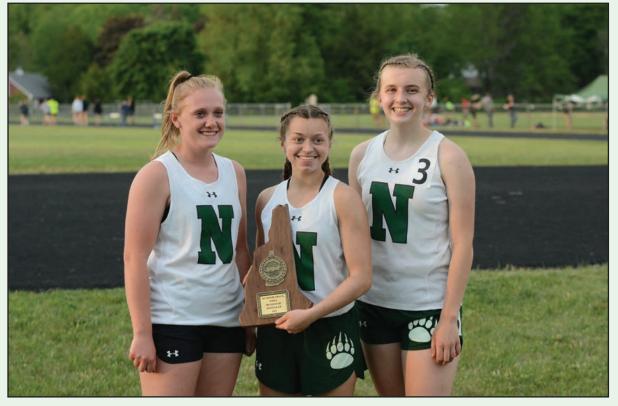
THURSDAY, JUNE 3, 2021

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COMPLIMENTARY

Bear girls bring home banner

Newfound girls' track team finishes as D3 runners-up



Joshua Spaulding

Seniors (I to r) Bailey Fairbank, Shyann Seymour and Autumn Braley pose with the Division III runner-up trophy at last week's State Meet.

BY JOSHUA SPAULDING

GILFORD — The Newfound track coaches, just a few minutes after their team had been named the Division III runners-up, were a little surprised

to realize that the team

had reached its second

place finish without a single individual win on the day.

It was a total team effort across the board that led the Bears to their banner on Tuesday, May 25, as they scored points in seven different events on the way to finishing second

to a very strong Hopkinton team.

"This is the best team I've coached for sure," said coach Mike LaPlume.

"We had so many PRs today," fellow coach John Lellos stated. "They peaked at the right time." "That just shows the depth of our team," noted coach John Daly. "Everybody did something to contribute."

MollyLu McKellar finished in fourth place in the 100-meter hurdles with her time of

SEE **GIRLS**, PAGE A15

NHEC Foundation scholarship deadline extended

PLYMOUTH — The deadline to apply for New Hampshire Electric Co-op (NHEC) Foundation scholarships has been extended to June 21.

The NHEC Foundation is awarding six \$1,500 scholarships to college or college-bound students in 2021. Any NHEC member or dependent is welcome to apply. The online application is available in the MY CO-OP menu at www.nhec.com. For questions about the program, please contact Sara Thielbar at 536-1800 or foundation@nhec.com.

The NHEC Foundation is funded by the generosity of over 40,000 New Hampshire Electric Co-op members who participate in the Round Up Program. Participating members agree to have their monthly electric bill rounded up to the next dollar with the proceeds benefiting the NHEC Foundation. To learn more about the NHEC Foundation, enroll in the Round Up Program or apply for a Foundation grant, please visit www.nhec.com/nhec-foundation.

New Hampshire Electric Co-op is a member-led electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities. www.nhec.com.

Final preparations underway for Pasquaney Garden Club Plant Sale



BRISTOL — The plants are ready, and it's time to plant our gardens! Pasquaney Garden Club members and supporters have grown and donated a wide variety of perennials, annuals, herbs, and vegetables for their Plant Sale Saturday, June 5 from 8 a.m.-noon at the Minot Sleeper Library. In addition, raffle tickets will be sold for a floral quilt and a decorative New Hampshire pillow which were donated.

Many of the annuals and vegetables have been being grown and nurtured in the greenhouse at the Bridgewater-Hebron School over the winter. Due to COVID, the students had limited opportunities to use the greenhouse, so space was available for other community growing projects. Master Gardeners Louise Migliore Theo Denoncour, and Jane White were instrumental in organizing efforts to start vegetable seedlings for the Bristol Community Gardens project, and hundreds of seedlings for the community plantings in the greater Bristol area and the Pasquaney Garden Plant Sale. It is wonderful to have so many community gardening efforts benefit from the generous sharing of this wonderful greenhouse.

The Plant Sale will also feature the traditional array of Perennials which are donated from member gardens, local contributors and from the butterfly garden behind Minot Sleeper Library. Pasquaney Garden Club invites all plant lovers to come enjoy this popular community event.

Pasquaney Garden Club is a 501(c)3 nonprofit organization serving the greater Newfound area.

Bears drop final two games of season

BY JOSHUA SPAULDING

Sports Editor

BRISTOL

BRISTOL — The Newfound baseball team finished out the regular season with a couple of losses to Berlin.

The Bears and Mountaineers were tied at seven in the sixth inning in Berlin on Tuesday, May 26, but Berlin scored a run on an error in the bottom of the sixth and held on for an 8-7 win.

The Bears got on the board in the top of the first on an Adrian Ehmann base hit and went on to score six more runs

in the first two innings.

Connor Downes got the start on the mound for the Bears and pitched five innings, allowing eight hits and six runs while striking out three and walking one. Josh Blouin pitched the final inning, allowing two hits

and two runs.

Newfound finished with nine hits, led by Caleb Davis with three hits and Ehmann and Downes each with a couple of hits.

The teams met up again in Bristol on Thursday, May 27, with the Mountaineers picking up a 9-7 win to end the regular season.

Newfound opened the postseason with a game

against Inter-Lakes after deadline on Monday, with the winner moving on to play at Berlin today, June 3. The quarterfinals are Saturday, June 5, against either Winnisquam, Belmont or White Mountains.

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

Bears of the Week times two!



Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of May 21 were Ryne Foster and Tom Donahue (left) for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to NMMS parent, Mrs. Pike-Maragkos, for sponsoring prizes to this week's winners!



Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of May 28 are Errick Belser and Stephen Foss for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to NMMS teacher Ms. O'Rourke & The Mix 94.1 FM morning team of Fred & Amy for sponsoring prizes to this week's winners!

Courtesy

Anticipation growing for Progressive Laconia Motorcycle Week®

LACONIA — Take a stroll anywhere near Weirs Beach these days and vou can sense the excitement building for this year's Progressive Laconia Motorcycle Week®. The "Bikers Welcome" signs are already up in the windows of many local shops and hotels, with restaurants putting the final touches on sprucing up their establishments for the anticipated crowds. Any other year you would be more likely to hear the word "brace" when asking a local what they do to get ready, but this year, the vibe is a little bit different.

"In my 22 years working with Laconia Motorcycle Week, I've never seen anything like it." explains Jennifer Anderson, Deputy Director. "We're getting a huge number of people who skipped last year's rally, either because they couldn't get here during the rescheduled August dates, or just didn't feel comfortable being around large numbers of people during the pandemic, and now, they are geared up and excited to finally be coming back. Couple that with the growing sense of excitement we're all feeling about getting outside and feeling safe again, and you've got the perfect recipe for a Motorcycle Week like we've never seen before."

Much of the buzz around this year's rally can be attributed to the fact that, until recently, no one really knew what the event would look like or if it would really happen at all given the ever-changing guidelines and restrictions hovering around COVID-19. Thanks to the vaccines, and the tireless work by local and state officials, the 98th Progressive Laconia Motorcycle Week® was officially declared a "go" in early May, with few if any restrictions for vendors, bars, and



other businesses.

Many inns, hotels and campgrounds are filling up if not full already and visitors are encouraged to make their reservations NOW! If visitors are having a hard time getting a reservation, the Laconia Motorcycle Week Association recommends people consider altering travel days or expanding the lodging search elsewhere in New

Hampshire and commuting into Weirs Beach. In addition to Laconia-MCWeek.com and VisitNH.gov. The Lakes Region Tourism Association and Lakes Region Chamber of Commerce are great resources for all travel needs.

Adds Jenn, "The City of Laconia is excited to host another historic event as we continue the countdown to our 100th

rally. We welcome all, no matter where you're coming from, and urge everyone to be safe, respectful and, most importantly, have fun!"

Be sure to keep checking the events page on the official site of Progressive Laconia Motorcycle Week® laconiamcweek.com for more information about this year's rally.

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive. AMSOIL and Team Motorcycle, as well as the State of New Hampshire for large financial support of our rally each year.

For more information about visiting the state of New Hampshire, check out visitnh.gov.

