

Newfound Landing

THURSDAY, MAY 30, 2019

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COMPLIMENTARY

Special Olympics Torch passes through Plymouth and Bristol

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH – The New Hampshire Special Olympics Summer Games will get underway at UNH on Friday, June 7, and to make people aware of these exciting athletic competitions, the men and women of law enforcement have been running the Special Olympics torch through many communities across the state.

As the torch made its way south from Littleton last week it arrived in Plymouth on Wednesday morning where members



DONNA RHODES

The Special Olympic Torch was run through downtown Plymouth last Wednesday morning to bring awareness to the upcoming summer games. Carrying the torch this year was Special Olympian Dominic Brown, followed by officers from local law enforcement agencies and students from Plymouth Regional High School.

of several local police departments were waiting. Officers from both Plymouth University Police and the Plymouth Police Department were joined by Ashland, Bristol, and Hill police departments, the Grafton County Sheriff's Department, students from Plymouth Regional High School high school students and some Special Olympians as well to run the torch through downtown Plymouth. As the torch made its way along Main St., residents and business owners stood on the sidewalks to clap and cheer them all on. Leading the way in this year's torch run

SEE TORCH RUN, PAGE A10

'GOT LUNCH!' Newfound' planning for its third year

BRISTOL — Spring has arrived (finally!) and before we know it school will be coming to an end and summer will be upon us. The summer months can present a struggle for families whose children receive free and reduced lunches throughout the school year.

GOT LUNCH! is a national program offering healthy foods for kids lunches on a weekly basis. In 2017 we started 'GOT LUNCH! Newfound' for local families facing this struggle. We initially started by roll-

ing out the program for students at Bristol Elementary School and it was a big hit; that first summer we served fifty children, from twenty-one families! Last year, with the help of the New Hampton Community School, the Danbury Community Center and the Hebron Village Store (for Hebron and Groton families,) we expanded the program to serve students from all four elementary schools in our district. Adding three more schools to the program doubled the number

SEE GOT LUNCH!, PAGE A9



MICHAEL MITCHELL — COURTESY

Honoring the fallen

The community turned out in force Monday morning for Bristol's annual Memorial Day parade and ceremonies honoring fallen servicemen.

Hebron EMTs treated to dinner in recognition of EMS Week

BY DONNA RHODES
drhodes@salmonpress.news

HEBRON – May 19-25 was National EMS week, honoring the emergency medical personnel and Hebron Fire Department

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DONNA RHODES

Several members of the Hebron Fire Department gathered beside their ambulance last Wednesday for a group photo in recognition of National EMS week. Featured in the center of the photo are Chief John Fischer and EMT Chief Linda Fischer. To Linda's left is Hebron's EMT Training Officer Patti Oakley.

treated their staff of EMTs to a dinner last Wednesday to personally thank them for

their dedication to the community.

Patti Oakley is the EMS Training Offi-

cer for HFD, and said their department has 26 members in all, 14

SEE EMS WEEK, PAGE A9

Plymouth Farmers' Market starts today

PLYMOUTH — Local Foods Plymouth (LFP) announced today that the weekly Plymouth Farmers' Market will start on Thursday, May 30. The market takes place outside at the Plymouth Regional Senior Center on Green Street (adjacent to Main Street along the Pemi River) in Plymouth. The market runs on Thursdays from May 30 – Sept. 26 from 3 to 6 p.m. Rain or Shine. At the May 30 market, there will be a free seed and plant swap.

Market goers can purchase directly from the vendors at the outdoor market and/or pre-buy their foods and goods on-

line (from many of the same vendors) by placing an order at www.localfoodsplymouth.org. Pre-bought orders can then be picked up at the Local Foods Plymouth (LFP) table located at the market. Both the outdoor and on-line market accept EBT cards.

Brandon Miller, the Local Foods Plymouth Manager, urges the community to support the farmers' market, and says "Every Thursday vendors and farmers make the trek to Plymouth and set up their booths to offer their products to all of us, I hope people who have never been to the market will

SEE FARMERS, PAGE A9

Correy Hart named manager of MVSB Plymouth offices

PLYMOUTH — Correy Hart has been promoted to Branch and Business Development Manager of both Meredith Village Savings Bank (MVSB) branch offices in Plymouth. This includes the branch office inside the Hannaford store, as well as the free-standing office on Main Street.

Nancy Mardin, AVP, will be retiring from the role in November.

Previously, Hart



COURTESY PHOTO
(Left) Correy Hart

joined the organization as Branch Services Manager at both Plymouth locations in 2018.

“Correy is well regarded by the customer and staff in Plymouth,” said Jill White, Regional Vice President. “He leads through the demonstration of our values, which empowers our employees. I am confi-

dent that he will excel in this position.”

Active in the community, Hart is the President of the Board for the Central NH Chamber of Commerce. He also a strong advocate for the 22q Foundation, regularly participating in fundraising and awareness efforts for the cause. 22q is also known as DiGeorge Syndrome, which is caused by a deletion in the 22 chromosome. Hart lives in Campton with his family.

Unlike a stock bank, MVSB 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, Meredith Village Savings Bank, has been serving the people, businesses, non-profits and municipalities of central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

June news from Artistic Roots

PLYMOUTH — Artistic Roots is undergoing a facelift! During the month of June you will notice a new sign and the front of the building will be painted. Thanks to Stacey Lucas who has headed the project and been instrumental in making it happen. She is a talented artist who has given so much to help make the gallery successful!

Artistic Roots is looking for a potter to jury. If you are interested, stop by the gallery or you can get an application on line.

We have a full line of classes scheduled for June! If you are interested in taking a course, but can't afford the fee, we have scholarships available, simply email executive director@artisticroots.com, and we will make it happen.

We have a new group of Visiting Artists coming in June and will celebrate their arrival with a reception on June 27 from 5-7 p.m. Refreshments will be served and all are invited to attend.

Classes for June include:

Saoirse Gaulocher-Bergman will offer

a free class for children, Making Paper Plate Flowers on Saturday, June 22 from 10-11 a.m. Children will make a fun flower using paper plates, watercolor paints, and stickers. Suggested ages are 3 and up. Adults are welcome, too! Please sign up so we know how many to plan for. On June 15, she will offer a Felted Fairies Class from 10 a.m.-noon. In this class, students will felt the basic body shape of their fairy, create armature, and learn the process of layering one or more colors or roving. This class features much less needlework than past needle felting courses. The cost for members is \$30, Non-Members \$35. On June 29 and July 6, she will offer a two-part class of making a Felted Owl on a Stand. The class is held from 10-noon and participants must attend both classes to complete the project. In this two-part felting class, students will create a detailed replica of a barn owl, about ¼ the size of an actual barn owl using felting techniques. Students will then mount their

project onto a piece of wood to create a realistic barn owl display. The cost of the class is \$40 for members and \$45 for non-members.

Zen Doodle Letters with Suzan Gannett will be offered on Thursday, June 6, 5-7 p.m. Students will learn the basics of Zen doodling while creating your own initial. The finished product will come with a mat and will be ready for framing. The cost for members is \$30 and for Non-members \$35. Mrs. Gannett will offer a watercolor series, Landscape and Flowers on June 4, June 18 and June 25, 1-3 p.m. Students will learn to use watercolor painting techniques with a variety of themes. These three classes are intended to be separate experiences. You can choose to attend one or both of the classes. Materials are included. The themes for the classes are: Reflection-June 4, Poppies- June 18 and Geraniums-June 25. The cost of a single class is members \$25 and Non-member \$30. The cost of the series is members \$70 and non-members \$85. Asian Stab Book-

Variations with Jong Kim will take place on Friday, June 7, from 1 – 3:30 p.m. Stab Binding is the method of bookbinding that the Chinese, Koreans, Japanese, and Vietnamese used before adopting the modern codex form. This class will explore various types of Stab Binding techniques. The cost for members is \$30, non-members: \$35. He will offer Long Stitch/Link Stitch Bookbinding on Friday, June 21 from 1 – 3:30 p.m. Long stitch is a bookbinding technique used for sewing together the sections of a book. This class will use Long Stitch technique along with Link (Chain) Stitching technique. The cost for members is \$30, non members: \$35.

Become a supporter! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Check out the various levels of giving on our website and the rewards that you can receive. Artistic Roots is located at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

University of New Hampshire announces local graduates

DURHAM — The following students graduated from the University of New Hampshire in May 2019. Students who received the honor of summa 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 graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of honoring and celebrating academic achievement.

