

# Minot-Sleeper Library launches summer reading program

**BY DONNA RHODES**  
[drhodes@salmonpress.news](mailto:drhodes@salmonpress.news)

BRISTOL – On June 27, the Minot-Sleeper Library kicked off its “Libraries Rock” summer reading program at Tapply-Thompson Community Center with a concert by Mr. Aaron, a musician who had not only more than 100 boys and girls on their feet dancing, but singing along with him as he regaled them with some fun and energetic music.

From the singing and clapping of the “La, La, La” song to “All My Friends Are Giants” (who like coming over for tea), the children enjoyed his music and lyrics that were easy to follow and sing along.

Starting his performance by playing guitar, Mr. Aaron



One-year-old Charles and his five-year-old sister Lillian enjoyed dancing to Mr. Aaron as the Minot-Sleeper Library’s summer reading program got underway at Tapply-Thompson Community Center last Wednesday.

them each time.

Mr. Aaron told the audience he enjoys making up his own songs, too, and he practiced some rhymes with them through the song “Down By the Bay” where they might see a fox wearing purple rocks while standing on some rocks, down by the bay. That practice soon led to his own song “Libraries Rock,” which was written especially for the summer reading program. First the boys and girls had to give him some descriptions of libraries that he could work into the song. He then went on to sing about how libraries can offer you the knowledge and get you into college, while in another verse he adlibbed, “I walked right in and said hi to Wyatt. He said ‘I like it here because it’s nice and quiet,’” which produced a lot of giggles from the crowd.

As Mr. Aaron wrapped up his show, he encouraged the children to read every

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## Departing Arts Alliance director honored as Arts Advocate of the Year

**BY JUSTIN ROSHAK**  
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CONCORD—Arts Alliance of Northern New Hampshire Executive Director Frumie Selchen was honored last week at Concord’s Capitol Center for the Arts for encouraging, organizing, and leading the North Country’s creative cultural community. The organization, and its members and board, were also honored by the award. For all they have done together, Selchen and the Alliance were named Arts Advocate of the Year.



Frumie Selchen, Executive Director of the Arts Alliance of Northern New Hampshire, was honored last week as New Hampshire’s Arts Advocate of the Year.

Statewide, Selchen has been a foundational figure in the New Hampshire Council on the Arts, and has encouraged partnerships among, and support for, artists of every kind. In the North Country, she established the White Mountains Forest Artist in Residence pro-

gram. She has focused on expanding arts access to young and old, especially through partnership with the Grafton County Senior Citizens Council, and through school programs.

She has served as director for the Arts Alliance of Northern New Hampshire since 2000.

“She has enhanced the North Country as a culturally rich place to live and visit,” said Peggo Horstmann Hodes, herself a vocal artist, who introduced Selchen in Concord last week.

Though Selchen has been the leading light at the Arts Alliance of Northern New Hampshire for many years, she reminded the public that she was carrying a legacy that others had built into before her, and would continue

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gradually worked a harmonica, a Djembe drum and a saxophone into his act. He then showed how he could actually put them all together on a “loop” to create a one-man band of his own.

There were also

plenty of laughs when he chose boys and girls from the audience to lead everyone in any dance style they liked. From a bit of disco to a funny chicken dance the audience wiggled, hopped and waved their arms along with

### Dedication ceremony scheduled for new scoreboard

BRISTOL — The Newfound Babe Ruth League will be dedicating one of the new scoreboards at Kelley Park on Saturday, July 7 in memory of Ron Bucklin, beloved coach and friend of the program. The dedication will take place at 4 p.m. at the Kelley Park Baseball Field located in downtown Bristol.

Immediately following the dedication will be a 90-minute fun scrimmage game between Newfound’s two Babe Ruth Teams. After the

scrimmage, there will be a Battle of the Badges Softball Game at 6pm featuring the Bristol Fire Department vs. the Bristol Police Department. The Newfound Babe Ruth League would like to invite you to come down and enjoy this community event that is sure to be a fun afternoon with exciting games to watch! There will be a concession stand open all afternoon during these events and all proceeds will go right back into this program!

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### Cruise Nights return to Bristol’s Village Pizza this summer

**BY DONNA RHODES**  
[drhodes@salmonpress.news](mailto:drhodes@salmonpress.news)

BRISTOL – Once again this summer, car aficionados are flocking to the Village Pizza on Friday nights, where each week, dozens of antique, classic and custom cars and trucks gather for people to admire. Gordon and Shirley Adams, along with their daughter Lisa Gilpatric organize the events each summer and said they continue to grow each year.

“We average about 80 cars each week but tonight we have 101 cars here, which is the biggest night of the season so far,” said Gordon Adams last Friday.

From sleek 1950’s sedans to rugged Model A trucks, big block Chevys and Buicks built for speed and power to stylish cruising vehicles, customized Corvettes and everything in between can be found there each week.

While it’s free to stop and look at all the vehicles, Adams and his family sell raffle tickets for a 50/50 drawing where people can leave with some extra cash in their

SEE **CRUISE NIGHT**, PAGE A11

DONNA RHODES

Paul and Jesse Llamas relaxed in the shade with their '29 Ford Model A Coupe and 1930 Chevy Roadster, two of the more than 80 cars that can be seen each Friday through Labor Day at the Village Pizza Cruise Nights on Lake Street in Bristol.



# Returning local takes over as Director of Arts Alliance

BY JUSTIN ROSHAK  
justin@salmonpress.news

LITTLETON—The succession process is underway at the Arts Alliance of Northern New Hampshire, where long-time leading light Frumie Selchen will hand off the reins to incoming Executive Director Kate Griffin by the end of summer.

Selchen has served for nearly two decades in the leadership role, and has maintained the double aim of both organizing artists for mutual encouragement and support, and promoting the world of the arts as a foundation stone of the North Country's economy and lifestyle.

Over that 20-year period, Lancaster-native Kate Griffin lived and worked in San Fransisco, California. She said she was excited and pleased to be

back in the Granite State and the North Country, where she was born and raised.

“It was a magical place to grow up,” she recalled during a recent interview. “I had a community.”

Griffin has worked in education and the non-profit world for most of her life; her most recent projects include a Movies for Mental Health series, co-founding an art and wellness organization, and an oral history project focused on telling and recording senior stories. She has worked with schools as well.

While she spoke fondly of her time in California, she observed that in “the cog of the big, urban machine...it's really hard to get things done.” She said that some of her priorities would be promot-



Kate Griffin

COURTESY PHOTO

ing learning and access to the arts, something Selchen herself has emphasized. She has praised the partnerships and collaborations that Selchen and the Arts Alliance have built, in schools and towns and forests, in the form of the White Mountain Artist in Residence Program.

Arts Alliance Chair Sara Glines has praised Griffin's operational and organizational talents, and expressed hope that she would “build on our history and lead us in seeing what new directions we can take.”

Selchen herself praised Griffin for combining nation-wide experiences with a love of Northern New Hamp-

shire, and expressed enthusiasm for her successor's appointment.

Griffin returns to the North Country at a time when the area arts community is showing unprecedented energy. From the Colonial Theater's recent renovation, to the town of Littleton's new Cultural Commission, to the ongoing relocation of the Studio School into its new riverfront building, there is new pep and organization in the area's creative community. Griffin's challenge will be to build on, and sustain, the strengths that exist, and to forge productive, sustainable links between area groups and individual artists.

## Bristol's Grace Page named to PSU Dean's List

PLYMOUTH — Grace Page of Bristol has been named to the Plymouth State University President's List for the Spring 2018 semester.

To be named to the President's List, a student must achieve a

grade point average of 3.7 or better for the Spring 2018 semester and must have attempted at least 12 credit hours during the semester.

Page is an Undeclared major at Plymouth State.

NEW HAMPTON — The New Hampton Garden Club will be having their monthly meeting on July 10 at the Gordon Nash Library.

Kevin Martin of Epping, author and wooden boat builder, will pres-

ent a program about the large trees of New Hampshire. He will share information about their history, management and care taking. His book, “Big Trees of New Hampshire,” tells of hikes to the largest trees that are

on public land or in the cities where the public can see them up close. This book will be available for purchase at this time. New Hampshire has seven national champion Big Trees, so this will be an interesting

program for everyone.

The Pasquaney Garden Club will be joining us, and anyone interested is welcome to attend. His program will begin approximately at 10:30 a.m., after our business meeting.

## Local students named to Dean's List at Plymouth State University

PLYMOUTH — A total of 224 students have been named to the Plymouth State University Dean's List for the Spring 2018 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the spring semester and

must have attempted at least 12 credit hours during the semester.

Colin Nelson-Peck of Plymouth  
Quinn Weldon of Plymouth  
Justin Campbell of Campton  
Daniel Wigglesworth of Rumney

Dalton Puffer of Plymouth  
Zachary Newcity of Wentworth  
Ashley Hoyt of Campton  
Joseph Martinez of Campton  
Collin Sullivan of Plymouth  
Zachary Doyle of Plymouth  
Rebecca Siek of Plymouth  
Hunter Torsey of Campton  
Alexandra Brandin of Holderness  
Travis Brown of Warren  
Abigail Healey of Rumney  
Amanda Johnston of Bristol  
Caleb Merrill of Bristol  
Tate Miller of Hebron  
Amber Plummer of Holderness  
Jacob Scheinman of Plymouth  
Samantha Villamagna of Plymouth  
Kelly Wang of Ashland  
Victoria Baumeister

of Campton  
Trevor Chamberlin of Plymouth  
George Girouard of Hebron  
Hannah Gentile of Campton

**About Plymouth State University**

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

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# NH Solar Shares receives grant from NH Renewable Energy Fund

*Revision Energy will build the inaugural PV array*

PLYMOUTH — New Hampshire Solar Shares announced today that the NH Public Utilities Commission selected their proposal to fund - in part - the installation of a 28.8kW solar PV system to be located adjacent to the Frosty Scoops Ice Cream Stand in Plymouth on spaced donated by the Common Man Family of Restaurants. On Wednesday, June 20, the NH Executive Council voted unanimously to support NH Solar Share's project in Plymouth. The grant award to NH Solar Shares will be in the amount of \$86,721 and funded with monies from New Hampshire's Renew-

able Energy Fund. "This is a huge boost to our fundraising effort", said Sandra Jones, Manager of NH Solar Shares and Director of the Plymouth Area Renewable Energy Initiative. "We will break ground in September and complete this - our inaugural Solar Shares' project by the end of October, 2018." NH Solar Shares has contracted with Revision Energy of Brentwood, NH to install and maintain the solar equipment. "Revision is excited to be working with Sandra with NH Solar Shares and the New Hampshire Electric Cooperative on New Hampshire's first



The artistic rendering of the NH Solar Shares solar picnic area includes the future Frosty Scoops seasonal ice cream stand that is currently in the planning process.

helps our environment. Shareholder outreach and recruitment will begin soon. In 2017, NH Solar Shares was awarded a \$75,000 CDFA Business Tax Credit Grant which allows businesses to target a portion of their NH BET and payroll taxes to support the Solar Shares' effort. "We owe a big thanks to all of our business sponsors including Northway Bank, Common Man, Dunkin Donuts, EVP Marketing and Media, Mauchly Electric, M.E. Latulippe Construction Inc., Pemi Tree Works and Revision Energy. We hope more local businesses will take part in NH Solar Shares, with a donation of any size," said Jones. There is still room for more businesses to pledge their support via the tax credit program by June 30. Please visit: [www.nhcdfa.org/taxcredits/current-projects/](http://www.nhcdfa.org/taxcredits/current-projects/). Interested donors, volunteers, and families wishing to participate should contact Sandra Jones, NH Solar Shares, PO Box 753, 79 Highland St., Plymouth, NH 03264; 536-5030 [sandra@plymouthenergy.org](mailto:sandra@plymouthenergy.org) For more information visit [www.nhsolarshares.org](http://www.nhsolarshares.org) NH Solar Shares LLC is a wholly owned subsidiary of the Plymouth Area Renewable Energy Initiative - a 501-C 3 Not for Profit Tax Exempt Charitable Organization.