Loon Cam streaming live

MOULTONBOR-OUGH — The Loon Preservation Committee (LPC) is now broadcasting a 24/7 live Loon Cam. The Loon Cam, which is in its seventh year of operation, features a pair of loons nesting in the Lakes Region of New Hampshire. The loons

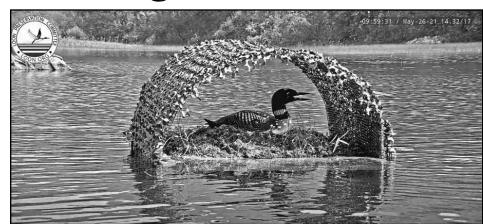
laid their first egg on May 24, and if all goes well, biologists expect chicks to hatch from June 19–21. Viewers can tune in to watch as the loons incubate their eggs and interact with one another and with the other wildlife species that they share the lake with.

Longtime LPC volunteer and Loon Cam Operator, Bill Gassman, noted the social value that the Loon Cam had in 2020. when many people were confined to their homes due to the Covid-19 pandemic.

> many watching the Loon Cam became an escape for our viewers. Watching the loons carry on with their normal nesting routine, as well as being able to immerse themselves in the peaceful lake setting. seemed to be a much needed respite from everything else that was going on in the world last spring," he said.

Gassman also noted that the Loon Cam has an active chat community, which allows viewers to share events that hapnect, and socialize over their love of the birds.

LPC hopes that the Loon Cam will help to educate the public about



COURTESY

A loon incubates an egg on the Loon Preservation Committee's Live Loon Cam.

New Hampshire's loons and the threats that they face while on our lakes.

"Over the course of the breeding season, loons face a variety of challenges," says LPC Senior Biologist and Executive Director, Harry Vogel. "These include natural threats like dealing with swarms of black flies or predation, but also many human-caused threats, such as lead poisoning resulting from the ingestion of lead fishing

tackle, fishing line entanglement that renders loons unable to eat or keep their feathers waterproofed, boat strikes, and nest failures due to human recreational pressure. If the Loon Cam can help to get more people to care about loons and become interested in protecting them, then we've done our job."

Those interested in viewing the Loon Cam can do so at loon.org/ looncam.

The Loon Preservation Committee monitors loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

pen on the camera, con-

Museum of the White Mountains receives grant for speaker series

PLYMOUTH — The Museum of the White Mountains has received a grant from New Hampshire Humanities to present Summer 2021 Speaker Series for the exhibition, "Wayfinding: Maps of the White Mountains."

The first program in the series, "The Emerging LiDAR Landscape: Clearcutting with Lasers" will be presented on June 24 at 7 p.m. via Zoom. Rick Chormann, retired State Geologist and Director of the New Hampshire Geological Survey will provide an introduction to LiDAR technology. A true believer in the potential of LiDAR to revolutionize geologic mapping and digital terrain analysis, Rick will give an overview of it how it works and its numerous applications. See examples of LiDAR images with an emphasis on glacial landforms. The presentation will conclude with a segment on stone walls as landforms, their place in NH history, and



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the NH Stone Wall Mapping project. This program is free and open to the public. Registration is required: https://plymouthstate.zoom.us/meeting/register/ tZ0rd-CgrTMsGNYygCXcJlnh_yHDoj1wFOW6.

New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. They connect people with ideas. Learn more at www.nhhumanities.org. Additional local support is provided by Museum of the White Mountains members.

The exhibition open the public June Summer hours for the Museum: Monday-Friday 10 a.m.-4 p.m., Saturday 11 a.m.-4 p.m. For more information, contact Rebecca Enman at 535-3210 or rrenman@plymouth.edu.

THE REAL REPORT

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	Campton	Lower Park Square Road	N/A
	Campton	Lower Park Square Road	N/A
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	Holderness	Coxboro Road	Residential Open Land
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volve 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

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~ Comfort Keepers

Malnutrition: A serious concern for seniors

BY MARTHA SWATS Owner/Administrator Comfort Keepers

One out of every two older adults is at risk of becoming malnourished.

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love.

Unfortunately, many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults.

One in three hospital patients is malnourished upon admission and almost one-third of U.S. patients (31 percent) experiences declines in nutritional status while in the hospital.

The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

Weakened immune system

> Poor wound healing Muscle weakness Weight loss

Dental issues If engaging in good eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the followthe right track:

Make meals a social meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.

Make healthy eating fit your budget - Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

Shop for healthy foods - Having a kitchen stocked with healthy snacks and meal options is one of the most iming tactics to get back on portant steps to maintaining a balanced diet.

Encourage people to occasion - Sharing a ask for help - If someone vou know has con-

Since its founding,

more than 1.5 million

members have been ini-

cerns about their ability to plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

Comfort Keepers® can help

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care

plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Com-Keepers fort

Comfort Keepers is a leader in providing inhome 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 nhcomfortkeepers.com for more information.

Melissa Moore inducted into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — Melissa Moore of Alexandria was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Moore was initiated at Plymouth State University.

Moore is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate

degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 325 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kap-

tiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards more than \$1 million to outstanding students and members

through graduate and dissertation fellowships. undergraduate abroad grants, funding post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www. phikappaphi.org.

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<u> Edward Jones: Financial Focus</u>

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Financial tips for the self-employed

Being self-employed has some benefits: You get to choose your own hours, you don't have to count "vacation days" and you'll never worry about getting downsized. On the other hand, you're truly on your own - there's no employer-sponsored retirement plan and no benefits package. So, if you've recently started a business or become a "gig worker," possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security?

There are several steps you can take,

including the following:
• Establish a budget. When you're self-employed – and especially when you're first starting out - you need to keep tight control over where your money is going. So, establish a budget and stick to it.

• Open a retirement plan. As a self-employed individual, you can choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an

"owner-only" 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.

• Build an emergency fund. When you work for a business or other organization, your income is predictable - but that's usually not the case when you're self-employed. And when your earnings are uneven, you can be vulnerable to financial stress when you face an unexpected expense. To help protect yourself from

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPO

are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments

might not be able to whittle these debts down as fast you'd like, but, over time, your efforts can pay off. • Put money aside for taxes. Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated

these threats, try to gradually build

an emergency fund containing a few

months' worth of living expenses,

with the money kept in a liquid, low-

• Pay down your debts. Some debts,

such as loans to help your business,

may be unavoidable - and even pro-

ductive. But other debts, especially

those that can't be deducted from

your taxes and carry a high interest

rate, are far less useful, so you may

want to set up a repayment plan.

With your other expenses, you

payments. Plus, you're responsible for all your Social Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you've got enough money available to pay your taxes, you might want to set up a special account - one that's not used for any other purpose.

 Get proper insurance. Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.

Self-employment can be quite fulfilling - and you'll find it even more rewarding when you make the right financial moves.



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CADY Corner

NH Gives-Help kids learn, grow and thrive!

BY DEB NARO Contributor

We believe our youth are one of the very best investments we can make. We hope you feel the same way and will consider a donation to CADY's Youth Restorative Justice Program during the NH Gives 24-Hour Campaign which runs 5 p.m. June 8 through 5 p.m. June 9!

Your donation, large or small, will help our non-profit stem the tide of addiction by preventing and reducing youth drug and alcohol use — a critical first step to ending the opioid epidemic in New Hampshire and averting other serious individual and social consequences arising from substance misuse.

The scary truth is there is a youth mental health crisis and a surge in youth substance misuse in our local region—both put our children at great risk. These crises, and the pandemic we are emerging from, have disrupted children's stability and upended their lives; however, resources are limited for preventative services and the systems set up to support children remain underfunded. It is CADY's priority to address these problems head on - to ensure that we are supporting the healthy social and emotional development of children and youth in our region.

Thankfully, our collective action has the power to transform children's lives through prevention education, skill-building, early intervention services including social-emotional supports, and opportunities for mentoring and resiliency building through our region's sole juvenile court diversion program, Restorative Justice.

When you give to Restorative Justice, you reclaim futures by giving our region's most vulnerable youth a second chance to overcome challenges, to grow, and to turn their lives around. Many of our high-risk youth are struggling with substance use and mental health disorders—we know that when we intervene early, we prevent the escalation of their struggles and ultimately save lives.