Olivia Schofield of Bristol graduated with a BA degree in Psychology

Jacob Holton of Alexandria graduated with a BSME degree in Mechanical Engineering

Alexander Sparks of Campton graduated Cum Laude with a BSME degree in Mechanical Engineering
Shelby White of Campton graduated Magna Cum Laude with a BA degree in Political Science

Jonathan Lamphier of Holderness graduated Cum Laude with

a BSME degree in Mechanical Engineering
Catherine Quimby of Holderness graduated with a BS degree in Nursing

Derek Preble of Holderness graduated with a AAS degree in Civil Technology

Adeline Stark of Holderness graduated with a AAS degree in Veterinary Technology

Christina Badylak-Reals of Plymouth graduated with a BSME degree in Mechanical Engineering

Ericha Fahrner of Plymouth graduated with a MSW degree in Social Work

Charles Day of Plymouth graduated with a BA degree in Communication

Luke Lin of Plymouth graduated with a BA degree in History

Omkar Waghe of Plymouth graduated with a BA degree in Econ:Money&FinancialMarkets

Jordan Legacy of Plymouth graduated with a BSSTAT degree in Statistics

Ryan Davis of Plymouth graduated with a MAT degree in Secondary Education

Jasper Beaver of Rumney graduated with a BS degree in RMP:Program & Event Management

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Bobcat 5K honors Plymouth's fallen heroes

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH – Blue skies and high spirits made the 10th Annual Bobcat Memorial 5K Walk/Run on Sunday morning a great success as a large crowd assembled at Plymouth Regional High School to not only get some exercise but to do so in honor of three of fallen alumni.

Since 2010, members of the school's OSSIPEE Wellness Club have helped faculty advisor Denise McGlone organize the 5K event. It is held each year in remembrance of SPC Mark Paul Decoteu (Class of 2008), Capt. Douglas DiCenzo (Class of 1995), and MSG Jared Van Aalst (Class of 1993) who were killed while serving the nation overseas.

This year, local Boy Scout Troop 56 helped direct people along the course and members of the National Honor Society at PRHS assisted with timing. Getting the race started once again were eight-year-old Serena and her six-year-old sister Sylvie, who sang the National Anthem.

Among the crowd were Jesse and Jaclyne Ainlay of Marblehead, Mass., and their two sons, five-year-old Charlie and two-and-three-quarter year-old Teddy. Jaclyne is an alumna of PRHS, graduating in 2001. For Memorial Day they typically come to Plymouth to visit her family and take part in the Bobcat Memorial. While in the past Charlie and Teddy have travelled the course in strollers, this year they got out and ran along with their mom and dad.

"They did amazingly well," said Jesse Ainlay, adding with a smile, "Something about the mountain air seems to make them run faster."

There was little doubt that Teddy was one of the youngest participants last Sunday with "boots on the ground." To help him remember running his



DONNA RHODES

At 9 a.m. on Sunday, approximately 100 runners and walkers set out on a course through downtown Plymouth for the 10th Annual Bobcat Memorial 5K Walk/Run.



DONNA RHODES

(Left) Jaclyne, Jesse, Charlie and Teddy Ainslay head for the finish line at Plymouth Regional High School last Sunday, completing the Bobcat Memorial 5K Walk/Run as a family.

first Bobcat Memorial 5K, McGlone presented him with a race tee shirt.

Winners in this year's event were Randall Scroggins (Adult Male, 21:08:67), Kris Valenti (Adult Female, 26:06:87), Kevin Jones (High School Male, 21:32:84), Mae Whitcomb (High School Female, 23:55:23), Leo Ebner (Male Child, 23:30:13) and Reagan

SEE BOBCAT 5K, PAGE A9

LRAA Art Show spotlights "Flora & Fauna of New Hampshire"

TILTON — Starting on June 1, the Lakes Region Art Association (LRAA) will hold one of its three main shows at the LRAA Art Gallery located in Tilton, just off Exit 20. The June show is titled "Flora & Fauna of New Hampshire," and features art and photograph submissions from LRAA members. However, this show is unique in that all entries for the show must reflect only New Hampshire greenery such as plants, trees, landscapes, seascapes, lakes and/or native wildlife found in New Hampshire. The

intent is to make this a show that reveals what is so special about living in, or visiting, New Hampshire.

The show will run from Saturday, June 1st through Saturday, June 29 at the LRAA Art Gallery, which is open weekly, Thursday through Sunday from 10 a.m. to 6 p.m. The gallery is located at 120 Laconia Rd., Suite 132, Tanger Outlets, Tilton. An Opening Reception will be held in the evening on Saturday, June 1 from 6 to 8 p.m. at which members of the Association and entry submitting artists will be present.



COURTESY

"Loon and Baby," and example of the type of subject matter to be found in the LRAA June art show, "Flora and Fauna of New Hampshire," by permission of the artist, C Fogg

Light Refreshments will be served. This reception will be an excellent opportunity for the public not only to view the exhibit but also to meet and discuss the artwork with some of the artists themselves. In addition to the show entries, there are also several gallery panels of additional artwork and photographs for people to enjoy viewing. The reception and

show is free and open to the public. Richard Hartman, LRAA Presi-

dent, said that the Association is encouraging area residents and visitors to attend the show, whether at the Opening Reception or during the month of June to see how our artists portray, not only their skills, but also, what they love about living in New Hampshire. Other activities including coloring sheets are available for children and well as an opportunity for those attending to try their hand at painting/coloring in a portion of a large line drawing of "The Old Man of the Mountain."

Benjamin Learned, from Bristol, joins the ranks of DePauw graduates!

GREENCASTLE, Ind. — Benjamin Learned, of Bristol, along with 505 classmates, became the 180th graduating class of DePauw University. The undergraduates were awarded their degrees during the program which took place in Neal Fieldhouse in the Lilly Center on May 19th, 2019. Learned was awarded a BA in Economics

The day's events included a speech by actor and 1998 DePauw University graduate Drew Powell.

Founded in 1837, DePauw University is a top-ranked, 100% residential, private liberal arts university in Greencastle, Ind. Through its College of Liberal Arts and School of Music, DePauw provides highly personalized education in small classes, with 95% of its graduates employed or in graduate school within six months of graduation. DePauw is ranked 5th for study abroad, and 80% of students receive academic credit for off-campus study, including in-

ternships, independent projects and service work. The university is ranked in the top 20 for both graduate salaries and internship opportunities among private institutions, 8th for Fulbright Scholars, 8th for producing top business executives, 8th for graduate salaries, and 2nd for Teach For America employees. Our graduates have a 90% acceptance rate for medical school and an 80% acceptance rate for law school, both well above the national average.



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Strategies For Living

When rubbish becomes a treasure

By Larry Scott

Can the Bible, taken to heart, change a man's life? This concept is best illustrated by an event related by Ravi Zacharias in his book, "Deliver Us From Evil."

In a visit to Vietnam in 1971, he met an energetic young Christian by the name of Hien Pham who was working as translator for the American military. When Vietnam fell to the communists, Zacharias lost all contact with his friend.

In 1988, however, Ravi Zacharias received a surprise telephone call – from Hien Pham. The story of how he survived the communist takeover and made his escape to the United States is a story of God's grace – and the power of God's Word.

"Shortly after Vietnam fell to the Communists, Hien was arrested. Accused of aiding and betting the Americans he was in and out of prison for several years. ... He was cut off from reading anything in English and restricted to communist propaganda. ... This daily overdose of the writings of Marx and Engels began to take its toll on him. ... Hien began to buckle under the onslaught. Maybe, he thought I have been lied to. Maybe God does not exist."

"The more he thought, the more he moved toward a decision. Finally, he made up his mind. He determined that when he awakened the next day, he would not pray anymore or ever think of his Christian faith again. ... The next morning, he was assigned to clean the latrines of the prison."

"As he cleaned out a tin can filled to overflowing with toilet paper, his eye caught what he thought was English

printed on one piece of paper. He hurriedly washed it off and slipped it into his hip pocket. ... Under his mosquito net that night ... he pulled out a small flashlight and shining it on the damp piece of paper he read at the top corner, "Romans, Chapter 8." Literally trembling with shock, he began to read: 'And we know that in all things God works for the good of those who love him, who have been called according to his purpose.' ... Hien wept. ... He cried out to God, asking for forgiveness, for this was to have been the first day in years tht he determined not to pray."

"The next day, Hien asked the camp commander if he could clean the latrine again. He continued with this chore on a regular basis, basis he had discovered that some official in the camp was using a Bible as toilet paper. Each day Hien picked up a portion of Scripture, cleaned it off, and added it to his nightly devotional reading" (p. 192-193).

The Bible was for one individual but a piece of refuse to be used and discarded; for another, it became the source of life. Same book ... but a life-impacting difference in attitude.

And that is the challenge you face. You can ignore it ... or you can tear it apart ... or you can find in its pages a perspective that will revolutionize your life. By virtue of reading this article, the issue has now been brought to a head. You must choose ... and the choice you make will impact you not only in the here and now, but, indeed, for all of eternity!

For more thoughts like this, follow me at in-defense-of-truth.net.



DONNA RHODES

A heartfelt tribute

As people readied for the holiday weekend last Friday, New Hampton resident Gloria Rollins spent part of her afternoon decorating the graves of her sister, brother-in-law, mother, and father, Pvt. Carl E. Rollins, who served in the U.S. Army during WWII.

