

# Newfound Landing

THURSDAY, MAY 9, 2019

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COMPLIMENTARY

## Students put science skills on display at Kids' Expo

BY DONNA RHODES

drhodes@salmonpress.news

NEW HAMPTON – Kids Expo at New Hampton Community School took place last week, an event where young students got to display some of their newfound knowledge in science, technology, engineering and math.

Sponsored by the NHCS's Parent/Teacher Organization, Nora Foster said that while the children had projects to work on ahead of the event, there were also some onsite challenges for them this year.

For a Catapult Challenge, participants had three weeks to come up with ways to launch a marshmallow as far as they could. A Recycling



(Left) Students, friends and staff at New Hampton Community School watched as one by one eggs in protective containers engineered by students were dropped from a fire department ladder truck during last week's Kids Expo.

Using materials that were supplied by the PTO that night they had to think quick and come up with an airplane that would fly.

Next up was the Balloon Tower Challenge, which many of the students seemed to enjoy. Their task was to construct a freestanding tower of balloons and it wasn't as easy as it sounded. Fifth grader Ava Kosakowski enjoyed both of those challenges though.

"This was my first time doing all of this and I liked the Balloon and SEE KIDS' EXPO, PAGE A16

### East Hebron Schoolhouse added to Register of Historic Places

HEBRON — The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added eleven properties to the New Hampshire State Register of Historic Places.

The one-room East Hebron Schoolhouse, built in 1888, is one and a half stories with a recessed porch under a gable front roof. The classroom

space still has its historic wood floors, wainscoting, slate chalkboards and woodstove. It was in use until 1942, when its students were sent to the town's Village School.

Anyone wishing to nominate a property to the New Hampshire State Register of Historic Places must research the history of the nominated property and document it. SEE SCHOOLHOUSE, PAGE A13

Challenge also had them inventing means to create something from recycled materials that they

could wear, such as shoes or hats.

On the night of the Expo, however, there was

more to do for those who chose to participate.

First up was a Popsicle Airplane Challenge.

## Local dentists, medical practices support Miles for Smiles 5K

PLYMOUTH – A record number of sponsors have signed on in support of the Miles for Smiles 5K event to raise funds to provide access to dental care for adults with disabilities served by Lakes Region Community Services. This year we have the most sponsors in the history of Miles for Smiles.



COURTESY

Pictured Drs. Finn and office staff at Finn & Finn Beautiful Smiles in New Hampshire's Lakes Region, leadership sponsors of Miles for Smiles for the ninth consecutive year!

"We are gratified to see the support building," said LRCS VP of Development, Joanne Piper Lang. "This is a great, family friendly race that is all about community."

Dental and medical professionals from throughout the Lakes Region and beyond are gearing up to participate in the race on Saturday, June 1, Smith Bridge in Plymouth. Over the past eight years, Miles for Smiles has raised more than \$60,000 to support local dental care needs. Each year, the sponsor list grows. Many of the sponsors field teams and provide vendor tables with great giveaways.

"The generosity of our sponsors is truly heartwarming. Health Care providers understand the importance of good oral health to the quality of people's lives and realize the stresses of getting care

for those with a developmental disability is further compounded by the fact Medicaid does not cover services after the age of 21," commented Rebecca Bryant, LRCS President & CEO.

Professionally timed by RaceWire this year, each runner receives a chipped bib and a race finish photo emailed to them at the end of the race. Registration is open online at milesforsmiles.racewire.com. Sign-up by May 13 for \$20 and receive a free race shirt. There are many race award categories for this flat out and back course. Along with sponsor teams and individual sign ups, running clubs from local elementary schools also participate as part of their 'Kids Run the Nation' program. You'll see the kids on the course with a 'running buddy' to make sure everyone is SEE SMILES, PAGE A13

## New course debuts at Circle Trot

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH – The ninth annual Circle Trot kicked off bright and early last Sunday morning, with a new course but the same great sense of community spirit and support that has been evident over the years.

The Circle Trot is a major fundraiser

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DONNA RHODES

Pemi the Panther, PSU's mascot, joined participants in the Circle Trot 2K at the starting line to pose for the cameras then wish them well as they headed off on the course.

for the program that serves young girls from low-income families through year-round mentoring programs and a residential summer camp. There they learn the importance of the "6 C's": competence, confidence, connections, character, caring and contribu-

tion. Executive Director Kathleen Kearns said last week's wet weather had a slight impact on pre-registration, but on race day people showed up as the sun struggled to come out and by race time nearly 150 people were signed up to take part.

Options available to runners and walkers were a 10K route, a 5K, and a 2K sprint that was popular with little runners and senior strollers alike. Among this year's senior supporters were several local residents between the ages of 65-83.

SEE CIRCLE TROT, PAGE A13

# NH students "Link Up" with world-class musicians at NH Music Festival

PLYMOUTH — More than 550 elementary school students from across New Hampshire shared the stage with the world-class musicians of the New Hampshire Music Festival at the Silver Center for the Arts at Plymouth State University (PSU) on Wednesday, April 17, for the third annual Carnegie Hall "Link Up" concert. The concert saw students in third, fourth and fifth grade who have been learning to sing and play recorders at school join professional musicians to perform several songs.

Originally started at Carnegie Hall, Link Up is a participatory program in which students in grades three through five learn to sing and play an instrument in the classroom throughout the schoolyear, and then perform with a professional orchestra from their seats at a culminating concert at Carnegie Hall in New York City. The program has since expanded to include more than 110 partner orchestras throughout the world, including the



COURTESY

**Dan Perkins, Professor of Music at Plymouth State University and Principal Guest Conductor and Director of Choral Activities, New Hampshire Music Festival, conducts the New Hampshire Music Festival Orchestra for the third annual Carnegie Hall "Link Up" concert at the Silver Center for the Arts in Plymouth on April 17. More than 550 elementary school students from across New Hampshire participated in the program, which sees students in grades three through five learn to sing and play an instrument in the classroom throughout the schoolyear, and then perform with a professional orchestra from their seats.**

New Hampshire Music Festival, serving approximately 450,000 students and teachers.

"The Link Up program is a great way to

introduce kids to live music and to nurture their creativity," said Lucinda Williams, Executive Director, New Hampshire Music Festival. "Integrating music into classroom curriculum has been shown to improve students' self-esteem, listening and math skills, self-expression, and to relieve stress. Link Up provides the added reward of performing

SEE LINK UP, PAGE A13

## Bristol police log

BRISTOL — The Bristol Police Department handled 221 calls for service from April 14-27, resulting in nine adult criminal arrests, one juvenile arrest, two protective custody arrests, and 27 criminal offense investigations. Officers also performed 68 motor vehicle stops, investigated one motor vehicle accident, and conducted 189 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included three K9 deployments, shots fired complaints, domestic disturbances, mental health emergency, suicidal persons, intoxicated persons, warrant checks, want-

ed persons, disorderly conduct, criminal investigation follow-ups, criminal trespass, criminal mischief, harassment, thefts, missing person, noise complaints, suspicious vehicles, suspicious persons, disturbances, drug activity complaints, drug investigations, search warrants, motor vehicle complaints, DWI complaints, DRE evaluation, hit and run accident, welfare checks, child abuse, warrant service, residential alarms, business alarms, parking complaints, civil matters, civil stand by, protection order services, paperwork service, safe school reports, animal com-

plaints, public assists, motorist assists, sex offender registrations, VIN verifications, juvenile complaints, canine demonstration, community policing events, assist other police agencies, and assist the fire department.

### Arrests:

David Rothman, 32, Bristol- Criminal Warrant  
Leo Dame, 19, Rumney- Driving While Intoxicated  
Michael Bishop, 34, Alexandria- Driving After Suspension, Suspended Registration  
Michael Jones, 37, Hill- Driving After Suspension  
Alex McKinnon, 37, S. Woodstock, Vt.-

Driving After Suspension

Terri Ann Marquis, 55, Bristol- Criminal Mischief

Roland Palm, 49, Warren- Criminal Warrant

Mandy Palm, 39, Warren- Bench Warrant

Jarred Cook, 44, Bristol- Disobeying a Police Officer, Driving After Suspension, Possession of Controlled Drug, Bench Warrant

(1) Protective Custody- Intoxicated Person  
(1) Protective Custody- Involuntary Emergency Admission

*Identifying information for juveniles, and persons placed into protective custody are not released.*

## Quincy Bog hosting spring bird walk

RUMNEY — The public is invited to join Iain MacLeod, local bird expert and executive director of the Squam Lakes Natural Science Center, for a morning bird walk at Quincy Bog this Sunday, May 12. This informative walk around Quincy Bog will help you identify the huge variety of birds that fill our woods, meadows and wetlands each spring. Explore the differing habitats at Quincy Bog and learn identification by sight

and sound.

This free event will be held (light) rain or shine. Participants are advised to dress for the weather, wear comfortable walking shoes, and bring water. Meet at Quincy Bog Nature Center (131 Quincy Bog Rd., Rumney) at 7 a.m. Check out all the programs being offered this year at [www.quincybog.org](http://www.quincybog.org). For more information or to check for cancellation, contact Betty Jo Taffe at 786-2553 or [bjtaffe@gmail.com](mailto:bjtaffe@gmail.com).



DONNA RHODES

### Cleaning up Groton

Gail Jacques, David Jacques and Ray Gagnon were among the 23 volunteers who took part in the Groton Conservation Commission's semiannual roadside cleanup project last Saturday morning. Among the areas they focused on were scenic Halls Brook Road, North Groton Road and Sculptured Rocks Road where, overall, they filled 94 bags with trash that had accumulated over the winter. Stephen "Slim" Spafford of the commission said it was their largest volunteer cleanup yet and they were very pleased with the results. "People really worked hard but they all said they had a lot of fun, too. It was a great success," he said.

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# Student-led fundraiser climbs above expectations

BY DONNA RHODES  
drhodes@salmonpress.news

RUMNEY – Students from Plymouth State University’s “Enactus” social and entrepreneurial class hosted their second annual Climb Above Addiction fundraiser at Rumney Rattlesnake Campground last Saturday, and people from all across the region helped them climb beyond their goals this year.

Last year’s inaugural “Climb Above Addiction” raised \$7,000 for Plymouth House, a 12-step recovery retreat for those battling addictions.

“Our goal last year was to raise \$5,000 but with the \$7,000 we received we were able to help two people go through treatment at Plymouth House,” said senior Molly Timmins of Enactus.

Timmins said the group first came up with the idea when they were seeking a way to make a difference in the community. With New Hampshire embroiled in a troubling war on drugs, they felt that was one way they could reach out to help others.

“Everyone today has some kind of connection to the problem of addiction and with Rumney Rocks so nearby we felt this would be a way we could bring people together to have some fun while supporting an important cause,” said Timmins.

The 2019 Climb Above Addiction was



DONNA RHODES

Molly Timmins of Plymouth State University’s Enactus program stood by a rock climbing wall, one of the activities available at their “Climb Above Addiction” fundraiser in Rumney last weekend.

expanded to not only benefit Plymouth House once again, but the teen prevention programs of CADY (Communities for Alcohol- and Drug-Free Youth) as well.

Before the day even began, Enactus had already raised \$7,500 through outside donations, \$500 more than the goal they set for this year. And while last year approximately 250 people took part in the fundraiser, Timmins said they easily surpassed that number last weekend, too.

“It’s been a big success all around and the day’s only halfway

over,” she said.

The event was designed to resemble an old-fashioned family picnic. A \$10 donation gave each person the chance to enjoy a free lunch, ice cream from the Common Man Restaurants, plenty of lawn games and live music from three local bands. In keeping with the theme of the event, there was also a rock-climbing wall that everyone could test their skills on throughout the day.

And while those activities took place in the campground below the famed climbing ledges of Rumney



DONNA RHODES

New Hampshire State Sen. Bob Guida took part in a “Pie for Prevention” auction during the “Climb Above Addiction” fundraiser last weekend. The winning bid to throw a pie in his face came from Luke Legacy, president of CADY’s Youth Advisory and Advocacy Council.

Rocks, a personal challenge was also occurring on the rocks themselves that day.

“We brought in two

climbing professionals who are teaching 10 residents of Plymouth House how to rock climb today,” Timmins

said. “A huge part of recovery is to find something you love to do. We thought we’d

SEE CLIMB, PAGE A13

## Ballots mailing to Co-op members

PLYMOUTH — Members of the New Hampshire Electric Cooperative (NHEC) will be receiving ballots as voting opens May 9 for four seats on the company’s Board of Directors.