Restorative Justice, an accredited juvenile court diversion program for first-time youth offenders, is a strength-based, experiential process that has made a powerful difference in the lives of over 245 local children and youth. In so many cases, difficult economic circumstances, adverse childhood experiences including trauma, family distress, and isolation put our most vulnerable children at even greater risk. Restorative Justice builds protective factors with a process that leads to a deeper understanding of youth needs and is critical to treatment and prevention efforts.

We understand the right intervention at the right time can build competence, confidence, self-esteem, and a sense of worth vital to healthy development. Our services include counseling with a licensed social worker; Master's Level Alcohol and Drug Counseling; Pet Assisted Therapy; mentoring; educational programming; skill-building community service; and weekly meetings with caring professionals.

Thank you for supporting our vital work of helping our community's most precious asset, our children, to learn, grown and thrive—we could not do this critical work without you.

Please visit our Web site at www.cadyinc.org to learn more about our other innovative youth programs! To pate in NH Gives on June 8 and 9, visit www. nhgives.org. Thank you again for strengthening CADY's capacity to reach and teach—we are honored and grateful for your support!



RC GREENWOOD

Regular season wraps up

Sarah Buchanan fires a pitch during her team's game with Berlin last week. The Bears dopped a 16-9 decision at home to open the week and fell to the Mountaineers on the road on Wednesday, May 26, by a 7-4 score. Newfound was slated to open the Division III tournament at Berlin after deadline on Monday. The winner moved on to play at Belmont after deadline Wednesday. The quarterfinals are set for Saturday, June 5, against either White Mountains or Winnisquam.

Sustainable Bristol

Leave no trace

BY LAUREN THERIAULT

Have you been out hiking and walking more now that spring has really sprung? I know I have. When my family and I go out to explore we always make sure not to litter but I have started to think about teaching my children more about the concept of Leave No Trace or LNT. This concept refers to minimizing your impact on the natural area you are occupying. LNT started with long haul backpackers but can be applied to recreational settings and even to your backyard.

When out on the trials, by the lake or on a back road try to follow the 7 Leave No Trace

Principles: Plan Ahead and Pre-

pare: think about where

you are going, what you will need and how to do it all safely. Nothing is less sustainable than a helicopter ride off a mountain because you were not prepared for the conditions.

Travel and Camp on Durable Surfaces: Stay on the marked trails, don't try to take short cuts or go around mud puddles (yes, I am telling you to go through the mud!) The trail is already impacting the natural site and going off trail or starting vour own creates more damage to wildlife and

Dispose of Waste Properly: This applies to garbage as well as human waste. This is admittedly the area that turned me off of this practice for a while. However gross it may be to you, it needs to be considered in order to keep recreational activities safe for everyone, prevent the spread of disease and keep our natural areas looking pristine. Choose to either dig a hole or pack it

Leave what you Find: Tempting as it is to pick a few flowers or collect a few rocks you should collect pictures or memories instead and leave the artifacts behind.

Minimize Campfire Impacts: Think about a few questions before you start a campfire, do I need it? Can I cook somewhere else? Is there a fire risk? Can I collect firewood without damaging the area/creating a noticeable difference? Cook stoves are a better

option for cooking meals and truly LNT. Don't forget to buy wood where you plan to burn it to prevent the spread of insects and diseased wood.

Respect Wildlife: Do not pester, touch, feed, pet or otherwise bother any animals. Observe them from a distance to keep everyone safe.

Be Considerate of Other Visitors: In a technologically drive world many people escape to the woods and do not want to be bombarded with speakers blasting the latest jams. Step to the side to allow people to safely pass you, be aware of others around you, think about your actions in regard to others.

Enjoy the trails the LNT way.

Letters to the Editor

Tax money should go back to parents who home school

To the Editor:

Should those that home school or private school their kids be allowed to get a few bucks back via a voucher program from the school taxes they paid?

The state pays your school district about \$3,500 per student, and the rest comes from your property tax. If a parent chooses to opt out of using public schools, the district loses the \$3,500, but the district still gets 100 percent of all your

school property tax. This program will put public leaves the parents of a home/private schoolers and the school district getting zero from the state.

Some may think the voucher program as equitable while others see it as a risk which is exacerbating funding inequity of New Hampshire schools. Michael Turmelle points out how New Hampshire funding of Public Schools is inequitable. He also points out that the voucher

schools at further funding risk which is not true. The voucher program should be funded by the state portion of the tax which the parents already paid. As of now neither the district nor home/private schooler is getting any of the \$3,500.

What is so inequitable with giving back a tiny bit to those who paid the tax in the first place? Why should the state keep it or why should the district get it both the

state and school property tax portion? This comes across as self-seeking and greedy. You've got to ask yourself, why are the districts trying to keep money away from home/ private school parents?

The cost of home/ private schooling comes with sacrifice and is not cheap, but in our case, we will continue to home school, with or without the voucher program.

> John Sellers **Bristol**

ALL WE KNOW IS LOCAL ~ SalmonPress.com













Eye exams: The who, when & why

BY DR. LANCE OUGH White Mountain Eye Care & Optical

When should I get an eye exam? That is one of the most common questions we get at White Mountain Eye Care. The short answer is ... every one to two years depending upon your age.

Parents can be surwhen we advise eye exams for children as young as six to twelve months old, but an "exam" at this age is more of an eve check or screening. We look for obvious problems or defects that may interfere with the normal development of the and vision. The common findings are problems with alignment, highlevels of refractive (nearsightedness, farsightedness, astigmatism), and congenital defects. These issues, when undetected uncorrected, can lead to other vision problems.

Pediatric and family medicine providers are often the first to identify signs of early eye problems. They send these young patients to our practice, where we have specialized instruments and equipment to help identify these problems more quickly and easily.

Parents are also surprised when we recommend eve exams for preschool age children. There is a common belief that children do not need to have their eyes checked until starting elementary school. But during these early periods of childhood growth, the foundations of a child's sensory and motor functions develop, from seeing and hearing to speech development and walking. The critical time for developing a child's ability to see fine detail sharply is from birth to five years old. Depth perception may possibly only develop until two years old. If we do not catch and treat problems by time a child is eight to nine years old, then abnormal vision development typically becomes irreversible. Major medical organizations agree that the first childcomprehensive eye exam at an eye clinic should be between the ages of three and five. Testing for this age group is modified, usletters to gauge vision, but closely follows a typ-

ical eye exam. Around 10 years of through adolescence, there is a shift in emphasis from developmental to functional concerns. The timeline for exams is every one to years. Here the focus is on checking if glasses are quired and for signs of problems like dyslexia. These are also the primary growth years. The eyes grow and change more slowly than most tissues, but sometimes there sudden growth spurts where vision and glasses prescriptions change in little as three to six months. Most often. children are not aware of vision changes because they tend happen very gradually. That is why regularly comparing them to the baselines and norms is important. Once children are shown what optimal 20/20 vision looks like, they can give us more reliable feedback if the vision starts shift-

Optimal vision may ing pictures instead of be more critical in today's world than ever lently, where symptoms due to the constant use of media and technology. There is growing evidence of negative consequences associated with excessive use of technology. These range from the obvious, like increased eye fatigue, to some not so obvious, like sleep disruption and even changes in the brain and cognitive development. Discussing strategies to address and minimize the impact of these newly identified problems is becoming a more significant part of what we evaluate and talk about at an eye exam. These issues carry on through adolescence and adulthood as people go on to higher education and lifelong

occupations. During adultguidelines start hood, to vary, and the emphasis is more on evaluating eye health. For people in their 20s and 30s, the eye exam recommendations range from every five to 10 years if you are low risk (do not wear glasses and have no health problems) to every two years, no matter the risk factors. It is important to understand that many eye diseases progress sior vision changes do not occur until later.

An example is an infection transmitted by animals and pests that may damage the eye, like Lyme disease. Surprisingly, people with normal vision more likely to be ones who show up with more serious problems. Since they tend to schedule eye exams when they start noticing symptoms, we usually catch them in the latstages. Once damage has occurred, it often cannot be fixed, and all we can do is stop the progression. The more often you are seen, the better the chance problems are discovered before it is too late.