If these creatures do return, an old saying will be at risk

"In the woods, the only thing that can hurt you is your own stupidity,"

This old saying has been pounded into my head ever since I was first able to wobble away from the backyard. My mother, who had to hunt me down, said this happened when I was about two.

I taught my kids the same thing. Be prepared. File a flight plan. Leave a note. Take compass and map. Above all, have lots and lots of fun, because the outdoors is a great gift to all, never mind if presided over by a Mother Nature who tolerates no disrespect.

Still, I've met up with a good many people who seem to have an instinctive fear of the woods, or ask querulous questions that tip their hand about just not wanting to go there.

The first, of course, is the fear of getting lost. Like all fears this should be respected, and is too complicated to get into here. And it happens, whether for a few hours or days. One elderly hunter, as I recall, was lost in Vermont's Northeast Kingdom a year or two ago and was found four days later.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



Bears? Our bears are black bears, not the more aggressive brown bears of the Midwest and West, and definitely not grizzlies, and they wouldn't stand a chance of fading into the Arctic landscape (i.e., polar bear).

Rattlesnakes? Here, a fear bordering on instinct has been deadly---to snakes. There are and always have been people who will kill any snake they see. This is because some people just hate snakes, period. This is a great sadness that has decimated snake populations in New Hampshire, particularly as development creeps into ever more wildlife habitat.

When was the last time anyone you know saw a milk snake? Black snake? Hognose? Part of the problem is that people actually mistake these snakes for rattlesnakes. Human disturbance, ignorance (i.e., kill any snake, anywhere), and loss of habitat have brought New Hampshire's timber rattlers, in particular, to precar-



COURTESY

The wolf---ever the poster child of all things wild.

ious numbers. There are small populations in the Concord and Manchester areas, and a small number down around Keene.

Timber rattlesnakes are so scarce that they are protected by state law. But really, who knows this, and how much does it matter? For all too many people, any snake is a dead snake, and for a rattlesnake, double down.

Even coyotes, which are almost defiantly called "coydogs" here and there despite compelling evidence otherwise (they breed back true to coyotes), are not a threat to people, wildlife experts are constantly saying.

(Okay, so I can kinda sorta get the "coydog"

thing. I, for example, still stick to the old vernacular and use "fisher cats," even though I know full well that they're not in the cat family at all, not even close. Thank you, New Hampshire Fisher Cats, by the way, for a smidgen of vindication.)

Experts aside, given an ever-larger coyote morphing into a brush-wolf, I would not want to be a very slight child lost in the woods of northern New Hampshire on a moonlit night in March. This year, at that time, we were in the tail-end of the kind of winter when bobcats, driven almost mad by hunger, venture into towns.

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Letters to the Editor

A mother's plea

To the Editor:

Our youngest just got his driver's license, and I'd like to say a few things to already licensed operators out there:

1. You tailgate my son while he is going the speed limit, then complain when a young driver speeds. You are setting a dangerous example for inexperienced drivers.

2. You break the law by passing him on a double yellow line and then consider a young driver a jerk for doing the same. Where do you think they learned it?

3. You cut my son off or pull out in front of him last-minute and then wonder why young drivers make some of the poor decisions they do. They are following the example you set for them.

All these things and more have happened while I was in the car with him trying to teach him to be a considerate and respectful driver. Tell me,

how the hell I am supposed to do that when there are more of you idiots on the road setting bad examples compared to the relatively short amount of time I have to counter all your bad driving?

After making it through three Driver's Ed classes with three children, plus over 40-hours of drive time with each one, I'd rather be on the road with beginners than most experienced drivers out there.

Think about the example you are setting the next time you feel compelled to be an idiot on the road.

This mom will greatly appreciate your consideration of my child's safety and the positive example you are setting. It's a win-win for you, me, my child, and everyone else on the road!

Michelle Sanborn
Alexandria

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Hello warmer days, rainy nights, peepers singing in the night, and the ever present black flies, ticks and pollen tells us that Spring is in full swing. Bear have been raising havoc in the night for some, so make sure you keep your trash secure and take in the bird feeders, or you might learn a new meaning for "hungry as a bear!"

Town

Conservation Commission roadside clean-up day Saturday, June 1 from 10 a.m. until noon. If you'd like to join in, please meet at the Municipal Building at 9:45 a.m.

Board of Selectmen Meeting Tuesday, June 4, 2019 at 6:00 PM in the Municipal Building.

The Alexandria Historical Society will be meeting on Wednesday, June 5 at the Town Hall, 45 Washburn Rd., at 7 p.m. There will be a display of old photographs of Alexandria. You are invited to bring any old photographs you'd like to share for the evening. Refreshments will be served. All are welcome for an evening of walking down memory lane.

Alexandria UMC

Office Hours and Visitation Thursday, May 30 from 11 a.m. until 6 p.m. Please note that next week Office Hours and Visitation will be on Wednesday, June 5, with the same hours.

Community Dinner Saturday, June 1 at 5 p.m. in the Vestry. On the menu is ham, beans, rolls, coleslaw, dessert and beverages. All are welcome!

Sunday, June 2, service begins at 9 a.m. At 10:15 a.m., the Book Study on "Small Church Checkup" will begin. If you haven't received your book, please see Pastor Faith.

Happy Birthday to Kristina Cogswell on May 28, Henry Hall on May 30 and Ken Hall on May 31! May your special day be filled with all good things!

Time to finish my coffee and get ready to go out and about. Have a good and positive week ahead! Be kind in your words and deeds, and be safe in your travels! Be watchful of the critters, especially those with wee ones, roaming about, foraging for their meals. Another important reminder is to be mindful of those who are out riding motorcycles, bicycles and horses! Motorcycle Week is not far away!



Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church's summer schedule of Sunday worship and a potluck breakfast at 8:30 a.m. begins this Sunday, June 2. Rev. Andy Gilman will lead the service.

Chicken BBQ

Benefit supper for the Danbury Legion sponsored by the grange will be held on June 15th from 5 to 6:30 p.m. The menu is one quarter bbq chicken, assorted salads, home baked beans, dessert and beverage. Eat in or take out. Recently reactivated, the Lee Knapp Post has much work ahead of them to put their building back in shape. They meet the first Sunday of the month and welcome new members.

School Plant Sale

The elementary school plant sale will be held on June 8 from 9 a.m. -noon. There will be plants and seeds for sale with proceeds going back into the program to continue funding its existence. Sustainable! Yippee!

Open house

Gungewam Outfitters will hold an open house to celebrate their first year in business on Saturday June 1 from 9am to 5pm. There will be free coffee, doughnuts and lunch will be served. There will be door prizes, equipment demos and many items on sale! Happy first anniversary!

Touch a Truck in the town center is this Sunday, June 2. Brought to us by the recreation committee, the event will feature trucks and equipment of all types and sizes. From 11 a.m. until 2 p.m., bring the little ones on down to discover, touch, "drive" and experience.

Groton

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

Annual Groton Kids Fishing Derby, sponsored by the Groton Conservation Commission, will be held June 1st beginning at 9:00am at the pond behind the Town Garage. Ages one through six (with parental help) from 9 - 9:45 a.m., ages seven to 10 from 10 - 10:45 a.m., ages 11-15 from 11 - 11:45 a.m.; trophies are awarded for each age group and \$50 cash prize for catching the one tagged fish. Open fishing for all age groups after lunch to catch their limit.

Select Board Meeting notes from May 22:

On a follow up question from the last Select Board meeting, we have received an email from Avitar Assessing. When and if the Assessor is assessing a property that is posted with "No Trespassing" signs, if it is gated, the Assessor will not go past the gate and all assessing will be estimated from the road. If the property is posted, but not gated, the Assessor will go to the door to seek permission to inspect the property. If no one is home all the assessment data is estimated. If the assessing card is tagged with "Visit by Appointment Only," the Assessor will not visit the property without a prior appointment. In the case no appointment can be arranged, then assessing will be made from the road.

We hope this clears up any questions regarding the assessing of posted properties. If you have further questions, please contact the Assessing Office.

Several Reports of Cut were signed. Junkyard letters will be mailed and properties will be inspected June 10.

There was discussion on the Solar Farm

Project which will not be pursued as the Town is well below the usage for such a project to occur. This will most likely be revisited in the future at some point.

From the Highway Department:

Work will be done this summer along Blanchette Lane, ditching and shaping and sometime during the summer there will be work done on Bailey Hill Road. Bids have been received for the work on Sculptured Rocks Road and North Groton Road and as soon as this has all been settled work will begin at those sites.

Scheduled April Meetings and Office Closures:

Select Board Work Sessions -Tuesdays, June 4 and June 18 at 5 p.m. at the Town House.

Select Board Meetings Tuesdays, June 4 and 18 at 7 p.m. at the Town House

The Town Clerk/Tax Collector Office will be closed June 12 for training.

The Select Board Office will be closed from 8 a.m. - 1 p.m. on June 27 for training.

