dog, or other cats, but he is big enough to totally fill your heart with love and your home with feline companionship.

June is ADOPT A SHELTER CAT Month! Our man Grover is the fourth in the series of showcased cats we'd love to see in permanent loving homes. Come and visit this big boy today www.nhhumane.org for more details.

North Country Notebook In a railroad family, you always try to find any excuse to take the train







COURTESY The Lisbon railroad station back in its heyday, probably around the 1920s.



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

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By John Harrigan Columnist

On Sundays, like most families, we call around to exchange news, and in consideration of the Sands of Time, reassure ourselves as to who's still on the right side of the sod.

My father's brother, Uncle Carl, is 93---a World War II vet---and lives in an assisted living community between Portland (Maine) and the sea. We call each other

COURTESY

The Lisbon station now, its life preserved by a dedicated consortium of area citizens. My grandfather Carl laid some of the tracks, ca. 1948, recently torn up in the foreground.

more than just on Sundays, and each call is special in its own way. Sometimes we talk about circuses.

On this particular week talk turned to railroading. Carl's father, my grandfather SEE NOTEBOOK, PAGE A11

Letters to the Editor

Budget passes and you get high utility costs

To the Editor:

This is the 19th of my reports to the voters of Hill and Franklin on what is happening in Concord. This last week was filled with budget issues. With the legislative year coming to a close I will continue writing to you but on a series of topics that I believe will interest you.

The New Hampshire budget, as I predicted, passed, but on a partisan vote. It started as the Governor's budget...spending was cut some by the House but failed to be approved Spending was cut more by the Senate and the Committee of Conference reduced spending again. This wasn't because the Republicans are heartless; it was because there are not the revenues necessary to do more. It fully supports what we can afford and puts some money in our severely depleted rainy day fund. I was disappointed that it could not garner Democratic support but they decided against supporting anything "Republican," including what the Governor wanted. All this in the desire that Gov. Sununu will fail and not be reelected. However, as with President Trump this is not going to happen while the Democrat party driven by the hard left is spiraling into insignificance. They are letting Elizabeth Warren and Bernie Sanders steal their party's heart. They can do better by returning to the John Kennedy type of Democrat.

On another note, Senate Bill 129 passed, and is on its way to the Governor, along with increased utility costs for businesses and ratepayers like you. It was a bill that promotes solar and biomass (wet wood) generated electricity. It subsidizes these "renewable" sources by mandating the utility companies purchase a certain percentage of electricity from these sources. Sounds good, but they are forced to purchase from you at retail prices rather than the wholesale prices they use to purchase other energy sources, like natural gas. But don't worry, the utility companies are allowed to pass the extra cost on to you. The utility companies are happy while your pocketbook suffers. The solar, wind, and wet wood suppliers are happy because their uneconomical product has a guaranteed customer. Some of the cost is hidden as a set aside for low income customers, but that is just a smoke screen.

What's the problem and solution? Remove all the subsidies for all energy related ideas and sources. Is there any wonder why New England, and New Hampshire in particular, has the highest rates in the country? This is something that we have to address rather than passing the buck on for someone else to solve.

Oh, and by the way, don't be fooled by the repeal of the Electrical Consumptions Tax. It is just a feel good so you wouldn't be as concerned about the renewable subsidies. Don't let them pull the wool over your eyes. It amounts to a minuscule amount in comparison the solar and wet wood subsidy.

As I said in the beginning of the letter, the Legislature concluded the work of this term last week. Activities will begin again in October. There are a few bills we will study over the summer, but our work load will be much lighter. Please contact me if you have any thoughts by email at dave@sanbornhall. net or you may call me at 320-9524 with your comments or if you just want to talk.

Cheers!

Dave Testerman NH State Representative Franklin and Hill

Obituaries / Towns

BENTON — Ruth A. Greenleaf, 75, died Saturday, June 24, 2017 at the Glenncliff Home after a period of declining health.

She was born in Groveland, Mass., the daughter of Arthur and Carolyn (Ordway) Greenleaf. She grew

Towns

Alexandria

Judy Kraemer 744-3532 judy7@metrocast.net

From the town

Selectmen's Meeting Minutes, June 20 The minutes of the

June 6 meeting were approved.

Items Reviewed and Signed

Building Permit: Joseph Stone Map 414 Lot 91 Morrison Road

Abatement: Karen Smythe Map 418 lot 85

Abatement: Fred Bussino Map 413 Lot 27

Purchase Order: CWS Fence & Guardrail for Brook Road Bridge

Appointments/ Department Heads

Chief Donald Sullivan

Chief Sullivan provided information on the incidence involving Officer Suckling's exposure to a white powder containing methamphetamine and fentanyl during an arrest; Officer Suckling was treated at the hospital and released the same day.

There was discussion regarding the concerns about the drug problems in the area; Chief Sullivan said there has been two nonfatal overdoses in Alexandria in the past week. Chief Sullivan mentioned that the Police Department is working on policy changes regarding safety procedures and the option of having police officers carry Narcan. Chief Sullivan is planning a public awareness meeting to discuss safety concerns regarding the drug crisis.

men will be sending a letter to the logger letting him know that he will be required to fix any damage to the road that may be caused by the logging trucks.

up and was educat-

ed in Groveland and

later spending time in

Bangor, Maine, Con-

cord, Scotia, N.Y. and

Nevada before mov-

ing to Bristol. Ruth

worked as a bookkeep-

er for AARP before re-

Mass..

Georgetown,

tiring.

The Selectmen reviewed the budget and determined that amounts budgeted for Executive Professional Services and Legal Expenses could be used to replace the furnaces in the old town hall; the Selectmen chose to have Nick's Plumbing and Heating replace the furnaces.

The Selectmen reviewed letters from the Lakes Region Planning Commission regarding the Town of Alexandria's vacancy for Commissioner to the Lakes Region Planning Commission and Alternative Representative to the Transportation Advisory Committee. The Selectmen are looking for volunteers for these positions.

Charlotte Barron from the Ladies Auxiliary presented a letter to the Selectmen stating that the Ladies Auxiliary has disbanded and provided a check to the Selectmen in the amount of \$4,132.25 to be used for the Fire Department; the Selectmen will have the funds deposited in the Fire Department Expendable Trust Fund. The Ladies Auxiliary also gave the Selectmen a frame copy of the town report cover and dedication from 2008 when the report was dedicated to the Ladies Auxiliary.

mittee for the project. So far, \$50,000 of the needed \$80,000 have been raised. Donations are being requested at this time to cover the \$30,000 deficit. Your gift of any amount ends up being matched by the grant so your do-

Free time for Ruth

was passed with oil

painting and her love

of travel.She loved El-

vis, country music, ca-

sinos and horse racing.

She enjoyed spending

time with her grand-

four sons (Timothy Ea-

She is survived by

children most of all.

nation gets doubled! Donors of \$100 or more will receive a copy of "So We Reach for Pie," a small book of poetry and prose celebrating the church and the community. It features work from Audrey Curren, Tom Curren, Donald Hall, Jane Kenyon, Gail Kinney and Mary Lyn Ray. Donations of \$500 or more will receive their copy signed by Donald Hall. Donations are tax deductible and can be mailed to South Danbury Church Preservation Project, 1411 US Route 4, Danbury NH 03230.

Ragged Mountain Bible Church

The Ragged Mountain Bible Church will meet at 9:30 a.m. at the Blazing Star Grange Hall for the summer months beginning on July 2.

Groton

and

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

renn 52nnegina

It was wonderful to see so many out for the Groton Historical Society's Open House in honor of Pamela Yinger

on Saturday. The dis-

plays were very nicely

done with many pictures

Pam's life in Groton as

well as some family pic-

tures, certificates and

letters. She was a great

lady and we miss her

dearly. Thank you to

the Historic Society for

all the hard work. I saw

cars out there in front of

the school house sever-

al days before the open

house, so I know a lot of

work was done. We look

forward to the next Gro-

ton Historical Society

open house - GHS Spe-

cial Military Display on

Saturday, July 15, from 1

to 3 p.m. at the Historical

Louise Traunstein, a

beloved member of Gro-

ton's Historical Society,

Due to the death of

Society Museum.

documents from

ton of Salem, Philip Eaton of Corinth, Maine, Charles Eaton of Bangor, Maine, and Steven Eaton of Spencer, Mass.); her daughter, Doreen Gitschier, and husband Eric of Hill; eight grandchildren; six great grandchildren; two brothers,

planned for July 8, is

postponed. There will

be a graveside service for

Louise at Foster's Ceme-

tery 813 Mt Moosilauke

NH 03282 Saturday the

ton is Aug. 5. If you're in-

terested in helping with

Old Home Day prepara-

tion, please submit your

name to the Select Board

Office: selectmen@gro-

tonnh.org or 744-9910

and Christina Goodwin

will contact you. If you'd

like to put up a display/

craft or other booth or

have an entry in the pa-

rade you could also con-

tact Christina Goodwin

as there will be paper-

Meetings and

Closures Coming Up

be closed July 4 in honor

ings are usually held ev-

ery firs and third Tues-

day, however because

of the July 4 holiday, the

meetings next month

will be July 11, and July

25 at 7 p.m. at the Town

Session on Tuesday,

fice will be closed July

10 from 2:30 to 3:30 p.m.,

and then July 18 through

The Town Clerk/Tax

July 25 at 5 p.m.

Select Board Work

The Select Board Of-

House.

July 21.

of Independence Day.

All Town Offices will

Select Board meet-

work to fill out for this.

Old Home Day in Gro-

Wentworth,

Highway,

8th at 2 p.m.

Ruth A. Greenleaf, 75

Robert Greenleaf of Albany, Ga. and Raymond Greenleaf of Alexandria; three sisters (Joan Gray of Essex, Mass., Jean Tanner of E.Hampstead, and Janet Raines of Versailles, Mo.); and many nieces and nephews. hours. A graveside service will be held on Thursday, June 29, 2017 at 11:30 a.m. at the Rural Cemetery in West Newbury, Mass. Emmons Funeral Home of Bristol, NH is in charge of arrangements.

There are no calling

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Community Breakfast

July 1 is the next Community Breakfast in Community Hall at the Union Congregational Church. For \$4 we will be serving eggs, bacon, sausage, pancakes ((and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 -8:45 a.m.

Red Barn Speaker Series

June 27: The Nature of our National Parks with Dave Govatski

David Govatski is a naturalist and historian from Jefferson, New Hampshire. Dave has currently visited 369 out of the 417 National Park units in the USA. He will take us on a journey, exploring several parks and their rich histories. Suggested donation \$5 for Members \$7 for non Members.

Hebron Fair Info.

The 65th Annual Hebron Fair, which is always on the last Saturday in July,

and is July 29 this year. We are taking White Elephant donations now.

Please drop them off

than large auction items beginning July 1, and starting on that date, the church will be open

weekdays from 9 a.m. - 4 p.m. The auction tent will be put up the evening of

July 13th and it will be easier to accept the larger items after that date.

We do not accept Matresses, Bed Springs, Windows & Screens, Skis, Poles &

Boots (unless new), Tires & Wheels, Televisions (unless flat screen),

Microwaves, LP Tanks, Dehumidifiers, and Cassette Tape Players. Items that

require prior approval are: Stoves, Refrigerators, Computers & Peripherals,

Freezers, & Stuffed Furniture. We will accept donations until the Wednesday

before the fair, July 26th. If you have any questions, please contact the

secretary, Linda Kriss, at the church office by calling 744-5883 or emailing

staff@hebronchurchnh.org.

Hebron Gazebo Schedule 2017

We are proud to announce the Hebron Gazebo Schedule for 2017. The concerts will take place at 6 p.m. on Saturdays. The first concert this year is on Saturday, July

Michael Provost, Health Officer

Mr. Provost provided before and after pictures of 608 Welton Falls Road cleanup; Mr. Provost said that the cleanup work is almost complete.