As we move into the 40s and older, people should start to have more frequent eve exams ranging from every one to four years. At this stage, everyone, even those who have never worn glasses, will start to notice functional changes. Seeing close and adjusting to small imperfections in vision becomes more of struggle, especially in low light or low visibility conditions. The lens inside the eye is like our tendons and joints; these tissues stiffen with age. The lens also starts to lose clarity, which results in changing vision quality and function.

Aging also increases our risk of degenerative problems occurring. Cataracts, glaucoma, and macular degeneration gradually increase through our 40s and 50s, but significantly increase once we are 65 and older. Other diseases like diabetes, high blood pressure, high cholesterol, thyroid problems, and many other health problems can also affect the eyes. At age 65 and older, exams shift back to every one to two years.

Our guiding principle, no matter your always early is detection, early treatment. Remember, there is more to an eye exam than just reading letters, and we hope you get in for your comprehensive eye exam soon.

Dr. Ough can be reached at White Mountain Eye Care & Optical at 103 Boulder Point in Plymouth, 536-1284.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

People of the Dawn Land, and a string-trick on a train for perpetual care. ki. Either way, or many the India

A dog wanders off in search of things to sniff, as a late-May storm breaks over the land.

"Pssst! Get to the State House right away, and testify against Senate Bill 129. It treats wildlife and wetlands like commodities for trade."

"Wait! Aren't the Enlightened Ones in pow-

"Not in Concord."

"You mean..."

"Yes---the R word."

"Are the Enlightened Ones assuming that only they can or will recognize right from wrong?"

> "Right." +++++

Rhode Island had barely recovered from the shock of a mini-riot at a beach last weekend when New Hampshire had one of its own. Abundant suds, too much sun, and a lapse in respect led to groups of young adults getting out of hand at Hampton Beach.

State and local police were out in force, and handled the situation quickly and firmly. As a result, the all-too-popularized "us versus them" mentality never even began to take hold.

Two years ago, before the pandemic changed life for a stretch, cleanup crews told the media that they had never seen Hampton Beach so fouled with trash and litter.

I wonder whether such disrespect could be turned around if local teenagers and twenty-somethings decided to demonstrate true love for Hampton Beach, and adopted it as their own,

The Kentucky Derby is one of those rare events in sports when television viewers get a peek into a whole other culture, or actually several at once.

We heard nary a word on jockey weighins, once a pretty big deal, nor were there any references to the social gatherings that so mark the season. Producers brushed off the awards ceremony, and gave scant-to-nonexistent coverage of one of our perennial favorites, the flamboyant-to-outrageously silly hats women intentionally wear for the event.

Meanwhile, talking heads supposedly giving us "color commentary" kept yapping through the entire event, leaving us, as is so often the case, wishing they would just stop yapping now and then, and let viewers enjoy the spectacle and the moment.

The names of people to the north of us seem to be changing as rapidly as the demographics and societies themselves. Western culture has long since swept over even the most remote places of the Far North.

The name of our own region's first people--and we're not even sure about who were the "first people"---is an example.

These days most preferred spellings have it as "Wobanaki" instead of the long-used Abenaki. Either way, or many the Indian kids on the ways, it translates as train from Sept Isles to people of the dawn land." The time-honored Micmac, meantime, is now Mi'kmaq. Montagnais, at least, is still Montagnais.

The obscure Beothuk of Newfoundland, who for so long avoided contact with the first Europeans, ultimately were assimilated into the mix of genetics now predominant in the Maritime provinces, mainland northeastern Canada, and extreme northern New England.

The Beothuk have fostered a trail of interesting reading for those intrigued by the first-contact era. Samuel Eliot Morison's two-volume histories of the European exploration of North and South America are where I first saw the Beothuk mentioned many years ago. In the years since, much new material on the Beothuk has surfaced, including accounts recorded by people who had the last contact with the remnants of Beothuk culture in Newfoundland's interior in the early

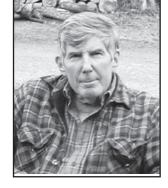
There is still plenty to learn, meanwhile, about Norse settlements at L'Ans Aux Meadows around 1000 AD, a fact confirmed by many carbon datings in the years since the game-changing discoveries back in the 1970s.

When I first went a thousand miles north to Labrador in 1976, with Norton Kelly of Derry. our drop-off point at Menihek positively captivated me.

Most had no English and only a few had much French. My French was basic at best but was enough for us to communicate. Because I brought along a loop of string that I could make things with, and because I displayed a desire to visit, a flock of kids followed me up and down the train.

One thing I could make with a loop of string was the Fence (not to be confused with the Cat's Cradle). It has, I think, nine moves.

Half a dozen kids watched me make the Fence, staring intently as I slowly went through the moves. One, Sonja St. Jean Baptiste, asked me to do it again, which I did. Experience had taught me to carry a



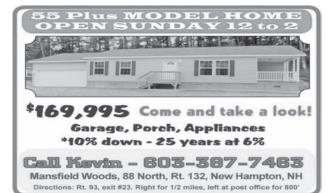
spare string, which I tossed to the kids as I went off to visit with their elders.

By the time we got to our drop-off point at the Menihek Rapids, those same half-dozen kids were zipping through the moves and making the Fence, and teaching their friends.

By the time I returned to Labrador, two years later, the kids' bright white teeth had begun to decay from the candv and soft drinks they could get on the train.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)





Leonard Sylvester Sawyer

Leonard Sylvester Sawyer of Plymouth, NH and New Hampton, NH, passed away peacefully at his home in Plymouth on January 12, 2021.

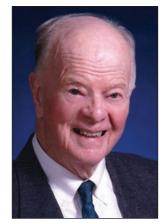
Born June 14, 1925 to Rose V. (Egan) Sawyer and Howard S. Sawyer of Woodstock, NH, he was an only child, and lived a full life of caring and service to others.

During his childhood he invented many imaginary companions out of necessity of not having a lot of close friends his age. He also immersed himself in the outdoors, starting a lifelong love of hiking, bird-watching, and mountain climbing. His closest childhood companion was his older first-cousin Elinor Sawyer who lived on nearby Fern Hill Farm. His parents never owned a car, nor learned to drive, and the family did not have electricity or full indoor plumbing until Leonard was nine years of age. A radio the family acquired when he was 10 was a source of entertainment and fascination, he enjoyed listening to it often and continued to enjoy music of many kinds throughout his life.

After graduating Woodstock High School two years early, he took a gap year then attended the University of New Hampshire where he majored in Government, graduating with the class of 1947. While there he took an interest in politics, history, and foreign relations. He also managed the UNH Baseball team, a sport which he enjoyed in many forms, from being a Red Sox fan, to watching his sons play Little League and High School

He attended Boston University Law School, graduating and passing the Bar exam in 1950. While living in Boston he attended many Red Sox games and worked at Friend's Beans to pay his way through law school. He was drafted into the Army following law school, and served 3 years in Korea during

the Korean War. Leonard ran for Coun-



ty Attorney in 1954 and State Senate in 1958 and although not elected, he helped the Democratic party and other candidates, culminating in the election of NH's first Democratic governor in 30 years, John W. King.

He was a member of the Grange, eventually meeting his future wife Caroline at a dance at the West Thornton Grange hall in 1956. Although she demurred on his initial dance request, he wouldn't take no for an answer, and they were married in 1960 and moved to Plymouth, NH. He was a strict Catholic and she was a strict Baptist but their marriage prospered through mutual respect and support.

He opened his own law practice in downtown Plymouth in 1956 and ran it through 1994, serving many clients in a variety of legal matters. He was appointed District Court Judge of the Plymouth Court by Governor King in 1965 and served in that capacity until 1985, concurrent with his law practice. He always did his best to be a fair and impartial justice and was known for his straightforward demeanor.

The Plymouth community benefited from his service in many areas including stints as Selectman, Zoning Board Chair, Treasurer of the Plymouth State Fair, and others. He was active in the Plymouth Lions Club, the Chamber of Commerce and St. Matthew's Church as

He greatly enjoyed his involvement with the UNH Alumni Association. Attending the UNH reunion was something he looked forward to each year both for the great food and reconnecting with classmates.