Taxes due

There are a total of 152 past due invoices with a total due of \$105,471.27. The 2019P01 tax bills that were sent out last week will be due July 1. You may get the balance due on your taxes by looking at the NH Tax Kiosk. The link is available by clicking on the grey button on the Town Clerk/Tax Collector's page of the Town Web site: www.grotonnh.org Payment may be made over the internet by clicking the RED button on the same page.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

On June 1, Community Breakfast will be held in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m. In the Month of June we will be having two Breakfasts as the Community Hall will be used for the Hebron Fair Rummage Sale.

Newfound Car Show Hebron Store

Starting Thursday, June 6 and continuing every Thursday through the Summer the Hebron Store will be holding a Car Show from 6-8 p.m. There will be Food, Drinks, and Ice Cream available and also a 50/50 Raffle and Door Prizes! "If you can drive it, tow it, push it, bring it on down!"

The Hebron Historical Society announces the publication of Hebron's Noted Women with other Stories of Interest.

Women are only mentioned on a few select occasions in early history of Hebron: date of birth, date of marriage(s), dates of any children borne by the woman, and date of death. Women did not take part in town meetings and are only mentioned in the tax rolls when they are widowed and inherit real property. Even worse is the description of their births: "Zachariah Jones married Mary Smith, and had born to him eleven

children, Ezra, b. Oct. 17, 1777, Sarah, b. April 24, 1779, ..." Notice the use of the passive voice, "had born to him" instead of "Mary and Zachariah had eleven children." In church, women were hidden away in the second-story (balcony or gallery) so that men wouldn't be distracted and be tempted to think impure thoughts during the church service. For that reason, most Hebron families owned two pews - one on the main floor for the males of the family, and a second in the gallery for the females. And there were separate church entrances for men and women. When you see a picture of an early New England church with gable end main entrances, notice that there are two front doors! An alternative arrangement was to have a center main door for the men, with enclosed staircases on the ends of the church for the women.

Women have played a long and vital role in the development and growth of the Town of Hebron. Several of those women went on and became known nationwide for their various talents and good works. This book pulls together for the first time the stories of these remarkable women. It is a compilation of biographies and stories written by several people including Ron Collins, David Brittelli, Howard Oedel and Barbara Brooks.

The book is \$25 and can be ordered from David Brittelli, President of the Historical Society, PO Box 89, Hebron, NH 03241, or by calling 744-2634. Or by credit card or PayPal by emailing roncollins@metrocast.net. The book will also be available at the His-
SEE CHURCHES, PAGE A9



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Churches

Ashland Community Church

Sundays

10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

March 3 – April 14 Teaching Series: “40 Days of Prayer: Unleash the Power of Prayer in Your Life”

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Our new Youth Zone (grades 5-8) will be starting soon and our Special Needs Class (for youth and adults) is led by Barbi Sharrow and Debbie Tall. Both classes meet in the worship center for singing at the beginning of the service and then are dismissed to their classes when the message begins.

Small groups: We also offer four adult small groups that meet in various locations on Tuesday, Wednesday, and Thursday evenings. In March and April all of our groups will be watching a video by Rick Warren and discussing the topic of prayer. Please contact our pastor, Ernie Madden, for more information about our small groups program.

It is our desire to help you understand God’s incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don’t have to dress up. You don’t have to be any particular age. And please

don’t feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you’ll find what you are looking for. You’ll learn how to relate to God. You’ll experience Christian community. And here’s the big thing – you will change. Join us as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don’t hesitate to contact our pastor, Ernie Madden, at any of the contact information above.

We look forward to seeing you soon!

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: Rev. Andrew MacLeod
Intergenerational Service: 10 a.m.
Coffee Fellowship: Following service
Sunday School: 10 a.m.

Notes

Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

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

Phone: 744-8132

Office Hours

Main Office – Monday through Friday - 9 a.m. to noon

Pastor’s hours: Monday through Thursday -

9 a.m. to noon and other times by appointment.

Rev. Andrew’s Home Phone: 217-0704
Email: pastorbucc@myfairpoint.net

Weekly Events Mondays

A.A. Step meeting – 7:30 p.m.

Extra Uke practice, for those who can make it, from 9:30 to 10:30 a.m. every Monday!

Tuesdays

Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – Noon
AA Discussion – 8 p.m.

**Please note Choir Rehearsal is now held at 6:30 p.m. on Tuesday evenings.

Wednesdays

Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Don Sorrie is moderating, with discussion throughout, by a lively and committed group! All are welcome!
Uke practice follows from 8:30 to 9:30 a.m.

Fridays

Bone Builders – 9:30 a.m.

Monthly Events

WIC (Women/Infant/Children) Clinic – 2nd Monday at 8:30 a.m.

Women’s Fellowship – Our next meeting will be held on Thursday, June 20 at 11 a.m. in Room 1 with lunch to follow at Kathleen’s Cottage.

Choir Rehearsal: Tuesday evenings at 6:30 p.m. We’re always looking for new voices. No experience necessary! See Estelle Giarrizzo after services if you are interested!

T.E.A. Meetings are scheduled for every 3rd Tuesday of the month at 4 p.m. Location varies.

Special Events

**Note: Watch for a renewal date of Sunday School in September

**Mission for the Month: Families in need are given CWS (Church World Services) blankets for bedding to aid the homeless, and allowing them a soft surface to sleep on, a warm cover, and hope! It is because of that generosity that the CWS is able to touch the lives of so many homeless. For May’s mission, we can offer peace and rest to the weary. If you wish to contribute, please contact the church office.

Ongoing:

Bristol Community Services is in need of anything and every-

thing! Please help if you can!

*** A special thank you to all the people involved in preparing and serving the church suppers, along with all who supported it with their attendance! It was a very successful year, and we look forward to resuming the suppers in September. See you then!

The ukelele band continues to grow and become more proficient as the weeks go by! We’re having a ball!! If you are interested in joining, please contact Debbie Doe.

The band gets together once a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and perform once a month during services. Their next church performance will be Sunday, June 23.

They will also be performing at Golden View Convescent Home in Meredith on Wednesday, May 29 and other dates in the community to be announced!

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!

Christian Science Society, Plymouth

Christian Science Society of Plymouth at 6 Emerson St. in Plymouth welcomes everyone to use our reading room housed in the building. We are now open each Monday from noon-2 p.m., and also by appointment. Among other things there are many items for children based on familiar Bible stories useful for Sunday school teachers and parents. There are has lots of resource books for Bible study as well as all the writings of the church founder Mary Baker Eddy and other publications from the Christian Science Publishing Society. They can be used at the reading room, borrowed or purchased.

We hold church services each Sunday morning at 10 a.m., where a Bible lesson is read, hymns and prayers are shared, and there’s organ music by Robert Swift and soloist Richard Moses to enjoy and inspire. A Sunday School for children and young people up to the age of 20 is held at the same time.

On Wednesdays, there’s a meeting where a short lesson is read

and then there’s time for those attending to share gratitude and inspiration they are gaining from their prayers and study.

We’d love to have you visit the reading room and to enjoy the church services.

Episcopal Churches: Holy Spirit, Plymouth St. Mark’s, Ashland

Ascension Day

Thursday, May 30, is Ascension Day. We’ll mark this Principal Feast of the Church at 11 a.m., during the usual time for our midweek Eucharist in Ashland.

Over the days between Ascension and Pentecost, which is Sunday, June 9, the world-wide initiative “Thy Kingdom Come” invites the whole Church into prayer, following the example of the first disciples, as told in the first two chapters of Acts. After the Ascension, and waiting for the promised gift of the Holy Spirit, Jesus’s followers were “constantly devoting themselves to prayer.” You’re invited to explore the resources on offer at www.thykingdomcome.global – and to make a commitment to pray—at least daily—during these coming days.

Quilt Group (new date)

The next Quilt Group meeting is Friday, May 31, from 10 a.m. to 2 p.m. in Griswold Hall.

Support Groups

Chaplain Guy Tillson, MDiv, MA, facilitates several groups, including one for those experiencing the loss of a loved one. This group meets on the last Wednesday of each month from 5:30 to 7 p.m. at Pemi-Baker Community Health in Plymouth. No registration or fee required. Upcoming dates: June 26.

A Caregivers Support Group meets from 12:30 to 2 p.m. on the third Wednesday of each month. Meetings are held in the Upstairs Conference Room at the Plymouth Regional Senior Center. No registration or fee required. Upcoming dates: June 19

Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 to 9 a.m. in Sherrill Hall on Saturday, June 29. Come join us and bring a friend!

Weekly Worship Services Sundays:

8 a.m. at Griswold Hall, 263 Highland St., Plymouth

9:30 a.m. St. Mark’s Church, 18 Highland St., Ashland

Thursdays, 11 a.m., with healing prayers, St Mark’s, Ashland

Office Hours at 263 Highland St., Plymouth

Office hours in Plymouth will be primarily by appointment during May and June. Phone/voice-mail: 536-1321. Please

leave a voicemail and we will return your call.

Email: rectorpb@gmail.com

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. 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!

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 multi-generational, 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.