Members have until Friday, June 7 at 4:30 p.m. to return their completed paper or electronic ballots. A postage-paid return envelope is included in the ballot mailing. Every member will also have the opportunity to cast their vote via a secure, online portal. Winners of the Board election will be announced at the 80th Annual Meeting of Members, to be held at 6 p.m. on June 13 at the Merrill Place Conference Center on the campus of Plymouth State University. All Co-op members are welcome to attend.

Six candidates are seeking election this year to four seats on the Co-op’s 11-member Board of Directors. All six candidates were nominated by the NHEC Nominating Committee, which reviews the qualifications of each candidate and recommends those it feels would best contribute to the successful operation of the Cooperative. All candidates are required to be members of the Co-operative.

This year’s candi-

dates selected by the Nominating Committee include Alana Albee of Center Tuftonboro, Harry Blood of Moultonborough, Sharon Davis of Camp-ton, Carolyn Keder-sha of Melvin Village, Thomas Mongeon of Rumney and Mark Por-tu of Lincoln. NHEC members are receiving statements from the candidates in support of their candidacies along with a ballot.

Ballot counting will take place Monday, June 10 at Co-op head-quarters in Plymouth.

Newly-elected Board members will be seated immediately following the Annual Meeting on June 13 and will serve three-year terms.

NHEC is a democratically controlled, not-for-profit electric distribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities. For more information about the Director Election process, please visit <https://www.nhec.com/board-of-directors/director-election-process/>.



COURTESY

A resident of the Four Corners in Alexandria saw this view from his home on Monday afternoon as thick smoke rose up from Pillsbury Lane in nearby Danbury. The fire broke out in an industrial workshop at approximately 5 p.m. and more than a dozen communities responded to the three-alarm fire to provide manpower, equipment and water needed to fight the blaze.

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# Opinion

## From the Editor's Desk *Big changes*

Local business advertising has taken an amazing number of twists and turns in the past 20 years. Technology we could not have foreseen or even dreamed of in the 1990s has caused major changes in nearly every aspect of our daily lives, including how and where businesses choose to advertise.

In 1999, the "go-to" print advertising choices were obvious and simple: the daily newspaper and the phone book. Placing an ad in the local weekly community newspaper was a sort of enhancement to both of those. It was important, but not the focus. It was "extra."

By 2009, Facebook, which was then a relatively new and rapidly growing social media site, gained popularity as a place to advertise. The Yellow Pages – both print and the new online version – remained a strong presence. Local, weekly newspapers remained relevant, but still as an "add on" to most advertisers. Daily newspapers had already fallen out favor.

In 2019, some of what is old is new again, some of what was once popular is obsolete, and trust issues have clouded the former favorite. When was the last time anyone picked up a phone book? And daily newspapers have had issues with readership for years. Facebook has experienced serious identity-theft and security breaches, and is no longer the trusted platform it was five years ago. What is the new front-runner for local business advertising? You're reading it. Local, weekly hometown newspapers have survived the many, many changes in print and digital media and are emerging as the preferred advertising method.

Sometimes, in looking for the best version of something, it makes sense to look at what has lasted. Web sites come and go; blogs are followed and then forgotten; apps are replaced by better apps; social media sites are subject to suspicion. So, what remains? Community newspapers.

Our long-established local paper, in keeping with the 21st century, exists not only in print versions, but also on our Web site. Our advertisers know and trust us. We provide a consistently hometown-focused weekly newspaper with the emphasis on local news, local sports, local businesses and local residents.

Our newspaper reflects the vibrant, thriving communities we serve. Our advertisers are part of those communities. We work hard for you and for them, to earn your trust and your loyalty, by providing a quality product printed right in our own printing plant, and always accessible online. We are constantly learning how to be better and how to roll with the big changes in media. We will continue to embrace change without giving up quality and hard work. Our readers and advertisers deserve nothing less.



DONNA RHODES

Recent winter snow melt and continuous rainy weather has sent turbulent water crashing through a section of the Newfound River in downtown Bristol, known as "The Depot," as it heads to the Pemigewasset River and eventually out to sea.

## CADY Corner

### *Marijuana: What you need to know*

BY DEB NARO  
Contributor

Research has shown that marijuana's negative effects on attention, memory, and learning can last for days or weeks after the acute effects of the drug wear off, depending on the user's history with the drug. Consequently, someone who smokes marijuana daily may be functioning at a reduced intellectual level most or all the time. A number of studies have also shown an association between chronic marijuana use and mental illness.

Considerable evi-

dence suggests that students who smoke marijuana have poorer educational outcomes than their nonsmoking peers. For example, a review of 48 relevant studies found marijuana use to be associated with reduced educational attainment (i.e., reduced chances of graduating). A recent analysis using data from three large studies in Australia and New Zealand found that adolescents who used marijuana regularly had a much higher chance of later developing dependence, using other drugs, and attempting suicide.

Several studies have also linked heavy marijuana use to lower income, greater welfare dependence, unemployment, criminal behavior, and lower life satisfaction.

Marijuana use, especially daily use, and use in high doses, can also cause disorientation, and sometimes cause unpleasant thoughts or feelings of anxiety and paranoia. According to the Center for Disease Control and Prevention (CDC), marijuana users are significantly more likely than non-users to develop temporary and long-lasting men-

tal disorders, including schizophrenia. The main psychoactive ingredient in marijuana, THC, has now been observed to cause many different types of mental and physiological health problems—especially in children and youth. With the increasing levels of THC in today's marijuana, as high as 90 percent, this should be a cause for concern. The American College for Pediatricians explains that chronic marijuana use may trigger the onset or relapse of schizophrenia in people who are predisposed to it.

SEE CADY, PAGE A13

## As Mother's Day nears, where did all the kids go?

Not necessarily that it's all that big a societal barometer, but there are three things I don't see many kids doing much anymore: playing pickup ball (usually baseball or soccer), riding bikes around town, or going fishing.

In fact, I don't see kids outside much at all, anywhere, unless they're playing organized sports or helping their Mom and Dad work up the woodpile.

It's as if something has sucked all our young people right out of the neighborhoods--off the sidewalks, off the lawns front and back, off your porch and mine, off the main bridge carrying the main river through town.

It's as if the Pied Piper has come back through time, back through town, taking all of our young people with him.

But this time, the Piper didn't offer just smooth talk and lies. Instead, the lure and the allure was a handheld black box that one youngster told me, "Does stuff."

### NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



+++++

There is a little alder-lined, mud-banked brook that winds its way into town from higher country to the east. Fishing there is reserved for kids 12 and younger, and it has been so posted--meaning that signs are tacked up--for as long as I can remember.

Not long ago, maybe a generation or so, I used to see bicycles left near the bridge on Hughes Road, or at the Main Street bridge, by kids who'd plunged into swamp and water, rods and worms in hand, to go fishing. "No better place for a boy than a brook," Bert Bryant used to say to my Mom, who already believed it anyway.

She would take me up to the Hughes Road bridge right after school. My worms were all dug and

housed in a flat tobacco can, and I was ready to go--telescoping rod (the very best for fishing in thick places), my grandfather's old wicker creel and all.

"Off you go, sweetie," she'd say as she turned the Jeep around and headed back. "Be home in time for supper."

+++++

This is the season of cowslips, coming right up, right now. Walk the whole state at a fairly brisk pace and you can see cowslips and hear peepers, all the way from the seacoast to southern Quebec.

They used to say the same thing about strawberries: Start picking wild strawberries at (where else?) Strawberry Banke in late May. Then jog west a bit until you hit what was until recent times called the Daniel Webster Highway.

This is the old Route 3, and by walking slowly and steadily northward all the way up to the Canadian line, you can pick ripening

strawberries every single day.

+++++

My mother had that kind of stuff in her head, knew its importance, knew the meaning of being able to drop a kid off at the edge of a swamp with nary a worry but "Be home for supper," a mother who threw us out to play in the rain when other kids got shut in, knew what mattered and what did not.

Mom's not here any more to spoil for Mother's Day, but the thought, I hope, still counts. If I did have a Mom, and if I couldn't visit, and we couldn't meet for lunch, and if I even forgot to send a card--well, I'd just call her up. Simple as that.

And we'd have the nicest long visit, and I'd get her to laughing, of course, as we remembered the sweetness of the times.

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

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**Lois Aileen Greaves Bannan, 88**

BRISTOL — Lois Aileen Greaves Bannan, 88, of Bristol and formerly of Bristol, Conn., passed away peacefully on May 4, 2019 from complications related to a valiant battle with cancer. Her extended family was by her side along this journey. She is now happily reunited with her late husband.



She was born in Brooklyn, N.Y. on March 9, 1931, daughter of the late Arthur M. and Aileen M. (Garceau) Greaves. Lois was the wife of the late Michael W. Bannan, Jr., formerly of New Britain, Conn., to whom she was married for nearly 60 years.

Raised in Littleton, she graduated from Littleton High School in 1948. In 1952, she earned her Bachelor of Arts degree with a dual major in French and Spanish from the University of New Hampshire. After college, Lois was granted a Fulbright Scholarship to teach and conduct research abroad, but turned it down to enter the workforce joining Connecticut General Health Insurance (now CIGNA) as a translator. It is there where she met her hus-

band, Mike. After raising her family, Lois joined the teaching staff of Bristol (Conn.) Eastern High School where she taught Language Arts and Computer Science as well as teaching general studies to at-risk students. Lois and her family fulfilled a dream in buying a summer cottage on Newfound Lake, in Bristol, NH, in 1969 where they spent their summers for many years. She thoroughly enjoyed the time swimming, boating, and on the beach with her family and friends. Upon retirement, Lois and Mike permanently relocated to that cottage which had been converted into a year-round home and a gathering place for the extended family.

Lois served as a volun-

teer with the Newfound Lake Region Association and with New Hampshire Parks and Recreation. She was an original sponsor and an active member of the Friends of Welling-ton State Park.

Lois was pre-deceased by her brothers-in-law and sisters-in-law, John "Jack" and Sarah "Sally" Bannan and Walter and Elizabeth "Betsy" Malo-

na. She is survived by her brother and sister-in-law, Arthur and Judith Greaves of Northampton, Mass.; son and daughter-in-law Michael and Pamela Bannan of Merrimack; daughter and son-in-law Cathy and Dave Redman of Bristol; daughter Tricia Bannan of Charlestown, Mass.; former son-in-law Sal Pinto of Walpole, Mass.; grandchildren Michael Bannan of Merrimack, Meghan (Bannan) Grant of Dallas, Texas, Jen Dudko of Westerly, R.I., Denise Dudko of Boston, Mass., Amy Pinto of Boston, Mass., Kaitlyn Redman of Milton, Mass., Greg Redman of Concord, Rob and wife Kara Pinto, Somerville, Mass., Will Pinto of Arlington,

Mass.; and several nieces and nephews.

The Bannan Family extends its thanks to the wonderful care and support offered by the physicians, nurses, and staff of Concord Hospital and their Payson Center for Cancer Care, the Concord Hospital Medical Group, Radiation Oncology Associates PA, and NH Oncology Hematology PA.

Services-Calling hours will be held Sunday, May 12, 2019 from 4-6 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A Mass of Christian Burial will be celebrated on Monday, May 13, 2019 at 9:30 a.m. at Our Lady of Grace Chapel of Holy Trinity Parish, 2 West Shore Rd, Bristol. Burial will be at St. Rose of Lima Cemetery, Littleton, NH at a later date. In lieu of flowers, the family requests that memorial donations be made to the Newfound Area Nursing Association (NANA) ([newfoundareanursing-association.org](http://newfoundareanursing-association.org)), 214 Lake St. Bristol, NH 03222 or the Mayhew Program ([mayhewprogram.org](http://mayhewprogram.org)) P.O. Box 120, 293 West Shore Rd. Bristol, NH 03222.

**Services planned for Barbara Matthews**

BRISTOL — Barbara Alice Matthews, 89, of Hebron, passed away Thursday, Feb. 14, 2019, at home, surrounded by loving family.



Burial will be held in the Homeland Cemetery, Bristol on Thursday, May 16, at 10 a.m. The Rev Russell Petrie and Rev. Cynthia Petrie will officiate.

The Mayhew Funeral Home and Crematorium, in Plymouth and Meredith, are assisting

the family with their arrangements. [www.mayhewfuneralhomes.com](http://www.mayhewfuneralhomes.com)

**Phillip G. Despins, 74**

BRISTOL — Phillip G. Despins, 74, of Worfield Circle, died Saturday, April 13, 2019 at Dartmouth Hitchcock Medical Center in Lebanon.



He was born in Franklin, the son of Lucien and Lucy Anne (Bussiere) Despins. A graduate of Bristol High School, Phil went on to serve in US Army. Together with his wife Sandi, he has operated Laser Line Services, a courier service, for the last 21 years.

Phil was devoted to his family and his business. When he took time for himself you would find him enjoying his motorcycles as a sport tourer, engrossed in a historical or biographical book, gardening or with his beloved dogs.