After retirement, he continued volunteering with local groups including running the FISH program with his wife Caroline for 11 years, providing transportation to those in need. He spent time volunteering for the Pemi Bridge House, Plymouth Senior Center, Quincy Bog, Plymouth Historical Society and more. He and Caroline also enjoyed spending time on outdoor activities such as gardening and hiking.

He and Caroline had many vacations together, and were especially fond of educational trips with destinations including the Caribbean, Alaska, Hawaii, Scotland, and Ireland. A voracious reader, he enjoyed books of all varieties. In his later years of failing eyesight, he enjoyed being read to, something he had enjoyed doing for his young sons in the distant past. He was a dedicated music listener, spinning vinyl records on his stereo or having it done for him in his final months.

He is survived by his two sons Edward M. Sawyer and his wife Valerie of Dover, NH and Charles L. Sawyer of New York, NY, along with his two grandsons Griffin C. Sawyer and Theo C. Sawyer of Dover, NH. He was predeceased by his parents, and his wife of 58 years, Caroline E. Sawyer.

Special thanks go out to the caregivers of Live-Free Home Health and the Lakes Region VNA, who along with his sons, tended to him around the clock in his final months.

A graveside service will be held at 10:00 a.m. on June 14, 2021 at Woodstock Cemetery, Woodstock, NH. At Leonard's request, donations may be made in his name to the UNH Foundation 15 Strafford Ave., Durham, NH 03824 or at www.unh. edu/give/how-to-give. To leave an online memory or condolence please go to www.EmmonsFuneralHome.com

Towns

Bristol

Al Blakeley adblakeley0@gmail.com

Bristol

As high school graduations are rapidly approaching, I can't help but think of what a struggle it must have been for all concerned to get through this past year without many of the traditional happenings that normally go on during one's senior year. My congratulations to all of the seniors graduating and the teaching staffs and administrators who worked so hard to make it possible. The support staffs working to keep the environment conducive to learning and safety deserve that congratulations as well. Have a great summer!

Beginning on June 1 and lasting through the end of August, the Minot-Sleeper Library is inviting everyone, from children through adults, to sign up for the Summer Reading Program. This year, you will log your minutes online and automatically be entered to win some really fantastic prizes.

For families, join the MSL every Friday at 11 a.m. for an outdoor story time. The library will host story time at Grey Rocks in Hebron on the first Friday of every month with the Newfound Lake Region Association. Story time on all other Fridays will be held at the pavilion at Kelley Park. During the month of June, the MSL will have kids' artwork on display in the butterfly garden, so please

submit artwork to the library by early June!

The Pasquaney Garden Club Plant Sale will be held on Saturday, June 5 from 8 a.m. - noon at the MSL in the back parking lot. The plants are ready and it's time to plant in the gardens. Club members and supporters have grown and donated a wide variety of perennials, annuals, herbs, and vegetables. In addition, raffle tickets will be sold for a floral quilt and a decorative NH pillow which were donated for the Sale.

The Non-fiction Book Group will meet on Thursday, June 10 at 3 p.m. in the Library's meeting room for a discussion of the book "The River of Doubt - Theodore Roosevelt's Darkest Journey" by Candice Millard. To request a copy of the book, call 744-3352 or email minotsleeperlibrary@gmail. com. This is a story of one of the most dangerous rivers on earth.

On Monday, June 21 at 10 a.m., a discussion of the book "Just Mercy" by Bryan Stevenson will be held in the MSL meeting room. To request a copy of the book, follow the directions above. This is a true story about the potential for mercy to redeem us and a clarion call to end mass incarceration in America-from one of the most inspiring lawyers of our

The TTCC is hosting the 12th Annual Newfound Cal Ripken Invitational Josh Clark Memorial Baseball Tournament from June 4 through June 6. 10U

& 12U baseball teams from local Cal Ripken programs compete in this fun annual tournament with games being played on Friday and Saturday at Kelley Park and Wells Field and all championship games on Sunday will be played at Wells Field. The TTCC needs volunteers to host this tournament successfully. Please consider helping if you can! Any time you can give Friday afternoon and/or evening, Saturday and Sunday during the day to help with field prep, concessions, scorekeeping, pitch count tracking and more would be appreciated. If you are interested, please contact the TTCC office.

You can find schedules and more information on TTCC Web site at www.ttccrec.org and on TTCC Facebook page as well as phone 744-2713.

TTCC will be offering a Summer Soccer Camp again in 2021. Challenger Sports Soccer Camp will be held Aug. 2 through Aug. 6. The camp will be for ages three to five, 8-9 a.m. for \$77, ages six to 12, 9 a.m.-noon for \$142. You can register online at https://chakllenger. configio.com/pd/222382/ tapply-thompson-community-center.

Look out! After this past holiday weekend of nasty weather, we have a heat wave on the way for this coming weekend. The lake water is still very cold, so I urge caution when involved in water activities and I wish you all a much better weekend outdoors than the last one!

Churches

Christian Science Society, **Plymouth**

Church services are held each week at 10 a.m. in our church building at 7 Emerson St. in Plymouth. We'd love to have you join us. The subject of this week's Bible lesson is "God the Only Cause and Creator" and begins with the verse from Psalms, "The earth is the Lord's and the fullness thereof; the world and they that

dwell therein." Every Wednesday evening, we have a meeting at 6 p.m. which includes readings from the Bible and from the Christian Science textbook, and there's also time for those attending to share inspiration from Bible study and prayer, and gratitude for healing experiences. Everyone is most welcome to this meeting.

For those who prefer or who are not able to attend in person, we broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services on-line, please send an email to csplymouthzoom@gmail.com and request an invitation. We've had visitors from near and far in our congregation, including a former Sunday School student from

We have a Sunday school for children and young people up to the age of twenty. If you have Currently it is meeting online and we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4 p.m. over Zoom. You can contact us at the same email address for information.

www.jsh.chris-On tianscience.com there many resources both to read and listen Currently there is a collection of articles about praying for mental health, a topic which often needs our thoughtful attention. Under the "Audio" tab you can find the weekly podcast and this week the topic is "Discovering the God who heals."

On www.christianscience.com you can learn more about Christian Science. There are currently several articles about praying for the world and for ourselves. There is always an article for teens as well. We hope you find inspiration and support from these resources.

Starr King Universalist

Unitarian **Fellowship**

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.

WEEK THIS STARR KING:

June 6 Prescription

Strength Play Rev. Dr. Linda Barnes, Worship Leader

Tatum Barnes, Director of Religious Educa-

William Gunn, Guest Musician

The doctor is in. On this Sunday, Dr. Linda is prescribing prescription-strength play. Join us as we explore play for all of us. Play is guaranteed to help you feel more like yourself, treat arthritis, dizziness, rashes and more... wait, no, disregard that...yes to helping you feel more like yourself and fight the blues.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org

536-8908

Join with Rotary Clubs to clean the Kancamagus Highway

CONWAY — Saturday, June 5 from 10 a.m.-2 p.m., volunteers will be coming together with Rotarians to help maintain one of the most scenic New Hampshire highways. Groups will begin in Lincoln and Conway, working in specific areas to have the most impact.

Kelly Drew of the North Conway Rotary summed it up this way: "Rotary is about helping to make communities better; this seemed like the perfect opportunity to bring clubs and community members together with a common goal."

The six clubs participating are Bristol, Ossipee, White Mountain, Lincoln/

Woodstock, Plymouth, and North Conway.

We will be providing lunch to early registrants, water, and snacks to all who come out to help. Please visit our Web site, rotarycleans.org, for complete details and to register.

Allison Smith of Hebron graduates from Lasell University

NEWTON, Mass. — Allison Smith, a resident of Hebron, graduated summa cum laude from Lasell University with a Bachelor of Arts in Sociology.

The undergraduate Class of 2021 was honored at a ceremony on Lasell's Taylor Field on Saturday, May 15. Keynote speaker Dr. James E. Muller, an academic cardiologist, entrepreneur, and social activist, delivered the Commencement address at all three ceremonies. Muller, a longtime friend and neighbor of Lasell University, co-founded International Physicians for Prevention of Nuclear War, which received the Nobel Peace Prize in 1985. Muller was awarded an Honorary Doctor of Humane Letters degree from the University.