Business

The next Selectmen's Meeting is scheduled for July 11.

The Selectmen discussed property owners' concerns regarding loggers using Healey Road. Mrs. Dostie said that Jeff Cantara, Road Agent, checked Healey Road and took pictures of the current conditions. Mr. Cantara had reported that there were some potholes on the road but that the culverts were in good shape. The Select-

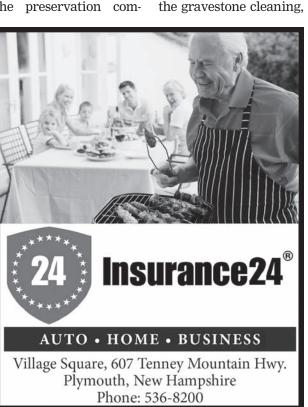
The Newfound Area School District will be disposing of special education files for former students born in the year 1990. If you or your child were born in 1990, were receiving special education services, and would like your files, please contact Danica Spain @ 744-5555 ext: 8222 before July 7, 2017.

Danbury

Donna Sprague huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, July 2. Conversation and refreshments will follow. All are welcome and encouraged to attend. Saturday, July 29, 9 a.m. to 2 p.m. is the date for the famous South Danbury Church Fair! The preservation project at the church continues. The LCHIP grant will match funds raised by the preservation com-



Collector Office will be closed Aug. 18 through Aug. 23 for vacation. Please plan accordingly as the Lien/Deed date is August 25th. Remember that tax payments may be made through our Town Web site at www. gotonnh.org.

Conservation Commission Meeting is scheduled for July 13 at 7 p.m. at the Town House. at Dian West's house (on the front porch if no one is

home). Rummage (clothing) donations can be dropped off at the church on

Tuesday mornings from 9:30am - noon, or Wednesday & Thursday afternoons from

1pm-3pm. We will accept all donations, other 1 with Club Soda playing top hits of the 50s to today with the barbecue by the Friends of the Hebron Library. The next concert is on Saturday, July 8 with the Mango Groove Steel Band making a return appearance to Hebron with the barbecue by the Hebron Village Store. Following

see **towns**, page A6



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Churches / Towns

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A6

Ashland Community Church

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

Sundays

9 a.m. — Early Worship Service, followed coffee/fellowship bv in the church dining room.

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service 11:15 a.m. — Kid-

Zone for K-grade 6 11:15 a.m. — Youth

Sunday School "Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone

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

Special Needs Ministry

Becky McCuin will be leading a new special needs ministry for high school students and adults at the Ear-Worship Service. lv Please let Ernie know if you know of anyone that might be interested in joining this class.

Towns

FROM PAGE A5 that on the 15th of July is popular performer Don Campbell Band playing their great selection of Country and Western Music. A new group for this year is Traditional Brew playing their Traditional Celtic and Folk Music appearing on July 22 with the barbecue by the Hebron Village Store. Aug. 12 is our Family Fun Day which starts out with a hike by the Hebron Conservation Commission. Following that at 2pm is the annual Hebron Library Book sale and if you have a dessert for the Dessert Contest please submit it at that time. At 3 p.m., new performer to the program Jim Barnes will be playing traditional ballads and there will also be a vintage car show. At 4 p.m., a new event for this year is Cow Patty Bingo sponsored by the Friends

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.

Axyon Youth Ministry, for grades six through 12

Frdiays 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. 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

of the Hebron Library this will be a fun event so please come and check it out! There will also be kids games and at 4:30 p.m., we will have a Police Dog Demonstration. At 5 p.m., the Uncle Steve Band will be making an appearance on their Retirement +1 tour and we are extremely pleased to have them return to us. The Hebron Fire Department will be doing the barbecue for the evening. At 7 p.m., a new group to the Program No Limitz will be performing vintage classic rock. The festivities for the day close with our tradi-

vision is to become a church that unchurched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others 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!

Ashland Episcopal (St.Mark's Church)

Rev. Randy Dales and Sr. Warden Deb Holland are both home and recuperating nicely. We will be happy to welcome them back to St. Mark's as soon as they are able.

On Tuesday mornings of July 1, 18, and 25 and Aug. 1, Deacon Maryan Davis will conduct a program at the CLC in Plymouth. We will center our Adult Formation on a new and lively curriculum called "The Illistrated Earth". The format is to become better acquainted with a familiar Biblical story while engaging in a corresponding adult coloring activity. This is an interfaith study so please invite your friends and summer house guests to come along and enjoy this adventure together. Questions? Contact Deacon Maryan at 548-7994 or maryaneee@ msn.com.

Lunch Ash-Got land & Holderness is underway and well be serving 79 children with weekly lunches either delivered or picked up at the church. Anyone interested in volunteering, please call Nancy Deachman at 536-1858 or Patty Heinz at 968-1073. Donations of money are welcome. Cost per child is approximately \$110 for the 10 weeks of the program.

their caregiver a day of rest. For more information contact Sandra Coleman at 536-3604 or sjrhett@roadrunner. com.

Visit our Web site at www.respiteforcaregiverdayaway.wordpress.com.

Summer Mass Schedule

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

Sunday 7:30 a.m. St. Matthew; 8 a.m. Our Lady of Grace Chapel; 9:30 a.m. St. Agnes Church; 9:30 a.m. Our Lady of Grace Chapel; 11:30 a.m. St. Matthew Church. The last weekend of the summer schedule is the weekend of Sept. 2 and 3 (Labor Day weekend).

GotLunch is **Starting Up!**

The GotLunch program is starting up in Ashland/ Holderness and Plymouth. If you would like to donate or volunteer call Mary Kietzman (Plymouth program), at 536-1076 or Elena Worrall (Ashland/Holderness), at 744-0105 for more information.

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.

In 1980, the bishops, in their pastoral statement Called and Gifted, acknowledged and reflected upon the ways lay men and women were answering the Lord's call and employing their gifts to take an active and responsible part in the mission of the Church. That statement called us all to become a part of the mission and ministry of our Catholic community. The years since Vatican II have seen great numbers of lay people become involved in the liturgy as lectors, Eucharistic ministers, altar servers, decorators and hospitality ministers. If you feel called to serve, or would like more information, please call the rectory at 536-4700.

is in need of someone to maintain the church, buildings and grounds. The job requires checking on the buildings during the week, small repair jobs, setting up for events, some cleaning, etc. This is a part time position. If you are interested, please email holytrinitybristol@gmail.com or call Christine at 724-1825. Thank you.

Support for Separated & Divorced

Divorce and separation can be painful experiences. Support groups are available to those who are seeking healing, comfort, and empowerment. Visit www.catholicnh.org/ support for a listing of groups. Do you know someone who is going through a separation divorce? Please or consider passing this information along to them.

Becoming Catholic

If you are not a Catholic, or if you are a Catholic in need of completing your Sacraments of Initiation, (Eucharist or Confirmation), inquiry is just as it sounds. It is a time set aside for asking questions and exploring God's call in an informal setting. There are no commitments or costs, only questions answered and information shared. RCIA is a gradual process that will take place at Holy Trinity Parish beginning this October. If you or someone you know is interested in more information, call the rectory at 536-4700.

Parish Registrations In 2006, when we became Holy Trinity Parish, we asked that lection basket in the all parishioners fill out a registration form. We still need some of you to register with the parish. It makes us more efficient in serving you! If you are new to the parish or a seasonal parishioner, we ask that you would also fill out a registration form. They are in the back of all churches. Thank you for your cooperation!

coordinate the schedule from there. Thank vou!

Weekly Meetings

Thursday, June 29 Away Program, Simard Hall, 9 a.m.

Cub Scout Meeting, St. Matthew Hall, 6 p.m.

Sunday, July 2

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

Star King Unitarian Universalist Fellowship

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

Sunday, July 2, 2017, July 4, 9:30 a.m. it's history and meaning

Rebecca Noel and Margaret Salt will be leading the discussion. This will be the second of our informal Sunday discussions. There is no choir, no coffee hour and no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the church.

Social Justice Community Outreach Please bring canned or dry packaged food items for our local Community Closet col-

will

tional Fireworks. The Hebron Gazebo Programs are sponsored by the Taxpayers of Hebron, the Hebron Village Store, D. Merrill and donations from individuals and organizations. Free popcorn thanks to Bill White Realty.

Sunday Services are at 9:30 a.m.; Sunday School is also at 9:30 a.m. All children are welcome to attend.

Holy Trinity (Roman Catholic)

Day Away Program Day Away is an adult day care program for people with beginning stage of Alzheimer's disease or another related dementia. It also affords

Holy Trinity Bristol Campus Building and Grounds Manager The Bristol campus

Homebound Ministry

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

foyer.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. Summer hours for the office are Tuesday. Wednesday and Thursday mornings. 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.



Arts & Entertainment / Local News

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A7

Richard Gere comes to the Flying Monkey screen in "Norman"

PLYMOUTH — "Norman: The Moderate Rise and Tragic Fall of a New York Fixer" is coming to the Flying Monkey July 5, 6, 7, and The recent release 9. stars Richard Gere in a powerful performance as a wheeler-dealer who falls in with an Israeli politician (Lior Ashkenazi) on the rise. "Norman" is a character

study set in the world of Jewish politics that follows a classic wannabe through his sham. Gere has won accolades from reviewers for his performance in this endearing film.

Also on deck for the Monkey film series is the 1928 silent film "The Crowd" on July 20 with live accompaniment with Jeff Rapsis. Also

playing July 19, 26, 29 and 30 is "Hired Gun," a documentary film about session and touring musicians that are hired by well established and famous bands and artists like Metallica, KISS,

and Billy Joel.

For movie times and more information about these and other upcoming films and live performances, menus and promotions, please call 603-536-2551 or visit flyingmonkeynh.com.The Flying Monkey Movie House and Performance Center at 39 S. Main St. in Plymouth is a 1920s era theater purchased and renovated by Alex Ray in 2010 to serve

as a community and regional cornerstone for the appreciation of music, theater and film in a small town venue. The Flying Monkey is a proud member of the Common Man family.

Stacey Lucas is Artistic Roots' Featured Teacher for July

PLYMOUTH - Stacey Lucas, a.k.a. Veggie Art Girl, will offer Garden Barn Board Sign Painting Class on July 12 from 5-7 p.m.

Lucas will share the techniques that that she uses on her signs. She encourages students to look for their own sayings to use in their projects. Cost is \$25 for members and \$30 for non-members.

On July 18, Suzan Gannett will offer an Acrylic Painting Class from 5-7 p.m. Participants will make their own 11-by-14-inch painting of flowers falling. The painting will be taught step by step and participants will be finish the class with a painting suitable for framing, Cost is \$30 for members, \$35 for non-members.

On July 20, Lynn Haust will offer a Melted Glass Summer Sun Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. Students will learn to use stringers, frit and \$25 for members and \$35 for non-members On July 26 from 5-7 p.m., Suzan Gannett will offer a Russian Spiral Bracelet Class. You will learn this stitch and make a beautiful bracelet either to wear or to give as a gift. All materials are included. The cost of the class is \$30 for members and \$35 for non-members. All classes are offered in our newly renovated studio. Come and see what a great space Artistic Roots has for offering art classes to our communities.



Join Stacey Lucas, aka Veggie Girl, at Artistic Roots , 73 Main Street, to create your own garden signs, Cost of the class is \$25 for members and \$30 for non-members. Register by visiting the gallery or calling 536-2570.

open knitting class held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free, and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at

73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.