## Locals named to President's List at Plymouth State University

PLYMOUTH — A total of 820 students have been named to the Plymouth State University President's List for the Spring 2018 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2018 semester and must have attempted at least 12 credit hours during the semester. Gwendolyn Hoyt of Holderness Ursula Hoyt of Holderness Phoenix McIntyre of Plymouth Mary Patten of Plymouth Felicia Wells of Campton Eric Worthen of Bristol Christopher Hohman of Ashland Kyle Manning of Plymouth Christopher Cox of Bristol Brooke Robinson of Ashland Rebecca Turmel of Alexandria Macallan Camara of Plymouth

Christian Knowlton of Plymouth Amelia Rowland of Campton Hannah Huckins of Plymouth Sydney Pogue of Holderness Rachel Allen of Plymouth Shannon Brunelle of Rumney Max Conlon of Rumney Michael McLaughlin of Holderness Katelyn Heath of Wentworth Maya Infascelli of Campton Ethan Fifiel of Plymouth Ho Ching Suez Lai of Bristol Ruthie White of Campton Delaney Chabot of Campton Julianne Lewis of Plymouth Jelena Rich of Campton Johanna Soule of Bristol Olivia Palmiter of Bristol Sheyenne Lester of Campton

Grace Page of Bristol Jessica Belisle of Plymouth Melker Blomberg of Plymouth Emil Cederblad of Plymouth Sarah Chalmers of Ashland Remmi Ellis of Bristol Zachary Hofland of Holderness Joni Hongisto of Plymouth William Johnstone of Holderness Ashley Lester of Ashland Kailee Smith of Ashland Francesca Taromino of Rumney Nicholas Kulig of Plymouth Jasmine Patten of Bristol Abigail Clark of Warren Madeleine Dehm of Plymouth Catherine Flynn of Campton Jessica Ouellette of Plymouth Felicia Berube of Plymouth

Jin Lyi Mah of Plymouth Kelsey Wang of Ashland Morgan Maxner of Plymouth

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

## PSU expects to welcome more than 1,200 first-year students in Fall 2018

*Anticipated class size continues trend of increased enrollment; each first-year class since 2015 has enrolled more than 1,100 students*

PLYMOUTH — More than 1,200 new first-year students are expected to enroll at Plymouth State University (PSU) for the fall 2018 semester, which begins Monday, Aug. 23. This marks a continued trend of increased enrollment at PSU; each first-year class since 2015 has enrolled more than 1,100 students. This incoming class also represents the first fully recruited to PSU's Integrated Clusters, a learning model based on an integrated liberal arts education

that gives students the ability to think critically and link across multiple disciplines. PSU began this innovative transformation in June 2016. "There is increased competition for attracting college-bound students in the Northeast, with demographic challenges specific to New Hampshire and the surrounding states," said Jason Moran, dean of enrollment management, Plymouth State University. "PSU's evolution to an Integrated Clusters learning model,

in addition to recruitment assistance from faculty, staff, current students, and alumni, played a significant role in recruiting more than 1,200 exceptional, first-year students." Of the 1,200 high school seniors who are planning to enroll this fall, 571 are from New Hampshire, representing a nearly 10 percent increase from last year's first-year class. PSU will also welcome students from throughout the United States, including every corner of the country

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## *CDC reports fewer U.S. high school students having sex and using drugs*

BY DEB NARO  
Contributor

The 2017 National Youth Risk Behavior Survey (YRBS) paints a promising picture about the drug and sexual behaviors U.S. high school students report, but the findings leave room for concern – especially among groups of young people who report multiple health risks. “The health of our youth reflects the Nation’s wellbeing,” said CDC Director Robert R. Redfield, M.D. “In the past decade, there have been substantial improvements in the behaviors that put students most at risk for HIV and sexually transmitted diseases. However, we can’t yet declare success when so many young people are getting HIV and STDs, and experiencing disturbingly high rates of substance use, violence, and suicide.”

In 2017, there was another decline in the percentage of high school students who report that they have ever had sex and those who have had four or more sexual partners – the lowest levels since CDC began conducting the survey in 1991. The self-reported data show that students who ever had sex declined from 47.8 percent in 2007 to 39.5 percent in 2017. Student reports of other factors that have been shown to increase the risk for HIV and STDs – like drug-use, experiences of violence, and poor mental health – remain troubling.

While the percentage of students who reported ever using select illicit drugs (defined here as cocaine, heroin, methamphetamine, inhalants, hallucinogens, or ecstasy) was down, the survey found that 14 percent

of U.S. high school students (one in seven) reported misusing prescription opioids. The misuse of prescription opioids can lead to overdose as well as injection drug use, which increases the risk for HIV. The percentage of students who ever used selected illicit drugs declined from 22.6 percent in 2007 to 14.0 percent in 2017.

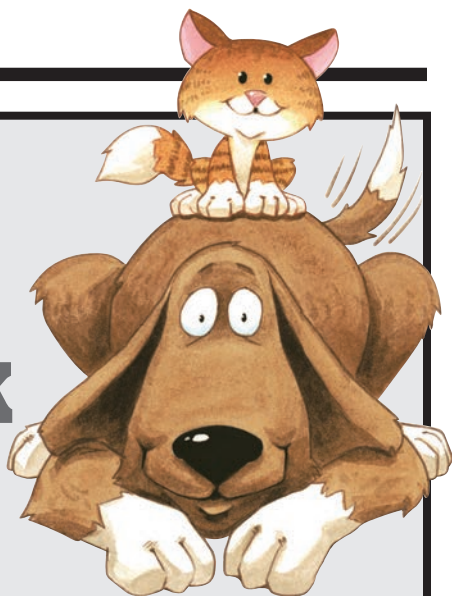
Nationally, one in five students reported being bullied at school, and one in 10 female students and 1 in 28 male students reported having been physically forced to have sex. Also, in 2017, the proportion of students reporting persistent feelings of sadness or hopelessness increased from 28.5 percent in 2007 to 31.5 percent in 2017 (one in three students).

“Today’s youth are making better decisions about their health than just a decade ago,” said Jonathan Mermin, M.D., director of CDC’s National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. “But, some experiences, such as physical and sexual violence, are outside their control and continue at painfully high levels. Their experiences today have powerful implications for their lives tomorrow.”

In addition to national trends, the 2017 YRBS data highlight the health disparities that exist among students based upon sex, race/ethnicity, and sexual identity/same-sex sexual contact. The national YRBS data on sexual minority youth (defined here as students who identify as gay, lesbian, or bisexual; or who are not sure of their sexual iden-

SEE **CADY**, PAGE A12

## PET of the Week Champ



Perhaps receiving the award for our most travelled dog, the handsome and debonair Champ has arrived, and waits for his forever home at New Hampshire Humane Society. This young boy, aged about two years old originates from the Deep South - Mississippi, by way of St. Hubert’s Animal Welfare Agency in New Jersey, with whom we are an official Waystation Partner, and then onto our shelter in the Granite State.

Champ has traveled the road.

He’s a gorgeous Husky mix, sporting the widow’s peak markings on his stately head, but



is tall, rangy, a long legged dog. Champ smiles, a lot. He’s a happy dog willing to be friend all he meets. He’s

active, outgoing, just a great family dog in the making. Meeting cats caused him some angst, he was a little afraid of

the little furballs with claws, but, his Husky genes, when settled, may resurface; he might just think cats are fun to chase!

Good natured, affable, what more can we say about this wonderful young dog, who really would be a terrific addition to any home provided there is time set aside for exercise, play, cuddle time on the sofa and love in abundance.

Shelter is open every day except Mondays and Wednesdays. Come and visit, you will fall in love.

Check [www.nhhumane.org](http://www.nhhumane.org) or call 524-3252 for details.

## Strategies for Living

*Attitude is everything!*

BY LARRY SCOTT

In his book, “Man’s Search for Meaning,” Viktor Frankl, writing about his concentration camp experiences at Auschwitz and the Kaufering and Turkeim camps, made the following observation:

“The experiences of camp life show that man does have a choice of action. ... We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. ... Everything can be taken from a man but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way. ... If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without

suffering and death human life cannot be complete. The way in which a man accepts his fate and all the suffering it entails, the way in which he takes up his cross, gives him ample opportunity – even under the most difficult circumstances – to add a deeper meaning to his life” (pp. 65-67).

There is a sense in which suffering defines us. I write with conviction, for I have been there. And I am ashamed to admit I have run the gamut on available responses to a terribly, bad day. My attitude – in rebellion, self-pity, and bitterness or in acceptance and a positive attitude – had a decided influence on whether my disasters led to my downfall or whether I came through a much better man. Character is never discovered floating downstream. All of those

essential qualities that enable a man to grow and mature – self-control, patience, integrity, honesty, etc. – are most generally learned only under stress. We can cop out and run, or we can face our crises with courage and determination.

As difficult as it was for me to go through many a dark day, I cannot imagine how stunted I would be if it had not been for those times of suffering and pain. The means of identifying with others who hurt and the maturity resulting from patience and self-discipline are such that I would have never truly grown but for times of enormous stress.