Reflecting on the weekend's activities, Lasell President Michael B. Alexander welcome the opportunity to celebrate the graduates' accomplishments, both academically and in traversing the difficulties of the pandemic.

"Despite many challenges, Lasell students, faculty, and staff rose to the occasion and continued to teach, work, and learn in-person and remotely," he said. "Ending the academic year by marking the accomplishments of our graduates was, for many of us, the highlight of the year."

For more information contact: Samantha Mocle, assistant director of commu-

nications at smocle@lasell.edu or at 617-243-2386.

Starr King Unitarian

Henry, Blouin advance to Meet of Champions



Owen Henry fires the shot put in action at the Division III State Meet last week.



Jacob Blouin finished second in the shot put at the Division IIII State Meet.

BY JOSHUOA SPAULDING

GILFORD — A day after the Newfound girls' track team finished as the Division III State Meet, the boys had their chance to take on the rest of Division III at Gilford High School.

The boys' meet ended up being stopped just short of finishing thanks to Mother Nature, as the high jump and triple jump were called off when thunder and lightning moved through the area.

The Bear boys were led by the shot put duo of Jacob Blouin and Owen Henry, who both advanced to the Meet of Champions on the strength of top-three finishes. Blouin finished in second place with a distance of 43 feet, 11.75 inches and Henry finished in third place with a toss of 43 feet, four inches.

Connor Downes earned a point for the Bears by finishing in a time of 11:00.79 in the 3,200 meters.

Quinn Van Lingen also earned a point for the team, placing sixth in the 110-meter hurdles finals with a time of 18.82 after finishing seventh in the preliminaries in a time of 19.13 seconds.

Tyler MacLean finished in sixth place in the javelin to pick up another point for the Bears, tossing a distance of 147 feet, seven inches.

In the 100 meters, MacLean ran to 10th place with a time of 12.24 seconds. Trevor Sanschagrin finished in 10th place in the discus with a toss of 107 feet, eight inches.

Henry and Blouin both advance to the Meet of Champions, which will take place on Saturday at Sanborn Regional High School.

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



Quinn Van Lingen goes over the hurdles in action at the Division III State Meet last week.



Trevor Sanschagrin releases the discus in action in Gil

NH LAKES LakeSmart Service Provider Partner Program kicks off

CONCORD — NH LAKES is building a team of lake-friendly living service providers that property owners can easily access in their region to help keep the lakes the live near clean and healthy. So far, 12 businesses have joined the team.

"Over the years, most people I've met don't really know how their actions affect the health of our lakes," comments Andrea LaMoreaux, NH LAKES President, reflecting on the past twenty years she's spent working in lake conservation. "I've also learned that most people want to know what they can do to help keep the lake they love and enjoy, clean and healthy. That's why I was so excited to launch the LakeSmart Program to help property owners find out how to live in a lake-friendly way."

Through the NH LAKES LakeSmart Program, property owners receive tailored recommendations about adopting lake-friendly living practices in their home, on their property, and along and on the lake. "Often, we provide relatively simple, do-it-yourself recommendations to property owners," LaMoreaux explains. "But, sometimes the projects can be big and complicated, or property owners just don't have the time or interest in doing it themselves. That's why we're launching the LakeSmart Service Provider Partner Program this year."

LakeSmart Service

Provider Partners pledge do their work in a way that supports clean and healthy lakes and to help their clients live in a lake-friendly way. Depending on what services they provide, there are various trainings they must take to participate in LakeSmart.

NH LAKES is pleased to welcome aboard their first team of LakeSmart Service Provider Partners and encourages vou to reach out to them with your lake-friendly living needs! Please see below and find out more at nhlakes.org/lakesmart.

LAKES LakeSmart Service Provider Partners (as of **Spring 2021)**

Architects & General Contractors & Homebuilders

Cormack Construction Management (Great Woods/White North Mountains Regions): cormackconstructionmanagement.com, 367-

Drinking Water & Wastewater Service Providers

Advanced OnSite Solutions (Lakes, Dartmouth-Lake Sunapee, & Mondanock Regions): aosne.com, 783-8042

Russell Inspection Services (Lakes Region): nhsepticinspection.com, 740-4062

Septic Check Inspections (Lakes Region, Merrimack Valley Region/Seacoast Region): septicchecknh.com, 893-

Landscape Service Providers

Belknap Landscape Company (Lakes Region): belknaplandscape.com, 528-2798

Eco-Smart Land-(Mondanock scaping Region): eco-smartlandscaping.com, 493-0231

Piscataqua Landscaping & Tree Service (Lakes Region): piscataqualandscaping.com, 207-439-2241

Stephens Landscaping Professionals (Lakes Region): stephenslandscaping.com, 707-0630

Realtors & Property Rental Agencies

Bean Group (Lakes waterfronta-Region): gent.net, 303-2599

Lakefront Living Realty, LLC (Lakes Region): lakefrontliving.com, 508-377-7167

Maxfield Real Estate (Lakes Region): maxfieldrealestate.com, 387-6000

RE/MAX Home Sweet Home (Lakes & Merrimack Valley/ Regions): Seacoast NHHomeSweetHome. com, 765-5325

For more information about the program, visit nhlakes.org/lakesmart.

Established in 1992, the mission of NH LAKES, a statewide, publicly-supported nonprofit organization, is to ensure that New Hampshire's 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires the public to care for our lakes. For more information, visit nhlakes.org, email info@nhlakes.org, or call 226-0299.

Vintage Fret Shop re-opens to the public

ASHLAND — David Colburn's Vintage Fret Shop at 30 Riverside Dr. in Ashland is a 50-year institution for music-lovers from all over New England and beyond.

Like many community cornerstones, the Fret Shop closed to the public during much of the pandemic but has reopened for business Saturdays from 10 a.m. to 2 p.m. and Fridays by appointment. Even if you've never played an instrument, much less a string instrument, the Vintage Fret Shop is worthy of a visit. As you enter, the door welcomes you with an old guitar above your head that plays "about an F sharp" as you walk in. From there your eyes will take in rows of new and used mandolins, banjos, guitars, lutes and more lining the ceiling, walls and floors in addition to strings, picks, repair kits, open mic posters, music lesson flyers, and every manner of fret knickknack. It is part museum, part rehearsal studio, part repair shop, and a tribute to the love

of music. Owner and operator David Colburn first opened his vintage shop in a one-car garage "hole in the wall" across from Annie's Overflow on the Holderness side of the bridge between Holderness and Plymouth.

"I grew up in that neighborhood and always thought I lived in Plymouth. It was some time before I learned it was actually Holderness," he recalled.

After his first shop was flooded in 1972, he moved the shop to Ashland in two different locations before settling



Owner David Colburn recently began welcoming customers back to the Vintage Fret Shop.

into his place on Squam River in Ashland in 1983.

"As a young musician, I was dissatisfied with music stores I could get to. The closest were in Manchester or over in Vermont. I decided if I was going to have access to a store with what I needed I'd pretty much have to do it myself," says Colburn.

The Vintage Fret Shop's Ashland location was a blacksmith shop that didn't have much to the structure when Colburn acquired it other than a roof, four walls and a fireplace. But his conversion of the place along the Squam River suits Dave and his string

emporium well. According to Colburn, "I think what this store has that others don't is an eclectic mix of instruments that are hard to sell. So, not very prosperous but fun for me. I do it as a hobby, for the fun of it. If I had kids to put through college or a big mortgage, I probably wouldn't be doing this."

The iconic Vintage Fret Shop in Ashland is happy to be welcoming back customers and guests to experience first-hand Dave's knowledge and history, repair services, stringed instruments of every shape and size, friendly conversation, and a whole lot of magic. For Friday appointments, call 968-3346 or stop in Saturdays between 10 a.m. and 2 p.m...an F-sharp will greet you

Live music returns to The Flying Monkey

Two New England singer/songwriters to split June 12 bill



PLYMOUTH — The Flying Monkey has consistently delivered worldclass live entertainment to the Lakes Region of Central New Hampshire, hosting Grammy-winning artists, International touring acts, Rock N Roll Hall of Famers, legendary comedians, and children's and community theater. While the challenges presented by the Covid-19 pandemic put a significant damper on the venue's ability to stage live shows in 2020, they are preparing for a busy summer in 2021 as the music returns to

stages across the region and country.