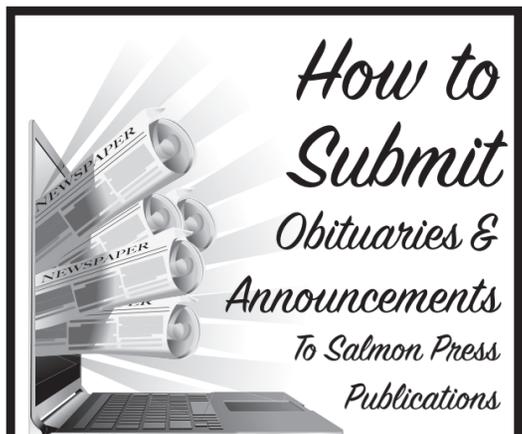
This week at Starr King: Sunday, June 2 The Community of Music

Sarah Dan Jones, Music Director and Choir

Join us Sunday June 2 for the Annual Music Sunday. Featuring selections from the Starr King Singers and various members of the Fellowship, the morning of song celebrates the power of music in our community. The offering this morning will benefit the Starr King Mary Hazelton music fund and the Association for UU Music Ministry Conference scholarships for Musicians of Color.

This service is multi-generational.

For more details, visit our Web site www.starrkingfellowship.org 536-8908



How to Submit Obituaries & Announcements To Salmon Press Publications

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.



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Comfort Keepers

Low-impact exercises for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The Importance of Staying Active

Staying physically active is important at every stage of our lives, but as we grow older, it becomes especially vital. Engaging in the recommended daily amount of moderate activity (at least 30 minutes) has numerous long-term benefits, but it can also improve overall health for those with certain conditions and disabilities. Conversely, a sedentary (or inactive) lifestyle can negatively affect physical and emotional well-being, and can potentially increase risk of injury or development of diseases.

What Are Low-Impact Exercises?

While it's certainly no secret that physical activity is beneficial, many seniors may not know exactly what kind of exercise is most appropriate. For those that are unsure, low-impact exercise may represent the best solution. A low-impact exercise is generally defined as any workout where at least one foot stays on the floor at any given point, making it ideal for those who have limited mobility or suf-

fer from chronic pain.

Though not as hard on the body, these exercises are not necessarily designed to be less intense, as the goal with any beneficial exercise is ultimately to elevate the heart rate. Recent research has indicated that low-impact exercise is as effective in reducing the risk of heart disease as high-impact exercise, such as running or jumping rope. If seniors are looking to get into an exercise routine, they may want to follow the low-impact exercises listed below, after consulting a doctor or physician.

Low-Impact Exercises for Seniors

Walking: One of the benefits of walking is that, unlike running, it's easier on the joints. Plus, it doesn't require any special equipment or a gym membership. With a comfortable pair of tennis shoes and a smooth pathway, you'll be on your way. The key is to keep a brisk pace for at least 15-20 minutes.

Swimming: What's better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including strengthened shoulders and increased lung ca-

capacity. You can also take part in water aerobics, or walk on underwater treadmills.

Yoga: From improving flexibility and coordination to strengthening your core, there's very little that yoga doesn't do for you. Additionally, yoga has been shown to improve mood, focus, and overall mental well-being.

Pilates: This exercise allows for very slow and concise movements, designed to improve posture and flexibility. Similar to yoga, Pilates are known to improve mental well-being.

Cycling: With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system

but also the joints and various muscle groups.

Weight training: Don't be daunted by the idea of bulking up with weight machines at the gym. Weight training can be done at home, with small free weights or even moderately heavy objects that you can grip easily. Consistent repetition is key, as is advancing to heavier weights over time.

Leg Raises: You don't have to go far at all to do these exercises. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles.

Dancing: In recent years, there has been

a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to socialize and connect with others.

Comfort Keepers Can Help

Low-impact exercises can be extraordinarily beneficial for seniors, and at Comfort Keepers®, we want to help see that they have the ability to do them. Under the guidance of a physician and/or physical trainer, our caregivers can see that they are abiding by the recommended regimen. We can also help prepare healthy meals and provide safe, reliable trans-

portation to seniors' destinations in and around town. For more information, call your local Comfort Keepers office.

About Comfort Keepers

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

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Angie Gannett, Preschool Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
agannett@pemibaker.org

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2019-2020 School Year

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

Jonathan Bownes, Principal
Thornton Central School
1886 NH Rte 175
Thornton, NH 03285

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	4 Nash Dr., Unit B1	Condominium	\$110,000	Christine M. Rine	Alicia A. White
Ashland	River Street, Lot 65	N/A	\$65,133	NHNY Marina Development	Patrick J. and Caroline F. Malone
Bridgewater	Whittemore Shores Condo Unit 13	Condominium	\$560,000	Thomas E. and Lisa M. Andrellos	Susan Peffer
Bristol	Route 3A	N/A	\$222,000	Stephen J. Saunders	Roland M. and Cathy A. Davide
Bristol	938 S. Main St.	Single-Family Residence	\$117,500	FNMA	James A. Moses
Bristol	Tower Street	N/A	\$169,000	Walter O. Wood Trust and Beverly A. Wood	James C. and Mary M. Kuhns
Campton	1357 NH Route 175	Single-Family Residence	\$289,933	Michael P. and Doreen A. Holden	Nancy R. Hedley
Campton	17 Overlook Rd., Unit 5	Condominium	\$72,000	Thomas A. Page	Dawn Drainville
Campton	Spring Hill Road (Lot)	Residential Open Land	\$22,000	Gerard A. and Karen M. Rienzo	Stachecki Contracting LLC
Campton	Susie Driscoll Road	N/A	\$28,000	Carlos R. and Mildred M. Ferrer	David F. and Marjorie A. Haight
Hebron	70 Cooper Rd.	Single-Family Residence	\$455,000	Gregory K. Melton RET	David C. & L.M. Bresnahan RET
Holderness	53 Stone Post Rd.	Single-Family Residence	\$280,000	Philip R. Philip-Peck and Anne H. Peck-Robin	Brian and Rachel Jastrebsky
New Hampton	Lake Winona Road	N/A	\$450,000	Steven B. and Mary A. Walker	Joanna Beachy
Plymouth	17 Pleasant St.	Single-Family Residence	\$132,000	Benjamin Tilton	Joshua B. and Angela Dumont
Rumney	214 Cross Rd.	Single-Family Residence	\$185,000	Keith and Rachel Ingham	John F. and Mary A. Coughlin
Rumney	426 Depot St.	Single-Family Residence	\$150,000	Karen and Earl L. Schweizer	David Desaulniers
Thornton	21 Anderson Hill Rd.	Single-Family Residence	\$172,900	Eric R. Anderson, Jr. Estate and N. Anderson-Laraway	Billie J. and Shawn Purcell
Thornton	9 Greenscapes Lane, Unit 6	Condominium	\$300,000	Eric J. and Christine E. Olson	Hiller Fiscal Trust and Dennis C. Hiller
Thornton	126 Mad River Rd.	Single-Family Residence	\$135,000	Leroy P. and Carolyn Uhlman	Michael E. and Anne M. Karpinski
Thornton	51 Mountain River East Rd., Unit 66	Condominium	\$138,000	Joseph S. and Jessica Padykula	Donald A. and Francoise L. Mueller
Thornton	19 Upper Mad River Rd.	Residential Open Land	\$28,533	Gregory W. and Ashley K. Sanborn	Robert R. and Tanya Monroe
Thornton	47 Waterville Acres Rd., Unit 20	Condominium	\$115,000	Matthew and Maryann Ziolkowski	Kristina N. Fries
Thornton	N/A	N/A	\$228,000	Richard J. and Bernard D. Merrill	Brookgreen LLC
Waterville Valley	10 Cippewa Way, Unit 11	Condominium	\$72,000	Alexander and Kathleen S. Pratt	Michael Niskanen
Waterville Valley	9 Mountain Sun Way, Unit 32	Condominium	\$15,000	Don Ngo and Kelly Keenan	Boulder Path Inc.
Waterville Valley	37 Windsor Hill Way, Unit 99	Condominium	\$75,000	Bruce A. Gardiner	C&D Opportunities LLC
Waterville Valley	N/A (Lot 1)	N/A	\$457,000	Michael D. Niskanen	Beachwood RT and Alexander Pratt

ABOUT THE REAL REPORT

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

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

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

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BY MARK PATTERSON

The term "don't put all your eggs in one basket" has been around for as far back as anyone can remember. Typically, this relates to how you invest or save money. What I want to point out is a concept that is very simple but often times not consid-

MARK ON THE MARKETS

Three baskets

ered when we are in the asset accumulation phase of our lives.

A simple and often painful truth is that you are going to pay taxes on your investments at some time before, during or after your stewardship of these assets. So let's create a basket for each of these.

Let us call the first basket "pay as you go"; an example would be stocks, mutual funds, cd's, and bonds. The income taxes are paid yearly and reported on a 1099.

Then there is the

"pay later" basket that would be 401(k), Traditional IRA's, some annuities. Taxes are deferred and paid when the money is withdrawn. Qualified money is subject to required minimum distributions at 70 and a half.