And don’t misunderstand me; the process continues. In my journal, you will often find the acronym PBPGITWMY: Please Be Patient; God Isn’t Through With Me Yet. I am still in a grow-

ing mode, reading everything I can get my hands on that might lead to a better understanding of life and of myself, and analyzing my experiences to see what I can learn from my day-to-day journey.

It is, obviously, so easy to be philosophical when the sun is shining. I cannot imagine reaching that point in life where I welcome suffering and pain. An ascetic I am not! When it happens, however, rather than retire in self-pity and become angry – at God, our family, the government, or the source of our pain – how strengthening it is to realize that when Jesus encouraged us to “take up our cross” He was telling us that those days of stress may, in fact, be some of the finest moments in our lives!

You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).

## Newfound Landing

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## MARK ON THE MARKETS

### *Bunch of stuff*



BY MARK PATTERSON

it is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A discussion about diversification is always a part of our meeting. Having multiple mutual funds

with different names often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment choices.

As I’ve written in the past, I got into this business 22 years ago as a retail broker. I was fortunate to join a conservative firm with some “old school” brokers that mainly dealt with individual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager’s expertise or a sector, such as banking. There was so much consolidation in the banking in-

dustry, that all you had to do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today’s 5 percent. So, if a mutual fund was charging 7 percent commission and one and a half percent fees, you could still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.

I still see far too many “C” class mutual funds in potential client accounts. “C” class mutu-

al funds have internal expense that the client doesn’t see unless they know where to look. I have seen “C” class bond funds where the broker and the fund company make more return than the client in the fund. It is my opinion that selling “C” share classes are not in the client’s best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely “A” class shares that charge an upfront

SEE **MARKETS**, PAGE A11



# The Fourth, the value of “junk wood,” and some weird headlines from the past

By the time these words reach most people, the Fourth will be mostly a memory by the tuckered-out good citizens that make it all happen. In town after town, it is the same core of volunteers or the same service club or other organization that make the 4th of July much more than just another holiday on the calendar.

Because the 4th fell this year on a Wednesday, the hi-jinx leading up to it began on the previous Thursday evening, June 28, when the first wave of weekenders began hitting the territory above the notches. On a casual drive around the countryside, much music could be heard. Later, there were even occasional fireworks. Nobody called 911.

Then Friday night came around, and the pre-Fourth celebrations really got up and running. A great many families use the Fourth as the nugget around which to plan reunions and the like; hence so many anniversaries, birthdays, graduations and class reunions being celebrated during the two weeks before and after the Fourth.

It's a lot of fun to deck the old '47 Jeep out with flags fore, aft and amidships, and go tooling around town and countryside to see who's flocked in to visit family and the like. And believe me, if I responded to every beckoning wave from a porch, I'd never get home.

+++++

It was a case of party principle running smack up against small-town economic need. Fear and loathing of subsidies constitutes a perennial plank in the Republican Party platform. This perhaps explains Gov. Chris Sununu's veto of a bill, supported by virtually two-thirds majority votes in both House and Senate, that would mandate the purchase of power from biomass plants--such as the ones in Alexandria and Bethlehem--even though their power is more expensive than that derived from traditional fossil fuels.

NORTH COUNTRY NOTEBOOK  
By JOHN HARRIGAN



The last time I looked (things may have changed by the time this hits print), SB 365 and other similar bills seeking to subsidize power from renewable resource plants were headed for the Governor's desk, and likely vetoes. State House observers were having fun speculating on whether both legislative branches had the horses (or would muster them) to override.

Because they have tremendous fallout effects--in jobs in logging, chipping, trucking and plant operation, and sales of meals and fuel and supplies--the state's dozen or so biomass and larger hydro power plants are seen, in Small-Town New Hampshire, as major, vital economic engines. Voters in more urban areas might be forgiven for focusing more on the estimated \$30 million cost to consumers.

The vetoes would be in line with the Governor's support of the Northern Pass project, which sought to bring power from Canadian hydroelectric plants through New Hampshire to markets in the greater New York City region. This could be described as Godzilla trashing New Hampshire's landscape for other states' gain. He was totally out of touch with members of both parties and the public on that one, too.

+++++

If there's no market for low-grade or so-called “junk wood,” foresters and landowners who want to do the right thing as stewards of the land and its ecosystems are deprived of a valuable tool in the very toolbox that allows them to do so.

Any logging jobber has to keep his pencil sharp in a tough business, and a market for low-grade wood helps cut into the cost of set-up and infrastructure. It can make the critical difference on whether a logger can follow a careful plan reflecting good



JOHN HARRIGAN

The 1947 Jeep, all tricked out for a Fourth of July parade, and of course subsequent cruising around town. On this Fourth, the Jeep stayed in the barn, but there's always next year.

stewardship, or hand it back to the landowner and say “I just can't do it this way and make a buck.”

+++++

Writing headlines is a challenge and sometimes a delight. Good headline writers are paid big bucks by big newspapers and corporate publications. Lowly publishers of small-town newspapers get to have fun for free.

Back when I owned the Coös County Democrat, we handled a story from Berlin about a mixup in which a water pipe somehow wound up beneath a sewage pipe, which was leaking. A “boil water” edict swift-ly ensued.

It was a Page One story, albeit a small one, for a county paper, so I wrote what was referred to in the trade as a single-column three-decker that said “If you drink / Berlin's water / urine trouble.” Berlin's city manager was not amused, and quickly was on the horn, hopping mad, and insisting that the pipe was not leaking, but merely seeping and dripping. I offered to print the story again, in the same spot, with those exact words, and on reflection he said “No thanks.”

In a similar vein, our story on County Forester Marshall Patmos, whose thumb was nicked by a set-gun triggered by his

dog, was just too tempting. One of Marshall's friends (who happened to be me, the editor), was quoted as saying that if Marshall's thumb had been in its usual place, it would never have been hit.

I also could not resist an early story on the potential spread into northern New England of the emerald ash borer, which sadly for city streets and landowners (which includes me) has indeed come to pass. Still, there was dark humor. “Region's woodlot owners / have heads up their ashes,” the headline read.

+++++

I've long described the Fourth as the nation's only guilt-free holiday, which means that the guilt-laden among us can just let loose and enjoy the birthday. Oddly enough, nobody has ever challenged this.

But it's true. There are heavy sacks of old helmets and shields to drag around, and self-flagellation with a knotted rope, for every other day off for supposed reflection--guilt, guilt, guilt.

But I was lucky to have a mother who encouraged us to go out and play in the rain,

and said things like “We might as well laugh, we can't dance,” and urged us to never grow up. In that spirit, the glass is half full, and so I missed this Fourth--there's always next year.

Thanks, Mom.

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

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Patricia A. Costa, 73

PLYMOUTH, Mass. — Patricia A. Costa, 73, died Monday, June 25, 2018 at her summer home in Bristol.

She was born in Lynn, Mass., the daughter of William C. and Priscilla (Miller) Sheehan. She was raised in Lynn, Mass., and in later years resided in both Hanover and Abington, Mass. before moving recently to Plymouth, Mass.

Pat graduated from Lynn English High School in 1962, and from Salem State College in 1966 with a BA in Business Education. She later went on to complete a Master's Degree as well as a CAGS certificate in School Administration.

Pat began her career in education teaching high school business education, first in Islip, N.Y. and then at Brockton High School.

While working in the Plymouth, Mass. Public Schools, she served as Department Head for the High School Business Ed. Department and then as House Master at the Middle School level. She completed her career in education as Principal of Stoughton Middle School.

Always known as a "people person," Pat was caring and giving of her time and would always help anyone in need.

Pat loved the ocean, and particularly enjoyed visiting lighthouses as she and her husband traveled extensively throughout the United States. She always treasured the time she and her husband Al spent at their home in Nags Head, N.C. To share her love of travel, she organized and chaperoned skiing and cultural trips

through Europe for students while at Brockton High School and assisted other school districts in developing similar student trips.

Pat was also an avid reader, and enjoyed attending concerts and spending time with friends.

She leaves her husband of almost 50 years, Albert Costa; sisters and brothers-in-law Cilla (and David Roth) Sheehan of Bristol, and Polly (and Bob) Richard of Grantham.

A private service will be held for family members and Pat's dear friends to celebrate her life. In lieu of flowers, please consider a donation to The Lighthouse Preservation Society, 11 Seaborne Drive, Dover, NH 03820 or a Food Pantry within your community in Pat's memory.

Anna P. Davis, 97



BRISTOL — Anna P. Davis, 97, died Saturday, June 30, 2018 at Franklin Hospital, after a short illness and a period of declining health.

She was born in Lakeport, the daughter of Von Carl and Marie (Carlson) Dow. She had been a life long resident of Bristol. She was the wife of the late Harold Davis.

Anna worked for almost 26 years at the Machine and Shipping Departments of the IPC, and then retired from the Laconia State School where she worked for 10 years. She was a life long member of the Bristol Baptist Church.

Anna loved spending time with her family, and loved her annual Fourth of July cookouts. Anna loved

going for long walks and always had a story to tell everyone.

Family members include one daughter Sharon VanDine and her husband Fred of Laconia and Carl Carlson of Waltham, Mass.; eight grandchildren (Kelli Mills, John Davis, Jr., Staci Knox, Shane Davis, Heidi Chubbuck, Angela

VanSteensburg, Cain Davis, and Noel Davis); 17 great grandchildren; three great great grandchildren; one sister, Joann Masterson of Florida; many nieces and nephews.

She was predeceased by one son, John Davis, three brothers, and two sisters.

There will be calling hours from 1-2 p.m., followed by a 2 p.m. funeral service on Friday, July 6, 2018 at the Bristol Baptist Church. Burial will follow in Homeland Cemetery in Bristol. Arrangements are under the direction of Emmons Funeral Home of Bristol.

A heartfelt thank you to the staff at Mountain Ridge for their continued care, as well as Franklin Regional Hospital Emergency Room.

Towns

Alexandria

Merry Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

I am happy to report that Mrs. Partridge is still a frequent visitor to my yard. Hopefully, the little ones have grown enough to be able to fly. So many predators around, as well as two feral cats that I've seen out hunting for a scrumptious meal. Let's hope they've stuck to mice, chipmunks and squirrels, because there is an abundance of them!

Town

Board of Selectmen Meeting Tuesday, July 17 at 6 p.m. in the Municipal Building. Public Hearing following the meeting. Details of the Public Hearing were published here last week, and will be next week as well. My apologies, but having some technical difficulties at the moment.