Saturday, June 12 kicks off with a bang as songwriters Jay Psaros and Jason Spooner split a bill with their respective bands. Don't miss an exciting evening of original roots rock from two the region's most dynamic performers and writers.

What type of songwriter is Jay Psaros? That's a question Psaros has been asking himself for years. Psaros, a long time resident of the Northeast was born into a family of the self employed. Like the self employed, his music has ebbed and flowed in and out of "where the work is," so to speak. Crossing genres as needed and blending styles as desired. Psaros has worked in a most peculiar musical landscape. His gigs have ranged from bar rooms, to medieval themed dinner theaters. to small clubs, house concerts, weddings and everything in between. He's hustled as a booking agent, produced for other artists, written music blogs and even taught the occasional



Jay Psaros (left) and Jason Spooner (right)

of good fortune. With just over a decade in the music industry, the sweaty bars and medieval costumes have given way to support slots for national acts and small headlining tours at regional clubs. Psaros has shared the stage with the likes of The Mavericks, Boz Scaggs, Daughtry, Third Eye Blind, Tower of Power, Ziggy Marley, Donovan Frankenreiter, Anders Osborne and more!

Portland, based songwriter, guitarist and producer Jason Spooner has been presence on the northeastern and national live music circuits for close to two decades. As the bandleader of The Jason Spooner Band, Spooner has expanded his musical horizons significantly over the course of five studio releases. The quartet stands out with an interesting signature sound that appeals to a wide range of audiences... seamlessly blending a variety of musical influences into a cohesive, energetic and listenable experience. Roots Rock, Americana, blues, folk reggae and soul are all accounted for here and supported by audibly strong musicianship, interesting arrangements and well- crafted, intelligent writing. Spooner has performed with a wide variety of artists including B.B. King, John Mayer, Jackson Browne, Michael Franti & Spearhead, Ray LaMontagne, Susan Tedeschi, Brett Dennen, Allen Stone, Everlast, Jackie Greene, G. Love, Guster, Blues Traveler, Peter Rowan and Sara Ba-

reilles.

and groove-oriented jazz **Meredith Village Savings** Bank, Denise Hubbard honored by **New Hampshire Housing**



Denise Hubbard

MEREDITH — New Hampshire lenders and loan originators were recently recognized by New Hampshire Housing Finance Authority (NHHFA) for helping 1,400 homebuyers find affordable homes and loans in 2020. Denise Hubbard, Mortgage Loan Program Specialist (NMLS# 47515), was acknowledged as the #6 outstandingloan officer and Meredith Village Savings Bank (MVSB) as the #2 participating originator.

"Denise Hubbard does a marvelous job representing Meredith Village Savings Bank and New Hampshire Housing Finance Authority to meet the needs of first time home buyers in the communities we serve," said Charles Dowd. "She has been with the Bank for over a decade and has helped hundreds of people finance their first home, guiding them through every step of the process. We couldn't be more proud of her accomplishments and the things she does for the people we serve."

"My passion is helping first time buyers find a home," said Denise Hubbard. "The pandemic made 2020 an uncertain and difficult year, and to be able to help people accomplish this goal amidst these challenges was especially rewarding."

Hubbard MVSB in 2009 as our Reverse Mortgage Specialist and assumed the role of Mortgage Loan Program Specialist in 2011. She has more than 35 years of experience in mortgage lending and specializes in Reverse Mortgages, Federal Housing Administration (FHA), and Veteran's Administration (VA), Rural Development, and NH Housing loans. She has always been a very active member of her community and professional groups.

She served as founding chair for the Lakes Region Board of Realtors Affiliates Committee, receiving the Board's Affiliates Award in 1997. She is a former member of the State Affiliates Committee of the New Hampshire Board of Realtors© and former President of the Lakes Region Chapter of the American Institute of Banking and NH State AIB Chair.

Hubbard has served as a dedicated board member for numerous community organizations, including the Laconia Area Community Land Trust, Lakes Region General Hospital, Holy Trinity Endowment Trust, and Lakes Region Partnership for Public Health. She holds a Bachelor's degree in Administra-Business tion from Southern New

Hampshire University and resides in Laconia with her husband.

As a self-supporting public corporation, New Hampshire Housing Finance Authority promotes, finances, and supports affordable housing. NHHFA operates rental and homeownership programs designed to assist low- and moderate-income persons with obtaining affordable housing. We have helped more than 50,000 families purchase their own homes and have been instrumental in financing the creation of more than 15,000 multi-family housing units. For more information, visit nhhfa.org.

Unlike a stock bank, Meredith Village Savings Bank is a mutual savings bank that operates for the benefit of its depositors, borrowers, and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, MVSB has been serving the people, businesses, non-profits, and municipalities of NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork, and stewardship. To learn more, visit any local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth, or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Looking for the Landing? Find it **FREE** Online at: www.NewfoundLanding.com Or **FREE** at these fine local businesses: **BRIDGEWATER: HEBRON:** Newfound Grocery Hebron Post Office(Outside Box)

BRISTOL:

Bristol Post Office (Outside Box)

Bristol Town Hall

Bristol Laundry

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Park & Go Bristol

Shacketts

Rite Aid Bristol

Hannaford

Wizard of Wash

DANBURY:

Danbury Country Store

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

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RUMNEY:

Common Café

Stinson Lake Store

A new publication full of local news, sports & happenings from the following communities:

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton

www.NewfoundLanding.com

Headquarters: 5 Water Street, P.O. 729 Meredith, New Hampshire • (603) 279-4516

Gordon Nash Library

HELP WANTED

FOREST RANGER

State of NH, Forests and Lands is accepting applications for full time Forest Ranger positions.

Generous benefit/retirement package. Starting salary: \$45,177.

Application Deadline: June 25th.

Contact Jen Little at (603)271-2214

or by E-mail: Jennifer.little@dncr.nh.gov



Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com

Competitive Wages Paid Vacation Paid Holidays Paid Time Off Health Insurance Profit Sharing Store Discounts Much More!



Delivery Driver

Our Ashland location has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience preferred but not necessary; and a safe and clean driving record. This position can involve heavy lifting.

You may apply in person or download a **driver application** from our website. All applications should be submitted to:

Dan Uhlman, Manager Ashland Lumber, 20 West St. Ashland, NH 03217 or email at duhlman@belletetes.com

Competitive Wages Health Insurance

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E.O.E.



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Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217 or you may email to duhlman@belletetes.com.

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Paid Holidays Paid Time Off **▶** Store Discounts 401k

Call our toll-free number 1-877-766-6891

and have your help wanted ad in 11 papers next week!



Help Wanted

Holderness Recreation is looking to build a dynamic team for its SummerEscape program. We are looking for responsible, energetic, hardworking leaders who love working with kids ages 5 - 12.

<u>SummerEscape Lead Counselors -</u> Full and part time positions. Must be 18yrs + M-F, mid-June to August 6th.

For more information and job descriptions call 968-3700, email recreation@holderness-nh.gov or send resume to Holderness Recreation. P.O. Box 203, Holderness, NH 03245

Town Clerk/Tax Collectors Office Town of Campton, NH

FULL-TIME ASSISTANT TO THE TOWN CLERK/TAX COLLECTOR

The Town of Campton seeks a qualified candidate for the full-time position of Assistant to the Town Clerk/ Tax Collector. Candidate must be highly organized, have knowledge of basic accounting, be detail oriented, and have exceptional customer service skills. Ability to process transactions efficiently, accurately, and perform a wide range of customer service, clerical, and administrative support services in a fast-paced environment. This position receives direct supervision from the Town Clerk/Tax Collector. Availability to attend training and all certification classes is required. High School Diploma or equivalent is required. Please submit a cover letter and resume only, no later

than June 15, 2021 to: Hannah B. Joyce Town Clerk/Tax Collector **Town of Campton** 10 Gearty Way Campton, NH 03223



Receiver

This is a full time position in our Ashland store. Duties include performing a variety of shipping and receiving tasks. Loads and unloads materials as well as verifying materials received are as ordered and routes incoming items to appropriate departments and locations. Minimum 2 years experience in the building industry preferred but not necessary. Excellent customer service skills a must Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

> Dan Uhlman, General Manager 20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com.