Wildflower program at New Hampton Garden Club

NEW HAMPTON — Wild flowers and lilac information was the program at the June meeting at the Gordon Nash Library presented by Guy Giunta, member of the New Hampton Garden Club and Chairman of the Governor's Lilac and Wildflower Commission, and Barbara Rollins, the Department of Transportation Landscape Supervisor. Guests were members of the Pasquaney Garden Club and friends. Everyone was encouraged to ask questions and gain new knowledge about garden issues. Guy is always glad to share his many years of experience. The Garden Therapy ladies, Linda Dowal, Muriel Smith and Phyllis Schofield visited Golden Crest Assisted Living and helped residents with making red, white and blue flower arrangements in honor of Flag Day. They also put a small flag in their finished artwork to take to their apartment. A song and many laughs were enjoyed, along with a special treat in their patriotic napkins. Trustees of the library have granted the club permission to place a granite bench along the walk-

way as a memorial to long-time member Trudy Mudgett Powers. Trudy was a dedicated gardener, keeping the front of the library looking most attractive. The club is once again putting raffle baskets together to be raffled at New Hampton Old Home Day on August 12. Tickets are available from members, the public has enjoyed these bountiful prizes for several years and look forward to the project.

The New Hampton Garden Club awards a homeowner the distinction of Garden of the Month. This award is for most effort to make our town attractive to others with an attractive garden. The most recent recognition goes to Sue and Bill Vachon, who came to New Hampton how to cut and place two years ago. They glass. Cost of the class is bought an 1840 house on Fire House Lane and have put a lot of work into house and gardens. On the corner of the front garden is a huge rhubarb plant, which had belonged to Sue's grandmother and has been moved many times as the family moved. We thank Sue and Bill for their hard work in making our town more attractive.

> Each month, Artistic Roots also offers an

"I chose Choice Physical Therapy because their website was very helpful and my previous therapist, Katie, works there. She is very professional, knowledgeable and pleasant to work with. I have had a very positive experience in healing my knee problems, plus some other issues that I was having. Katie is very conservative in her approach to physical therapy and I am so pleased with my recovery. I would recommend Choice Physical Therapy to my family and friends."

Photo (1 to r): Kathleen Edwards and Katie Chevalier, DPT

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A8 NEWFOUND LANDING, THURSDAY, JUNE 29, 2017

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> DANBURY: Danbury Country Store



Hebron Post Office(Outside Box) Hebron Town Hall Hebron Village Store

> HILL: Hill General Store



Mobil Gas Station Irving Gas Station

PLYMOUTH: Tenney Mt. Store

RUMNEY: Common Café Stinson Lake Store

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Health

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A9

Social wellness in seniors

BY MARTHA SWATS Owner/Administrator Comfort Keepers

The Importance of Fighting Isolation

As we age, it's important to maintain well-being, physical but often times, psychological, emotional, and social health can fall by the wayside due to increased isolation. For some, this isolation can come about rather suddenly, with the passing of a loved one or close family members moving away. For others, it can be a more gradual process as the natural effects of aging begin to take hold.

Scientific and health communities have, for many years, viewed isolation as detrimental to the overall wellbeing of older adults. Studies continually suggest that those who are

chronically isolated tend to have a higher frequency of health-related issues – while, conversely, socialization efforts

can lead to healthier, more fulfilling lives. In fact, the Global Council on Brain Health (GCBH) – an international collaborative

of AARP – recently released a report which includes a consensus statement indicating that social engagement helps

"thinking skills and slows cognitive decline later in life."

Other research studies suggest even more benefits of socialization, including: • Strengthened im-

• Reduced depres-

sion

• Better sleep

• Increased productivity

Three-vehicle collision closes down Route 3A in Franklin

BY DONNA RHODES drhodes@salmonpress.news

FRANKLIN — As the 2017 Motorcycle Week drew to a close last weekend, a Massachusetts man was killed in a three-vehicle collision on Hill Road (Route 3A) near the intersection with Lake Shore Drive in Franklin last Sunday morning.

At 10:13 a.m. on June 18, Franklin Fire Department was asked to respond to Hill Road, where they were advised that one person was trapped inside their automobile to Franklin Regional Hospital where he was later pronounced dead. The driver of one of the other two vehicles was also transported to the hospital for treatment of minor injuries.

Early reports from an investigation into the accident indicate that the motorcyclist, a 37-yearold male from New Bedford, Mass. whose name has not yet been released, collided head-on with an SUV. Another passenger vehicle was also caught up in the collision.

That portion of Route

Maintaining Social Wellness

As mentioned, there are several ways in which isolation can exist in the lives of older adults, and – depending on the situation—

it may take some work to get back to a happier, healthier state of mind. If you have an aging loved one experiencing the

effects of isolation, here are some ways that they can maintain positive wellbeing through socialization.

Join a class or group – Whether it's enrolling in a computer class or joining an exercise group at the local senior center,

there are countless ways for older adults to be engaged in new activities or learnings. In addition to strengthening their cognitive abilities, opportunities these provide the chance to make new social connections with like-minded people. And because many of these activities are structured, there is a great amount of stability added to day-today routines for older adults. Religious organizations also offer a number of different opportunities for socialization, including retreats and community outreach events.

Stay/become involved – Sometimes giving back to others is the best way to help maintain social wellness. Most towns

have a wide array of organizations dedicated to providing assistance to those in need. This can be anything from

giving music lessons or tutoring students. If your aging loved one has a skill or talent that can be utilized in the

community, encourage him or her to reach out to their local civic and charity organizations. Giving back can even

be as simple as volunteering at a soup kitchen once a month. These opportunities will certainly facilitate healthy socialization, while

also providing a meaningful sense of accomplishment.

Strengthen existing relationships – Throughout the course of a lifetime, it's not uncommon for certain friends and family members to drift in and out of our "social circles." We may be closer with one sibling, cousin, or neighbor over another

 and as life begins to slow down for your aging loved one, those that have drifted away may be feeling the same

feelings of isolation as your loved one. All it takes is one instance of reaching out in order to reconnect and catch up

on old times. Social media platforms, like Facebook, have made this easier and more convenient than ever before.

Your loved one can send instant messages and even share photos. The visual, interactive component of social media

can make a world of difference, especially when face-to-face interaction is not possible or feasible.

Comfort Keepers® Can Help

When your aging loved one needs companionship and socialization, he or she can count on Comfort Keepers®' trusted caregivers. As part of our service offering, our caregivers can also provide everything from meal preparation to dependable transportation. Call your local Comfort Keepers' office to learn even more about our services.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services companionship, as 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.

National Forest urges you to plan ahead for summer hikes

CAMPTON — With the warmer weather and Memorial Day weekend approaching, we are all looking forward to getting outside and enjoying our favorite activities. Whether your plans include a camping trip, or your first hike of the season, forest officials encourage you to plan ahead. Visitors should be prepared for a variety of spring conditions, including snow across many areas of the White Mountains. People are often surprised by the difference in the weather at higher elevations. At any time of year you should be prepared with arm clothing and good rain/wind gear. Remem-

ber you are responsible for yourself. Don't rely on a cell phone to keep you safe as they have limited or no coverage in many areas of the National Forest. For information to help you plan a safe hike go to the hike-

including drink containers, condiments like ketchup and mustard, and empty food wrappers. Feeding bears, intentional or unintentional, is prohibited and not only risks your safety and those that come after 1, fees will increase at some sites while other sites will no longer require a fee. More than 95 percent of these recreation fees stay on the Forest and are used to complete projects that otherwise wouldn't be funded, including maintenance and improvement of sites. Purchasing a recreation pass is an investment in your public lands, and purchasing an annual pass is the best way to support the White Mountain National Forest. For more information about these changes visit the White Mountain National Forest Web site, https:// www.fs.usda.gov/main/ whitemountain/passes-permits/recreation.

and a motorcyclist, who had been thrown onto the hood of the vehicle, was unresponsive at the time of the call.

When FFD arrived at the accident, CPR was immediately begun on the injured man and he was taken by ambulance 3A was closed for several hours, but reopened again at approximately 5 p.m. on Sunday. Police say the accident is still under investigation, but no criminal charges are expected to be filed at this time.

Smith joins legislators calling for protection of public lands

PLYMOUTH — New Hampshire State Rep. Suzanne Smith, Grafton 8 (Plymouth, Hebron, Holderness) joined state legislators from 44 states calling for President Trump and Congress to maintain designations of national monuments, following the President's recent executive order calling for a review of the Antiquities Act. The move could jeopardize national monuments designated by presidents in the past two decades.

Three hundred twenty five members of the National Caucus of Environmental Legislators (NCEL) signed a letter urging the president and Congress not to rescind or shrink the lands currently designated as national monuments under the Antiquities Act.

"Last spring, I spent time hiking in Escalante-Grand Staircase in Utah," said Rep. Smith. "It is one of the monuments now in jeopardy. In addition to being a wilderness treasure, Escalante and Bears Ears in Utah and

the many national monuments throughout the US provide sustainable growth in rural communities."

"National monuments hold an important place in our history and culture in the United States. No president has attempted to revoke a national monument before," said Jeff Mauk, Executive Director of NCEL. "We urge the president to work with Congress and state legislators to increase funding for public land management and boost the surrounding local economies."

The letter was initiated by Washington State Senator Kevin Ranker.

"Public support for protecting special places is strong, and many small communities increasingly depend on tourism and the growing outdoor recreation economy," said Ranker. "The effort to eliminate or shrink national monuments risks \$45 billion generated nationwide by public lands, including national monuments."

Safe Web site at www. hikesafe.com/.

Spring melting and heavy rainfall can cause stream crossings to be high. Slippery rocks, hazards below the surface, and the strength of moving water all affect your safety. Always be responsible and assess the hazards and risks before entering any section of water.

If you're planning a camping trip be sure to properly store all food,

you, but may result in a fine.

"Whether you are planning a camping trip, a hike, or a scenic drive, we want everyone to return home safely," said Forest Supervisor Tom Wagner. "Taking some time to plan ahead will help ensure everyone enjoys a safe summer."

This summer, for the first time in 20 years recreation fees on the White Mountain National Forest will change. On June



Business

A10 NEWFOUND LANDING, THURSDAY, JUNE 29, 2017

The Real Report RECENT REAL ESTATE TRANSACTIONS

Gabriela A. Fortney and FNMA

Eric M. and Natazche L. Avery

Joseph A. and Lisa M. Mancini

LBOH LT and Shelly Trevens

Nationstar Mortgage LLC

Marianne B. Callahan

Kathleen J. Narchetti T

Sasha T. and Joseph R. Boxer

Vanessa Medbery and FNMA

Karl W. and Amy L. Schroder

Kathryn L. and Daniel L. O'Connor

Pemi Valley Habitat for Humanity

Robert Dow Est. and Michael T. Dow

Brad J. Campbell

TD Bank NA

Kirk E. Klafer

Robert L. Merrill

35 Main Street T LLC

Kirby A. Turcotte

Fratus & Sionni FT

Jpm Investment Group LLC

Brett A. Morrison and US Bank NA David M. and Susan E. Rotondi

John R. Sheehan and Michael Jacob

Town

Address

Alexandria
Alexandria
Alexandria
Ashland
Bridgewater
Bristol
Campton
Campton
Campton
Campton
Groton
Hebron
Holderness
New Hampton
New Hampton
New Hampton
New Hampton
Plymouth
Plymouth
Plymouth
Rumney
Thornton
Thornton
Thornton
Warren
Waterville Valley
Wentworth
Wentworth

104 Fletcher Farm Rd.
90 Gordon Hill Rd.
20 N. Ledge Loop, Unit B
44 Collins St.
964 River Rd.
N/A
70 Forest Drive
367 NH Route 175
45 Red Sleigh Rd., Unit 45
18 Ryan Circle
N. Groton Road (ws)
Jewell Road (ws)
Range Road
73 Colony Lane
850 Dana Hill Rd.
1381 Winona Rd.
N/A
72 Highland St.
35 Main St.
8 Plaza Village Rd., Unit C
231 E. Rumney Rd.
38 Cuttyhunk Rd.
28 Notch View Rd.
26 Orris Rd., Unit 5
81 Lake Tarleton Rd.
98 Noon Peak Rd., Unit 6f
198 E. Side Rd.
Red Oak Hill Road