Alexandria UMC

Welcome to Pastor Faith Greene, who is continuing her journey in Spiritual Leadership at AUMC. We're still in the transitioning process, so please continue being patient as details for office hours and other important details are

ironed out.

Community Dinner Saturday, July 7 at 5 p.m. We will be having a chicken barbeque with all the fixings, dessert and beverages, hot and cold. Come join us for a delicious meal, wonderful companionship, and a whole lot of giggles and laughter!

Sunday July 8, services begin at 9 a.m. There will be a meeting of Pastor/Parish Relations Committee immediately following the services. The Administrative Council will meet at 6:30 p.m. in the Vestry. Annual Church Fair will be Saturday, Aug. 11 from 9 a.m. until 2 p.m.

Hope you have an enjoyable week ahead. With this warm (intended understatement, wink) weather please drink lots of water to stay hydrated and healthy. Be kind with your words, generous with your smiles, and lend a helping hand when it's least expected.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church

Potluck breakfast and morning worship continues Sunday mornings at 8:30 a.m. at the South

Danbury Church. Can't bring anything for sharing, come anyways—there is always plenty.

Grange Fair

The Blazing Star Grange is in need of a person or group to manage the flower and vegetable display at Grange Fair on Saturday, Sept. 8. This is for one year only, as Bonnie Fletcher promises to be back at the helm next year. Applications are being taken now for craft spaces. For information about tent space, contact Diane Clay at 493-3650. The fair committee could also use a few people interested in helping on the parade. Parade help is needed from 9:30 until the parade is over – around 11:30 a.m., and then you'd have the rest of the day to enjoy the fair. To volunteer, please call Lisa at 252-4440.

Groton

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

From Groton Historical Society:

On Saturday, June 23, Groton Historical Society's schoolhouse museum's doors were opened for the public to see a display of members', present and former, uniforms, weapons and photos testifying to their participation in one of America's military services, starting the Revolutionary War. If you weren't able to see the exhibit last Saturday, please come on Saturday, July 14, 1-3 p.m. The schoolhouse museum is on the corner of Halls Brook Road and Groton Road.

There are new hours for the Groton Transfer Station; Wednesday from noon-6 p.m. Please make note of this.

Remember that the residents of Groton may take advantage of the Hebron Library and get a free library card from the librarian.

Hebron Library Hours

Monday, 4 – 7 p.m., Wednesday, 1-5 p.m., and Saturday, 9 a.m.-1 p.m.

Meetings and Closures Coming Up: Select Board Work

Sessions - July 10 and 17 at 5 p.m. at the Town House

Select Board Meetings – July 10 and 17 at 7 p.m. at the Town House

Conservation Commission Meeting at the Town House Thursday, July 12 at 7 p.m.

Select Board Office will be closed July 5 all

day; Tuesday, July 17 through Friday, July 20; and Thursday, Aug. 2 all day. The Select Board office will also be closed July 11 from 9:45 a.m. to end of day to work off site with the State.

Town Clerk/Tax Collector and Select Board office will be closed July 4 for the holiday.

**Totals of unpaid taxes:**  
2015 (\$8,763.63)  
2016 (\$32,974.83)  
2017P01 (\$22,055.27)  
2017P02 (\$58,848.68)  
2018P01 – not due till July 2 (\$184,301.89)  
2017 Timber Tax – \$251.30; 2018 Gravel Tax - \$428.47  
Total of all taxes due to the Town as of June 20 – \$307,624.07

Churches

Ashland Community Church

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

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

Sundays:

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

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

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

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

Kidzone:

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

Alcoholics Anonymous Group:

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

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland

Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

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

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

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

Real Church, Real People, Real Simple

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

No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

A shared ministry: St. Mark's Church & Church of the Holy Spirit

On Wednesday, June 27 family, friends, colleagues and neighbors of The Very Rev. Allan Hohlt gathered at St. Mark's Church in Ashland to give thanks to God for his life and work. As his obituary noted, "Throughout his life and career, Allan has been known for his concern for equal rights and social justice, his conviction that all people should be treated with respect, his enjoyment of classical music, his warm and ready smile, his love for his family and his delight in the

discovery of Plymouth where the last chapter of his full and busy life has been lived out." An Episcopal priest, Hohlt served as Dean of the Cathedral Church of St. John in Wilmington, Delaware, and after his retirement worshipped at the Church of the Holy Spirit, Plymouth. The funeral homily was given by the Rt. Rev. Frank Griswold, former Presiding Bishop of the Episcopal Church.

The next program in the Spiritual Practices Sampler will be "Playing With St. Luke" on Thurs. July 5, 5 through 6:30 p.m. at Sherrill Hall, 18 Highland St., Ashland. Our guest actress and storyteller Roberta Nobleman will engage us and invite us with entertaining and imaginative renderings of some of the parables and miracle stories from St. Luke's Gospel. Prepare to play! The play's the thing!

The series will continue on July 12, July 19, and July 26. Presenters will be Kate Donahue, Joan Bowers, and Guy Tillson. Watch this column for details.

Temporary shift in office hours: Tues. June 26 until Tues. July 24 office hours will be Tuesday 1 – 4 p.m., Wednesday 9 a.m.-noon, Thursday 1-5 p.m. Office located at 263 Highland St., Plymouth. For an appointment in Ashland, please call 536-1321.

11 a.m. Healing Service and Eucharist held every Tuesday in Plymouth and every Thursday at St. Mark's, Ashland. Please let Kelly or Maryan know if you wish to add anyone's name to the prayer list.

Would you like support as a caregiver? SEE CHURCHES, PAGE A7

**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.*



Churches

FROM PAGE A6

The Caregivers Support Group facilitated by Guy Tillson meets in the upstairs meeting room at the Plymouth Regional Center from 12:30 – 2 p.m. on the 3rd Wed. of each month. Upcoming dates include July 18 and Aug. 15.

Circus Smirkus presents the 2018 Big Top Tour, Vaudville, in Wolfeboro in partnership with All Saints Church on Aug. 12, 2 & 7 p.m. and Aug.13, 1 & 6 p.m. Tickets are \$22 for adults (13 and up), \$18 for children

(2 -12) kids under two free. Visit wolfesaints.com or smirkus.org for more information or call 1-877-664-7587.

Eucharistic Visits, Pastoral Calls, and Church Newsletters: Do you know of anyone who has not been to church recently who may need a pastoral call or visit? Please contact Deacon Maryan Davis at MaryanEEEE@msn.com or 548-7994.

A large print newsletter is now available to members who do not have email access or can no longer read small print. If you would like one of these, please email names to Heidi at holyspiritnh@myfairpoint.net or call her at 536-1321.

Services are: Saturday 5 p.m. at Holderness School Chapel

Sunday 8 a.m. Griswold Hall, Plymouth

Sunday 9:30 a.m. St. Mark's Church, Ashland  
Sunday 9:30 a.m. Sunday School, St. Mark's, Ashland

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

We are handicapped accessible!

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

Sundays: Pastor: Pastor Mike Carrier

Intergenerational Service: 9:30 a.m.

Coffee Fellowship: Following service

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

NOTES: Important! As of Sunday, July 1, our Intergenerational Service began at 9:30 a.m. The new time will be in effect throughout July and August.

Sunday choir has ended for the summer, but our Summer Guest Musician Program began on June 10 and will continue through August.

We welcome anyone interested in sharing their gift of music at this time.

See our organist for scheduling on any given Sunday.

Bristol UCC Missions Committee announces Scholarship Application Guidelines for all people who call Bristol UCC church their home. It's intended to help them in their pursuit of a post

secondary education.

Supporting our people and encouraging them in their quest to further their education is an important mission that begins here in our own church. To apply for educational scholarship, a letter of intent describing your needs and what you are studying must have been submitted to the Missions Committee by June 30. Scholarships will be given out by the beginning of August. Good luck to our applicants! Bristol UCC Missions Committee.

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

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

Phone: 744-8132

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

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

Weekly Events:

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

Tuesdays: Bone Builders – 9:30 a.m. Senior Crafts: 9:30 a.m.

Senior Luncheon – noon

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection continues with Don Sorrie leading us in discussing devotions by women from the NIV Bible. Our participants are growing in numbers and looking forward to more great discussion, contemplation prayer, and peacefulness for the days ahead! We'll be gathering on Wednesdays at 7:30 a.m. for one hour through Aug. 29. (Coffee provided by other than Don!) Come join us, and bring others for a time in God's word.

Fridays: Bone Builders – 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic – Second Monday at 8:30 a.m.

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

Check with the church office for exact place and time.

Women's Fellowship - Last meeting until September was held on June 21, followed by lunch at The Big Catch! A good time was had by all!

Ongoing: Bristol Community Services is in need of everything! Please help if you can!

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

ing soon!

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

Take Out Available: 744-8132

The general theme of this year's Independence Day parade was "Celebrate Family." Once again, our church participated with a float, concentrating on "celebrating our church family." Congratulations to John Bianchi and BeBe Wood...our Grand Marshals for 2018!

We will hold our first Ice Cream Night of this season on Wednesday, July 11 at 7:30 p.m. At Shackett's on West Shore Rd., Bristol. Yummy! See you there!

Something new! Christian Ed. And the Music Committee is hoping to form a Ukulele Band! Plans are being formulated.

Watch for details!

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

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

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

Church of the Holy Spirit Episcopal

Sunday, July 8

We invite you to join us for our weekly Worship at 3 p.m., as we celebrate the Love of our Lord and Savior. Our message will be offered by Rev. Stephen Veinotte of River of Grace Church of Campton. Please plan to be with us as our Valley among the mountains fills with praise and worship.

Fellowship

Following the Worship, all are invited to remain for a time of fellowship and get to know Stephen better. Please stay with us each week if possible.

The Chapel opens each Sunday at 2 p.m., and you are welcome to join us for fellowship with other early arrivals, to talk with Pastor Cindy, or to enter in to spend time to relax in prayer and meditation.

Following our Worship Service we will have a time of Fellowship. You are welcome to bring dessert foods to share if you wish. Your presence will be a gift to us.

Future Sundays

We have many wonderful people who will be preaching and singing here in the heart of the mountains during these coming weeks of Summer. On July 8 Rev. Stephen Veinotte of River of Grace Church of Campton; on July 15 Rev. Dennis J. Simmons, Christian Missionary Alliance of Plymouth; on July 22 Rev. Chris Pike, Pastor, Restoration Church, Plymouth will offer our Christmas in July sermon; and on July 20 Mrs. Joyce Farrell, Bible Teacher, Restoration Church, Plymouth will bring us the message. Hope to see you here.