Third basket is the "pay now" receptacle that would include Roth IRA's, cash value life insurance or municipal bonds. You pay the taxes now and enjoy tax-free growth, and withdraw tax free income.

Let me be clear that I am not a tax professional and not attempting to advise you on what to do in the tax realm. Everyone has a different situation that you should discuss with your tax pro regarding these investments. But I do know a bit about economics and Washington.

As the baby boomers move towards retire-

ment, social security and Medicare, there will be less revenue going into the treasury and more coming out. There are fewer producers paying into the system placing a larger tax burden on younger working people. While it has improved over last couple of years, labor participation is coming off its lowest rate since the late '70's early '80's, so there are fewer working people. Our national debt is over \$20 trillion.

Not knowing what tax rates will be in the future; my guess is higher; I want to plan for retirement income that has a mix of deferred and tax-free money. Traditional thinking was that your tax rate would be lower in retirement with less income, but that may not be true depending on your income, tax rates and policy in the future. This

SEE **MARKETS**, PAGE A10

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Edward Jones: Financial Focus

Vacation and Retirement: Different Goals Require Different Investment Strategies

To achieve any of your financial objectives, you need to save and invest – that much is clear. But just how you save and invest may differ from goal to goal. Let's look at two common goals to see the differences in your savings and investment strategies. The first goal we'll consider is a dream vacation – one lasting a couple of weeks or more, possibly to an exotic locale. So, for the investments you've designated to fund this vacation, you need two key attributes: liquidity and low risk. The liquidity requirement is

pretty self-explanatory – you want to be able to get to your vacation funds exactly when you need them, and you don't want to be slapped with some type of early withdrawal or tax penalty. The low-risk part of your vacation strategy means you want investments that won't drop in value just when you need to sell them to use the proceeds for your trip. However, you need to be aware that those types of stable-value investment vehicles likely will not offer much growth potential. As you

may know, the investments with the greatest possible rewards are also those that carry the highest degrees of risk. Yet, by starting to invest early enough in more conservative investments, and putting away money regularly, you may be able to compensate for the lack of growth opportunities. Now, let's turn to your other goal – retirement. When you are saving for retirement, your primary objective is pretty simple: to accumulate as much money as you can. Consequently, you will need a reasonable percentage of

your portfolio devoted to growth-oriented investments. But what's a reasonable percentage? There's no one-size-fits-all solution – the amount of growth investments in your portfolio should be based on several factors, including your age, risk tolerance and projected retirement lifestyle. Furthermore, this percentage may need to change over time. When you're just starting out in your career, you may be able to afford to take on the greater risk that comes with having a higher percentage of your portfolio in growth

investments. But as you get closer to retirement, you might want to begin shifting some dollars toward more conservative vehicles – you don't want to be over-exposed to the volatility of the financial markets just when you need to start selling investments to help fund your retirement. Nonetheless, you won't want to give up all growth investments, even during your retirement years. You could spend two or three decades as a retiree, and over that time, inflation could take a big toll on your purchasing power.

To counter this effect, you will need to own some investments that have the potential at least to equal, and ideally outpace, the cost of living. The examples of taking that extensive vacation and enjoying a long retirement illustrate the importance of recognizing that you will have many goals in life – and you'll need to prioritize and plan for them, sometimes following significantly different investment strategies. When you do, you'll give yourself a better chance of reaching your destinations.

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.



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Got Lunch!

FROM PAGE A1

of children served and made a significant financial impact; with the cost of running the program jumping from approximately \$5,000 to \$10,000 for the eight weeks.

While we're not able to accurately pre-

dict it, we expect this year's cost to again run around \$10,000. If you're interested in sponsoring a child, at the cost of \$100/child, for the eight-week summer program or are interested in making a donation of any size you can drop it off at Bristol Community Services

during our normal business hours (Monday-Wednesday-Friday 9 a.m.-2 p.m. and Saturday 9 a.m.-noon) or mail your donation to Bristol Community Services at 24 Pleasant St., Bristol, NH 03222. Please call Susan at 744-2222 with any questions regarding this program.

Farmers

FROM PAGE A1

give it a try."

Shoppers will find many items at the market that vary throughout the growing season. Products include: fruits, vegetables, baked goods, meats, cheese, raw milk, flowers, plants, eggs, condiments, sweets, jams, maple syrup and candy, herbs, crafts, jewelry and more.

Local musicians provide live music too.

For weekly news about the Outdoor Market and On-Line Market send your name and e-mail to localfoodsplymouth@gmail.com Local Foods Plymouth runs the seasonal outdoor market but also offers a year-round on-line weekly farmers market. During the farmers' market season on-line orders are picked up

at the LFP table and the market, during the office season buyers pick up their orders at the Plymouth Area Renewable Energy Initiative (PAREI) office who serves as LFP's fiscal agent supporting the practice of sustainable farming, spending food dollars locally, and reducing the number of miles food travels from farm to plate. For more information, visit localfoodsplymouth.org.

Bobcat 5K

FROM PAGE A3

Sutherland (Female Child, 25:52:29). Each received a race tee shirt for their finish

as well.

Other participants were faculty, administrators and students of PRHS along with school families and local supporters. Pro-

ceeds from the race will benefit scholarships awarded to PRHS graduates each year in honor of Dicenza, Decoteau and Van Aalst.

Churches

FROM PAGE A5

torical Society booth at the Hebron Fair. Details: eight by 10 inches, 263 pages, black and white, 100 photos, six maps, 10 charts and nine tables.

11th Annual Josh Clark Memorial Tournament

If you would like to come and see some great baseball in the Newfound Area be sure to head to Kelly Park and Wells Field for the weekend of May 31-June 2 for the 11th Annual Josh Clark Memorial Tournament. The Schedule is as follows: Friday, May 31 at Wells Field (Route 104) the Newfound Minors (10U) will be playing Franklin at 4 p.m., following that is Plymouth Minors (10U) vs. Gilford at 6pm. Over at Kelly Park (behind the Newfound Middle School) on the same night Plymouth Majors (12U) are playing Gilford at 4 p.m., which will be followed by Newfound Majors (12U) vs. Franklin at 6pm. Saturday June 1st is will be a full day of baseball at both fields starting at 9am. The first game at Wells Field (All Majors 12U) is Gilford vs. Franklin at 9am followed by Plymouth vs. Newfound at 1130 a.m. The afternoon games are

Franklin vs. Plymouth at 2 p.m., followed by Newfound vs. Gilford at 4:30 p.m. The first game at Kelly Park (all Minors 10U) is Newfound vs. Plymouth at 9:30 a.m., followed by Gilford vs. Franklin at noon the rest of the afternoon games are Gilford vs. Newfound at 2:30 p.m., followed by Franklin vs. Plymouth at 5 p.m. Sunday, June 2 at Wells is a Minors playoff game starting at 9am with the #2 seed in the Tournament Playing the #3 seed. The Minors Championship game between the winner of that game vs. the #1 seed will be played at 2pm. Also at Wells on Sunday is a Majors playoff game starting at 11:30 a.m. with the #2 seed vs. the #3 seed with the Majors Championship game being played at 4:30 p.m. between the winner of that game and the #1 seed. Concession stands will be open at both fields and there is also a baseball throw where you can win baseball tickets to a

Red Sox game. Pets are not allowed at Wells Field. If you have any questions please call 744-2713. Hope to see you there!

Meet your NH State Representatives!

Representatives Suzanne Smith (Hebron), Sallie Fellows (Holderness), and Joyce Weston (Plymouth) are hosting an open house at the Pease Memorial Library in Plymouth on Monday June 10 from 5-6 p.m. Reps. Smith, Weston and Fellows all represent three towns--Holderness, Hebron and Plymouth (Grafton District 8). Your reps will give an update on the state budget (still a work in progress), status of major bills and look forward to answering your questions. Each of these three serve on different House committees, so their combined expertise is extensive. Bring your questions and share your opinion. Pease Memorial Library--Community Room, Plymouth.

EMS Week

FROM PAGE A1

of whom are not just trained to fight fires but are EMTs or AEMTs also. Two other members are also in the midst of getting their EMT certification, which means more than half the department is available to respond to emergency medical calls.

As they celebrated their week of well-deserved recognition, Oakley said they are in the midst of testing an instructional Crisis Manikin that can be used for training and refresher courses on how to properly take blood pressure, perform CPR, begin IV procedures, and much more.

"We raised the money to buy a Manikin through donations and our snowmobile Poker Run this winter. Now we're trying one out to see if it's the model we want," Oakley said.

Hebron is a quiet community on the shores of Newfound Lake but in the summer months medical calls can come in

more frequently when nearby summer camps open and seasonal residents return to the town. Chief John Fischer said that last year the department fielded a total of 220 calls for service with well over half of them medical calls.

"We typically get somewhere around 150 medical calls a year," he said. "The camps up the road can keep us pretty busy at times."