Family members include his wife of 44 years, Sandi Despins of Bristol; stepson, Scott (Tamar) Piehler of Suwanee, Ga.; granddaughter, Amanda (and Jonah) Laird of Alameda, Calif.; a brother, Paul (Brenda) Despins of Franklin; sister, Pauline Palmer of Hudson, Fla.; nieces and nephews.

He honed his skills as a left-handed pitcher. He was selected as an Albany Times Union representative in the 1953 Hearst Sandlot Classic at The Polo Grounds in New York City, where

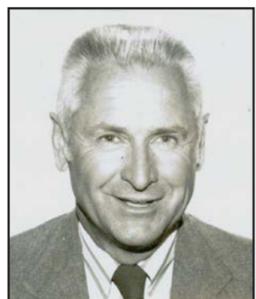
SEE STOKOE, PAGE A12

**John C. Stokoe, 84**

HEBRON — John C. Stokoe, 84, of Hebron passed away peacefully at his home Tuesday, April 30, surrounded by his four children.

Born Feb. 18, 1935 in Albany, N.Y., John was the only child of the late Donald and Mirtha (McClary) Stokoe.

Growing up in Delmar, N.Y., John's roots ran deep in the town of Bethlehem community, and he greatly valued the many enduring relationships established during his youth. John was a 1953 graduate of Bethlehem Central High School. During



his four years at BCHS, he was a natural class leader, as well as an outstanding athlete in football, basketball, baseball, and track. Baseball would prove to be a lifelong love. John played American Legion baseball from 1947-51 for the Nathan-

iel Adams Blanchard Post in Delmar where he honed his skills as a left-handed pitcher. He was selected as an Albany Times Union representative in the 1953 Hearst Sandlot Classic at The Polo Grounds in New York City, where

**Claire M. Gervais, 97**

BRIDGEWATER — Claire M. Gervais Maloney of Bridgewater, formerly of Cambridge, Mass. and Granby, QC, passed away on April 30, 2019 in her 97th year.

Beloved wife of the late John T. Maloney, she was mom to Mary Emerson and her husband Jim, Robert and his partner Judy Ryan, Gerald (deceased), Stephen and his wife Karen and John Jr. (deceased) and his wife Eileen. Claire has

11 wonderful grandchildren: Susan, Jeff, Kristin, Colleen, Joseph, Patrick, David, Kevin, Christiane, Dan and Collin. She also has six great grandchildren (Kathleyn, Bailey, Nikos, Maya, Kieran and Ezra). She is also survived by a sister, Giselle, and her husband Paul of Montreal and a brother, Leon of Granby.

Claire was so cherished and loved by her family and friends, who shared many holidays

and wonderful meals at Reed Street and at the "summer cottage" at Newfound Lake. She was a middle child in a family of thirteen children of Albert and Aldea (Viens) Gervais, born on March 8, 1922 in the city of Granby, Quebec. There, she met John, a minor league baseball player for the Granby Red Sox who lived in a boarding house across from her home. Claire enjoyed many yearly trips to Granby

with her family to visit with her parents, brothers and sisters and the too many to count nieces and nephews. Claire became a superb cook as the years passed by. She taught her children, grandchildren and their kids too, the subtle art of the homemade apple pie (tarte au pommes) and the famous provincial meat pie. As well, she had a winning record in cribbage against all family who dared to play

her. Her wonderful sense of humor and caring grace will be enormously missed by all who were so fortunate to be in her life.

Burial was at the Cambridge Cemetery on Monday, May 6, 2019 at 1 p.m. A Celebration of Life Memorial will be planned for a future date. In lieu of flowers, donations may be made in her name to Newfound Area Nursing Association and Hospice, 214 Lake St., Bristol, NH 03222.

In addition to his parents, he was predeceased by a sister, Rosalie Henneberry, formerly of Hudson, Fla. Committal Services with military honors will be Monday, May 20, 2019 at 2 p.m. at Homeland Cemetery, Bristol. In lieu of flowers, donations may be made in his memory to the NH Humane Society, PO Box 572, Laconia, NH 03247.

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

**Congratulations Class of 2019!**

**Plymouth State's 148th Commencement Ceremonies**

Graduate ceremony, address by Edward R. MacKay. Thursday, May 9, 7 p.m.  
Undergraduate ceremony, address by Carrie Morgridge. Saturday, May 11, 10 a.m.



## Towns

### Alexandria

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

Happy May everyone! Glad that Saturday was a relatively rain free day, especially for those, myself included, who did the Crop Walk for Hunger in Bristol. Thank you to those who walked, and to Amy who was my "guardian angel" and those who gave me encouragement! Some of the walkers also started the morning with the delicious and hearty breakfast at Bristol Baptist Church to help support them in their roof repairs.

#### Town

Thank you to the volunteers who helped with the Conservation Commissions roadside cleanup on Saturday! The next date for cleanup will be the first Saturday in June. Thank you to those who pick up the trash in between scheduled times as well.

Wednesday, May 15, Planning Board Meeting at 6 p.m. in the Municipal Building.

Board of Selectmen Meeting Tuesday, May 21, at 6 p.m. in the Municipal Building.

#### Alexandria UMC

Thursday, May 9, 2019 Office Hours and Visitation 11 a.m. Until 6 p.m. Bible Study begins at 6 p.m.

Sunday, May 12, worship begins at 9 a.m., and is based on Acts 9:36-43. Coffee Hour begins at 10 a.m., and Sunday School begins at 10:15 a.m.

Happy Birthday wishes to Daniel Greene on May 5, and a very Happy Anniversary to Carleen and Larry Stickney on May 8.

The Bristol United Church of Christ will be having a pot roast supper, with all the fixings on Saturday, May 11 from 5:30 until 7 p.m. Cost for the dinner is \$9 for adults and \$4 for children under 12 years. Take outs are available by calling 744-8132. All are welcome, and proceeds from the supper will benefit the work of the church.

That's it for news and upcoming events for this week. Hope your week ahead is filled with good and positive things. Happy Mother's Day to all ladies!

### Groton

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

If you haven't licensed your pooch, please do so as soon as possible. The deadline is past (April 30) and we are well into the grace period. You will need to come in before May 31, as there is an additional \$25 fine added to the license after that time.

The roadside cleanup sponsored by the Groton Conservation Commission went very well on Saturday. They had 20 adults and four young people come out. The NHDOT provided orange vests to keep everyone safe and also provided blue waste bags. The day was a huge success with 97 bags filled and delivered to the transfer station. The Conservation Commission had a great lunch for all who participated and a resident of Groton, who regularly cleans his part of the road, provided some great printed T-shirts to everyone who came and helped out. Thank you to all who worked hard at bagging garbage and thank you to the Conservation Commission for sponsoring. Groton is a little cleaner now.

The Conservation Commission will be sponsoring the Annual Fishing Derby on June 1 this year. More details will be coming soon.

There will be a Select Board meeting this week, so more news to come. Hope you are all enjoying the spring weather. I have seen many out cleaning up yards and getting gardens ready to plant. I have most everything planted in the greenhouse waiting for our traditional planting day, Memorial Day. I can't think of any better way to memorialize my father and grand mum who were the best gardeners I know and then my mum who made sure everything was put up for winter consumption. They were a great team. I'm making some new beds so right now we're in rock pulling mode and then will be amending the soil before planting day. Hope you all have great growing seasons.

#### Scheduled April Meetings and Office Closures:

Select Board Work Sessions - Tuesdays, May 21 and June 4 at 6 p.m. at the Town House.

Select Board Meetings Tuesdays, May

21and June 4 at 7 p.m. at the Town House

Conservation Commission Meeting at the Town House, Thursday, May 9 at 7 p.m.

Planning Board Meeting at the Town House, Wednesday, May 29 at 7 p.m.

All Town Offices will be closed May 27 for Memorial Day Holiday

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 160 outstanding invoices with a total due of \$108,738.64. 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 website: www.grotonnh.org Payment may be made over the internet by clicking the RED button on the same page. 2019P01 bills will be coming out end of May for Payment by July 1.

### Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

#### Voting/Town Meeting Information Voting for Town Officials - Tuesday, May 14: 11 a.m. to 7 p.m.

Voting for Hebron town officials will take place on Tuesday, May 14 from 11 a.m. to 7 p.m. in the Community Hall (basement of the Hebron Church) located at 16 Church Lane in Hebron.

The town clerk will be available at the clerk's office on Monday, May 13 from 3 to 5 p.m. to accept absentee ballot requests.

#### Business Meeting - Thursday, May 16: 7 p.m.

The business portion of town meeting will take place on Thursday, May 16 beginning at 7 p.m. at the Public Safety Building located at 37 Groton Rd. in Hebron.

#### Hebron Area Women's Group

On May 16 at noon, the Hebron Area Women's Group will have their last meeting for the season at The Coppertoppe Inn. This luncheon is hosted by Sheila Oranch, proprietor. This is a members only event. Please bring some non perishable food items for the Bristol Food Pantry.

## 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.

Tuesdays: Bone Builders - 9:30 a.m.  
Senior Crafts: 9:30 a.m.  
Senior Luncheon - Noon  
AA Discussion - 8 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in the church, Room 1. Rev. Andrew is moderating, with discussion throughout, by a lively and committed group! All are welcome!

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, May 9 at 10 a.m. in Room 1. All are always welcome!

Choir rehearsal continues at 4 p.m. every Wednesday. 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 third Tuesday of the month. Location var-

ies.

#### Ongoing:

Bristol Community Services is in need of anything and everything!

#### Please help if you can!

For those of you who missed out on our "Thanksgiving-in-April" turkey dinner with all the fixin's, you have one more chance to enjoy a fabulous dinner, as our last monthly supper of the season will be our very popular pot roast, which will be held on Saturday, May 11. Dinners will resume again in September.

5:30 to 7 p.m.  
Adults \$9. Children \$4 under 12.

Take Out Available: 744-8132

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 Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. Their next performance will be on Sunday, May 5, when Rev. Gordon Rankin, the U.C.C. Conference Minister, will be preaching!

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. 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 with a short lesson read and also time for those attending to share gratitude and inspiration they are gaining from their prayers and study.

Please feel free to visit the reading room and to enjoy the church services. We'd love to have you!

SEE CHURCHES, PAGE A13



**BRISTOL UNITED CHURCH OF CHRIST**  
15 Church Street • Bristol, New Hampshire

## Pot Roast Dinner

**SATURDAY, MAY 11<sup>TH</sup>**  
**FROM 5:30 - 7 PM**

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Take out meals are available.

**For more information call the Church at 744-8132.**



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# Richard Thompson brings timeless catalog to Plymouth

PLYMOUTH—Richard Thompson will perform a special solo acoustic performance at The Flying Monkey in Plymouth on Thursday, May 16 at 7:30 p.m. NEW HAMPSHIRE's own Senie Hunt opens the evening. Tickets for this concert start at \$49.

Time has not dulled Richard Thompson.

On his new record 13 Rivers, the 69-year-old's guitar sounds as barbed as ever, ringing with the same rawness that defines past masterpieces like "Shoot Out the Lights" and "Sweet Warrior." What's more, the new LP, his 19th overall, finds the songwriter addressing the spiritual longing that's run

like a thread through records like Pour Down Like Silver and Hand of Kindness.

"I never really think about what songs mean," he admits. "I just write them. Some of them reflect on what happened a few months ago or even a year ago. It's a process of surveying my life and where I was at."

In 2017, Thompson began composing ideas for what would become 13 Rivers at his California home. Off the road, he focused on writing. As a result of the defined time period, the music possessed a distinct cohesion.

"There are 13 songs on the record, and each one is like a riv-



COURTESY PHOTO

Richard Thompson

## Two bands, one night of Blues & Soul

PLYMOUTH — Mike Zito and Dana Fuchs will each play a set of their originals for a night of rocking blues and killer soul at The Flying Monkey in Plymouth on Saturday, May 18 at 7:30 p.m. Opening set by Jeremiah Johnson. Tickets for this concert start at \$29.

There may not be a more honest bluesman than Mike Zito, whose 15th album, "First Class Life," was released in 2018. The rocking yet poignant title track explores his journey from addiction to sobriety and then musical recognition; he is a two-time 2017 Blues Music Award nominee.

"Second chance at a first class life," he sings, recalling the hard times.

The Texas-based musician smiles and continues, "I grew up poor in St. Louis, and now I'm traveling the world to sing my songs."

Zito's star has been on the rise of late both solo and as a former member of the Royal Southern Brotherhood, with bandmates Cyril Neville, Devon Allman, Charlie Woonton and Yonrico Scott.