Field Trips

Our first field trip of the season will take place on Wednesday, July 18. We will gather in Campton and travel to the Weirs where we will board the SS Mount Washington, check with Pastor for details. Sign up today.

About the Chapel

The Chapel of St. John of the Mountains is an Ecumenical Christian Church, with the Rev. Cynthia B. Petrie serving as pastor. We invite everyone to gather here to strengthen our relationships with our Lord Jesus Christ. The Chapel is located on Ellsworth Hill Road, nestled in the Hills about five miles from Route 3. Pastor Cindy is available at 539-7064. You may call her at your convenience for more information, or for conversation about the Church, Christian faith, and our Lord Jesus Christ. God bless you, one and all!

Holy Trinity (Roman Catholic)

At Holy Trinity Parish our summer Mass schedule has begun.

The schedule is now:

Saturday at 4 p.m. at St. Matthew in Plymouth, Sunday morning at 7:30 a.m. at St. Matthew in Plymouth, 8 a.m. at Our Lady of Grace in Bristol, 9:30 a.m. Mass at St. Agnes, 9:30 a.m. at Our Lady of Grace, and 11:30 a.m. at St. Matthew Church.

The big day for the start of the work on the new parish center is around the corner. Work is scheduled to begin the week of July 15. The first item of business is to remove the current parish hall. This will allow that space to be used for parking once the new building construction begins. In preparation for their dislocation, various parish groups and others have been informed to seek other locations temporarily. Space is available at St. Agnes in Ashland and Our Lady of Grace in Bristol. Please call Sandy at the Plymouth office as soon as possible to book if you are interested in booking a space.

Other locations will be used also. Patience will be much in demand during this time of relocation.

Next Sunday will be the last Knights of Columbus breakfast for six months. Please come out to support our Knights and the good work they do. We will resume the breakfasts at the new Holy Trinity Parish Christian Life Center

this coming winter.

This is the last week to apply for the Bristol Knights scholarship. The deadline is June 30. This scholarship is open to all parishioners and members of the families of Knights 10730. Applications are available at churches in Plymouth and Bristol.

GotLunch Plymouth is a healthy summer lunch program for school aged children living in Plymouth, begins its sixth season on Monday, June 25, and ends on Monday, August 20th. Please consider volunteering to help pack and deliver bags of food on Monday mornings. Volunteers meet at Starr King Fellowship Hall on Fairgrounds Road. Packing takes place from 8:30 to 9 a.m. Delivery is from 9 to about 10:30 a.m. Detailed information about the program can be found at www.gotlunch-plymouth.org. If you would like to volunteer, please contact Mary Kietzman at 536-1076.

The GotLunch - Ashland and Holderness committee is gearing up for its seventh year of providing healthy lunch foods for this year's ten weeks of school summer vacation. We anticipate serving 60-70 school-aged children in our communities. Volunteers meet at St. Mark's Episcopal Church in Ashland on Monday mornings starting June 18th. Packing the lunches starts at 8:45 a.m., with deliveries shortly thereafter. For more information or to volunteer, please contact Elena Worrall at 744-0105.

SEE CHURCHES, PAGE A11

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Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

**HILL:**

Hill Public Library

**NEW HAMPTON:**

Mobil Gas Station

Irving Gas Station

**PLYMOUTH:**

Tenney Mt. Store

**RUMNEY:**

Common Café

Stinson Lake Store

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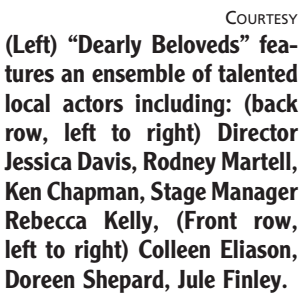


*Original play by Jessica Davis Features Talented Local Actors*

*“Mamma Mia!” becomes best selling show in Winnepesaukee Playhouse History*

Indeed, “Mamma Mia!” is a favorite of ABBA fans all over the world who often see the show multiple times.

Performances of Dearly Beloveds will be held at The Little Church Theater on Thursday, Friday and Saturday evenings, July 26-28 at 7:30 p.m. and on Sunday, July 29 at 2 p.m. Tickets are \$30 for the first four rows, \$20 general admission. Tickets can be purchased online



The mission of The Little Church Theater is to serve as a gathering place for creativity in the performing and visual arts. It develops and presents programs, events and instruction in order to enrich, educate and entertain the people of the surrounding communities. The Little Church Theater is a 501 (c) 3 nonprofit organization.

The Interlakes Summer Theatre is celebrating its 11th year of bringing professional musical theatre to the Lakes Region. Over the last 10 years, the theatre is proud to brag



that 28 Alumni have gone on to sign Broadway contracts! Our audiences look forward to the new crop of interns and actors each season to follow thru their careers! This production of "Evita" will be directed and choreographed by Gustavo Wons, who has had a prolific Broadway

For tickets and information, call 707-6035 or visit [interlakestheatre.com](http://interlakestheatre.com) or visit us at the Interlakes Community Auditorium Box Office.

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## Questions to Ask Your Financial Advisor

**Are my goals still realistic?** When you first began working with your financial advisor, you may well have articulated a number of financial goals. For example, you might have said that you wanted to pay for most of your children's college educations, or that you wanted to retire at a certain age, or

**Am I taking on too much – or too little – risk?** The financial markets always fluctuate, and these movements

will affect the value of your investment portfolio. If you watch the markets closely every day and track their impact on your investments, you may find yourself fretting considerably over your investments' value and wondering if you are taking on too much investment risk for your comfort level. Conversely, if you think that during an extended period of market gains your own portfolio appears to be lagging, you might feel that you should be investing more aggressively, which entails greater risk. In any case, it's important that you know

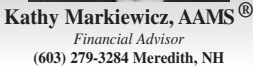
**How will changes in my life affect my investment strategy?** Your life is not static. Over time, you may experience any number of major events, such as marriage, children, new jobs and so on. When you meet with your financial advisor, you will want to discuss these types of changes, because they can affect your long-term goals and, con-

### How are external forces affecting my investment portfolio?

Generally speaking, you will want to create an investment strategy that's based on your goals, risk tolerance and time horizon. And, as mentioned above, you may need to adjust your strategy based on changes in your life. But should you also make changes based on outside forces, such as interest rate movements, political events, new legislation or news affecting industries in which you have invested substan-

By making these and other inquiries, you can help yourself stay informed on your overall investment picture and what moves, if any, you should make to keep advancing toward your goals. A financial advisor is there to provide you with valuable expertise – so take full advantage of it.

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.



Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	16 Circle Dr., Unit 61	Condominium	\$130,000	Vincent J. and Susan C. Rubbe	Lewis J. Overaker
Ashland	25 Main St.	Restaurant/Bar	\$100,000	Tesla Properties LLC	Christine Cherry
Bristol	1344 Peaked Hill Rd.	Single-Family Residence	\$250,000	Elizabeth A. Newell	George L. Harsin
Bristol	50 Summer St.	Multi-Family Residence	\$177,400	Heath R. and Elizabeth S. Putnam	Richard Delorie
Campton	17 King Rd.	Single-Family Residence	\$149,933E.	Adam and Megan C. Beardsworth	Christopher M. and Megan E. Piazza
Campton	McLaren Drive (Lot)	Residential Open Land	\$23,933	David C. and Marlene Plathe	Jan Hanzl
Campton	12 Streamside Rd., Unit 8	Condominium	\$95,000	Roger J. and Kathleen J. Patenaude	Erich A. and Annie Kikel
Campton	13 Strong Rd.	Mobile Home	\$158,000	Richard M. and Diane L. Strong	John S. and Claire P. Silvia
Campton	2230 US Route 3	Single-Family Residence	\$15,000	John Piche	Gerald Warren
Campton	34 Weetamoo Trail, Unit 16	Condominium	\$49,000	John J. Abraham (for Abraham Campton NT)	Hattie Miller
Holderness	NH Route 113	Forest	\$75,000	Linda G. Patterson (for Edward A. Stanley Trust)	Squam Lakes Conservation
Holderness	55 Prospect Ridge Rd.	Single-Family Residence	\$320,000	Andrew P. and Kristin H. Sheppe	Evan J. and Melissa J. Burks
Holderness	147 US Route 3	Single-Family Residence	\$170,000	Thomas F. Ford	Doug Grant (for Grant Fiscal Trust)
Holerness	N/A	N/A	\$265,000	Theresa A. Long	Francis E. Long
Plymouth	345 Reservoir Rd.	Single-Family Residence	\$225,000	Jaye Olmstead	Sean E. and Donna M. Mullarkey
Plymouth	8 Shirley's Way	Mobile Home	\$16,200	Robert D. Amsden (for Ann Evelyn Welch Estate)	Sharon M. and Allan J. Conkey
Thornton	1494 NH Route 175	Mobile Home	\$42,750	Laurianne Brooks and NHFA	NHFA
Thornton	129 Snowood Dr., Unit B1	Condominium	\$158,000	Jeffrey G. and Karen A. Swift	Nancy Seward
Warren	14 Nelson St.	N/A	\$52,000	Thomas A. and Murie J. Daley	TJ Impey Real Estate LLC
Waterville Valley	15 Moose Way, Unit 27	Condominium	\$275,533	Gale L. Dinces	Ahmed Hafeez (for Hafeez & Lodhi Fiscal Trust)
Waterville Valley	26 Tyler Spring Way, Unit 30	Condominium	\$292,000	Gaetano Bavaro	Robert P. and Kathleen A. Sullivan
Wentworth	314 Cape Moonshine Rd.	Single-Family Residence	\$83,080	Jerilyn Aris-Thurlow and FHLM	FHLM

## ABOUT THE REAL REPORT

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

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

data from Department of Revenue Administration forms is available at [www.real-data.com](http://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.

# Social wellness and its benefits to seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

### A Big Piece of the Puzzle

When it comes to feeling our happiest

and healthiest, two of the most significant factors are undoubtedly physical and mental wellbeing. There's no question that staying fit, following a healthy

diet, and keeping the brain sharp, are pivotal in shaping the way we live our lives. But what about social wellness? Often described as one's ability to com-

municate and maintain meaningful relationships with others, social wellness is just as vital as physical and mental wellness, and requires the same level of maintenance. As we age, it's especially important that we foster positive social engagement to not only safeguard against isolation, but to also improve various aspects of our physical health.