Oakley and the department's EMT Chief Linda Fischer work hard to make sure everyone on their staff is up-to-date on certifications and training, and they are always on the lookout for technology that can help them help others more efficiently. Oakley demonstrated "Fast ED" last week, a new phone application that helps detect a possible large vessel stroke. By swiftly responding to prompts on the ap, it not only determines whether or not the patient is having a stroke, it can also direct an ambulance to the nearest medical facility best

equipped to handle their condition.

"They're constantly coming up with new ways to make our jobs easier, providing us with better field diagnosis tools," Oakley said, "and we are constantly undergoing training. EMTs have to have 40 or more hours of training every two years."

As one other "Thank you" for all the hard work done by the EMTs in his department, Chief Fischer presented them with a \$100 check at their dinner last week for the purchase of a special brick that will be part of a soon-to-be constructed EMS memorial. The memorial will be located beside the N.H. Fire Academy and Emergency Services training facility in Concord, honoring those whose lives were lost in the line of duty. Hebron is one of the first departments in the state to purchase a commemorative brick and it will be inscribed with the words, "Hebron Fire Department Serving Past and Present."

Notebook

FROM PAGE A4

I've often written about cougars in this space--mountain lions, catamounts, panthers--and the fact that we once had them and the possibility that we might get them back.

Ditto for the wolf.

I've penned soulful columns about this poster-child for everyting wild, pined away that we once had them, with woodland caribou for seasonal supper, and yes, wondered if they might come back.

If either possibility pans out, we won't be able to tell our kids the adage of there be-

ing no danger in the woods. Even failing the return of the cougar or wolf, however, our own stupidity will always play a hand.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)



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The Rest of the Story

A10 NEWFOUND LANDING, THURSDAY, MAY 30, 2019

Torch Run

FROM PAGE A1

was Special Olympian Dominic Brown.

Following the Plymouth leg of the torch's journey to Durham, the runners and their ride-a-long partners from SONH then headed to Bristol. This was the first year that the torch run was brought to Bristol and both the Bristol Police and the community were proud to see it pass through the middle of their town.

Next Wednesday the torch will start its journey in Meredith then head down through Laconia then on into Tilton and Franklin. To see a map of that day's route, donate to Special Olympics N.H. or sign up to join the run, please visit www.sonh.org and click on the appropriate icon for the Law Enforcement Torch Run.



After running the Special Olympics torch through Plymouth then Bristol, members of local law enforcement agencies gathered outside the Bristol Police Department for a photo with some of the athletes as well as students from Plymouth Regional High School who joined them for the run.

COURTESY

Markets

FROM PAGE A8

money can also affect the taxes you pay on your Social Security benefits. Much of this ties into the Social Security planning in this column a couple of weeks ago.

Statistics show that most people are not financially prepared for retirement, and running out of money is a bigger concern than death itself. Actively planning should not only help with accumulating assets for re-

tirement, but planning seems to alleviate the worries that keep us up in the night.

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

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What's On Tap

As May draws to a close, there are still numerous playoff games on the schedule.

For Division II baseball, the tournament opens today, May 30, and continues on Saturday, June 1, both at the home of the higher seed at 4 p.m. The semifinals are Tuesday, June 4, at Memorial Field in Concord at 4 and 7 p.m.

The Division III baseball tournament first two rounds will take place today, May 30, and Saturday, June 1, both at the home of the higher seed and the semifinals are Monday, June 3, at Robbie Mills Park in Laconia at 4 and 7 p.m.

The Division II softball quarterfinals are Saturday, June 1, at the home of the higher seed at 4 p.m. and the semifinals are Tuesday, June 4, at Chase Field at Plymouth State at 5 and 7 p.m.

The Division III softball quarterfinals are Saturday, June 1, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, June 5, at Chase Field at Plymouth State at 5 and 7 p.m.

The Division II boys' lacrosse tournament will start today, May 30, at the home of the higher seed at 5 p.m. The quarterfinals are Saturday, June 1, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, June 5, at Stellos Stadium in Nashua at 5 and 7:15 p.m.

SEE ON TAP PAGE B6

Dukette wins D3 shot put title

Newfound girls fifth, boys eighth at Division III State Meet

BY JOSHUA SPAULDING
Sports Editor

DURHAM — Paced by an impressive showing from their throwers, the Newfound track girls finished in fifth place at the Division III State Meet on Saturday at the University of New Hampshire.

The Bear girls swept the top three spots in the shot put and also had second place finishes in the javelin and the discus on the way to accumulating 40 points on the day. Kearsarge won the Division III title, followed by Inter-Lakes, Conant and Stevens.

The highlight of the day was the shot put, where Newfound finished in the top three spots.

Senior Ashlee Dukette won the event with a toss of 34 feet, 10.5 inches, just shy of the school record she set last week. Freshman Paulina Huckins placed third with a throw of 33 feet, 7.25 inches and junior Oceanne Skoog was third at 31 feet, four inches.

Coach John Lellos noted that the competition between the three has benefited each of them throughout the year as they push each other.

"They give each other feedback," he said. "And everything they do is for the betterment of the person next to them."

He noted that Dukette has developed into a fantastic thrower after coming to the team in her junior year.

"Ashlee has a phenomenal athletic reputation in the community. She is a seasoned volleyball and basketball player and has brilliantly transferred her explosiveness and speed into the shot put circle," Lellos stated. "Given her experience



JOSHUA SPAULDING

Paulina Huckins (second), Ashlee Dukette (first) and Oceanne Skoog (third) swept the top three spots in the shot put at the Division III State Meet on Saturday.



JOSHUA SPAULDING

Ashlee Dukette heaves her way to the win in the shot put on Saturday at UNH.

as an athlete, she is incredibly easy to coach and has done nothing but improve the culture of the throwing squad here at Newfound. She listens to critical feedback, asks the right questions, and always seeks to improve.

"I would not be the least bit surprised if she

broke her own recently set record another two or three times this season — she still has room to grow a thrower and she is hungry to improve," the Bear coach added.

Skoog picked up a second place finish in the discus with a toss of 87 feet, three inches, with



JOSHUA SPAULDING

Reid Wilkins goes over the high jump bar on his way to second place on Saturday in the Division III State Meet.

Alexis Raimondi finishing in 11th place with a throw of 77 feet, six inches and Trinity Taylor finished in 13th place at 73 feet, eight inches.

Dukette finished in second place in the javelin with a throw of 105 feet, nine inches.

Lilly Wright just

missed out on scoring in the pole vault, finishing in eighth place with a height of six feet, six inches.

Haley Dukette finished in 13th place in the 1,600 meters with a time of 5:52.18.

In the 4X100-meter re-

SEE TRACK PAGE B6

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Bears wrap up the regular season

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound softball team took on the defending champions from White Mountains Regional on Wednesday, May 22, and dropped a 6-1 decision.

“(We) were within reach in the game but ultimately left too many runners on base,” said coach Kelly Meegan.

The Spartans outhit the Bears by an 8-2 margin and Newfound left eight runners on base.

Bailey Fairbank and Kasey Basford each had singles while Fairbank added a stolen base and a run scored. Hayleigh Pabst had two stolen bases and Hayse Broome, Maggie Bednaz, Jillian Buchanan and Mackenzie Davis each reached on walks but were all stranded.

Pabst had nine strikeouts in the loss, while the Bears only struck out eight times on the game. Newfound also didn’t make a single error while White Mountains had four defensive miscues.

The Bears rounded out the regular season on Friday, May 24, dropping a 15-3 deci-



Mackenzie Davis stretches to haul in a throw at first base during action on Friday.

RC GREENWOOD

three runs in the second inning. Madison Perry was hit by a pitch and scored on a passed ball, as did Emalie Ruitter, who had walked. Buchanan scored on a double steal as the visitors attempted to catch Broome stealing second base.

Basford pitched all six innings, striking out six.

Newfound finished the regular season at 3-13.

The Division III tournament started after deadline on Wednesday and continues on Saturday, June 1, at the home of the higher seed at 4 p.m. The semifinals are Wednesday, June 5, at Chase Field at Plymouth State University at 5 and 7 p.m.

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

sion to Gilford.

“The Bears were in it until the end, but Gilford exploded in the fifth inning with eight runs,” said Meegan.

Newfound honored the team’s three seniors, Basford, Buchanan and Davis prior to the start of

the game. The seniors had all of Newfound’s hits on the day, with Basford delivering a double in the fourth inning and Buchanan adding a single. Davis made a diving catch on a foul ball to help out her team’s cause.

The Bears scored



JOSHUA SPAULDING

IT’S ALWAYS A good sign when the boards say “Red Sox Win” and the team is celebrating on the field.

Another rainy (but still fun) Fenway experience

SPORTING CHANCE



By JOSHUA SPAULDING

For the last few years, I’ve given my mother and her boyfriend tickets to a Red Sox game. For the second year in a row, the game fell on the weekend of the Smith River Canoe Race in Wolfeboro. And for the second year in a row, Mother Nature made things interesting, to say the least.