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

Price Seller

Type

\$84,601 Single-Family Residential Single-Family Residential \$220,000 Condominium \$290,000 Single-Family Residential \$34,961 \$176,666 Single-Family Residential \$50,000 N/A Single-Family Residential \$273,000 Single-Family Residential \$550,000 Comdominium \$30,000 Single-Family Residential \$265,000 N/A \$58,000 N/A \$160,000 Residential Developed Land \$33,533 Single-Family Residential \$225,000 Single-Family Residential \$193,133 Mobile Home \$100,000 N/A \$113,400 \$235,000 Single-Family Residential Gen. Office \$300,000 Condominium \$67,000 Mobile Home \$72,900 Single-Family Residential \$79,200 Single-Familly Residential \$183,533 Condominium \$84,000 Single-Family Residential \$34,000 Condominium \$290,000 Mobile Home \$30,000 Single-Family Residential \$65,666

> 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

Buyer

Kent and Maureen Tower Craig A. Mayo and Vicky C. Thibodeau Albert J. Shameklis and Doreen C. Shameklis Edward S. and Anne Pearsons LSF9 Mst. Participation T Ryanne Carmichael and Jordan Greenberg Paul Pickard Joelle Pare Terry and Cynthia Lawson Robert W. and Jamie E. Brennan Michael E. and Rebecca A. Lecaroz John J. Faucher Timothy H. and Charlene E. Thompson Jacob R. Grier Raymond M. and April L. Fluette Justin M. Tivey and Deborah A. Clark-Tivey Timothy L. and Susan L. Merrill Christopher W. Marshall and Deborah R. Schirtz Sawicki FT 2012 Luke and Catherine B. Wakefield Heaney Gaelic Group LLC Angela Raptis Raymond W. Valentin and Bank of America NA Bank of America NA FNMA Michael D. and Sara A. Custer Vincent Valdmanis Shaun Stanley and Amey Cardullo Conrad V. Langehagen and Lori Langehagen Clare M. Fisher and Steven D. Smith Don O'Connor David Louria and Shivan Bhavnani

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



MARK ON THE MARKETS Tax diversification with benefits



BY MARK PATTERSON Most of us would

without penalty, for a withdrawal before 59 and a half under most circumstances. But what if there was a way to save for retirement that would not limit how much you could save annually while providing taxfree growth and future tax-free income? There is a financial tool that has been used for many gree diversification for a host of reasons, these policies. come back into vogue. That financial tool is maximum-funded life insurance. For certain clients, this can be a powerful tool to amass income that can later be loaned back to yourself, tax free through the loan provisions of the policy. The insurance company uses the death benefit as collateral against the loan. Loans prior to 59 and a half are not penalizes as with qualified plans. These loans also may not affect Social Security benefits.

hicles does not allow, as a financial tool may be exactly what you were looking for, but may not have considered it because of radio and TV personalities that try to convince their audience that anything other than "term" insurance is not good. You must also qualify medically, but if you do there are a bunch of other "living benefits" that are years, but has recently, available with many of Reviewing some of the better companies Indexed Universal life policies, I have discovered that many IUL's have a better IRR or Internal rate of return than some mutual funds net of fee's plus a death benefit to your heirs! To paraphrase Darwin; It is not the fittest or strongest that will survive, it will those who can adapt to change. Life insurance is an asset class that should not be ignored. Many things that have worked in the past must be reviewed with an open mind towards changes for the better in a changing environment. Tax rates and policy will continue to change, we must find ways of mitigating these increases.

Power Outage Tips

BEFORE

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

DURING

Conserve energy

 Go to community warming shelters & check on neighbors, family, seniors and homeless

· Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

 Throw out unsafe food www.Ready.gov/blackouts Ready What to Pack Who to Call Where to Meet

is a good thing as it relates to our investment mix but also as it relates to our income as we approach retirement. In all likelihood the tax code will change during our lifetime, so the ability to switch from least to most tax advantaged income sources as possible is a worthwhile goal.

Tax free income can come in the form of a Roth IRA. You would not have had a deduction from taxes when you put the money in and likely would have paid tax on that income when received, but then the money could grow and after 59 and a half could provide tax-free income. While this is a great tool for retirement savings, it is not without limitations.

The maximum that you can contribute depends on your modified adjusted gross income. The Roth like other retirement ve-

For clients near retirement or in retirement, assets accumulated may be used for legacy planning.

Structuring a policy to focus on accumulation as opposed to face amount or death benefit will often times increase the accumulation of cash to be distributed as a loan.

Because everyone's circumstances are different, life insurance

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



The Rest of the Story

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 A11

Gazebo

FROM PAGE A1

come and check it out! There will also be kids games and at 4:30 p.m., we will have a Police Dog Demonstration. At 5 p.m., the Uncle Steve Band will be making an appearance on their Retirement +1 tour and we

are extremely pleased to have them return to us. The Hebron Fire Department will be doing the barbecue for the evening. At 7 p.m., a new group to the Program No Limitz will be performing vintage classic rock. The festivities for the day close with our

traditional Fireworks.

The Hebron Gazebo Programs are sponsored by the Taxpayers of Hebron, the Hebron Village Store, D. Merrill and donations from individuals and organizations. Free popcorn thanks to Bill White Realty.

Reading FROM PAGE A1

there will also be crafts activities related or that week's book. to From July 14 until Aug. 11, there will also be a Summertime Movie Matinee on Fridays, beginning at 1 p.m. Titles of the movies to be featured each week will be made available on the library's Web site.

Besides all of that fun, there are five other special events being offered this year, beginning at 10 a.m. on Wednesday, July 12.

Entertainer Daniel Jolley will be in Hill that day to amuse the audience with his "comedic antics, high energy activity, magical, mystical mayhem and

balloon buffoonery." His fun-filled performance is one will also encourage creativity as a means to build a better world.

Next up will be a birdhouse craft project at the library on July 19, when children will learn to build something on their own that they can take home and enjoy in their backyards.

Wildlife Encounters will then take everyone on an imaginary safari around the world at 1 p.m. on Aug. 2 when they bring their exciting "animal ambassadors" to Hill, and on Aug. 2 at 10:30 a.m., a bottle rocket project, courtesy of The Magic of Science group, will offer additional excitement and fun as well.

Children are encouraged to also register for the summer reading challenge at Hill Library, where they can log how many books they read on those hazy, lazy days of summer that lie ahead. Christopher said that the summer reading program will wrap up on Aug. 1 with lots of outdoor activities, an ice cream buffet and awards to this year's top readers.

All of the programs being presented this summer are free of charge. For more information about them and the reading challenge, please contact the library at 934-9712 or visit them online at www. hillpubliclibrary.com.

Crash

FROM PAGE A1 the hospital.

Damage to the rental property was extensive, however. Besides the severe structural damage to the building, the crash

Husson FROM PAGE A2

years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom,

Tour **FROM PAGE A3**

as a farm until the mid-1930's. An 80-foot-long detached barn dates from the late 18th Century. A rear addition was added in the mid-19th Century and the back-barn connector was rebuilt in 2008. Upstairs in the back barn is a rustic 1,500 square foot library. The downstairs houses an evaporator and chimney used annually for a

Notebook

FROM PAGE A4

George C. Harrigan, of Lisbon, was a 47-year man for the Boston & Maine, beginning as a track worker ("gandydancer," in the parlance of the times) and ending up as a section foreman, quite a step up in the day.

Railroading came up because my uncle, whom I call Uncle Fudd, had a visitor that day, the son of a visiting therapist. This boy's father commutes to Boston each day, and of course, being an inveterate railroad guy (I've taken trains all over the continent, and the world), I asked Uncle Fudd whether he commuted on the justly famed Downeaster. "I don't know," was the answer, but I'll bet he'll find out between that call and the next. I've ridden the Downeaster several times. It is clean, quiet, fast (80 m.p.h.), smooth, and most always on time. There must be hidden problems, but I can't fathom why anyone who commutes from Portland to Boston doesn't go by train, thereby avoiding (a) the hassle of driving, which in this age of declining road manners and safety rules can be pure hell on wheels, and (b) parking fees, which in Boston can be out of sight.

seats are spacious, to say the least, and you can get up and move about, say, to the Snack Car, and can sit in a booth with a table and spread out your newspaper, or work at your seat with a fold-down tray and free wi-fi.

On the train the

Well, okay, there's the cost of riding the Downeaster on a regular basis. The train's "commuter fee" promotes itself as from anywhere from \$6 to \$29 each way. That's a pretty wide stretch. Try finding out exactly what the "commuter fare" from Portland to Boston is. Good luck. But wait! There's More! I actually found it---not on the Downeaster site, but by calling Julie, Amtrack's pretty-damned-good automated answering system.

does it take to park, and walk, or take public transportation or a cab?

All of which is part of why I decided, about 40 years ago, not to pursue a job offer from the Boston Globe. I'd have spent half my working time trying to find ways to vacation or do stories up where I've actually been living and writing for half a century, and counting.

This was while I was working for the Nashua Telegraph. At just about decision time, I heard Joe Green in the WBZ Copter doing a traffic report, featuring a jam-packed Storrow Drive and a pileup on the Alewife Parkway. That pretty much did it.

But were we? With my Uncle Fudd, and his young friend at Village Crossing.

If I were this kid's Dad, and had to commute from Portland to Boston every single stinking day, like a rat going back and forth to the dump, I'd budget the extra 45 minutes into the daily slog--and to try feeling like a human being, take the train.

(This column runs in papers covering twothirds 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.)

also took down electrical and cable connections to the home. The Red Cross was called in to assist the couple as they look for a place to stay while repairs are made.

The driver of the van,

online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells and Northern Maine provide advanced knowledge in business; health

maple sugar operation. Many of the original features of the home remain including the beamed ceilings, paneling and wainscoting. The kitchen and downstairs office have tin ceilings dating from the 1869 construction. A visit to the beautiful vegetable and flower gardens outside is a must.

On Saturday mornings leading up to the tour, members of Hospice Advisothe ry Committee will be at Harvest Market in Wolfeboro selling Dine Around Raffle Tickets. More than 50 area eating establishments have donated certificates to this popular raffle. All proceeds from the raffle, luncheon and tour go toKevin Hardy, no age or address given, was arrested and charged with DWI and reckless operation. He was released on bail and now faces a July 13 court date on the incident.

and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

ward supporting the financial needs of the hospice program within Central NH VNA & Hospice. Members of this year's tour committee are: Anne MacLellan, Chair, Shirley Richardson, Hospice Advisory Committee Chair, Ann Bastis, Hostess Committee, Laura Spellman and Sherback. Maureen Dine Around Raffle Committee, Barbara Lobdell, Publicity, Brooke Docter, Treasurer, John and Peg Mangiello, Parking Committee and Jen Legassie, Hospice Director. For more information about hospices services, contact the Branch Office in Wolfeboro at 569-2729 or the Corporate Office in Laconia at 524-8444.



You can get a 30day Portland-Boston commuter special for \$299, round-trip. That's about \$10 per day. No way can you drive for that, considering gas, tolls and parking.

So what's the rub? The time. It takes the train about two and a half hours, versus a driving time at about an hour and 45 minutes. That's because of the Downeaster's ten station stops. But that's a 45-minute difference.

But then if you drive, how much time

history & great location.

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Squam Lakes. 152' of shorefront with sandy beach area. Level with nice views and swim float. Charming throughout with deck & shed at water's edge. Good rental privacy. Dock for your boat, town water & sewer.

SQUAM LAKE ACCESS: Waterfront lot on Squam River leading into Big & Little LAKE WINONA: 4 BR home with nice views and privacy. Sandy beach, dock and

the road with mountain views. Lovely Sandwich home with detached barn.