### Why Is It Important?

Let's face it, almost every aspect of life changes as we reach our senior years. Children may move out of state, friends and family may pass away, and certain health conditions may make it harder to fully enjoy the things we love doing. And as these changes occur, it's important that we talk about them. Without a support system of friends and family in place, many of life's events can slowly begin to take their toll on us and potentially lead to a downward spiral of loneliness, isolation, and even major depression. But by nurturing current relationships and taking steps to build new ones, seniors can create a reliable network that allows them to learn new skills, view things from different perspectives, and see how others effectively manage the challenges of aging.

Though it may go without saying, maintaining social wellness brings about a number of other health benefits

as well. Not only can it help strengthen our immune system, but it can lead to better sleep and increased productivity. Studies also show that increased socialization can enhance our cognitive abilities and even reduce our risk of Alzheimer's and dementia. In fact, one study showed that socially active seniors had a 70 percent lower rate of cognitive decline than those who were less socialized.

### What Can Seniors Do?

One of the barriers some seniors may face is that they may not know what opportunities are available to them. That's why we've put together a list of some of the ways seniors can begin to build and maintain their social connections:

Volunteer, or become involved in community efforts and activities.

Join a senior center, and make connections with like-minded individuals.

Continue learning through online courses or those offered by universities and community colleges.

Find a new hobby or interest, or revisit old ones.

Invite a friend or friends over for coffee or tea.

Take a part-time job. Offer assistance to someone in the family.

Join an exercise group or class.

Reach out to those at a church, synagogue, temple, or other place of worship to sign up for upcoming events.

Utilize social media

to stay connected with friends and families (near and far).

### Comfort Keepers® Can Help

At Comfort Keepers®, we understand the importance of maintaining social wellness and the value it can bring to seniors' lives. Our trusted caregivers not only provide meaningful companionship, but they can also help in getting seniors to and from places they need to go. Whether it's a trip to the senior center to visit friends, or to the local college for a weekly class, we'll be there to help. We also offer technology solutions that can enhance socialization and keep seniors connected to their loved ones. For more information about Comfort Keepers' services, reach out to your local office today.

### About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.comfortkeepers.com](http://www.comfortkeepers.com)/plymouthnh for more information.

# Fueling for exercise

BY BECKY CHASE M.S., RCEP

AND JINLYI MAH

PSU Exercise and Sport's Physiology Student-Intern

RehabFit

Eating and exercise comes hand in hand; energy is needed to exercise and energy is fueled by food. The amount of food an individual needs varies by age, sex, weight, height and activity level. Food is typically measured in calories. Some believe that calories are calories and whether those calories come from ice cream or fruits they are equal. Others believe it is important to look at what food and food group the calories are coming from.

The three main food groups are carbohydrates, protein and fats. For the purpose of this article and the topic of fueling for exercise, carbohydrates and protein will receive most of the attention. Carbohydrates or "carbs" are found in a wide array of both healthy and unhealthy food. The most common forms are sugars, fibers and starches.

Foods high in carbohydrates are an important part of a healthy diet for exercisers. Carbohydrates are broken down in the body to glucose, which is then converted into energy to be utilized for bodily functions and physical activity. Protein is a crucial part of the diet for slowing down the absorption of carbohydrates, recovery from exercise and bone and muscle growth. Fat acts as backup fuel when carbohydrates run low and helps conserve carbohydrates when exercise is low in intensity.

A large amount of food before a workout may leave you still feeling "full" or sluggish. Avoid eating a full meal or large amount of food two hours before a workout. A meal three to four hours before a workout allows time for digestion. Certain snack foods can be consumed within two hours of the start of the workout and are helpful in holding off hunger and increasing performance during exercise. The snack should be easy and quick to

digest like a banana or peanut butter crackers. Snack foods that contain carbohydrates and protein are ideal for athletes looking to increase performance. Consuming dairy before a workout commonly causes gastrointestinal discomfort during exercise.

Many neglect the importance of refueling with healthy foods after a workout. Eating after exercise helps the body recover from the current exercise bout and prep for the next. Nutrients consumed after exercise are more likely to be delivered to muscles to help with strength gain versus fat cells. If your goal is to lose weight, post-exercise is the best time to eat! Like pre-workout snacks, post-workout meals and snacks should contain carbohydrates and protein with a larger focus on protein. Examples of snacks after a workout include chocolate milk, Greek yogurt, nuts or seeds, protein shakes, tuna on whole wheat, and hummus and pita. A post-workout meal should be well balanced with carbohydrates, protein and healthy fats.

Lastly, fluids play a crucial role in exercising. It is important to

SEE EXERCISE, PAGE A12

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Selchen

FROM PAGE A1

ue when she was gone: “I did not found it, but I found it,” Selchen remarked of the Arts Alliance, adding “I am really proud to continue the tradition.” She thanked members of her board, and members of the organization, for their support and hard work over the years. She recalled that when she got involved

in the arts in 1987, the field in a boom like everything else—followed shortly by a major crash. The downturn was “hard times” for artists, she said, and emphasized the value of banding together to maximize their impact and voice. Her award's artwork was crafted by New Hampshire's R. P. Hale, while the printing was done by his apprentice, supported by a state grant.

Nashua-based arts organizer Kathy Hersh of her city's Arts Council was also honored. Hersh, who freely admits to being no great artist, was nonetheless praised for her tireless organizational and political work to strengthen her community's cultural community and creative economy. Selchen will work through the summer while she hands off duties to her successor, Kate Griffin.

PSU

FROM PAGE A3

with students hailing from Maine, Florida, California, and Alaska. International students from Sweden, South Korea, Spain, Germany and the United Kingdom, among others, will also enroll at PSU this fall. “The number of first-year students who have chosen Plymouth State speaks volumes about the relevance and appeal of the innovative programs and real-world learning opportunities available to them here,” said Donald L. Birx, Ph.D., president, Plymouth State University. “These incoming students will be challenged in and out of the classroom to develop problem-solving and critical-thinking skills, and experience working with diverse groups, which are critical for success in today's world.” PSU has also seen a significant increase in eligible applicants who have a high school grade point average (GPA) of 3.25-4.0, representing an increase to the measure of previous academic performance. More than 90 percent of the incoming first-year class has partic-

ipated in new student campus orientations throughout June. At orientation, students met with professors, learned about campus life, and received advice from current student leaders. Parents in attendance learned about ways to support their students during college. PSU also anticipates more than 200 transfer students enrolling this fall. Incoming first-year students will report to campus on Monday, Aug. 23; all students will begin the fall semester on Aug. 27. In graduate recruitment, PSU experienced a 9.4 percent increase in full-time enrolled graduate students during the spring 2018 semester.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances profession-

al development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. For more information about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

Churches

FROM PAGE A7

To donate funds, please send to GotLunch program, P.O. Box 886, Ashland, NH 03217.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at [hello@restorationchurch.cc](mailto:hello@restorationchurch.cc). Our church phone number is still the same, 536-1966. Our schedule has changed to the following: Sunday: 10:30 a.m. Morning Service Monday: First and third Monday of the Month Noon-2 p.m. Helping Hands Food Pantry Friday: Second Friday of the month 6 p.m. Food, Fun, Fellowship On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

Cruise Night

FROM PAGE A1

pocket or use it to stop inside Village Pizza for a great meal. The car owners also have a drawing of their own with a chance to win some cash as well. Those who enjoy looking at the cars and talking with their owners also have another opportunity to do so on Tuesday nights now at the Hebron Village Store in the Town

of Hebron. New this year, that event is gaining popularity with both car owners and admirers alike. While enjoying a summer night in the quiet village people can also drop in to the store where they can order dinner, pick up a snack or a cold drink then enjoy it either at store's indoor dining area, on their big front porch, or out on the lawn of the Hebron Town Common across the street.

Like the Village Pizza Cruise nights there is a 50/50 raffle available as well as door prizes. “It's coming along nicely, and it's another really great night out,” Adams said. Both Village Pizza Cruise Night and the Hebron Village Store Cruise Night take place on Fridays and Tuesdays respectively, from 6-8 p.m., weather permitting.

Markets

FROM PAGE A4

commission and have less internal expense. These fund companies pay incentives to many brokerage firms who sell them called “revenue-sharing”. You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been re-

quired to act in the client's best interest, but some legislation that has been delayed, but I believe still will happen, will hopefully force brokers from a “suitability” standard to a “fiduciary” requirement. The problem with having a bunch of stuff in your investment portfolio, is that it has no plan. You could be approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady

sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.

Mark Patterson is an investment advisor with MHP asset management, and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

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

Star King Unitarian Universalist Fellowship

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

Sunday Summer Service July 8 - 9:30 - 10:30 a.m. “Thoughts on being White and on the ACLU.” from Cindy Spring and Kat Leiger

Visit our Web site

[www.starrkingfellowship.org](http://www.starrkingfellowship.org) 536-8908

Tour of Portsmouth Black Heritage Trail -Fellowship members are invited to walk the Heritage Trail with former Starr King member Angela Matthews on Saturday, July 21. The tour begins at 9:30 a.m. Car-pooling is strongly recommended. The cost is \$20 per person. The plan is to have lunch together after with Angela as our guest! Please see Cindy Spring or contact her at [cspring2@mac.com](mailto:cspring2@mac.com) to sign up.

From the Activities Committee - Hikes, bikes, and paddles – We have had a busy year with our Second Sunday hikes and plan to continue this program in the fall. For the summer, our expanded interest includes biking and paddling, as well as hiking. But we need vol-

unteers to organize such events. Contact Mitch at [mitch@newfoundfarm.org](mailto:mitch@newfoundfarm.org) with your thoughts.

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

The Next Meeting of the Wise Women in Training is to be held on Wednesday, July 11 from 10:30 a.m. to noon.

Mama Mia!

FROM PAGE A9

Additional free events supporting “Mamma Mia!” include a backstage tour Friday, July 27, post show talkback Wednesday, Aug. 1, and pre-show symposium, Thursday, Aug. 9. Special appreciation and thanks to Summer Season Sponsor: Bank of New Hampshire and Production Sponsors: Dead River Company,

Lakes Region Fence, and AutoServ Dealerships. The Winnepesaukee Playhouse, a year-round theatre, is a 501(c)3 organization supported in part by the New Hampshire State Council on the Arts, New Hampshire Charitable Foundation, the Shubert Foundation, the Steinwachs Family Foundation, and by contributions from members of this community.

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

Who to Call → Where to Meet → What to Pack

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Reading

FROM PAGE A1

day and left them dancing to his final song, “Lovely Day.”