As is fitting for a man with the word "Blues" tattooed across his picking hand, "First Class Life" focuses squarely on blues with heart and chops to spare, not to mention wit and openness. The punchy "Time For A Change" conjures the tension in the world today while the exquisite Memphis-style song, "The World We Live In," which recalls BB King in its world-weariness. The electrified blues bounce of "Dying Day" finds Zito swearing lifelong allegiance to his wife. "Old Black Graveyard" sets the scene of a bluesman's final resting place and



COURTESY

Mike Zito and Dana Fuchs will each play a set of their originals for a night of rocking blues and killer soul at The Flying Monkey in Plymouth on Saturday, May 18 at 7:30 p.m.

its disrepair, along with some possible supernatural influences, with Zito's masterful slide gui-

tar flourishes driving it home.

Dana Fuchs is a Jagter-esque blues-jammer;

Otis soul-sister, juke-joint Janis, and Sexy Sadie all rolled into one passionate performer. If anyone asks Dana to sum up what her new record Love Lives On, the seventh since her 2003 debut, is all about, Fuchs will say, "Hope and redemption." Classic Rock Magazine finds "her voice dirty and illicit, evoking Joplin, Jagger and a cigarette butt bobbing in a glass of bourbon." If anyone across the universe doesn't know Dana Fuchs by now, 2019 is the best time to jump on board her rock-'n'-soul-'n'-rollin' bandwagon by checking out her upcoming soul-drenched release.

Don't miss this dynamite double bill which will surely move your feet and move your soul!

Tickets for Mike Zito and Dana Fuchs range from \$29 - \$44. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

er," he explains. "Some flow faster than others. Some follow a slow and winding current. They all culminate on this one body of work."

In many ways, his career has pointed towards such a statement. Powered by evocative songcraft, jaw-dropping guitar playing, and indefinable spirit, this venerable icon holds a coveted spot on Rolling Stone's "100 Greatest Guitarists of All Time" and counts a Lifetime Achievement Award from AMA in Nashville, and a Lifetime Achievement Award from the BBC Awards among his many accolades. 2011 saw Thompson garner an OBE (Order of the British Empire) personally bestowed upon

him by Queen Elizabeth II at Buckingham Palace.

Thompson's influence in pop and rock music can't be overstated. Everybody from Robert Plant, Don Henley, and Elvis Costello to REM, Sleater-Kinney and David Byrne has covered his music. Wilco's Jeff Tweedy jumped at the chance to produce Thompson's 2015's "Still"—which earned plaudits from Pitchfork, The Guardian, Rolling Stone, and more.

Tickets for Richard Thompson range from \$49 - \$59. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).



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**HEBRON:**

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Hebron Town Hall

Hebron Village Store

**HILL:**

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# Comfort Keepers

## A closer look at strokes

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Strokes are the fifth leading cause of death in the United States, and a major cause of disability. While people at any age can be susceptible to suffering from a stroke, nearly three quarters of strokes occur in people over the age 65.

Risk factors for a stroke include high blood pressure, genetics, gender, tobacco use, heart disease, diabetes, weight, age and the use of some medications.

There are three main types of stroke

that can occur:

**Ischemic stroke** – Most strokes fall into this category. In an ischemic stroke, arteries narrow or are blocked, reducing blood flow to the brain.

**Hemorrhagic stroke** – During a hemorrhagic stroke, a blood vessel leaks or bursts, causing damage.

**Transient ischemic attack** – Sometimes referred to as “mini-strokes,” this is a condition that is also caused by a narrowing of the arteries, but only causes temporary symptoms.

It’s important to note that medical at-

tention after a stroke is critical, and time is of the essence. Anyone suffering from the symptoms of a stroke should not wait for the effects to go away or get worse. They should call 9-1-1 or visit their physician as soon as possible. Quick treatment can minimize damage and potentially save someone’s life.

**Symptoms can include:**  
**Trouble speaking**  
**Confusion or trouble understanding**  
**Paralysis of the face, arms or legs**  
**Trouble seeing**

**Headache**  
**Trouble walking**  
**Headache**  
**Vomiting**  
**Neck stiffness**  
**Dizziness**

**Comfort Keepers® Can Help**

Whether the goal is healthy living to prevent strokes, or recovery after, Comfort Keepers can help. Our caregivers can provide wellness support, remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and

diets. As part of an individualized care plan, caregivers can let a senior’s care team know if there are changes in behavior or physical characteristics. 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 Comfort Keepers**  
 Comfort Keepers is a leader in providing

in-home care consisting of such services as companionship, transportation, house-keeping, 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](http://www.comfortkeepers.com/plymouthnh) for more information.

## Plymouth Farmers’ Market seeking vendors

PLYMOUTH — Local Foods Plymouth (LFP) announced today that they will be running the weekly Plymouth Farmers’ Market again this year starting Thursday, May 30. The market takes place outside at the Plymouth Regional Senior Center on Depot Street in Plymouth.

Organizers are accepting applications from vendors wishing to participate in the market. The vendor fee offsets market operation expenses. The farmer’s market runs through Sept. 30, and is held on Thursday from 3 to 6 p.m. Vendors should arrive by 2pm whenever possible. Please e-mail Tara Bryson for a Vendor Sign Up Sheet at [localfoodsplymouth@gmail.com](mailto:localfoodsplymouth@gmail.com).

Local Foods Ply-

outh, a year round on-line farmers market, also runs the seasonal outdoor market. The program began in 2006 as a collaboration between the members and staff of D’Acres of New Hampshire and the Plymouth Area Renewable Energy Initiative (PAREI) with support from a small start-up grant from the US Department of Agriculture. PAREI currently 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](http://localfoodsplymouth.org); [localfoodsplymouth@gmail.com](mailto:localfoodsplymouth@gmail.com) or call Local Foods Plymouth at the PAREI office at 536-5030.

## Bobcat Memorial 5K set for May 26

PLYMOUTH — Plymouth Regional High School will hold the 10th annual Bobcat Memorial 5K on Sunday the 26th at 9 a.m. This Walk/Run is in memory of Marc Decoteau, Doug DiCenzo & Jared Van Aalst who were killed while

serving our country in Iraq & Afghanistan. Proceeds will benefit scholarships in honor of these PRHS alumni. This event is sponsored by the OSSIPPEE Wellness Club. For more information, contact Dr. McGlone at [dmcglone@pemibaker.org](mailto:dmcglone@pemibaker.org).



COURTESY

### Newfound senior receives Red Sox scholarship

Guidance Director Monica Jackson congratulates Newfound Regional High School Senior Matthew Libby on receiving the New England Red Sox Service Scholarship.

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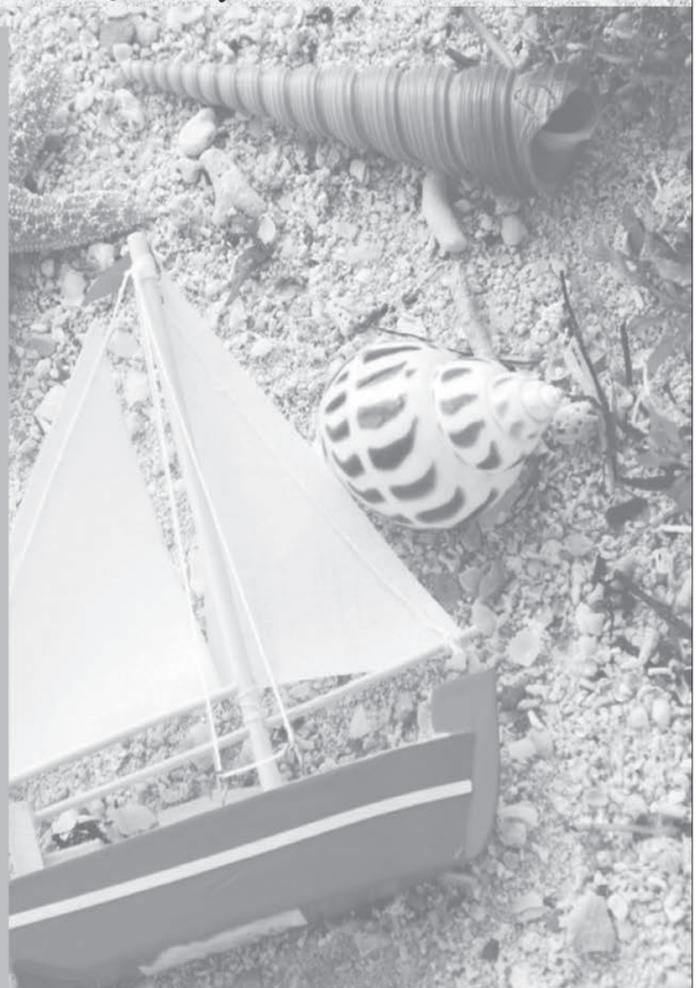
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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	22 Circle Dr., Unit 32	Condominium	\$127,000	Angela J. Adams and Dawn M. Drainville	Nicholas M. Nardacci
Ashland	283 River St., Unit 10	Deeded Slip	\$73,000	NHNY Marina Development LLC	Benjamin E. Harrison
Campton	76 Puckerbrush Rd., Unit 4	Condominium	\$190,000	William G. and Ann L. Hunt	H. Mareen and Peter J. Gaudet
Campton	N/A	N/A	\$125,000	David B. and Deborah H. Laird	Ryan L. Horne and Danielle R. Paquette-Horne
Holderness	US Route 3, Unit 106	Condominium	\$50,000	Squam Lakeside Farm Inc.	John and Lynn Landers
New Hampton	N/A	N/A	\$425,000	T. Holmes Moore Trust	Deborah A. and Dana T. Pendergast
Plymouth	82 Loon Lake Rd.	Mobile Home	\$99,533	Mark A. and Denis M. Lugar	Gary D. Ruddock
Plymouth	21 Melvin Rd.	Mobile Home	\$52,000	Robert W. and Tina M. Burhoe	Rosemary and Brian O'Hare
Thornton	135 Snowood Dr., Unit E4	Condominium	\$40,000	Kathleen M. Morin	Elizabeth and Edwin Ellinwood
Waterville Valley	Meadowbrook Garages Condo, Unit 22	Condominium	\$39,000	Jeffrey W. Smith RET	Alan Berko and Peggy Flaherty-Berko
Waterville Valley	4 Tee House Lane	N/A	\$233,750	Elena V. Mukhaelyan and US Bank NA	US Bank NA Trust
Waterville Valley	N/A (Lot 11)	N/A	\$1,115,000	Leslie and Kevin Saba	Elliot C. Semet
Wentworth	6 NH Route 25a	Single-Family Residence	\$1,645,133	Wentworth DG LLC	Klein LT and Paul Klein

## ABOUT THE REAL REPORT

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

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

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

# MARK ON THE MARKETS



BY MARK PATTERSON

Often times, I have mentioned that I do not care for bond funds, and would much prefer

to ladder a bond portfolio to the client's needs and wants. Bond funds are perpetual, which means they really have no maturity date. The problem with not having a maturity date is that you are at interest rate risk that you as the fund participant can't control. If you owned

individual bonds, bills, notes, agency paper, zero coupons or even CD's then you have the ability to sell the bond for profit or loss, or hold to maturity or if called by a provision in the bond that makes it callable. You do not defer the decision regarding tax consequences

to the fund manager. He or she doesn't know your particular situation and really does not care.

So, if you are going to manage a fixed income portfolio or have an asset manager handle it, then you should know something about bonds. Corporate bonds are typically a good blend of yield and reasonable safety. Beware that there are junk bonds in almost all classes of bonds, but typically found in corporate issuance or municipal.

A typical bond offering may look like this: Bristol-Meyers Squibb Co bond 3.250 11/1/2023 A2 A+ 101.434- 101.733 3.011

This offering is pretty straight forward, not callable, just a typical corporate bond. The first section simply tells us who is offering the bond and what the coupon or yield is. Then it shows the date of maturity followed by two rating agencies grading. These are good qual-

ity bonds. Then the bid price for the bond followed by the ask price. Then the yield to maturity. You would notice that the yield to maturity is not as high as the coupon. The reason is that we would pay a premium for this bond which lowers the yield that we receive. Par is considered 100, and if we were buying a lesser quality bond we may get a discount like 960 that would increase yield to maturity.

When I refer to laddering, I am simply structuring the portfolio so that we have maturities that are spread across a time horizon designed for your needs. Bond prices will fluctuate with changes in interest rates or risks, but if you hold your bond or bonds until maturity you should get exactly what we bargained for in the beginning. Sometimes you may get the opportunity to sell early for capital appreciation or loss but the point is that it

is a choice you maintain, not a fund manager's. You are also not at as much interest rate risk because you simply can reinvest the maturing bonds at the current higher or lower rate.