SQUAM LAKE ACCESS: Private Center Harbor home within walking distance to a shared access on Big Squam. Beach rights and mooring field. Private with over 2 acres and detached garage





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\$449.000

\$59,899

The Rest of the Story

A12 NEWFOUND LANDING, THURSDAY, JUNE 29, 2017

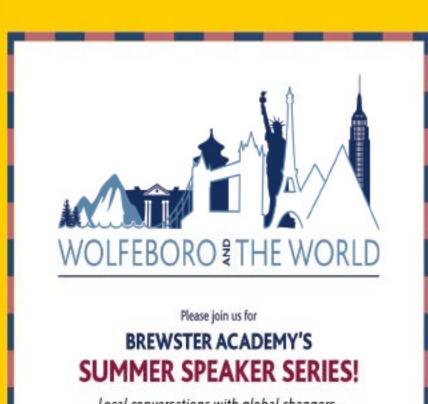
Riding FROM PAGE A1

riding beautiful white horses owned by Caroline Beard. Both agreed they were getting a lot out of the experience and said the obstacles presented to them were things a horse and rider would routinely see on the trails.

"The horses can get used to a certain trail routine in the area you



Mr. May" and "Miss Snow," ridden by Francine King and Jean Maloney, were two of the 16 horses that participated in a trail riding clinic in Alexandria last Saturday and Sunday.



Local conversations with global changers.

Free and open to the public on the following dates:

Wednesday, July 19

Dr. Warren Muir – Chairman Emeritus of the Cyprus Friendship Program and former President of the Children's Friendship Project for Northern Ireland

> Joins us to discuss the ability to address problems elsewhere in the world from our homes.

Wednesday, August 9

Bob Gorrell – Nationally syndicated political cartoonist Joins us to discuss the lighter side of politics.

Wednesday, August 30

Art Coviello – Cyber security expert and former president and CEO of RSA Security

Dr. Eric Fossum – Assoc. Provost, Dartmouth College, known for developing the CMOS image sensor



As part of a two-day riding clinic held at Jen and George Tuthill's farm in Alexandria last weekend, horses like "Smartie" from Campton learned to comfortably manipulate over obstacles they may encounter on a trail ride, such as wooden bridges, logs and water.

typically ride, but this breaks it up and makes them think about things they may come across that they're not expecting," said King.

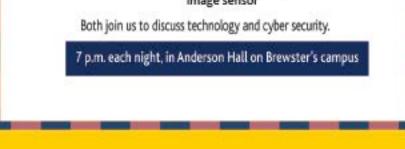
Bud Clayton of Ellsworth was observing and assisting with the event. He said clinics such as the one at Tuthill's farm last weekend were valuable for those heading out on any trail.

"Some horses balk at water. You have to let them look at it until they figure out what it is," Clayton said. "They'll think at first that it could be an 'enemy,' the same as any other obstacle they come across. You just have to be patient and not try to rush them." Besides clinics, Walls said the Pemiquaney Riding Club also holds two public fundraising rides a year and 10-percent of the proceeds from those events are donated to Becky's Gift.

"Becky's Gift is a (nonprofit) organization that helps provide short term care for a horse should their owner become ill, have to be hospitalized or face other tough times. It's an incredible help to people who own horses," she said.

The next scheduled group ride will take place from 9 a.m.-4 p.m. on July 22 at Profile Falls in Bristol. For more information about that and other aspects of the organization, please visit their Pemiquaney Riding Club page on Facebook or text them at @ PemiquaneyRidingClub.





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What's Happening at **Plymouth State University**

A Plymouth State University Clusters Initiative

July 3 at 7 pm The Flying Monkey Main St., Plymouth Tickets \$7



A collaboration of Plymouth State University Plymouth Parks & Recreation Kids4Peace The Flying Monkey



Learn more about how PSU is using our new Clusters Learning Approach to transform the way students learn at **plymouth.edu**.

Newfound Landing





COREY MCKEAN/THE COURIER

Brody Fillion lines up his walk off homerun in the bottom of the ninth inning on Thursday afternoon



Owen Brickley got the start on the mound and pitched five scoreless innings for Plymouth.

Fillion, Brickley lead Durand-Haley to their first win of the season

BY COREY MCKEAN couriersports@salmonpress.com

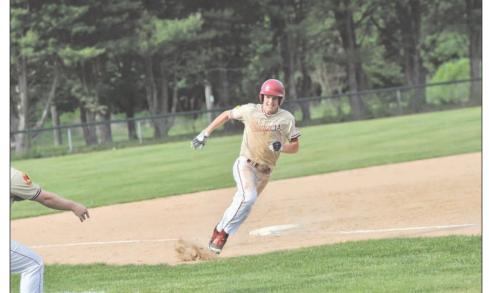
PLYMOUTH — With Plymouth Duthe rand-Haley Rangers trailing Manchester Post 79 by a score of 7-6 heading into the bottom of the ninth inning on Thursday, June 22, Owen Brickley hit a single to left center field and was followed up by Brody Fillion, who crushed a tworun, walk off homerun to right center field, earning the Rangers their first win of the summer season, 8-7.

After two scoreless innings, the Plymouth offense came out in the bottom of the third to break the 0-0 tie, scoring two runs off a hit by pitch to Mike Hogan and two singles from Brickley and Cole Donovan to take a 2-0 lead heading into the

to keep the score at 2-0. The Plymouth offense tallied another run in the bottom of the fourth to extend their lead to 3-0 as Brickley reached first off a fielder's choice, was moved to second on an error off a hit by Fillion and came around to score on a single to center field by Donovan.

Brickley finished his solid day on the mound with yet another scoreless inning in the top of the fifth inning while the Plymouth offense was kept quiet in the bottom of the fifth as the game stayed at 3-0 going into the sixth inning.

A pitching change by the Rangers started the sixth inning and Manchester Post 79 would find their offense as they took advantage of four walks and started crushing the ball, recording six hits to score six runs and taking a 6-3 lead. The Manchester defense shut down the Plymouth offense once again, keeping the 6-3 lead heading



Mike Hogan is waved around third and scores the first run for Plymouth in third inning action.

into the seventh inning.

Hogan came in to pitch for Plymouth in the seventh and the defense behind Hogan would be great, picking up all three outs to bring up the Ranger offense in the bottom of the seventh. Plymouth battled back to score three runs off two walks, an error and two singles from Tony Velez and Garrett Demas to

going into the eighth. An early error by Plymouth started the top

of the eighth and it would prove costly for the moment as the baserunner came around to score off a double and Manchester Post 79 took a 7-6 lead. The 7-6 lead by Manchester held up until the bottom of the ninth inning

COREY MCKEAN/THE COURIER

where Fillion came up clutch.

With their last at bats in the bottom of the ninth and an early out to start the inning, Brickley came up for the Rangers and started the comeback rally with a single to left center field. Fillion then stepped up to the plate and blasted a homerun to right center field, walking Plymouth off with their first win of the season.

"I thought we played really tough all day. We weathered the storm in the sixth inning and hung on until Brody gave us the walk off win. Owen Brickley gave us a great start on the mound. We have to continue to get better and eliminate errors that extend innings," explained Plymouth coach Mike Boyle.

The Rangers were led by Fillion with a hit and three RBIs while Manchester was led by Keith Swetland with three hits and two RBIs.

Plymouth improves to a record of 1-2 on the season while Manchester Post 79 falls to a record of 1-3. The Rangers will play again on Saturday, July 1, as they host Keene for a doubleheader. Game times are posted for 12 and 3 p.m.

fourth inning.

Brickley, who got the start on the mound for the Rangers, continued to throw strong as he recorded another scoreless inning in the fourth

Lions Cup soccer knot the score up at 6-6 matches July 15 at NEC

State Soccer Association is proud to announce the 43rd annual "Lions Cup" matches will be held on July 15 at New England College in Henniker. Both the women's and men's or teams will be comprised of All-Star seniors representing Vermont and New Hampshire. The women's game kicks off at 4 p.m. with the men's game following at 6:30 p.m. Admission is free for children un-

> der age 12. The Lions Twin State Soccer Association was established in 1975 with the mission to devote itself to the celebration of athletic achievement while promoting fellowship through combined charitable acts

REGION — The Lions Twin and interpersonal relations. Since its inception, the association has raised approximately \$600,000 and donated it equally between Vermont Lions charities and the Lions Sight and Hearing Foundation of New Hampshire. The funds have assisted those in need of eyeglasses, eye surgeries, hearing aids and sending children to summer camp.

> Without the generosity of the Vermont and New Hampshire Soccer Coaches Associations, the Lions of New Hampshire and Vermont, the parents and players and the general public, these games would not be possible. The association extends its gratitude for the support and looks forward to seeing you at the games.



Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Newfound searching for soccer coach

BRISTOL — Newfound Regional High School is looking for a JV boys' soccer coach. Anyone interested should send a letter of interest, resume and two recommendations to Superintendent Stacy Buckley at sbuckley@

Questions sau4.org. should be directed to Peter Cofran, AD, at pcofran@sau4.org 744-6006, x1507.

Celebrating Our 65th Summer of Music, July 5–August 5, 2017 New Hampshire Music Festival Orchestral Events in Plymouth and Wolfeboro*, New Hampshire July 6 & 8*: Beethoven: Symphony No. 5 Eric Silberger, violin July 13: Mozart: The Impresario Mahler: Symphony No.4 July 20: Copland in Mexico A Multimedia Extravaganza July 27: Composer Portrait: Huang Ruo Haydn: Lord Nelson Mass Hamnshire **Tickets:** August 3 & 5^{*}: Rachmaninov: Symphonic Dances Music nhmf.org Steven Lin, piano Festival No online **NHMF Events:** purchasing fees! **Classical Conversations** Music in the Mountains and Arts Walks Weekly Chamber Concerts in Plymouth & Wolfeboro **FREE** Family Concert & Make Music Plymouth - July 22 estival Sponsors: National Endowment for the Humanities, Lincoln Financial Foundation, New Hampshire Charitable Foundation 7 Main Street, Plymouth, NH 03264 • (603) 238-9007 • nhmf.org

Sports

B2 NEWFOUND LANDING, THURSDAY, JUNE 29, 2017

Soccer program provides essential skills to young players

LAKES REGION — Four years ago, local soccer club Lakes Region United established an "Early Development Program" (or EDP) to teach essential soccer skills to players 6-9 years old. The brainchild of Belmont parent Keith Duggan, the goal was to allow young players to develop skills in a fun, local environment.

The program has been extremely popular with parents and budding soccer stars from throughout the Lakes Region. This spring 16 players participated. They were coached by Northfield resident (and member of Belmont High School's 1998 state championship team) Dave Nelson, with Steve Jordan providing assistance.

Nelson was enthusiastic about the program, saying "We teach them foot skills, decision-making, passing, cuts, pullbacks, and other basic

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skills they will be using forever."

The program involves two practices a week and an organized scrimmage (typically 3v3) every weekend. It runs year round (with indoor soccer at Tilton Sports Center in the winter), but players can sign up for one season at a time.

This fall, as Nelson's son ages out of EDP, the program will be coached by former college standouts Uni Karlsson and Caitlin Dulac. Karlsson comes from a soccer-loving Icelandic family. He played club soccer in Iceland after helping Gilford High School win a state championship in 1990. His wife, Dulac, was a standout defensive player at New Hampton School before playing for two years at Smith College.

Karlsson and Dulac were recruited by Duggan to lead EDP. Duggan emphasized the impor-

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tance of parent coaches for Lakes Region United, a volunteer-based non-profit organization. "We want parents who know the game to realize LRU is the club for them and that they can and should coach. Current and future teams only exist because of the ef-

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Edward Jones: Financial Focus Declare Your Financial Independence Day

We're getting close to the Fourth of July, when we celebrate the freedoms we enjoy in this country. The U.S. constitution grants us many of these liberties, but we have to earn others – such as our financial freedom. What steps can you take to achieve the financial independence you need to reach your long-term goals?