This summer, Minot-Sleeper Library does have a lot of fun ways planned to show that libraries do indeed rock. Children, teens and adults can all sign up for the summer reading program where older readers might want to select a bingo card to chart the time they spend with a book. Each time they get “Bingo” on their card they will win a raffle ticket for future prizes. Or, children can opt for a regular reading log where each 15 minutes of reading will earn them a sticker. When the reading card is filled, they will receive five raffle tickets for prizes. Among the teen and adult prizes up for grabs this year are gift certificates for local businesses such as The Purple Pit, Imagine, and Lincross. There will also be gift baskets and much more available for readers to win.

The rewards don’t stop there, though. Boys and girls can bring their logs to the



A few lucky members of the audience had a chance to come up and show off their favorite dance moves with entertainer Mr. Aaron as the Minot-Sleep Library kicked off their “Libraries Rock” summer reading program last Wednesday morning.



As musician Mr. Aaron sang about a family of happy sharks, boys and girls got to put their fins up and join in the fun during a concert that kicked off this year’s summer reading program in Bristol.

library each week to pick out a prize from the treasure chest. When they have five hours of reading noted on their logs they will receive a coupon from the library for a free ice cream cone from Shackett’s Ice Cream on West Shore Road.

Among Minot-Sleeper Library’s upcoming family events this summer are “Rockin’ Science Experiments” on July 17; Special Sto-

rytime with Bristol Town Departments on July 18; a 3 p.m. Movie Matinee on July 20; a visit from Wildlife Encounters on July 25; Rock Star Peeps Crafts on July 1; and the Summer Reading Program Finale will be held on Aug. 8.

All of those special events, with the exception of the afternoon movie matinee, will take place at 10:30 a.m. in the library.

CADY

FROM PAGE A4

tity) revealed stark differences between the risks experienced by these students and their heterosexual peers, especially regarding violence, substance use, and suicide-related behaviors. Schools, families, and communities must work together to make sure the nation’s youth stay healthy now and into their adulthood. Research shows that schools and families can protect against these risks by working to increase the connections youth have to schools and adults. Families can do this by providing strong family support, modeling healthy behaviors, engaging in meaningful conversations early and often, and staying engaged in their adolescents’ daily lives. Schools can do this by building environments that provide safety and connectedness for all students, delivering evidence-based health education with a focus on building skills for healthy decision-making, and connecting students to necessary health services. These groups can work together to provide more intentional

messages, skills, and mental health support for teens, so that encouraging trends can continue, and the troubling trends can be reversed.

“We know that being connected to schools and safe adults is key to protecting the health of adolescents,” said Kathleen Ethier, Ph.D., director of CDC’s Division of Adolescent and School Health. “Students are more likely to thrive if they feel safe and have a sense of belonging – and if they have parents, adults, teachers, and friends who they know care about their success.”

The CDC and its partners work on multiple levels to address strategies that protect and improve young people’s lives – including funding, implementing, and evaluating programs that address many of these risks and protective factors. For more information, [www.cdc.gov](http://www.cdc.gov).

If you or someone you know struggle with addiction or substance use, call the NH Statewide Addiction Crisis Line at 1-844-711-4357 for HELP and visit the CADY Web site at [cadyinc.org](http://cadyinc.org) for additional information.

Exercise

FROM PAGE A10

stay hydrated before, during and after activity. Water is the best way to replenish fluids, but if you are working out for more than 60 minutes, sports drinks with

electrolytes are recommended. Sports and electrolyte drinks help to maintain your body’s electrolyte balance and also provide energy.

Every body metabolizes and performs differently in relation to exercise and fuel. The

best way to decide what works for you is through trial and error and logging what you eat, what you did for activity and how you felt. RehabFit is a fitness center for all populations with special attention to members with medical conditions

and diseases. Becky and Leah are exercise specialists at RehabFit and are happy to help with exercising and fueling your body properly. Stop by RehabFit to take a tour at Boulder Point in Plymouth or call 238-2225.

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, July 5, 2018

## Scoreboard to be dedicated on Saturday *New Kelley Park scoreboard to honor Ron Bucklin*

BRISTOL — The Newfound Babe Ruth League will be dedicating one of the new scoreboards at Kelley Park on Saturday, July 7, in memory of Ron Bucklin, beloved coach and friend of the program. The dedication will take place at 4 p.m. at the Kelley Park baseball field, located in downtown Bristol.

Immediately following the dedication will be a 90-minute fun scrimmage game between Newfound's two Babe Ruth teams. After the scrimmage, there will be a Battle of the Badges softball game at 6 p.m. featuring the Bristol Fire Department vs. the Bristol Police Department. The Newfound Babe Ruth League

would like to invite the public to come down and enjoy this community event that is sure to be a fun afternoon with exciting games to watch. There will be a concession stand open all afternoon during these events and all proceeds will go right back into the Newfound Babe Ruth League program.



COURTESY PHOTO

The Newfound Babe Ruth League will be dedicating one of the new scoreboards in memory of Ron Bucklin on Saturday.

## Newfound fall sports registration open

BRISTOL — Newfound Regional High School fall athletics online registration is now open. Please go to the NRHS web page, then to the athletics link, and

to forms and schedules. This information should be completed by Aug. 7 to ensure participation in the first official practices on Monday, Aug. 13. All athletes must have

a completed physical on file, as well as insurance coverage. Any questions should be directed to Athletic Director Peter Cofran at 744-6006, x1507 or at [pcofran@sau4.org](mailto:pcofran@sau4.org).

## Newfound announces third Athletics Hall of Fame class

*Tim Mahurin and Nancy Mills among those being inducted Sept. 29*

BRISTOL — Newfound Regional High School will be celebrating its third annual Athletics Hall of Fame class on Sept. 29, during Homecoming. Six individuals will be among this year's class.

Dan Harvey '60, Maurice Day '73, Tom Ford '76, Danielle (Roy) MacDonald '89, Nancy Mills and Tim Mahurin will be this year's inductees.

Mahurin graduated from Groveton High School in 1959. He was a dedicated Boy Scout and earned the high ranking of Eagle Scout.

He was very active at Newfound Memorial High School from 1964 to 1989, as teacher and coach. Mahurin coached varsity and junior varsity teams from 1964 to 1989 at the high school. In addition, he was the Athletic Director from 1967 to 1974. He was science department chair from 1967 to 1989 while also being the vice-principal for the 1985-1986 year.

In 1981, Mahurin was a finalist for NH Teacher of the Year. He and Peter



COURTESY PHOTO

Tim Mahurin will be inducted into the Newfound Athletic Hall of Fame this fall.



COURTESY PHOTO

Nancy Mills will be inducted into the Newfound Athletic Hall of Fame this fall.

Shanelaris developed the ADAPTS program and he taught it. He was a national leader and spoke around the country on this program. He was on the building needs committee that recommended building the new high school. Unfortunately, he never got to teach in the new school as he passed away in June of 1989, at the age of 47.

The science wing at NRHS is named after him and he was a big influence with Winter Carnival, and each year a graduate is given a scholarship in his memory.

Mills was hired to teach English by the Newfound Area School District in 1972 and retired in 2012, after influencing hundreds of students over her 40 years in education.

Mills started out coaching as a cheerleading substitute coach in the early 1970s and fell in love with the sport. She coached soccer cheerleaders for five years and basketball cheerleaders for 14 years. Newfound was one of the first squads in the state to have a coed team, under her leadership. Mills was also active coaching the Newfound pole vaulters, male and female,

and went on to become a certified pole vault official. She worked with a number of Newfound athletes, when preparing for the state decathlon.

For many years, she was an unofficial school photographer, along with being a team manager, scorer and timer when needed. Mills was the Granite State Challenge coach for six years and ran the Artist in Residence program, sponsored by the NH State Council for the Arts, from 1985 to 2003.

In addition, Mills was the junior or senior class advisor for many years and coordinated the Junior Prom those years. She also directed several one-act plays.

Mills was on the school district technology committee for 10 years, as the high school liaison. She, like Mahurin, was on the School Building Committee.

The Athletic Hall of Fame ceremonies will include a reception from 2 to 3 p.m. in the NRHS cafeteria, with the induction in the auditorium, starting at 3 p.m. Reservations are \$25 per person and can be made by contacting Athletic Director Peter Cofran at 744-6006, ext. 1507 or at [pcofran@sau4.org](mailto:pcofran@sau4.org).

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# July means NASCAR is coming to New Hampshire

LOUDON — July is full of exciting events, but the highlight of the month will certainly be when NASCAR races into town for the Foxwoods Resort Casino 301 weekend July 20-22.

“It’s time for the big show,” said David McGrath, New Hampshire Motor Speedway’s executive vice president and general manager. “We’ve been working hard with new partners like Foxwoods Resort Casino to make this year’s NASCAR weekend even bigger and better, and we’re so excited to celebrate with our fans.”