So, if you have bond funds, I encourage you to manage or have an asset manager design and manage your own personal portfolio that just for you and your special situation. Many people are suspicious of bonds because of potentially rising rates. A well-constructed bond ladder can mitigate some of this interest rate risk by having the bonds mature at specific intervals, thus allowing the portfolio manager to reinvest at current rates. This is referred to as "immunizing" the portfolio against rising interest rates.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or [mark@mhp-asset.com](mailto:mark@mhp-asset.com).

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# Regatta paddlers pitch in to clean up river banks

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH – Mountain Village Charter School's second Baker River Regatta was not only a great opportunity to explore the recreational and environmental values of the Baker River; it was also a chance to clean up its banks so all can enjoy the natural beauty of the watershed.

"We picked up bottles and cans and plastic and even some tires that were out there," one enthusiastic group of youngsters reported after the event.

Race organizer Jamie Hannon is also chair of the school's Board of Trustees and said the regatta's pre-race sign up was not as high this year but he attributed that to the recent rainy weather. As race time neared however, supporters of the school and its environmental mission did not let him down as they arrived to take part in the event.

This year, the regatta saw a couple of changes. The start line was moved for most participants up stream from the Millennium Covered Bridge to the Plymouth Sands Campground where there was easier river access for the four-and-a-half mile trek to Plymouth's Amphitheater. The second change was that the more ambitious paddlers could opt this time for a longer course, resulting in a nine-mile water trek that began at Riverbrook RV Park in Rumney.

While there were awards in several divisions awaiting those who completed the course in the fastest time or collected the most trash along the way, the fun factor was the awards for those who had the best costumes or decorated boats.

Creativity in that category was high this year. Some participants adopted a pirate theme, such as MVCS faculty members Olivia Casey and Madeline Zukowski. With the running of the



(Left) Sasha, Liam and Simone were eager to get out on the river for the second annual Baker River Regatta in support of Mountain Village Charter School of Plymouth.

not disappoint him. Several showed up with a flamingo adorned canoe, Hawaiian attire, jungle hats, sunscreen lathered noses and a sign that proclaimed "The Party Is Here."

Many of the MVCS students were especially excited to see one particular PSU student however. Last year paddle boarder Nick Boccia delighted them by taking part in their fundraiser dressed as "The Little Mermaid." This year he followed that up by arriving as Pocahontas.

"I guess I have a Disney Princess theme going for this event," he laughed.

Preparing to head out on the course he even treated them to a few lines of the song "Just Around the Riverbend" from the movie, "Pocahontas."

As the race was ready to begin, Hannon thanked all who signed on for the paddle, saying he was glad to see it was not just members of the school community who were involved. He expressed his appreciation to a number of local sponsors as well as both campgrounds that allowed river access for the regatta.

The race was developed last year to not only raise funds for the school but to help bring renewed awareness to the Baker River Watershed, its resources and importance to its bordering communities. Hannon said he was grateful that others recognized its worth, too, as they support Mountain Village Charter School and its environmental focus.

"It's great to see that it's not just our school paddling and enjoying the Baker River here today," he said. "Thank you all for being part of this!"



Students from Plymouth State University were excited to take part in the second annual Baker River Regatta in support of Mountain Village Charter School last Saturday.



For the second year in a row, PSU student Nick Boccia stuck to a Disney Princess theme, with Pocahontas as his costume entry this time in the Baker River Regatta.

Kentucky Derby that day, one entrant dressed in a floral dress and floppy hat derby attire with a Unicorn adorning her canoe. Still another took on a more country version of the race; a small

stall structure and horse stuffed animal, complete with a bale of hay, decked out their entry. There was even a boat full of rabbits that paddled the course.

Paddling the course in their Floating Dragon



A Kentucky Derby-themed Unicorn and a Floating Dragon canoe were just two of the colorful entries in this year's Baker River Regatta in Plymouth.

canoe, Simone and her friend Liam were excited for the start of this year's regatta.

"I'm not doing this because we want to win, I'm doing this because I want to have fun," Liam said,

adding, "And clean up the river."

Hannon is also a professor at Plymouth State University who encouraged his students to join in the regatta once again this year and they did

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## Edward Jones: Financial Focus

### Financial Gifts Can Brighten Anyone's Mother's Day

Mother's Day is fast approaching. This special holiday reminds us of the joy we receive from the powerful bond between mother and child. To help mark the occasion, you may want to consider making certain financial gifts, including the following:

#### For your mother:

**IRA contribution** – If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it – so you may want to help. You can't contribute directly to your mother's IRA, but you can write her a check for that

purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)

**Insurance premium** – If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year? Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

**Introduction to a financial professional** – If your mother doesn't already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help your mother move toward her retirement goals – and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

#### For your children:

**529 plan contribution** – If your children are still of school age, you may want to contribute to a college sav-

ings vehicle. One popular choice is a 529 savings plan. When you invest in this plan, your earnings can grow tax-free, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as well as an additional 10% penalty.)

As the 529 plan owner, you have flexibility in using the money. For example, if you've designated one of your children as the 529 plan's beneficiary, and that child decides not to pursue any higher education, you can switch the

beneficiary designation to another child or to yourself. You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state's plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor. Shares of stocks – Giving stock shares to children is a good way to help them learn some of the basics of investing. You can track the progress of their stocks with them, and even do some research together about why prices may be going up or down. By getting children involved early,

you may help instill a lifelong interest in investing.

**Charitable gifts** – Many children are now concerned about various social issues. You can help encourage this involvement – and possibly an appreciation of the value of philanthropy – by making a gift to a charitable group whose work aligns with your child's interests.

We don't need to exchange presents on Mother's Day to show our appreciation for one another, but certain financial gifts can help provide needed support – and even some valuable life lessons – for your loved ones

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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## Stokoe

FROM PAGE A5

he pitched two innings for the United States All-Stars. John was offered a baseball scholarship to Wake Forest College in Winston-Salem, N.C., where he pitched all four years and, as a sophomore, was on the mound in the semi-final game against Oklahoma A&M. Wake Forest won 2-0 and went on to win the final game of the College World Series, becoming the 1955 NCAA tournament champs. John cultivated many life-

long friendships at Wake Forest and was a member of the Sigma Chi fraternity. During the summers John played amateur baseball in Nova Scotia. He pitched and played centerfield for Dartmouth in the Halifax + District League, and in his 1957 season, he helped Dartmouth win the H+D League Championship.

John graduated from Wake Forest in 1957, and in August baseball scout Jeff Jones with the Milwaukee Braves, signed him to a 1958 baseball contract with Atlanta in the Class

AA Southern Association. John's professional dream was coming true.

John was blessed in his personal life, as well. In 1958 he married the love of his life, Barbara McWhorter, also of Delmar. Barbara, an athlete in her own right, fully supported and encouraged John in his professional baseball career. They spent four years moving through the Braves minor league system, living in Jacksonville, Boise, Victoria, Ardmore, and Eau Claire, and they added two children to their "team" along the way. After John left the Braves, he and Barbara settled in Slingerlands, N.Y. where John worked in the bond department of the Travelers Insurance Company. Not one to hang up his cleats, John stayed in the game for the next six years as a player/manager in the Albany Twilight League. His teams, Mike's Subs and, later, Finkle Jewelers, won many championships. It was during this time that John met Baltimore Oriole scout Barney Lutz and began working part time for the Orioles. John's detailed reports on baseball prospects and his unique gift to judge the ability and potential of a young ball player caught the attention of the Oriole front office.

In November of 1968, John became a full time scout with the O's. By then, John and Barbara had finalized their family roster by adding

two more children. As a full time area scout, John covered a nine state region. John's commitment to finding the best prospects for the Orioles was not limited to assessing a player's current physical ability but also to scoping out a future player's potential. John had the skill to develop a relationship with the prospective ball player and his family, thus, getting a picture of the player's character, as well. John scouted Mike Flanagan, a left-handed pitcher from Manchester, and got to know him and his parents well. Mike had developed trouble with the ulnar nerve in his elbow, but, after John and other Baltimore officials reviewed all the medical reports, the Orioles signed Flanagan in 1973. John proudly followed Mike's career, and in 1979, the O's won the American League Pennant, and Flanagan won the prestigious Cy Young Award for best American League pitcher. The success of his signees highlighted John's instinct and talents as a scout in his early career.

In 1980, the Orioles promoted John to East Coast Scouting Supervisor. In this position he was responsible for twenty states from Maine to Florida and had eight scouts working under him. His main job was cross checking prospects that his scouts had identified. A highlight for John was the opportunity to do advance

scouting on the Phillies prior to the 1983 World Series. Stokoe prepared reports on the individual Philly players, charting every aspect of their game. John was proud to have contributed to the success of the Orioles as they went on to defeat the Phillies and win the 1983 World Series. Although offered the scouting director job in Baltimore more than once, John preferred being out in the field and continued scouting for the Orioles until his retirement in 1997. To honor his pending retirement, John was on the mound of Camden Yards in September of 1997 to throw out the first pitch before an Oriole-Yankee game, and Mike Flanagan was at home plate to make the catch. John felt privileged to have spent his entire scouting career with the Baltimore Orioles, a great organization. He made lasting friendships with many in the baseball scouting community and was proud to have been recognized along the way by his peers. In 1985 John received the A.B. "Turk" Karam Memorial Award presented by the New York Professional Baseball Hot Stove League. The Albany Twilight League inducted John into their Hall of Fame in 1987, and in 1997, John was named MLB's East Coast Scout of the Year at the National Scouting Convention in New Orleans.

John wrote these words in his profile to the Scout of the Year committee, "My career in pro baseball as a player and scout would not have been possible without the support and devotion of my wife of 39 years, Barbara, and our four children."

In 1994 John and Barbara, along with their son Don, moved to Newfound Lake in New Hampshire. John led a full life in retirement. He and Barbara spent time together kayaking, hiking, biking, snowshoeing, and both x-country and downhill skiing. John took up golf and looked forward to his regular tee time with the "fear-some foursome". In addition, John belonged to the Pasquaney

Snowshoe Club, the "Father Bennett's" Boy's Club, and was an active member of the Bristol United Church of Christ where he served as a trustee and moderator. John and Barbara looked forward to Wake Forest and BCHS reunions, but John loved nothing more than spending time on the lake with his four children, their spouses, and his six grandsons. To his family, John was a larger than life, fun loving, giving, and nurturing father and grandfather. He made an indelible impression on his family and friends but most importantly on his grandsons.

John is survived by his wife of 61 years, Barbara (McWhorter) Stokoe; four children (Lisa Barrett, Don Stokoe, both of Hebron, Lynda Wade (BJ) of Lewiston, Maine, and Leann Stokoe (and Slade Warner) of Plymouth); grandsons Dylan and Calvin John Barrett of Denver, Colo., Griffin and Gunnar Wade of Lewiston, Maine, and Seth and Troy Warner of Plymouth; brother in law, Jim McWhorter (and Fern) and nieces, Kim Gorham and Lynda Krokoff.

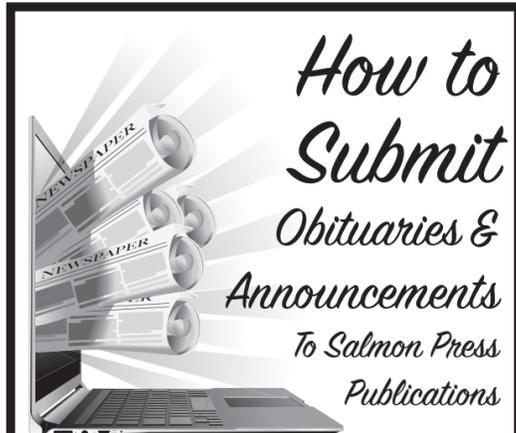
The family would like to extend their heartfelt gratitude to Pemi-Baker Hospice for the kind and compassionate care of John during his last days.

A memorial service will be held Saturday, July 27 at 10 a.m. at the Bristol United Church of Christ, 15 Church St. Bristol NH 03222.

Burial at Bethlehem Cemetery, Delmar, N.Y., will be at a later date.

In lieu of flowers donations can be made to The New Hampshire Alzheimer's Association 166 S River Rd #210, Bedford, NH 03110 or online at [www.alz.org/manh](http://www.alz.org/manh) to end this horrible disease or Newfound Lake Region Association, 10 North Main ST., Unit 1, Bristol, NH 03222. [www.newfoundlake.org](http://www.newfoundlake.org).

Arrangements are entrusted to the Bennett Funeral Home of Concord. Fond memories and expressions of sympathy may be shared with the family at <https://www.BennettFuneral.com>.