For starters, always work to build your resources. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. If you don't take advantage of this match, you are essentially leaving money on the table.

While how much you invest is an essential factor in gaining your financial freedom, how you invest your money is equally important. So make sure you have sufficient growth potential in all your accounts. While growth-oriented investments, such as stocks and stock-based vehicles, carry investment risk, you can help moderate this risk by also including other investments, such as bonds.

can use to pay unexpected costs such as a major car repair or a large medical bill. Ideally, you should keep this money in a liquid, low-risk account, so you can access the funds quickly and without penalty. Aside from possibly helping you control your debts, an emergency fund also may enable you to avoid dipping into your longterm investments to pay for short-term needs.

Thus far, we've only discussed achieving your financial freedom through methods of saving and investing. But you also need to consider your protection needs, too. If you were to become ill or suffer a serious injury, and you could not work for a while, your financial security could be jeopardized. Your employer might offer you disability insurance as an employee benefit, but it may not be enough for your needs, so you might need to purchase some additional coverage on your own. And to help ensure your family's financial security, you'll also need sufficient life insurance.

FINS & FEATHERS

Lazy afternoon

BY RAYMOND KUCHARSKI Contributing Writer

It was a lazy afternoon and the beetle bugs were zooming while Larry and I were enjoying the sun and a couple of submarine sandwiches at the Mashpee-Wakeby boat ramp. We had fished a couple of ponds on Cape Cod in the morning and were just killing a little time before we set out for the evening fishing.

An old, small, foreign-made station wagon towing a fairly large boat pulled into the parking lot and backed down the ramp to launch the boat. The car backed down until the trailer and boat were in the water and the rear tires were a foot or so from the water's edge. The driver got out of the car and climbed onto the trailer to release the winch and launch the



Enjoying a lazy afternoon on the water.

with the rusted winch. Larry and I approach the car on the passenger side to see if there was anything we could do. The boat captain said he was ok, and started to jump up-and-down on the trailer to free the rope. His jumping upand-down on the trailer was rocking the boat as well as the entire station wagon. I said to Larry, "the car is going backward," Larry reassured me it was only going up-anddown and not moving. I said, "Larry watch the tires, every time they go up-and-down there inching backward." Just as I finished speaking, the boat, trailer and car started to slide into the lake. Larry quickly opened the passenger door, sat down, and reached over and put his foot on the brake – nothing. The COURTESY PHOTO

old, beat-up car's brakes could not stop the car. Time now seamed in slow motion; I could see the panic on Larry's face as he realized he was going for a swim. He looked me in the eye and slowly waved a goodbye.

Luckily the trailer jackknifed and stopped the car, but by now the waterline was from the top of the back window to the front bumper covering Larry up to his waist. Larry calmly stepped out of the car and smiled. The captain waded to shore, got in the driver's seat and turned the key. Miraculously we heard the engine start. The next sound Larry and I heard was blub-blubblub as the bubbles from the exhaust rose to the surface of the water. Larry and I could no longer contain ourselves and started laughing.

with more than 120 players from a variety of local towns, including La-

ed is in its ninth season

forts of coaching volun-

Lakes Region Unit-

teers," Duggan said.

conia, Gilford, Belmont, Gilmanton, Meredith, Alton, Moultonborough, Sanborton, Canterbury, Northfield and New Hampton. Parents and athletes can learn more about the club at lrusoccer.com.

CHRIS LEGGETT -COURTESY PHOTO (Left) Coaches Dave Nelson and Caitlin Dulac give instructions to EDP players at a Lakes Region United practice.

Another way to gain your financial independence is to liberate yourself from the shackles of debt. This isn't always easy, of course – most of us have experienced times when our cash flow simply wasn't sufficient to meet our expenses, so we had to take on some type of debt, either through a credit card or a loan. But the more you can control your debts, the more money you'll have to save and invest for your future.

One way to manage your debt load is to build an emergency fund, containing three to six months' worth of living expenses, which you You also might want to protect yourself from the catastrophic costs of long-term care, such as an extended nursing home stay. The average annual cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Study issued by the insurance company Genworth. And Medicare generally covers only a small percentage of these expenses. You may want to consult with a financial professional to learn about ways you can protect yourself from the long-term care burden.

By following these suggestions, you can go a long way toward declaring your own financial independence. Consider taking action soon. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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



Eric Tierno Financial Advisor 603-293-0055 Gilford, NH



Kathleen Markiewicz Financial Advisor (603) 524-4533 Laconia, NH



Jacqueline Taylor Financial Advisor (603) 279-3161 Meredith, NH



Mike Bodnar Financial Advisor 603-524-4533 Laconia NH



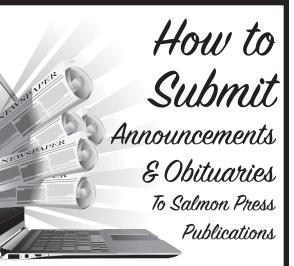
Ben Wilson, AAMS Financial Advisor (603) 524-4533 Laconia NH



Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estateplanning or qualified tax advisor regarding your situation. Member SIPC boat, but it was apparent he was having trouble







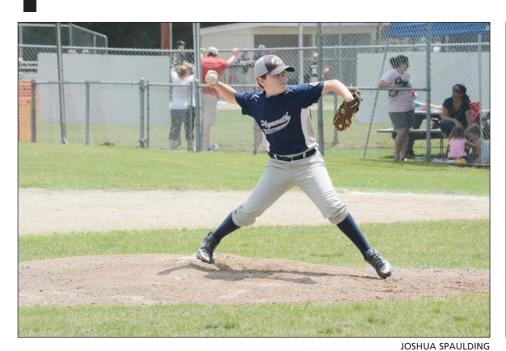
Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers. Obituaries can be sent to: obituaries@salmonpress.com

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

Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

Sports

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017



Johnny Flaherty fires a pitch in action against Kingswood Saturday.

Dalton Donovan connects with the ball during action Saturday in Farmington.

Plymouth 12U comes up short in tourney openers

BY JOSHUA SPAULDING Sports Editor

FARMINGTON The Plymouth 12U squad struggled in the opening games of the District Eight Cal Ripken tournament in Farmington on Saturday.

The team was able to rebound to pick up a win on Sunday.

The team opened against Plymouth and after a nice grab from Logan Finkle at shortstop in the first inning, got a two-out double from Colin Kenneally in the top of the second inning but they could not capitalize.

Kingswood brought the bats in the second inning, plating 11 runs in the frame, the first nine coming while starter Johnny Flaherty was in the game. The other two came after he left in favor of Finkle. Flaherty made a nice grab at shortstop to end the inning.

Finkle led off the top of the third with a base

scoring. Suncook came third inning. Finkle through with four more runs in the bottom of the second inning, plating two against Kill and then two more on a base hit against reliever Tayton Rourke, who got out of the inning with no further damage.

board in the top of the of the third inning and

led off with a base hit and moved up on a sacrifice bunt by Rourke. Flaherty reached on an error to plate the first run and then a wild pitch drove in another to make it 6-2.

Suncook added three Plymouth got on the more runs in the bottom

could've had more, but Flaherty made a great play in the hole at shortstop to end the inning.

Plymouth went quietly in the top of the fourth and Suncook added three more runs in the bottom of the inning against Stratton to close out the 12-2 win.

On Sunday, Plym-

outh fell by a 7-1 score to Suncook Valley before edging Mount Washington Valley 8-6 in the final game of the tournament.

The Plymouth roster includes Camden Stratton, Johnny Flaherty, Tommy Kill, Aaron Desmond, Tayton Rourke, Dalton Donovan, Logan

Finkle, Chris Rubbe, Colin Kenneally, Nathan Hillger and Cammeron Manning. The team is coached by Gary Finkle, Jeb Stratton and Jeremy Hillger.

JOSHUA SPAULDING

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



JOSHUA SPAULDING



Liam Manning prepares to scoop a throw to first during action Sunday in Farmington.

hit but was forced on a bouncer back to the mound from Flaherty and Plymouth could not score.

Kingswood continued with the bats in the bottom of the third inning, putting across two more runs before Dalton Donovan took over on the mound and then added five ore to go up 18-0 before Plymouth got out of the inning.

Plymouth was able to get some runs on the board in the top of the fourth inning. Camden Stratton led off with a walk and stole second. He scored on a double by Tommy Kill and one out later, Kenneally worked a walk and two runners scored on a base hit by Donovan. A sacrifice fly from Finkle plated the fourth run for Plymouth, but they wouldn't get any more runs and Kingswood took the 18-4 win.

Plymouth's next game was against the defending 12U champions from Suncook Valley. Stratton worked a twoout walk in the top of the first inning but he was stranded and Suncook got to Kill for a pair of runs in the bottom of the inning, taking advantage of a walk and a homer for a 2-0 lead.

Plymouth got a leadoff walk from Cammeron Manning in the top of the second but he was erased on a grounder to short by Kenneally. A 4-6-3 double play ended the inning and Plymouth's chances of

Cillian Kenneally got the start on the hill for Plymouth on Sunday against Kingswood.

10U Plymouth squad earns one win in three games

BY JOSHUA SPAULDING Sports Editor

PLYMOUTH — The Plymouth 10U Cal Ripken squad won one of the first three games of the District Eight tournament over the weekend in Farmington.

Plymouth started strong by earning a 7-3 win over Farmington on Saturday. The team then dropped an 11-0 decision to Mount Washington Valley to finish the first day of the tournament at 1-1.

They returned on Sunday afternoon to take on Kingswood and fell behind early. Kingswood scored two runs in the first inning off of two walks, a base hit and a double steal against starter Cillian Kenneally.

Kyle Dodge led off the bottom of the first with an infield hit and was forced at second by Kenneally's grounder back to the mound and Plymouth could not answer.

Kenneally was able to keep Kingswood off the board in the second, thanks in part to a nice scoop at first base by Liam Manning.

Manning then led off the bottom of the second

with a base hit and two outs later, Caedon Manseau had a base hit as well but both runners were stranded on the bases.

Catcher Noah Shaw earned his keep in the top of the third inning as he gunned down a Kingswood runner stealing third base and then Kenneally got a strikeout to end the inning.

Kenneally had a base hit in the bottom of the third but he took too big a turn around first and was cut down by the Kingswood defense.

Luke Diamond took over on the hill for Plymouth in the fourth inning and struck out two, working around an infield hit.

Plymouth then took the lead in the bottom of the fourth inning. Shaw, Manning and Cam Magoon all drew walks to start the inning and then a base hit from Peyton Long scored two runners to tie the game. After a base hit by Manseau, two runners were forced at the plate on grounders back to the mound before Kenneally delivered a base hit to plate two more runs and give Plymouth the 4-2 lead after four.

Kingswood answered, however, scoring seven runs in the top of the fifth inning to take a 9-4 lead. Plymouth went in order in the bottom of the fifth and then worked around a leadoff Kingswood walk in the top of the sixth.

In the bottom of the sixth, Long led off with a base hit but was forced on a grounder by Manseau, who in turn was forced on a bunt attempt by Mason Hershey and Plymouth could not muster any more runs, dropping the 9-4 decision to Kingswood.

The Plymouth roster included Kyle Dodge, Cillian Kenneally, Luke Diamond, Noah Shaw, Liam Manning, Cam Magoon, Peyton Long, Caedon Manseau and Mason Hershey. The team is coached by Matt Manning, Mike Dodge and Rod Diamond.