Paid Vacation Paid Holidays Paid Time Off Profit Sharing Store Discounts Much More!

White Mountains School Administrative Unit # 35 BETHLEHEM . LAFAYETTE . LANDAFF LISBON PROFILE

.. where excellence links living and learning.

School Year 2021-2022 White Mountains School Administrative **Unit #35**

Speech Language Pathologist

White Mountains School Administrative Unit #35 is seeking applicants for a Speech Language Pathologist. This position is to provide prevention, assessment and develop remediation services for students who exhibit difficulties in the areas of language, speech, voice and fluency. These services are designed to help students meet their educational goals.

Master's Degree in Speech-Language Pathology, NH Speech Language Patholgist License, and valid driver's license is required.

For more information or to apply please go to www.SchoolSpring.com and reference job ID# 3532792.

Human Resources White Mountains School Administrative Unit #35 262 Cottage Street, Suite 301 Littleton, NH 03561 Phone (603) 444-3925 ~ (603) 444-6299 eoe

PLYMOUTH REGIONAL **HIGH SCHOOL**

LNA Program Coordinator **PRHS Health Science LNA Program**

Requirements to be an LNA Coordinator:

- 1. Possesses a current NH unencumbered registered nurse license or a multi-state RN license from another compact state
- 2. Validates 2 years experience with the elderly and/or chronically ill of any age with 1 year experience in the provision of LTC facility services, and
- 3. Demonstrates competence to teach adult learners through one of the following:
 - a. Baccalaureate educational preparation; or
 - b. Successful completion of a 12 hour board-approved Train-the Trainer course

Please send letter of intent, resume, and three letters of recommendation or call with questions: Randy Cleary CTE Director Plymouth Regional High School 86 Old Ward Bridge Rd.

Plymouth, NH 03264 (603) 536-1444 ext. 2202 rcleary@pemibaker.org



OPEN HOUSE – HIRING EVENT

With Snacks and Beverages

May 25th & May 26th 8am to 4pm

June 9th & June 10th 8am to 4pm

PSI Molded Plastics located at Five Wickers Drive Wolfeboro, NH 03894 WE HAVE FULL AND PART-TIME POSITIONS AVAILABLE!

We also offer competitive pay rates and benefits such as Health, Dental, Vision, Short Term Disability, Long Term Disability, Life Insurance Matching 401k, 10 paid holidays, paid vacation time, paid sick time!

> Assembler - 2nd & 3rd Shift Machine Operator - 1st, 2nd and 3rd Shift Mechanic-Mold Setter 2nd shift **Process Technician – 2nd shift** Spray Painter - 1st, 2nd and 3rd shift Sander – 1st shift

Rates start at \$14.50 for Machine Operators, Assemblers & Sanders Skilled trades start at \$18 and up.

> \$.75 per hour shift differential on 2nd shift. \$1.50 per hour shift differential on 3rd shift.

\$500 SIGN ON BONUS **SUBJECT TO TERMS AND CONDITIONS

For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

Girls

FROM PAGE A1

17.4 seconds after taking sixth in the preliminaries with a time of 17.82 seconds.

Autumn Braley ran to a third place finish in the 300-meter hurdles, crossing in a time of 51.44 seconds while Stacia Paul earned a point for the team with a sixth place finish in a time of 52.7 seconds.

The Bear team of Shyann Seymour, McKellar, Braley and Malina Bohlmann finished in second place in the 4X100-meter relay with a time of 53.52 seconds and the team of Cassie Zick, Paul, Braley and Soraya Glidden just missed out on points, finishing seventh in the 4X400-meter relay in a time of 4:35.97.

Maggie Bednaz finished in a tie for second place in the pole vault, clearing seven feet, six inches, with Bohlmann finishing seventh at seven feet.

Bohlmann snagged a half-dozen points for her team with a third place finish in the long jump at 15 feet, 3.25 inches.



Malina Bohlmann leaps in the long jump at Gilford High School last Tuesday.

Paulina Huckins finished second in the shot put with a throw of 35 feet, 11.75 inches and Mc-Kellar finished in fifth place with her distance of 30 feet, 8.25 inches.

Bailey Fairbank threw her way to third place in the javelin with

a toss of 99 feet, one inch.

In the discus, Fairbank finished in fifth place with a throw of 86 feet, nine inches and Isabelle LaPlume threw 86 feet, six inches for sixth place.

In the 100 meters, Seymour finished in 10th place in the preliminaries in 14.23 seconds and finished just out of the points in the 200 meters with a seventh place finish in 29.28 seconds.

Glidden finished in ninth place in the 400 meters with a time of 1:05.45, while in the high jump, Elsa McConologue finished in eighth place at four feet, two inches.

Overall, the Bear girls finished with 49 points, just one ahead of third

place Newport and three ahead of fourth place Portsmouth Christian and Campbell.

Maggie Bednaz clears the bar in the pole vault last week in Gilford.

"I've been saying for two years, I thought we had a real chance with this group," LaPlume stated. "It turns out, we're pretty close.

"(Coach) Daly really changed us as a coaching staff, he brought us to another level," the Bear coach continued. "He has really kept us on

track and focused on our goals."

Top three finishers at the Division III State Meet earn a bid to the Meet of Champions, which will take place on Sunday, June 5, at Sanborn Regional High School.

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



Autumn Braley clears a hurdle in the Division III State Meet last week.



Shyann Seymour breaks from the blocks in the 200 meters last week in Gilford.

University of New Hampshire announces May 2021 graduates

DURHAM — The following students graduated from the University of New Hampshire in Durham over the weekend of Saturday, May 22 and Sunday, May 23, 2021. Students who rema cum laude graduated with a GPA of 3.85-4.0: students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude

only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremofuture date yet to be de-

termined. Mary Shannon O'Hara of Ashland graduated Summa Cum Laude with a BA degree in Communication

Janessa Terry of Ashland graduated with a BS degree in BusAdm:Marketing

Kaitlyn Simpson of Bridgewater graduated with a MED degree in Elementary Education

Jessie DeLouis of Bristol graduated Cum Laude with a BS degree in BusAdm:Finance

Alexander Mann of Bristol graduated with a BS degree in Health Management & Policy

Devon Kraemer-Robof Alexandria graduated with a BSME degree in Mechanical Engineering

Charles Gould Bristol graduated with a BSCHE degree in Chemical Engineering

Robert Newton of Campton graduated Cum Laude with a BA degree in English

Gordon Hoyt Campton graduated Magna Cum Laude with a BSCIVE degree in Civil Engineering

Daisy Overbagh of Campton graduated with a BA degree in English

Hunter Torsey of Campton graduated with a BA degree in History

Sarah Chickering of Campton graduated with a MSW degree in Social Work

Garrett Macedonia of Campton graduated Summa Cum Laude with a BS degree in Biology

Bert Prince of Campton graduated Summa Cum Laude with a BS degree in Biochem-,Molec&Cell Bio

Treat Hardy of Hebron graduated with a BA degree in Economics

Aurora Desmarais of Holderness graduated Cum Laude with a BSCS degree in Computer Science

Ian Desmarais of Holderness graduated Cum Laude with a BSCIVE degree in Civil Engineering

Lilly Friedman of Holderness graduated Summa Cum Laude with a BS degree in Biomed-Sci:Med&VetSci

Emily Robinson of Plymouth graduated with a MSW degree in Social Work

Jessica Graton of Plymouth graduated with a MSW degree in Social Work

Sarah Scheinman of Plymouth graduated with a MS degree in RM-P:Recreation Admin

Maya Coykendall of Plymouth graduated Summa Cum Laude with a BS degree in Social Work

Isabella Wingsted of Plymouth graduated with a BS degree in BiomedSci:Med&VetSci

Emily Miller of Plymouth graduated Cum Laude with a BA degree in The Arts: Studio Art

Nicholas Crosby of Rumney graduated with a BA degree in Political Science