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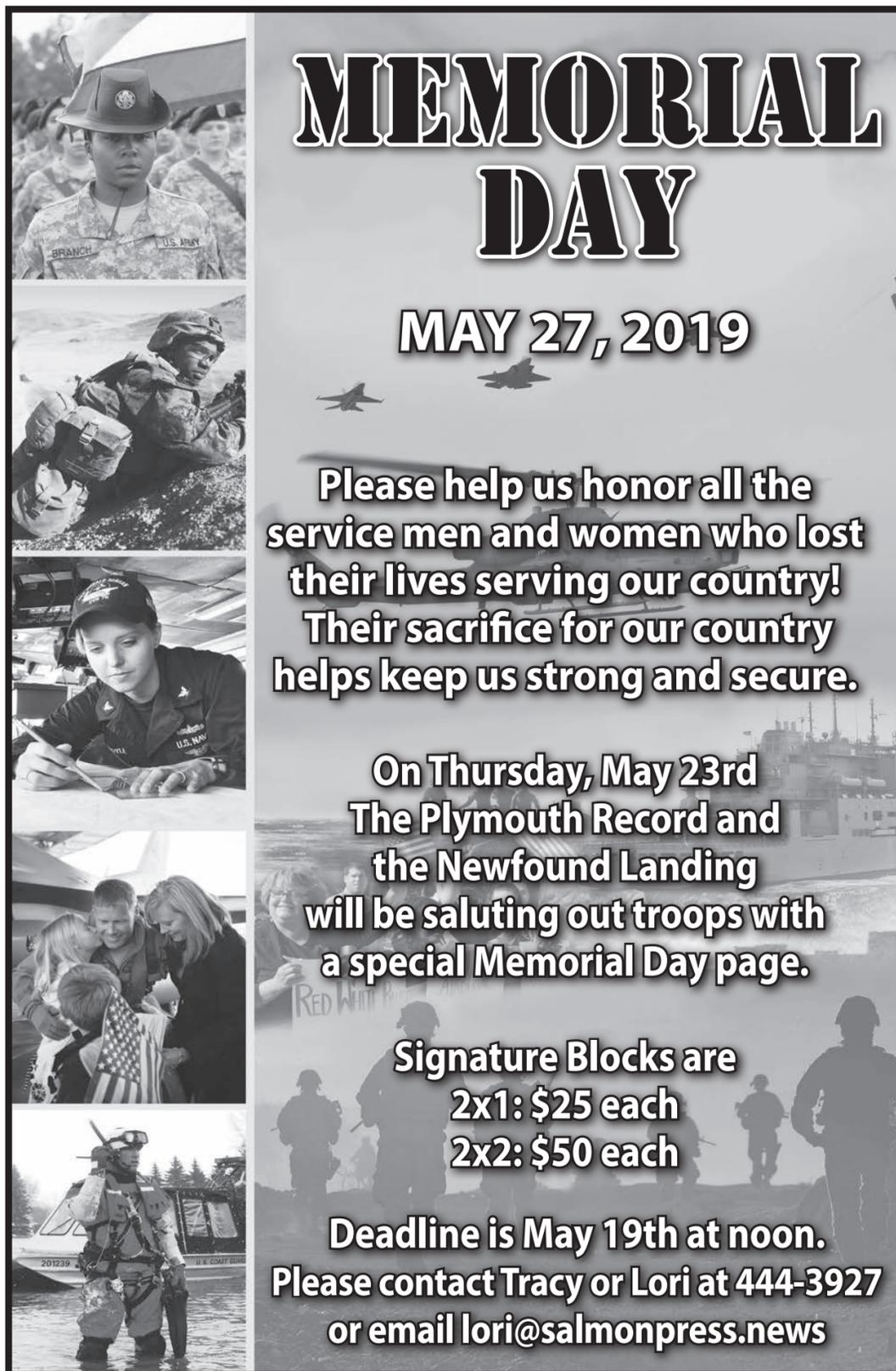
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# MEMORIAL DAY

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## Schoolhouse

FROM PAGE A1

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serve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship, and protection. For more information, visit us online at [nh.gov/nhdhr](http://nh.gov/nhdhr) or by calling 603-271-3483.

## Circle Trot

FROM PAGE A1

There were many four-legged buddies as well. Angela, Kevan and their daughter Lillian were among them, bringing their furry companion Zealand along for the 5K.

"I've done this five times now, but this will be Zealand's first Circle Trot. The course is goes right by our house this year so we had to come out and run. This is a great program to support," Angela said.

Mapping out the course again this year were Plymouth State University students who volunteer every year to organize the race. Kearns said they met with her team weekly to coordinate not only the course, but marketing, safety, set-up and more.

"They're so helpful to us and I hope we're beneficial to them, too. We only have three fulltime staff members and we could never pull this off without them," Kearns said.

While it was a timed competition, there was a second competitive challenge for schools in the area. Leslie Bryant of Bryant Paving in Meredith said that not only were her family members taking part in the race, her company sponsored the School Spirit Award again this year, which is given to the school with the most participants in the Circle Trot. For the second year in a row, Holderness Central School took that award with 15 runners registering for the event. For their enthusiasm and participation, the school was awarded \$400 toward their athletic programs and equipment.

Top runners in this year's 10K event for the men were Jeff Mattson of Bristol (1st place, 41:09), Alan Barrett of Groton (3rd place, 42:42), and Robert Botelho of Rumney (5th place, 44:27). The women's 10K leaders were Taylor Teich of Moultonborough (2nd place, 41:10), Kara Ouel-

lette of Center Harbor (4th place, 42:49) and Courtney Delaney of Center Sandwich (6th place, 46:35).

In the 5K men's results, Oliver Fisher of Holderness led the way with a time of 21:23. In second place it was Gregg Simmons of Plymouth with a time of 22:31, while nine-year-old Patrick Youngs of Wentworth placed fifth overall with his time of 27:35. For the women, Ellie Page of Wenham, Mass. finished third overall at 24:19 and Lumei Abatangelo of Southhampton, N.Y. was right behind her in fourth with a time of 24:23. Lauren Youngs of Wentworth came in third for the women and seventh overall with her time of 27:57, six seconds behind her seven-year-old son Sammy Youngs who finished sixth in the event.

It was all Holderness girls leading the way in this year's 2K run, starting with nine-year-old Hannah Casey who finished in first

## Smiles

FROM PAGE A1

having a safe and fun time!

Miles for Smiles is always grateful for returning Gold Crown Sponsors, Finn & Finn Beautiful Smiles, and Hiller Orthodontics. And this year, Speare

Memorial Hospital has joined in on the fun as a Gold Crown leadership Sponsor.

Other generous sponsors at the Silver Filling level include: Interlakes Family Dental; Mid-State Health Care; Winnisquam Dental; Delta Dental; Well Sense Health Plan and Region III Family Support Council. Sponsoring the race course Miles are: Children's Dentistry and Kennel Orthodontics; Brand & Sawicki General Dentistry; Plymouth Anesthesia; and Heaven Sent by Heather. X-Ray sponsors include Fisher Engineering and Rumney Animal Hospital. Rounding out the sponsors at the Cleaning level are NH Den-

tal Foundation, Circle Dental, Troy Schrupp, DDS and Mainstay Technologies.

If you follow Lakes Region Community Services on Facebook or Instagram, you're sure to see a Facebook frame photos of smiling sponsors. You might even see Race Director, Kate Fife, around the town with the Facebook frame, looking for photo opportunities of our awesome sponsors. Each day this month 'fun facts' about dental care are posted on the LRCS Facebook page.

For more information about Miles for Smiles email [giving@lrsc.org](mailto:giving@lrsc.org) and visit [www.milesforsmiles.racewire.com](http://www.milesforsmiles.racewire.com).

## Link Up

FROM PAGE A2

music they've learned with a live, professional orchestra – it is a transformative experience for the students, and the adults!"

The Carnegie Hall Link Up program is an important focus of the Festival's education initiative and was first piloted at PSU in 2017; this year, 10 elementary schools from across New Hampshire participated in the program. Throughout the year, students explored music in the classroom, learning about instruments, composition and performances

as part of the hands-on curriculum. This year's program was funded by a grant from Lincoln Financial.

The Link Up program is just one of the ways in which the New Hampshire Music Festival and Plymouth State University are helping to expand classical music experiences and training for New Hampshire students. In its upcoming 67th season, the New Hampshire Music Festival will perform twice at the Curious George Cottage in Waterville Valley to bring music to families in fun and engaging ways.

The New Hampshire Music Festival presents performances throughout the summer in the New Hampshire Lakes Region of symphonic, choral, and chamber music that honor the traditions of classical music while also exploring new artistic paths. Strong collaboration with community partners is a hallmark of this important cultural institution, including educational programs for students

of all ages. For information about the New Hampshire Music Festival, including the full schedule of 2019 performances, visit [www.nhmf.org](http://www.nhmf.org).

### About Plymouth State University

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

## CADY

FROM PAGE A4

perhaps also intensifying their symptoms.

The adolescent brain continues to develop into the early 20s and exposure to addictive substances, including marijuana, may cause changes to the developing brain that make other drugs more appealing reports the National Institute

on Drug Abuse (NIDA). Exposure to any substance early on, while the brain is still developing can prime the brain for addiction. Research also shows that about one in six teens who repeatedly use marijuana can become addicted, as compared to one in nine adults says the CDC.

During the teen and young adult years, your child is especial-

ly susceptible to the negative effects of any drug use, including marijuana. Evidence has shown that marijuana use during the teen years could potentially lower a person's IQ, interfere with other aspects of functioning and have lasting effects on your child's mental health. Even the occasional use of pot can cause teens to engage in risky behav-

ior, find themselves in vulnerable situations and make bad choices while under the influence.

*For more information please visit the CADY Web site at [cady-inc.org](http://cady-inc.org). If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.*

## Churches

FROM PAGE A6

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

#### Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 a.m. to 9 a.m. in Sherrill Hall on Saturday, May 25. Come join us and bring a friend!

#### 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: May 29, 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: May 15, June 19

#### Holy Week & Easter Thank You's

Thank you to everyone whose gifts of time and energy blessed our Holy Week and Easter worship. Gratitude to those who cleaned, polished, decorated, folded, welcomed, read, served, and prayed. Thank you to the Rev. Josh Hill and the Holderness School, for supporting our Good Friday and Easter Vigil worship services.

Beadwork and the Art of Independence Exhibit

The Currier Museum in Manchester is presenting an exhibit that has power to speak to our souls. The exhibit runs from March 23 until June 10. Rev. Kelly would like to organize a parish outing to see it. Please speak with her if that interests you.

#### 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/voicemail: 536-1321. Please leave a voicemail and we will return your call.

Email: [rectorpb@gmail.com](mailto: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](mailto:hello@restorationchurch.cc). Our church phone number is still the same, 536-

1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday:

Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

#### Our Mission Statement:

#### Just One More!

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

## Climb

FROM PAGE A3

give them the chance to learn about rock climbing to see if it's an outdoor activity they might want to become involved with in the future."

At 1:30 p.m. a "Pie for Prevention" auction took place to raise even more money for Plymouth House and CADY. Several community leaders, such as New Hampshire State Sen. Bob Guida and PSU President Donald Birx, each volunteered

to take a pie in the face from the person who bid the highest.

"I'm out here doing this today because substance abuse is out of control in our state. Fighting it depends a lot on public-private partnerships like this to fill in the gaps and so far, that's been very effective," Guida said. "Besides, this is a great way to support a cause with a sense of humor. I'm taking a pie to the face but I'm also here to help put a shoulder to the wheel to fight addiction."



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# Celebrating MOM



## Mother's Day ideas for moms from all walks of life

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*"I remember my mother's prayers and they have always followed me. They have clung to me all my life."*

- Abraham Lincoln,  
 16th President of the United States of America

Mother's Day is a celebration of women who devote so much of their effort and energy to their families. Celebrating Mom on Mother's Day lets her know all of her efforts haven't gone unnoticed. Mothers may perform similar tasks, but no two moms are the same. Finding ways to celebrate Mom's uniqueness can make the day that much more meaningful and memorable.

fun afternoon and produce memories that Mom will cherish for years to come. Dads and kids can plan the project in advance without Mom's knowledge, arranging all of the materials ahead of time and setting station the night before or while Mom is relaxing on Mother's Day morning. Kids can even get a head start on the day by making their own craft for Mom and giving it to her as a Mother's Day present. Dads can keep the craft theme going at dinner and get a laugh out of Mom by pouring her a craft beer when dinner is served.

The Reader A 2017 survey from the U.S. Bureau of Labor Statistics found that women read more than men. Women read an average of 19.8 minutes per day, which can make a Mother's Day focused on Mom's love of books an ideal and unique way to spend the day. Kids can write Mom their own books, and Dad can help put them together. Dads can visit rare bookstores and look for original copies of Mom's favorite books that she might not find elsewhere.

women. If Mom is a nature enthusiast, families can plan a Mother's Day enjoying the great outdoors, even giving Mom a new fishing pole, hiking gear or other items that align with her favorite nature activity.