JOSHUA SPAULDING



Please Help The Great Danes

CAHS has 9 of the 84 Great Danes seized on June 16. CAHS worked with The HSUS, Wolfeboro Police Department, and Pope Memorial

SPCA to bring these animals from deplorable conditions to safety. They all need medical care. If you can help with their expenses, please mail checks to CAHS, PO Box 260, Conway, NH 03818 or call (603) 447-5605. You can also go online to conwayshelter.org to donate. Thank you for your help!



Classifieds

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 **B4**





Misc. For Sale

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

Events/ Entertainment

FIREARMS TRAINING Shoot a large variety of handguns and calibers before making the decision to buy in our Intro to Handgun class. Learn self defense with rifle, pistol or shotgun. Women-only courses available. Courses start in April, call now to sigr up. www.GoRFT.com 603-636-2167

FUNDRAISING EVENT The Awareness for Adalyn is hosting a Murder Mystery Dinner Theater, Catered, Cash bar. Silent Auction. August 5, 6:30 Franklin Elks. \$25/pp. Contact awarenessforadalyn@gmail.com or 603-513-8635 for tickets

Barn/Garage/Yarc Sale

Time to get rid of stuff! Collectibles, Kitchen, Garden, Sewing, Household, Woodstove, Eliptical, Vintage Collectibes, July 1 8am-2pm. NO Earlybirds! 30 N Sandwich Rd. Ctr Sandwich

YARD SALE- 1074 Moultonboro Neck Road- just past JoJo's Country Store. Saturday July 1st thru Wednesday, July 5th, 8am-5pm. All kinds of stuff! 21ft Hobie Cat boat, beautiful hutchtop,4x8 painting of the Batlle of Gettsbury, children's Adirondack chairs and more!

Lost & Found

Found Ads Are published Free of Charge. 30 words for 1 week.

Lost Ads Are Charged at our regular classified rates.

Call Toll Free

Fuel/Wood

FIREWOOD: Cut, Split, Local Delivery \$200 Green Please Call 286-4336

Estate Sale

ESTATE SALE At the Caggiula homestead. 35 Colby Street, Colebrook, NH. Saturday, July 1st to Tuesday, July 4th. 8am-3pm. Contents of two estates. Antiques, vintage, tools, household, furniture and more. To numerous to list. Don't miss out on some great stuff! No early birds please.

Pets/Breeders

LOW COST SPAY/NEUTER Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic. starting at \$100. NH and Maine income gualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

Lost & Found Pet

STILL MISSING!!

SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. 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

CARPENTERS GARLAND MILL (www.garlandmill.com) seeks experienced carpenters for general carpentry. Experience of high performance building assemblies and mechanicals a plus. Pay commensurate with experience. Generous benefits package.

Part-Time Help Wanted

Financial Aid Counselor (Part-time, non-benefited position) The Financial Aid Team at Plymouth State University seeks an energetic and motivated individual who can work in a fast-paced, ever changing environment 27 hours weekly (10:00am to 3:00pm, Monday, Tuesday, Thursday and Friday; 8:00am to 3:00pm Wednesdays).

Under the supervision of the Financial Aid Director, the successful candidate will be responsible for providing counseling to

undergraduate and graduate level students and families on the financial aid application process and reviewing options for paying for college. Other responsibilities include interpreting and explaining Federal, State and institutional regulations regarding financial aid programs. Individual will also be responsible for timely and accurate processing of financial aid documentation needed to award financial aid. The individual will have the ability to work as an effective member in a team environment and demonstrate excellent customer service skills. Performs other duties as required. Pay range: \$10 to \$15 per hour depending on experience.

Desired Qualifications

•High school graduation required. At least two years administrative experience

·Customer service experience and skills including the ability to establish and maintain effective working relationships with students, parents, faculty, staff, and the general public. ·Effective verbal, written, and interpersonal communication skills and ability to work collaboratively ·Computer application skills such as spreadsheet, word processing, e-mail, browser and database use. ·Ability to learn new processes and technologies.

If interested, please email a resume and cover letter to kllocke1@plymouth.edu or fax to 603-535-2627

Grown in NH

FARMERS MARKET Arbutus Hill Farm

150 Arbutus Hill Road, Meredith. Natural meats and organic vegtables. Friday & Saturday or by appointment.

Real Estate



Equal Housing Opportunity All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, 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 adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised

in this newspaper are available on an equal opportunity basis To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275 You may also call The New Hampshire **Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road. Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising

Public Notices

REQUEST FOR PROPOSAL Friends of Wentworth Parks and Recreation

Friends of Wentworth Parks and Recreation, Wentworth, NH is seeking proposals from qualified firms to construction approximately 280' of wooden approach railings and to install approximately 140' of Owner supplied steel railings. The project is partially funded by a Northern Borders Regional Commission Grant. The scope of services will include:

-Supply and install all necessary lumber and hardware for the installation of wooden railing approaches to both entrances of the new Friendship Bridge. -Install restored steel railings adjoining the wooden fence system on East Side Road.

Site visit is encouraged as steel railings are stored on site and all fencing system installation markers are in place. Firms submitting proposals shall provide a list of appropriate references. A maximum of \$20,000 has been budgeted for the project. The project must be completed by September 1, 2017. Detailed scope of work is available from Jen Meade, Jen@FriendsofWentworth.org, 781-293-1200.

Send two (2) complete copies of all proposals to: Max Corbett, PO Box 212, Wentworth, NH 03282 or deliver to a public bid opening on the bridge on Eastside Road, Wentworth, NH on July 14th at 11:00 a.m. No proposals will be accepted after that time. The Friends of Wentworth Parks and Recreation reserves the right to reject any and all proposals. Contract award is anticipated to be announced no later than July 17, 2017.

SALMON PRESS DEADLINE NOTICE

Our offices will be closed Tuesday, July 4th. With the holiday, all deadlines will be backed up 24 hours. Classified deadlines for the published dates of 07/05 and 07/06 will be on Friday, July 1st at 10am.



Any other day. Prepare for tomorrow. Ready.gov/today

SFEMA Ready.

Mon-Fri 8:00-4:00 1-877-766-6891 or go to www.nhfrontpage.com 24/7

HAVE YOU SEEN ME? 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 HAVE YOU SEEN ME?

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

Our line ad classifieds are on our website!

www.nhfrontpage.com

is the place to check our weekly classifieds online! More great coverage and information from the

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West Meredith News **Record Enterprise** Winnisquam Echo Newfound Landing

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Equipment Mechanic

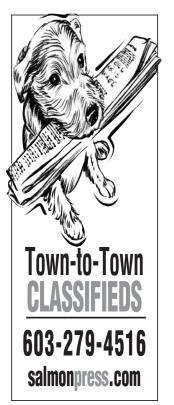
Experience Preferred But Will Train The Right Applicant. Maintenance and Repairs on Aerial Lifts, Boom Lifts and Fleet Vehicles. Full Time Employment Construx, Inc. Leading Pre Engineered Metal Building Co. (603)536-3533

Part-time Rural Transportation (RTS) 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 524-4772. EOE.



Inns of Waterville Vallev is looking to hire immediately an outgoing team player housekeeper with a "can do' attention to detail attitude. Responsibilities include all cleaning aspects of 19 fully equipped "condo" units. This is part-time per diem- Fridays are required, usually schedule is Tuesday, Thursday and Friday. No nights or weekends required. Great starting pay \$10.00+. Great summer temporary job too.

We are an "at will" equal opportunity employer and drug free workplace. Apply in person 46 Packard Rd.WV

Employment Ser vices

The Children's House Montessori School is seeking a trained Montessori lead teacher with appropriate certification for our 3-6 yr class. We serve children 12 months -6 year olds, our school offers dynamic and dedicated teachers, a strong parental community, and a

large natural playground. This full time position would be available for the fall of 2017. We offer health benefits as well as paid sick/personal time and paid professional

development. We are looking for someone with leadership qualities and organizational skills who is able to effectively communicate with staff, parents, children and a board of directors. We are also looking for a Primary Teacher's Assistant

Background in Early Childhood Ed

·Work with a team of professionals

·Patience & energy a must

·Health Ins., pd sick & personal time

•Hours 9-5 Monday -Friday

Please send in your resume, cover letter and 3 references to

The Children's House Montessori Preschool

75 Bronson St.

Littleton NH 03561

Apartments For Rent

MOULTONBORO: STUDIO APT \$600/MO. or pay weekly. Heat, hot water, and electricity included. Laundry onsite. very quiet. References and security deposit required. No pets. Call 393-8245.

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\$29.995. 14 wide 2 bed. \$47.995. 28 wide 3 bed, \$74,995, Modular Cape

WWW.CM-H.Com. Open 7 days. Camelot Homes. RT. 3, Tilton NH

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1980 MGB Limited Edition, Black, Convertible, Excellent Condition, 4 speed 5th Gear Turbo, 72K miles, new seats, excellent top with boot, Garaged, AMFM Cassette, local, \$12500 OBO, 603-586-4191

For Sale ~ 1939 Ford Pickup with mahogany bed, \$12,000. Can be seen at 564 Pleasant Valley Road, Wolfeboro, NH

Motorcycles

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- Coös County Democrat
- Carrol County Independent Salmon



Classifieds

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 B5

TOWN-TO-TOWN CLASSIFIEDS

HOLDERNESS CENTRAL SCHOOL

Holderness, NH 03264 2017-2018 School Year

FIRST GRADE TEACHER (one year position)

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

William Van Bennekum, Principal Holderness Central School 19 School Road Holderness, NH 03245 wvanbennekum@pemibaker.org

<u>PLANNING BOARD</u> Town of Bristol, NH

Notice is hereby given that a Public Hearing will be held at **7:00 p.m.** on **Wednesday, July 12, 2017** at the Town Office Building, 230 Lake Street, Bristol, NH concerning a Site Plan Review for Turner Cottages LLC.

They wish to build two 30' x 75' Boat Storage garages and a 40' x 26' building to be built at a future date.

> The property is located with access at Batten Road, Tax Map #103-032 in the Lake District.

POLICE OFFICER <u>THORNTON NH</u> POLICE DEPARTMENT

The Thornton Police Department is currently accepting applications to fill our vacancies for part-time Patrol Officer Positions. The successful candidates will perform law enforcement services in a community-oriented department located in the Pemigewasset Valley midway between Plymouth and Franconia Notch.

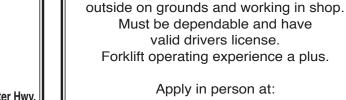
NH full-time or part-time certified police officers are required. Applicants must possess

MECHANIC/EQUIPMENT

Full time employment.

Application available at:





CONSTRUX, 630 Daniel Webster Hwy. Plymouth, NH 03264 (603) 536-3533 Leading Pre Engineered Metal Building Co.

PART TIME MAINTENANCE

PERSON

Looking for a Maintenance Person Working



Gorham Paper and Tissue, LLC is looking for an **Environmental Health Safety Manager** to join our Management Team. The successful candidate will be responsible for implementing organization's environmental health compliance strategies by utilizing company policies, procedures and systems to maintain and enhance environmental performance of the organization. The successful candidate will coordinate and lead the mill's safety program including monthly training, safety committee meetings, recordkeeping and accident reporting.

Principal Duties and Responsibilities

- Manage all activities associated with subcontracting of vendors for service and equipment.
- Assist operations management in the installation and maintenance of environmental compliance measures required under Federal, State and Local regulations.
- Assist management in interpreting and applying technical regulatory requirements on production operations.
- Monitor cost control measures for environmental compliance.
- Manage compliance projects at operating sites.
- Stay informed with new developments in regulatory changes in environmental health requirements and incorporate this information into the company's business plan.
- Ensure effective utilization of personnel and respond promptly to the needs of the facility's operations.
- Safety committee creates procedures, analyzes data and makes recommendations for change under the leadership of the EHS Manager.