Last year we went to a night game on the Saturday of the canoe race but when I bought tickets this time, I went for the Sunday afternoon day game. Of course, this led to its own issues, as I had my stories from the Wilderness League Championships and a few other stories on tap to write, which I usually do on Sundays.

However, Sunday morning I met my mother and Mike in Tilton and headed south to Boston. Of course, just as we got into Massachusetts, it started to rain. Last year when we made the trip to the game, it rained pretty much all day, but the weather held off and the game got in as scheduled despite it being a bit wet

at times.

Another problem that I hadn’t thought of was the fact that that weekend was also Boston University graduation. The place where I usually park is a BU garage and it was closed to Red Sox parking. So, I continued down Commonwealth Avenue, eventually turning left onto a side street, and as luck would have it, there was an empty parking spot right on the street. I took a guess that since it was Sunday, the meters weren’t running.

Soon after we parked, it started pouring, so we waited out the worst of the rain in the car before setting out to Fenway. It rained for much of the trip over to the park but we were lucky that our seats were under the upper deck on the first base side, so our seats were dry.

Of course, the field was soaked and the tarp was still on so it became pretty obvious that the game was not starting on time. The game ended up in a one-hour delay but the good news was that we got to see Chris Sale pitch. It wasn’t his best game, but he kept the Sox in it against a very good Astros team and the Sox ended up winning the game late, their only win of that series.

With the game starting an hour late, I knew I wasn’t going to make it back to Wolfeboro in time for the start of rehearsals for “Our Town” at the Village Players Theater. I got there about an hour and 15 minutes late after stopping in Tilton to get my car.

I usually only get to one Red Sox game a year at Fenway Park and it seems the last few years, it’s always raining when I get there. However, I love going to Fenway. There are a lot of things about Fenway that are tough (expensive tickets, small seats), but the experience of seeing a game at such an historic place more than makes up for that. And when the Red Sox win, it’s even better.

Finally, have a great day Kevin Malm.

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.



RC GREENWOOD

Season finale

Newfound third baseman Hunter Stickney prepares to put a tag on a Gilford runner during the regular season finale in Bristol last week. The Bears fell to the Golden Eagles by an 8-4 score to finish the season at 1-15.



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JOSHUA SPAULDING

Plymouth Elementary student Maddox Allain demonstrates lying on a luge as Olympians Jayson Terdiman and Emily Sweeney explain their sport.



JOSHUA SPAULDING

Jayson Terdiman and Emily Sweeney signed a number of different items for local students, including a shoe.



JOSHUA SPAULDING

Jayson Terdiman shows the luge to a group of Plymouth Elementary students last week.



JOSHUA SPAULDING

Plymouth Elementary students check out the luge equipment and talk with Olympians Emily Sweeney and Jayson Terdiman.

Up close and personal with the luge

Plymouth Elementary students hear from US Olympians

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — Most people see the luge once every four years, when the Winter Olympics take over everyone's television.

But students at Plymouth Elementary School got a chance to get up close and personal with the high-paced winter sport last week when a pair of Olympic athletes paid a visit to the school.

Olympians Jayson Terdiman and Emily Sweeney were joined by US Luge's Dmitry Feld for a presentation on the sport, thanks to Minus 33, an Ashland company that makes 100 percent merino wool clothing and supplies the US Olympic Team with warm winter clothes.

"We provide the US Luge team with product, mostly socks," said Minus 33 Operations Manager Joel Schweizer, who joined the lugers at Plymouth Elementary. "But we're looking to do more with them."

Schweizer noted that this is the third year of a four-year agreement that Minus 33 has with the US Luge team and they essentially supply product once a year.

"One of our sales reps is friends with Dmitry," Schweizer said of how Minus 33 got into business with the US Luge team. "They needed some warm clothing."

Minus 33 is a brand of LW Packard, which began in the Ashland mills in 1916 and in the last number of years the company has pivoted into the wool business and the brand Minus 33.

Schweizer noted that the company's connection with US Luge has given him and others in the company a couple of chances to attend World Cup races in Lake Placid, N.Y., where the luge team trains.

Feld noted that the

summer time is a good time for the US Luge team to visit different places around the country, like Minus 33, which they had toured earlier in the day.

"Summer is a good time to go visit all our sponsors and supporters," Feld said.

Feld kicked off the Thursday morning gathering in the school gym by noting that kids usually don't dream about being a professional slider. He then introduced Sweeney and Terdiman, who captivated the kids with their luge stories.

After showing a video that featured races from each of their careers, the duo told a few stories.

Sweeney, who made her Olympic debut in PyeongChang in 2018, noted she was a 10-year-old kid when she went to a US Slider Search event, where the US Luge team travels around the country with sleds on wheels so kids can try the sport out, since luge tracks aren't available in most communities.

"That's the way we got involved," she said. "It kind of finds you."

Terdiman, who competed in doubles luge at both the Sochi Games in 2014 and the PyeongChang Games in 2018, noted that he grew up skateboarding and would often try riding his skateboard while lying down, which is what luge riders do.

The athletes then showed off the luge itself, which is a high-tech plastic sled with runners. Terdiman demonstrated the different ways to steer, which include using your legs to push the sled one way or the other, using handles on the side of the sled, using your shoulders and simply shifting your weight.

The pair also showed off their equipment, which is also unique, but is made with one purpose in mind.

"Every piece of equip-

ment is made with aerodynamics in mind," said Sweeney. "Our suits are made so air goes over it, not through it."

They pointed out that the helmet is actually the only piece of equipment they use that is considered protective equipment.

"We do crash, it's part of learning," Sweeney said. "But when we crash, this (helmet) is our best friend."

The aerodynamic shoes and the gloves with spikes (to help them push off) were also featured on the table of equipment.

Terdiman then helped Plymouth Elementary student Maddox Allain into his luge suit and the youngster demonstrated how a luge rider would lie on the luge in a competition.

The athletes took questions from the audience and one of the common themes was about how fast they go.

Sweeney noted her fastest speed was 87 miles per hour, and while Terdiman said he once hit 88, he believes Sweeney is faster.

"I'd bet my money on Emily," he said with a laugh, noting that the doubles luge does tend to go slower than the singles.

The kids were also curious about crashing and Sweeney shared that her biggest crash to date was at the 2018 Olympics.

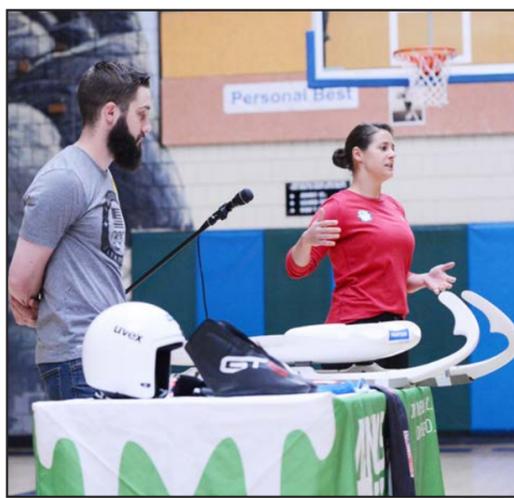
"Luge is about being on the edge," she said.

The kids asked about what the athletes do to get ready for a race.

"Everybody prepares differently," Sweeney said. "To me, 80 percent is mental."

Terdiman noted that in doubles, he and his partner have to work together.

"We have to get ready together, physically and mentally," he said. "We talk about the run, what we want to do.



JOSHUA SPAULDING

Olympians Jayson Terdiman and Emily Sweeney talk to Plymouth Elementary students in an assembly last week.

"Most important is having a plan and working together for the common goal," he said.

The athletes then had some questions for members of the audience and the correct answers earned the kids some Minus 33 socks, just like the Olympians wear.

The first question was how many Olympic

medals the US has won in luge, with the correct answer being six.

They asked where the next Winter Olympics are being held, with a correct answer of Beijing, China.

The next question noted that the team trains in Lake Placid, N.Y. on one of two luge tracks in the country and wondered

where the other one is. It is in Park City, Utah, which was home to the Olympics in 2002.

That was the answer to the next question, which was when was the last time the US hosted the Winter Olympics.

The final question, which was answered correctly by a Plymouth Elementary staff member, was when did Lake Placid host the Olympics? The accepted answer was 1980, with a note that the Olympics were also held in Lake Placid in 1932.

Before they left, the students got a chance to get an up close look at the equipment.

More information on the US Luge team can be found at teamusa.org.

More information on Minus 33 can be found at minus33.com.

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

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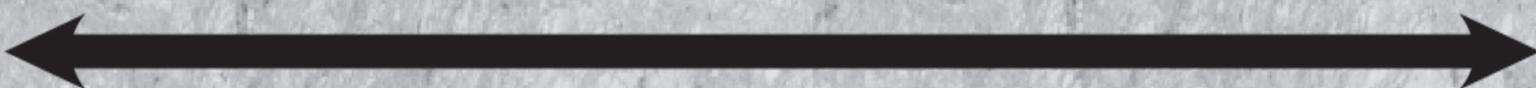
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