The Relaxation Specialist Of course, some mothers may want to simply unwind with a relaxing morning at the spa on Mother's Day. In fact, the 2018 U.S. Spa Industry Study found that the spa industry has enjoyed seven consecutive years of consistent growth, with more than 187 billion spa visits in 2017 alone. A relaxing morning at the spa can be the perfect way for moms to begin Mother's Day before they enjoy a brunch of dinner out with their families. Mother's Day celebrations can be as unique as the women being celebrated.

The Crafter Mothers who are avid crafters may enjoy a craft-themed Mother's Day. A family crafting project can make for a

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# Celebrating MOM



## Nights out help mothers recharge

Caring for children requires dedication and patience. Even though infants and toddlers may exact the most attention from mom, each stage of childhood presents new challenges. Motherhood is a task that demands much from women, and those demands can certainly pack on the pressure.

Couple the pressure of raising children with the growing trend of women serving as primary caregivers to aging parents, and it's no surprise many women feel as though they need a respite. That's what makes nights out with friends so essential. Here are just some of the many reasons why caregivers need to make time for socialization.

- Caregiving can be alienating. No matter how well-meaning moms and caregivers may be, they may grow to resent the work involved because the only interactions they may have on a daily basis are care-related. Women should get out regularly so they can focus on themselves and enjoy their relationships with friends.

- Have a reason to get

dolled up. When other responsibilities take priority, putting on makeup or wearing nice clothing can take a back seat. Girls' night out provides a reason to wear fancy clothes, do your hair and don a little mascara. Girl-friends tend to notice these beautifying changes and offer compliments — which can be a nice ego boost.

- Girls' night out is a free therapy session. It won't take the place of counseling provided by a licensed therapist, but a girls' night out offers a chance to get things off your chest and seek advice from friends who may be in similar situations.

- You can indulge a little and laugh along the way. Loosening up with a glass of wine can help the conversation flow. Nights out with friends also will probably lead to a few laughs, which can certainly be helpful when life seems a tad overwhelming.

Regular nights out with friends can make it a bit easier for moms to juggle the responsibilities of being a mom, a caregiver or both.

## Surprise Mom with a special dessert in her honor

Mothers selflessly devote themselves to their children from infancy into adulthood. A mother's love never wanes, and she's always ready and willing to step in and put her children first.

Mother's Day is a great chance for men, women and children to honor the special women in their lives. Delicious homemade treats can show mothers just how much they're appreciated and adored. Try this tasty recipe for "Cold Mango Soufflés Topped with Toasted Coconut" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli.

### Cold Mango Soufflés Topped With Toasted Coconut

(Makes 4)

- 4 small mangoes, peeled, pitted and chopped
- 2 tablespoons water
- 1 tablespoon powdered gelatine
- 2 egg yolks
- 1/2 cup superfine sugar
- 1/2 cup milk
- 1 1/4 cups heavy cream
- Grated rind of one orange
- Toasted flaked or coarsely shredded coconut, to decorate

Place a few pieces of mango in the base of each of four 2/3-cup ramekins. Wrap a creased collar

of nonstick parchment paper around the outside of each dish, extending well above the rim. Secure with adhesive tape, then tie tightly with string.

Pour the water into a small heat-proof bowl and sprinkle the gelatine over the surface. Leave for 5 minutes or until spongy. Place the bowl in a pan of hot water, stirring occasionally, until the gelatine has dissolved.

Meanwhile, whisk the egg yolks with the superfine sugar and milk in another heatproof bowl. Place the bowl over a pan of simmering water and continue to whisk until the mixture is thick and frothy. Remove from the heat and continue whisking until the mixture cools. Whisk in the liquid gelatine.

Puree the remaining mango pieces in a food processor or blender, then fold the puree into the egg yolk mixture with the orange rind. Set the mixture aside until starting to thicken.

Whip the heavy cream to soft peaks. Reserve 4 tablespoons and fold the rest into the mango mixture. Spoon into the ramekins until the mixture is 1 inch above the rim of each dish. Chill for 3 to 4 hours, or until set.

Carefully remove the paper collars from the soufflés. Spoon a little of the reserved cream on top of each soufflé and decorate with some toasted flaked or coarsely shredded coconut.

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## Kids' Expo

FROM PAGE A1

Airplane challenges but the Balloon Challenge was really a lot of fun," she said.

Logan Baker also liked the Balloon Challenge, saying that while it was hard to keep the tower standing, he still managed to get it done and came in second place for his efforts.

The event everyone was "all-in" for though was the Egg Drop Com-



COURTESY PHOTO

New Hampton Community School first grader Ben Wall launched his marshmallow during a Catapult Challenge at Kids Expo night last week.



COURTESY PHOTO

Second grade student Benjamin Kelley prepared to test his Popsicle Stick Airplane for a special STEM challenge at New Hampton Community School's Kids Expo night.



DONNA RHODES

Leif Ryan and Maggie Connolly showed off the protective containers they created to hopefully protect their eggs as they were dropped 20 ft., part of the STEM challenges faced at the New Hampton Community School's Kids Expo last week.

Blais also liked the idea of a parachute for his egg. The egg was tucked away in foam and a plastic cup with a parachute created out of an old rain poncho.

Their fellow classmate Logan though thought outside the box by heading to YouTube where he came up with the idea to include popcorn as a cushion. His egg was carefully seated inside a portion of a well-wrapped cardboard egg crate then placed inside an old rubber ball, which was then stuffed with popcorn as added insulation. Another success.

Those that did not break in the first round of lawn competition then waited as the fire engine was repositioned for the eggs containers to land on the pavement. While Ava discovered that her

pyramid of drinking straws and lots of tape to protect her egg worked fine on the grass, on the pavement, it was not a success. Lesson learned for future Expos, she said.

Still others like Logan's made it through both rounds and each time cries of "Success!" were heard as students unwrapped their eggs.

NHCS Principal Annmarie Holloran said she thought it was "amazing" that the PTO would offer such an opportunity each year to the students and their families, helping to broaden their educational horizons.

"There is so much excitement, creativity and knowledge gained through this event that allows our students to grow," she said.

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, May 9, 2019

## What's On Tap

The local high school teams continue with a full slate of action in the coming week.

The Newfound baseball and softball teams will be hosting Hillsboro-Deering on Friday, May 10, will be visiting Somersworth on Monday, May 13, and will be hosting Franklin on Wednesday, May 15, all with 4:30 p.m. start times.

The Plymouth and Newfound track teams will both be at Moultonborough on Tuesday, May 14, at 4 p.m. The Newfound track team is at Belmont on Saturday, May 11, and the Plymouth track team is at Bow at 9 a.m. on Saturday, May 11.

The Plymouth baseball and softball teams will be hosting Hollis-Brookline on Friday, May 10, at 4 p.m. and will be at Lebanon for 4 p.m. games on Wednesday, May 15. The Bobcat baseball team will be at White Mountains on Monday, May 13, at 4 p.m. The softball Bobcats will be hosting Sanborn at 4 p.m. on Thursday, May 16.

The Bobcat boys' lacrosse team will be hosting Trinity on Friday, May 10, at 4 p.m., will be at Hopkinton on Monday, May 13, at 4 p.m., will be at Stevens at 4:30 p.m. on Wednesday, May 15, and will be hosting Bishop Brady at 4 p.m. on Thursday, May 16.

The Plymouth lacrosse girls will be hosting Hopkinton on Monday, May 13, at 4 p.m. and will be at Bow on Wednesday, May 15, at 4 p.m.

The Plymouth tennis boys will be hosting Souhegan on Friday, May 10, at 4 p.m., will be at Kennett at 2 p.m. on Saturday, May 11, will be hosting Coe-Brown at 4 p.m. on Monday, May 13, and will be at Con-Val at 4 p.m. on Wednesday, May 15.

The girls' tennis Bobcats will be at Souhegan at 4 p.m. on Friday, May 10, will be at Kennett at noon on Saturday, May 11, will be at Coe-Brown on Monday, May 13, at 4 p.m. and will be hosting ConVal at 4 p.m. on Wednesday, May 15.

## Newfound boys win at Inter-Lakes *Bears also compete at Prospect Mountain*

BY JOSHUA SPAULDING

Sports Editor

MEREDITH — The Newfound track team made the short trek down Route 104 to Meredith for a meet hosted by Inter-Lakes on April 30.

For the Newfound girls in the javelin, Paulina Huckins snagged a third place finish with a top throw of 79 feet, nine inches, with Alexis Raimondi at 61 feet, five inches, Hannah Owen at 47 feet, two inches and Sadira Dukette at 36 feet, one inch.

Raimondi finished second in the discus with a toss of 69 feet, 10 inches, with Oceanne Skoog in fifth place at 66 feet, one inch, Huckins at 60 feet, three inches, Trinity Taylor at 55 feet and Gretchen McGowan at 35 feet, 11 inches.

Ashlee Dukette added a second place in the shot put with a toss of 33 feet with Huckins in third at 31 feet, nine inches and Raimondi in sixth place at 25 feet, nine inches. Mackenzie Jollie threw 18 feet and Sadira Dukette finished at 17 feet, one inch.

In the long jump, Ashlee Dukette finished at 12 feet, eight inches, Lilly Wright finished at 11 feet, six inches, Elveena Shedd jumped 11 feet, 1.75 inches and Cassie Zick jumped 11 feet, 1.25

JOSHUA SPAULDING  
(Right) Oceanne Skoog won the shot put at Prospect Mountain on Saturday.



Reid Wilkins clears the high jump bar on Saturday in Alton.

JOSHUA SPAULDING



Aidon Anderson breaks from the blocks in the 200 meters Saturday in Alton.

JOSHUA SPAULDING



Haley Dukette runs during the 1,600 meters in a meet at Prospect Mountain.

JOSHUA SPAULDING

## Veterans invited to take part in OHT games Wednesday

BRISTOL — The Newfound Regional High School baseball and softball teams will be recognizing service members and those who have been injured, on May 15 at the annual Operation Hat Trick (OHT) games.

Five years ago, the New Hampshire Athletic Directors Association got involved with this program and spring athletic teams. More than \$200,000 has been raised to support injured New Hampshire Veterans in this time frame.

Operation Hat Trick supports New Hamp-

shire wounded veterans, active service members and their families. The goal is to assist service members as they recover from the visible and invisible, wounds of war. This program helps support them as they move past the traumas of battle so they can focus on their lives and families.

Friends, family members and service members, past and present, of the Newfound community are asked to join in on May 15 to honor and support the recovery of wounded service members, as well as all vet-

erans.

A brief ceremony to recognize those in the community that have served and continue to serve their country, will begin at the NRHS baseball field at 4:15 p.m.

The baseball and softball games with Franklin will begin shortly afterwards. There are a limited number of OHT hats available from members of the baseball and softball teams.

Any questions should be directed to Peter Cofran, Athletic Director, at pcofran@sau4.org or 744-6006, ext. 1507.

inches.

Wright also cleared six feet, six inches in the

third place overall. Elsa McConologue cleared four feet in the high pole vault to finish in

SEE TRACK PAGE B6

## Newfound seeking fall coaches

BRISTOL — Newfound Regional High is looking to fill the following coaching positions for Fall 2019: JV volleyball, JV girls' soccer and two unified soccer coaches. If interested, please send a letter of intent, resume, and names

and phone numbers of three references to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.

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# Timber Wolves scratch out win over Bears

BY JOSHUA SPAULDING

Sports Editor

ALTON — After a back and forth game with no scoring, the Prospect softball girls were able to sneak across a run in the third and one in the fourth and added a few more in the sixth to get a 5-0 win over Newfound in a game played at Alton Central School on May 1.

"It took us a little while to get out of the vacation fog," said Prospect Mountain coach Matt Rayno. "But they came around and then got three runs in the last inning to get a little cushion."

"They're a good-hitting team and we hung right with them until the end," said Newfound coach Kelly Meegan. "That was one of our best games all season."

Bailey Fairbank reached on an error with two outs in the top of the first inning but she was stranded.

Prospect got a base hit from Bekah Wheeler and a double from Michaela Gates in the bottom of the first, but Newfound pitcher Hayleigh Pabst got a strikeout and groundout to get out of the inning.

PMHS pitcher Megan Sarno pitched a clean second inning and Prospect again put runners on in the bottom of the second. Hannah Racine had a base hit and moved up on a Reilly Gray sacrifice bunt. After Hannah Capsalis worked a walk and stole second, Pabst induced a grounder to second to end the inning.

Sarno struck out the side in the top of the third inning, sandwiched around a Tiffany Doan base hit and stolen base.