Knowledge, Skills and Abilities Required

- BS degree in related field and/or equivalent experience.
- 5+ years in progressively responsible leadership roles, preferably in pulp & paper manufacturing environments.
- High level of integrity and dependability with a strong sense of urgency and resultsorientation.
- Strong problem solving and creative skills, accompanied by the ability to exercise sound judgment and make decisions based on accurate analyses.
- Ability to partner effectively with the Executive and Management Teams in commitment to reaching company goals.

Interested candidates for this position should send cover letter and resume to: Gorham Paper and Tissue, LLC

Attn: Human Resource Administrator 72 Cascade Flats Gorham, NH 03581

Gorham Paper and Tissue is an Equal Opportunity Employer.



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a valid motor vehicle operator's license. Entry Level Hourly rate, \$17.00 to \$20.00 an hour, dependent on qualifications and experience.

Please submit a cover letter and resume to the Thornton Police Department, 16 Merrill Access Road, Thornton, NH, 03285 or by e-mail to admin@thorntonnhpd.org.

> **APPLICATION DEADLINE:** Monday, July 10, 2017, at 1:00 p.m.

IMMEDIATE OPENINGS

Sawmill and Planer Mill Workers

Full-time Day Shift, Benefits include vacation, sick and holiday pay, insurance, credit union, 401(k) plan.

Apply in person **PRECISION LUMBER INC.** 576 Buffalo Road • Wentworth, NH 03282





FULL TIME TELLER

Union Bank currently has an opening for a full-time Teller in our Lincoln branch office to provide exceptional service for our customers. This is a 40 hours per week position Monday through Friday plus working occasional Saturday mornings. We offer competitive wages, cross training for professional growth and development, strong advancement potential, stable hours, a comprehensive benefit package, and a friendly, supportive environment.

We are looking for candidates who have a demonstrated background in providing superior customer service, have math or accounting aptitude, cash handling abilities, and experience in administrative and operational duties. Prior banking experience is desirable but not required. Position requirements include general computer proficiency in a Windows environment and a High School diploma or equivalent.

If you have excellent communication and organizational skills and feel that banking is the place to utilize your knowledge and you wish to be a candidate, please complete an application which can be found at: www.unionbanknh.com/careers.

Your application should be sent to:

Union Bank Human Resources P. O. Box 667 Morrisville, VT 05661-0667 e-mail: careers@unionbankvt.com

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WBENC

SERVICE COORDINATOR

We are seeking to hire a full time Service Coordinator for this family directed region wide program. Responsibilities include, but are not limited to, Development of the new PDMS Programs, advocacy through Service Coordination, ensuring services are implemented within the regulated guidelines while balancing the needs of families; staff recruitment and supervision following all Department of Labor laws and Agency policies; developing and monitoring individual budgets.

Requirements include a minimum of 2 years of demonstrated experiences in Developmental Services or related field, ability to work both independently and as a significant participant of the regional team: ability to, multi-task, and maintain accuracy and confidentiality; strong written and oral communication skills; proficient computer skills including MS Word, Excel, Outlook, and Agency systems as required.

Full time employees receive a generous vacation and sick leave package, 11 paid holidays, mileage reimbursement, may participate in the agency health insurance, 403B plan and much more. This regional position requires extensive travel between offices throughout northern NH.

Candidates, please send cover letter and resume to: Denise Davis at Northern Human Services, 87 Washington Street, Conway, NH 03818, or e-mail <u>ddavis@northernhs.org</u>, or fax to: 603-447-5483.

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.





Sports

NEWFOUND LANDING, THURSDAY, JUNE 29, 2017 **B6**

Fit for a Cure 5K is Sept. 24

TILTON — Tanger junction with Under Ar- munications, AutoServ, Outlets Tilton in con- mour, Northeast Com- Belknap

Landscape

Trail races coming to **Wolfeboro this summer**

WOLFEBORO — In July the Wolfeboro Free Masons will be hosting a family friendly running series at Abenaki ski area. There will be a three-mile trail race for all abilities, a short one-mile course and a popsicle dash for toddlers. The trails used are maintained by the Lakes Region Conservation Trust. The three-mile race will be timed, the one-mile race will not be timed as they would like it to be stress free and fun for all abilities. The dates for the races will be July 13, 20 and 27. It will be called the Wolfeboro Masonic Summer Cross Country Series. The toddler dash will start at 6 p.m., the one-

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mile fun run at 6:05 ny for series winners as p.m. and the three-mile race at 6:30 p.m. All races will start on time.

This summer race series is for first time runners and seasoned runners. The goal is to create a non-intimidating environment that brings adults, children, families, new runners and fast runners together. Track teams are encouraged to come out and run too. With three different race options on well-marked courses there is something for everyone who wants to get out in the woods and make new friends. Socialization before, during and after the races will be encouraged and the last race will offer an awards ceremo-

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well as a potluck barbecue.

The proceeds from the race will benefit the Wolfeboro Masons and \$2 from every race entry fee will be donated to the Lakes Region Conservation Trust.

Entry for each race will be \$15 for adults racing the three-mile course and \$10 for students. If you choose to register in advance for the series it will be \$30 for each adult and \$20 for students. The one-mile course and toddler race will be free but donations are encouraged.

Organizers are looking for a photographer to take pictures of the runners and if anyone is willing to donate food for the barbecue, Gatorade for during the race, timing equipment to be used during the race, survey flagging, raffle prizes or money to offset the cost of race insurance, bib numbers and trophies for the winners, please e-mail kfolcik2@gmail. com.

You can register the day of the race or save some money by preregistering for the entire series at www.runreg. com/summerxc. Races will happen rain or shine.



Company and Laconia Prizes will be awarded Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race t-shirt. All finishers will receive a commemorative participant medal and shopping discounts.

to top three male and female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22..

The race takes place Sunday, Sept. 24, at 8:30 a.m. at the Tanger Outlets at 120 Laconia Road

in Tilton.

For more information or to register, visit www. tangeroutlets.com/race. If a business or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.

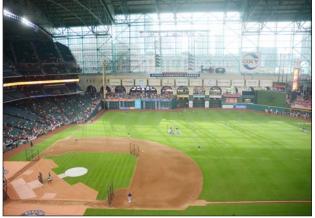
Living it up in the June Texas heat

A few months ago I hit the road to Baltimore to see the Red Sox play the Orioles at Camden Yards. It was my first trip to that stadium and although the game itself was a bit of a dud on the Red Sox side of things and it rained for a good chunk of my trip, the ballpark was really nice and it was a great experience.

My hope in June was that my trip to see the Sox play in Houston would result in better weather and a better game.

I guess one out of two isn't too bad.

I'm not a huge fan of parking at Logan Airport, so when possible, I take the bus from Dover to the airport. With an early morning flight, I had an even earlier morning bus ride. The bus left Dover at 2:30 a.m. and after covering Prospect Mountain graduation on Friday night and then sorting pictures and doing some of the work I traditionally do on Sunday on Friday night, by the time I got home it was after midnight. I ate



HOUSTON'S Minute Maid Park is quite nice and offered a good way to beat the June heat of Texas.

SPORTING CHANCE

By JOSHUA SPAULDING

breakfast at about 1 a.m. and hit the road to Dover.

The flight was uneventful (despite what the screaming kid near the front of the plane seemed to think) and when I left the airport in Houston, the heat hit me pretty hard. But, that was not unexpected for June in Texas. I went and visited the Johnson Space Center outside of town and really enjoyed a tour around the facility and a look at the space shuttles and rockets used over the years.

Unlike many of my quick trips, I made a last minute decision to book a hotel room near the airport rather than staying in the airport overnight.

ute Maid Park were indicative of a great baseball team and for some reason, it took me by surprise when I found myself indoors in the stadium. It hardly seemed like an indoor stadium, with the exception of the cool air that flowed throughout. After cheating a bit on my diet, I wandered around the entire stadium and was impressed with everything I saw, though I am sad I missed the hill and flagpole that used to be in play in centerfield.

My seats weren't that great, but they weren't bad either. Unfortunately, the Red Sox weren't great either, as Rick Porcello got hammered in the first inning and the Sox ended up losing without putting up much of an effort.

On the positive side, I was able to catch up with some family mem-



I'm pretty glad I did because after the space center, the lack of sleep and the heat caught up to me a bit and I was glad to have an air-conditioned place to take a break.

The lines at Min-

bers (my cousins' cousin and aunt and their family) who live in Houston and just happened to be going to the game that night and got in touch with me. I sat with them for the final few innings and they were even nice enough to drop me off at the hotel on their way home.

Another early flight meant another early morning and I took a 4 a.m. shuttle from the hotel to the airport and was back in Boston by 1 p.m. after a layover in Baltimore. After a brief stop in Alton to catch up on Legion baseball scores, I made it to the theater for rehearsal with time to spare, which allowed me to write up another story for the week before putting on my dancing shoes.

All told, it was another quick but fun trip. We'll see what's next.

Finally, have a great day Merrilyn, Greg and Deb Cummings. Thanks for the visit.

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

Friday, June 30th

5:00 pm - 10:00 pm Miller Amusements Carnival Midway Pay ONE PRICE On The Rides (pay one price \$25.00)

6:00 pm Side Walk Vendors Open

6:00 pm - 9:00 pm Concert: Jonathan Sarty

Saturday, July 1st

8:30 am Registration for the 4 Mile Walk/Run

9:00 am Scootin' for the Red, White and Blue 4 Mile Walk/Run

Start and Finish at Ed Fenn School. Donation Entry Fee. Sponsored by AVH 11:00 am Side Walk Vendors Open

12:00 pm - 10:00 pm Miller Amusements Carnival Midway

12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00) 5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)

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

Sunday, July 2nd

11:00 am Classic Car Parade Line Up (Ed Fenn School) 11:00 am Side Walk Vendors Open

11:30 am Classic Car Parade (Down Rt 16 to Railroad st)

12:00 pm - 2:00 pm Classic Car Show with 50's & 60's music

12:00 pm - 2:00 pm Kids Games - Hosted by American Legion Aux. Unit 82 12:00 pm - 10:00 pm Miller Amusements Carnival Midway

12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00) 5:00 pm - 10:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00)

5:00 pm - 6:30 pm Chili Chowder / Dessert Cook Off at the Fire Station Hosted by Gorham Fire Dept and Gorham EMS

7:30 pm - 9:30 pm Concert: The Ultimate Garth Brooks Tribute Show with Dean Simmons Sponsored by Berlin City Auto Group

Monday, July 3rd

8:00 am - 10:00 pm NEW EVENT! Patriotic ATV Photo Scavenger Hunt Registration Registration at Gorham Corner Market (\$5 PP) Must have a Camera or Cell Phone 3:00 pm Side Walk Vendors Open

3:00 pm - 10:00 pm Miller Amusements Carnival Midway

Pay ONE PRICE On The Rides (pay one price \$25.00) 6:00 pm - 9:00 pm Concert: Riley Parkhurst Project

Tuesday, July 4th

9:30 am Duck Race - Hosted by the Berlin Backers 10:00 am - 10:45 am REGISTRATION For Kiddies Parade

(Registration is a MUST at Ed Fenn School)

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

11:00 am Side Walk Vendors Open 12:00 pm - 11:00 pm Miller Amusements Carnival Midway

12:00 pm - 5:00 pm (1) Pay ONE PRICE On The Rides (pay one price \$25.00) 5:00 pm - 11:00 pm (2) Pay ONE PRICE On The Rides (pay one price \$25.00) 1:00 pm Parade Line up

1:30 pm DJ Music with Steve Emerson

2:00 pm Main Parade - Sponsored by Service Credit Union (Starts at Dublin Street down Rt 16 to Railroad St.) 6:00 pm - 10:00 pm Concert: Rebel Sons 10:00 pm Fire Works by Atlas Fireworks

f Gorham 4th of July Celebration



Gorham, NH

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