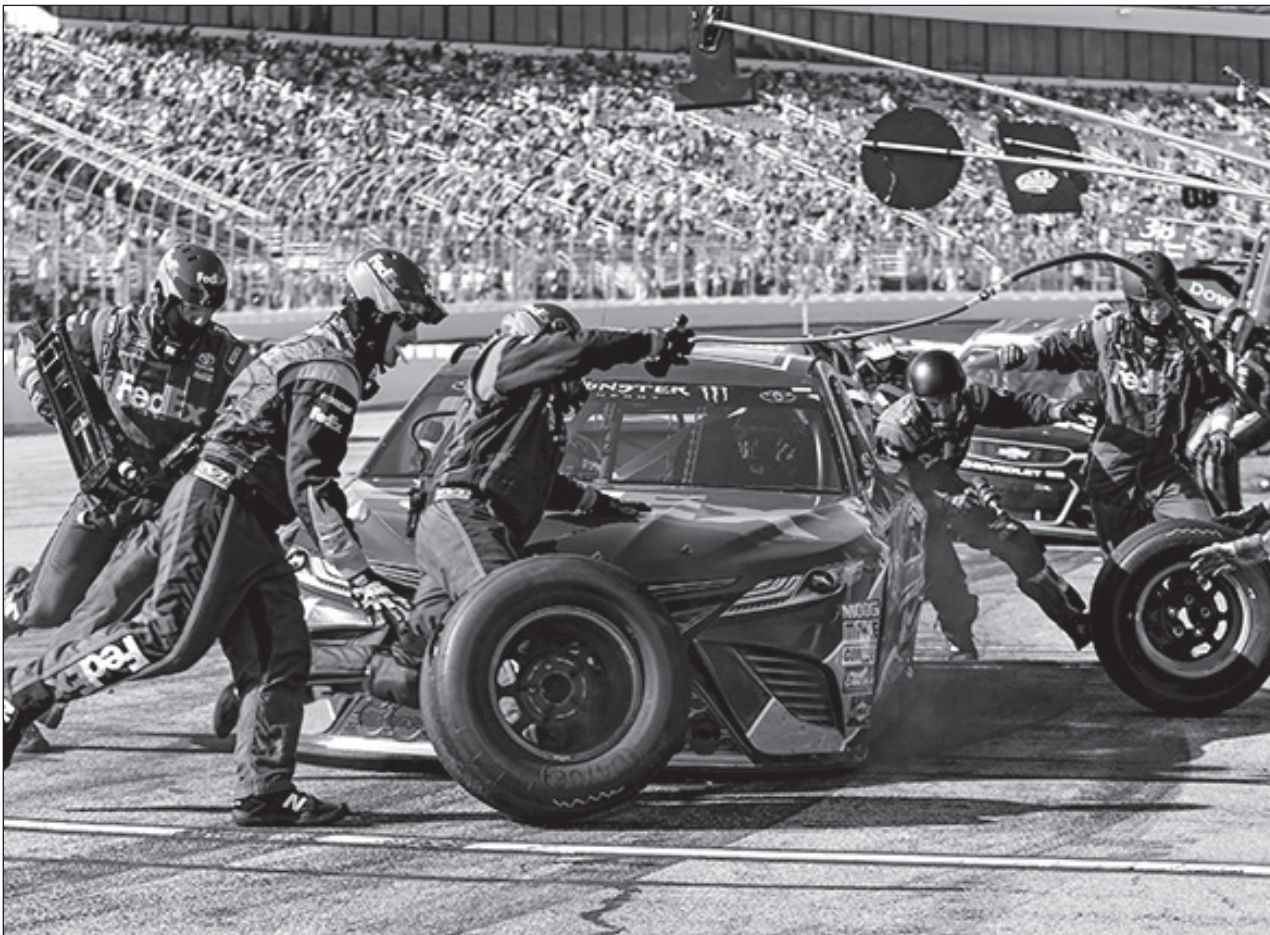
NASCAR weekend starts with Cape Cod Café Pizza Pole Day and the Modified All Star Shootout on Friday, July 20. Cape Cod Café Pizza Pole Day will set the table for a weekend full of racing. As has been the case in recent years, the qualifying will again run as a three-stage elimination format. The day will also include the Modified All Star Shoot Out – a 40-lap shootout between some of the best drivers on the NASCAR Whelen Modified Tour. One ticket provides access for the entire day, with kids (12 and under) getting in for free.

Saturday, July 21, is Tripleheader Saturday. The NASCAR Xfinity Series Lakes Region 200 race will run as the fea-

ture event with entries expected from some of the biggest names in the sport. NHMS’s mile oval sets up the modifieds to put on one of the most exciting races in America for the NASCAR Whelen Modified Tour Eastern Propane and Oil 100. The NASCAR K&N Pro Series East United Site Services 70 features some of the youngest future stars in NASCAR that often are making their first appearance in front of New England race fans. One ticket provides access for the entire day, with kids (12 and under) getting in for free.

Sunday, July 22, is the Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301. The day will serve as one of New England’s biggest parties of the summer with a pre-race concert by Loverboy and fun for all ages, including \$10 tickets for kids (12 and under).

Outside of NASCAR weekend, July has many other events as well, starting with the fourth round of the Loudon Road Race Series, the fastest racing on two wheels, July 7-8. The LRRS features seven weekends of Championship Cup Series motorcycle racing on the 1.6-mile road course. Over the years, LRRS has developed a reputation for having



DENNY HAMLIN pits during last year’s Overton 301 at New Hampshire Motor Speedway.

COURTESY PHOTO

some of the closest and most intense racing on two wheels. The series will continue Aug. 18-19, Sept. 8-9 and Sept. 29-30.

The Mini Oval Series Legends and Bandolero Divisions will race on the 0.25-mile mini oval, which is located between turns 1 and 2 on the NHMS oval, July 7-8. The series pulls drivers from across New England and hosts some combination races with the local Amsoil NELCAR Legends Tour, based in Maine. This series re-

turns Aug. 18-19 and 25 and Sept. 8-9 and 29-30.

July 7-8 you can catch the Moat Mountain Road Course Series on the 1.6-mile road course, featuring drivers from across New England who compete in monthly double-headers that coincide with the Loudon Road Race Series weekends. The road course challenges drivers with difficult elevation changes and tight switchback turns that go both left and right. Future dates include Aug. 18-19 and Sept. 8-9 and 29-30

The Rusty Wallace Racing Experience offers both driving and ride-along experiences. Driving packages vary from a basic four-lap experience to a robust 50-lap run. Opportunities to drive or ride on

NHMS come on July 28-29, Sept. 15-16 and Oct. 27.

Club Loose North keeps drifting alive in New Hampshire as they lay down rubber with their signature style. Everyone comes to Club Loose events for one thing – to have a blast. See their tires slide across the pavement July 28-29, Aug. 18-19, Sept. 8-9 and 29-30 and Oct. 27-28.

The NH Karting Association comes to NHMS July 28 and is an affordable opportunity for aspiring racers of all ages. The local series runs most of its races on the specially-designed Reserved RV Karting Course, which includes a portion of the legendary bowl in the NHMS road course. NHKA will be

at NHMS Sept. 15 as well.

The Sports Car Club of New Hampshire will make an Autocross appearance at NHMS on July 29. Are you ready to get behind the wheel, and put your sports car driving skills through the test of a time-trial competition? Registration is required. Aug. 25-26, Sept. 9

For full schedule and ticket information on all 2018 events at New Hampshire Motor Speedway, including the July 20-22 Monster Energy NASCAR Cup Series race weekend and the Sept. 21-22 Full Throttle Fall Weekend, please stop by the ticket office, visit the speedway web site at [www.NHMS.com](http://www.NHMS.com), or call Fan Relations at 783-4931.

# Tanger Fit 5K is Sept. 30

TILTON — Tanger Outlets Tilton in conjunction with Northeast Communications, Belknap Landscape Company, Planet Fitness, Laconia Daily Sun and AutoServ, will host the 10th annual Tanger Fit 5K Run/Walk to benefit breast cancer patients in the Lakes Region. The first 1,000 registrants to check-in at the race will receive an exclusive race t-shirt. All finishers will receive a commemorative participant medal and a Tanger Outlets coupon book. Prizes will be awarded to top three male and female winners. The registration fee is \$25 for adults and \$15 for children under 17 years of age or \$30 the day of the race.

Businesses and group organizations interested in forming teams of 10 or more can receive a discounted entry rate (\$5 off per person). For a discounted team rate, contact the Tanger Outlets General Manager Eric Proulx, at [Eric.Proulx@TangerOutlets.com](mailto:Eric.Proulx@TangerOutlets.com).

Proulx@TangerOutlets.com. Team prizes will be awarded for the following categories: Largest team, most spirited and best team t-shirt.

The race is Sunday,

Sept. 30, at 8:30 a.m. at Tanger Outlets Tilton, 120 Laconia Road, Tilton.

For more information or to register, visit [www.tangeroutlets.com/race](http://www.tangeroutlets.com/race).

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We look forward to speaking with you soon!

**UPPER VALLEY PRESS, INC.**



# A weekend (or two) of baseball

Summer provides a bit of a respite in the normally busy schedule in my world. However, most of what I have to cover comes on the weekends and the weekend of June 23 was no different, as the district eight Cal Ripken tournament came to North Conway.

I always enjoy this tournament, mainly because I have eight different teams playing, which cover four different papers. How-

SPORTING CHANCE

By JOSHUA SPAULDING



ever, I actually wasn't quite prepared for the tournament to be last weekend. I was relaxing on my couch on Saturday morning when the e-mail with the schedule came in, so I was forced to get off my butt and head to North Conway to watch a few

games on Saturday and a few games on Sunday morning as well.

The tournament usually has some good games and I got to see a number of really good ones during the weekend.

The Plymouth-Suncook Valley 12U game on Saturday came down to the final inning, where Plymouth rallied for three runs to walk off with a 3-2 win. I didn't see that entire game but did see

the end of it, which was obviously the best part.

While I didn't see the Kingswood vs. Suncook Valley 12U round robin game on Sunday afternoon, it was quite a game, with Kingswood hanging on for a 5-4 win to secure a spot in the district finals.

The 12U finals second game was a good one, with Plymouth getting an early lead and Kingswood rallying to keep things close, but Plymouth pulled away late and claimed the title with a sweep of Kingswood.

However, the 10U finals was the place to be on Monday and Tuesday. Mount Washington Valley and Suncook Valley were both strong teams with good pitching and passionate, experienced coaches (Andy Pepin for MWV and Gary Bedell Jr. for Suncook). The kids played hard on both sides of the baseball and it was fitting that the finals went all three games. The first two were close games but MWV pulled away in the third game to take the championship.

The series featured lots of ups and downs for both teams, with fans living on the edge of their seats. And for the most part, the fans were great. The exception was the one guy in the third and final game who started screaming at umpire Bill Jones that the pitcher had balked. First of all, the guy was assuming that Bill (a longtime umpire and league official) didn't

know what constitutes a balk. Second of all, he obviously was unaware that in 10U Cal Ripken they don't award bases for balks. Hopefully someone gave that guy something to calm him down after that ridiculous representation of his team and community.

And the Cal Ripken fun continued this past weekend with the state tournament, with the Plymouth and Kingswood 12U teams both in action in Barrington and the MWV 10U team in Rochester.

Finally, have a great day Kevin Drew.

*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 josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*



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PSU's Museum of the White Mountains and Community Education Program have teamed up to host a variety of enriching day camps for kids of all ages and interests (including a theatre program for teens and adults). Camps take place on the PSU campus, Monday through Friday, see specific programming for details. Spaces are limited; sign-up today!



**CAMPS STARTING SOON:**

**Citizen Science**  
**July 16-20, 9 a.m.-3 p.m.**  
Museum of the White Mountains  
Ages: 10-12 • Cost: \$325

**Lego Engineering Camp**  
**July 23-27, 9 a.m.-3:30 p.m.**  
On-campus computer lab  
Ages: 8-10 • Cost: \$325

For complete information and to register, please visit [tinyurl.com/summercamps18](http://tinyurl.com/summercamps18) or contact Rachelle Lyons, [rlyons@plymouth.edu](mailto:rlyons@plymouth.edu), or Nina Domina, (603) 535-3271.



[See further up here.](#)

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