Sarno had a double in the bottom of the third and then a base hit from Ashley Chouinard drove in the game's first run. Mackenzie Renner had a base hit to keep the rally going but Doan caught a line drive at second to end the inning.

Sam Weir made a nice play on a line drive to third in the top of the



Kasey Basford looks to avoid a tag in a rundown during action last week in Alton.



Prospect's Hannah Capsalis takes a lead behind Newfound's Madison Perry in action last week in Alton.

fourth inning before Kasey Basford worked a walk and stole second and got all the way

to third. She was then caught in a rundown between third and the

plate, with Sarno eventually tagging her out to end the inning.

Prospect added a run in the bottom of the fourth inning. Gray had a base hit but was

forced on a grounder by Mackenzie Dumond. Capsalis took over on the bases and a base

hit from Weir and walk to Wheeler moved her to third base. She scored on a walk to Sarno, giving the Timber Wolves the 2-0 lead before Pabst got a strikeout to get out of the inning.

Madison Hanley reached to open the fifth inning for the Bears but she was caught stealing in a rundown between first and second. Gray made a nice grab at second to help the Timber Wolves get out of the inning.

Pabst pitched a clean bottom of the fifth and Doan and Pabst both reached in the top of the sixth but they were stranded on the bases.

Prospect added three in the bottom of the inning. Capsalis reached to start the rally and Weir followed with a base hit. A base hit from Wheeler drove in one run and then a sacrifice fly by Gates drove in another run. Chouinard added a base hit to plate another run and after a Renner base hit, Pabst got a strikeout to end the inning.

Emilie Ruiter reached in the top of the seventh inning but was eliminated on a force play by Hanley and Gates caught a pop fly at first to end the game and seal the 1-0 win for the Timber Wolves.

"We got some outs in that game that weren't automatic," Rayno said of his team's solid play in the rundown situations, praising Capsalis in particular for backing up the play at third nicely on the rundown between third and the plate. "They're keeping their heads in the game and getting in position to make plays."

"And Megan threw a great game," Rayno added.

"We kept it together and didn't fall apart when mistakes happened," said Meegan. "We picked our heads up and got back in it."

She noted that the ag-

gressive style was needed and while it may have cost a few runners, the team needs to take chances.

"You can't get any rewards without taking risks," she said. "Whether it's being aggressive on the base or going for a fly ball in outfield."

"Especially in close games, you have to take more risks," Meegan continued. "But I'm happy with everything so far."

He noted it was important for the fielder's to make plays behind the pitching, especially against a good-hitting team like the Timber Wolves.

The Bears dropped a 10-0 decision to Berlin to open the week. Newfound had just two hits against Berlin pitcher Sam McCann. Madison Perry and Fairbank had the hits for the Bears.

"Despite the score, we put up a fight and made Berlin earn their runs," Meegan said. "We didn't have many errors that resulted in runs scored."

She also praised the play of the outfield, noting Fairbank had three putouts in center and Hayse Broome had two.

The Timber Wolves were scheduled to play at Berlin on Friday, but that game was moved to May 19.

Prospect is back in action on Friday, May 10, for a 3 p.m. doubleheader with Gilford. The team is at Campbell at 4 p.m. on Monday, May 13, and hosts Somersworth at 4 p.m. on Wednesday, May 15.

Newfound will be hosting Hillsboro-Deering on Friday, May 10, will visit Somersworth on Monday, May 13, and will host Franklin on Wednesday, May 15, all with 4:30 p.m. start times.

Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



COURTESY PHOTO

The Newfound Lake watershed will be discussed at the next Trout Unlimited meeting.

## Newfound watershed study to be discussed on May 21

PLYMOUTH — Ben Nugent, a biologist with New Hampshire Fish and Game Department, will present a project to study the Newfound River watershed at the next Pemigewasset Chapter of Trout Unlimited meeting. The study will evaluate stream-crossing structures at the watershed level, as well as going back to some of the locations that were elec-

tro fished in 2009. He hopes to create a working group consisting of the NH F&G, Pemi Chapter, NLRA and the Lakes Region Planning Commission and communities to address these priorities.

The Pemigewasset Chapter of Trout Unlimited will meet on May 21, at 7 p.m. at the Common Man Inn in Plymouth. Come early and meet Nugent and fellow anglers. There

will be a raffle supporting sending a lucky boy or girl to the Barry Fishing Camp. Meetings are free and open to the public.

Trout Unlimited is a non-profit organization with a mission dedicated to conserve, protect and restore North America's cold-water fisheries and their watersheds. Visit [www.pemigewasset.tu.org](http://www.pemigewasset.tu.org) and like the group on Facebook.

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# Fast start propels Prospect past Newfound

BY JOSHUA SPAULDING

Sports Editor

ALTON — Scoring early makes a difference and that was obvious when the Prospect Mountain and Newfound baseball teams took to the Alton Central School field on Wednesday, May 1.

The Timber Wolves scored six runs in the first inning and didn't look back on the way to an 11-1 win.

"It takes the stress off," said Prospect coach Rich Fortier referencing the six first-inning runs. "One of the things we struggled to do last year was get out in front."

"We've got five games in six days," said Newfound coach John Larsen. "And we've got three pitchers injured. If it wasn't for Logan (Rouille), we'd be in real trouble."

Caleb Piwnicki got the start on the mound for the Timber Wolves and struck out two in the first inning. Then the bats came out for Prospect.

Ryker Burke led off with a walk against Newfound starter Luke Gordon and then Brandon Stellon followed with a base hit. Back-to-back walks to Piwnicki and Richard Stevens plated the first run of the game. Ryan Dube then added a base hit to drive in another run. Nate Holliday worked a walk to plate another run and after Gordon got a strikeout, a sacrifice fly by Noah Sanville drove in Prospect's fourth run of the game. After a walk to Devin Thomas, Larsen summoned Rouille to the hill. He got a strikeout but then Burke followed with a base hit to drive in two more runs and Prospect had the 6-0 lead. Rouille then got a line drive to shortstop to end the inning.

Rouille reached on an error in the top of the second inning and got all the way to third base but Piwnicki was able to work his way out of the inning without a run scoring.

Stevens had a long double in the bottom of the second inning but he was gunned down heading to third.

Tuan Nguyen had a walk for Newfound in the top of the third inning and stole second but he was stranded when Piwnicki got a strikeout to end the inning. Leroy LaFlamme made a nice catch in center field for the Bears in the bottom of the third and the Timber Wolves were kept off the board.

Reid Wilson had a base hit for Newfound in the top of the fourth inning and was forced at second on a grounder by Rouille. Rouille was able to steal second but Piwnicki got another strikeout to end the inning.

Burke led off the



Prospect's Noah Sanville gets back to first as Newfound's James Rogers takes the throw in action last week.

JOSHUA SPAULDING



Newfound shortstop Reed Wilson takes a throw in action in Alton on May 1.

JOSHUA SPAULDING

bottom of the inning with a walk and stole second. After Piwnicki walked, they both came around to score on a long double by Stevens, pushing the lead to 8-0. One out later, Holiday had a base hit, but Newfound catcher Mike Macklin gunned him down stealing second to end the inning.

The Bears got their first run of the game in the top of the fifth inning. Gordon started the inning with a base hit, stole second and got to third on a throwing error. Piwnicki had a couple of strikeouts but a dropped third strike against Nguyen allowed Gordon to score for the Bears. Piwnicki came back and got a strikeout to end the inning.

Sanville led off the bottom of the inning with a base hit and two outs later, Burke and Stellon had back-to-back hits to drive in a run and then Piwnicki's base hit drove in the final run, giving

Prospect the 11-1 win.

"It helps when you get 11 strikeouts," Fortier said. "That was a really strong pitching performance."

"We made a couple of mistakes, but it was good," the Timber Wolf coach added. "There's 22-23 days left and 12 more games, so if we can get in a short game, we have to take advantage of it when it comes."

The Timber Wolf coach notes he believes his team has what it takes to compete against anyone.

"I think we can compete," he said. "And they're learning that they don't have to hit home runs to score a bunch of runs. "Put the ball in play and good things happen," Fortier said. "And Rich (Stevens) got to put his power on display. He's a big strong kid."

"We haven't really had practice," Larsen said. "We've had one day on the field.

"With young kids, you have to be patient," he continued. "It's baby steps."

He pointed out that he was very pleased with how Rouille has handled himself so far this season.

"He carries a lot of weight," Larsen said. "And I've never heard that kid complain."

The Bear coach was also happy to welcome James Rogers back to the lineup for the first time this season. While he was unable to hit, he stepped in at first base and had a solid game defensively.

The Newfound boys picked up a 6-2 win over Berlin on Monday, April 29.

The Mountaineers scored a run in the first inning but Newfound answered back in the bottom of the inning. A groundout from Ryan Lyford scored LaFlamme and then Wilson scored on an error to make it 2-1. LaFlamme came

home on a wild pitch and Lyford drove in Wilson in the third inning, making it 4-2 for the Bears. Newfound added two runs in the bottom of the sixth inning, with Rouille and Lyford plating runs. Wilson gave up two runs on five hits over four innings, striking out five. Rouille threw three innings in relief. LaFlamme stole three bases on the day to lead the Bears while Rouille, Wilson and Lyford paced the offense.

Newfound finished up a suspended game with Inter-Lakes on April 30. The game was stopped after seven innings tied at six due to darkness.

The Lakers scored the only run they would need in the top of the seventh inning and added one more for the 8-6 win. Nguyen led the Bears with two hits for the game.

The Timber Wolves were scheduled to be at Berlin on Friday,

but that game was postponed until Sunday, May 19.

The Timber Wolves will be in action on Friday, May 10, at home against Inter-Lakes at 4:30 p.m. On Monday, May 13, the team will be at Campbell and on Wednesday May 15, the Timber Wolves will host Somersworth, both at 4 p.m.

The Bears will be in action on Friday, May 10, at home against Hillsboro-Deering, will be at Somersworth on Monday, May 13, and hosting Franklin on Wednesday, May 15, all at 4:30 p.m. The May 15 game will be the team's Operation Hat Trick game and Larsen and the Bears welcome all local veterans to come to the game, with a ceremony taking place at 4:15 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmon-press.news](mailto:josh@salmon-press.news).

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# The intensity of the hockey playoffs

When it comes to sports, I consider myself a baseball fan first and foremost. It's my favorite sport and I watch or listen to most every single Red Sox game.

But when it comes to intensity, it's hard to beat the thrill of Stanley Cup Playoff hockey. And when your favorite team is involved in those playoffs, it's usually good for a few thrills along the way.

This year's hockey playoffs have indeed been quite a lot of fun and have featured more than a fair share of upsets and intensity.

Next to baseball, hockey is my favorite sport but I don't get to watch tons of it, since I am usually on the road or in the office, which means I listen to the games. When the games aren't carried on 101.5 FM, I am able to tune in using satellite radio, either in the office or in my car.

I was disappointed when Dave Goucher, the longtime radio play by play guy for the Bruins left a couple of years ago to work with the Vegas Golden Knights, because he was truly a master at calling the games. However, his replacement, Judd Sirrott, has proven to be more than capable and has devel-

## SPORTING CHANCE



By JOSHUA SPAULDING

oped a good relationship with color analyst Bob Beers.

Over the course of the last few weeks, I've been listening to the games as the Bruins got the playoffs under way. The Toronto series was a lot of fun, but part of what made it even more fun was the fact that midway through the best-of-seven series, everyone knew that the top-seeded Tampa Bay Lightning had lost, meaning whoever won between the Maple Leafs and Bruins would get the home ice advantage in the second round.

And the fact that the series went seven games was even more exciting, since game seven in a hockey playoff series is pretty much the most intense that a sporting event can be.

When the Bruins moved on to the second round, I think many fans expected an easy road, since the Lightning were out of the way, but with a very strong goalie, the Columbus Blue Jackets have proven to be a formidable opponent and

the series to date (five games at the point of this writing) has been more than exciting.

The only drawback to the hockey playoffs is how long they are (though still not nearly as long as the seemingly terminal NBA postseason). A few

fewer days off between games wouldn't be a bad thing, at least on a fan's side of things. That being said, I am here for the playoffs, particularly as long as the Bruins stay alive and continue their postseason run. We'll just see how far this

run takes them.

Finally, have a great day, Erik Brown.

*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, Newfoundland, 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.*

## Track

FROM PAGE B1

jump for fifth place overall.

Newfound finished in third place in the 4X400-meter relay in a time of 4:49.1 and took third in the 4X100-meter relay in a time of 56 seconds.

Haley Dukette finished in second in the 1,600 meters with a time of 6:27.5 and Sophia Pettit was eighth in 8:15.5. Leslie Shattuck was fourth in the 800 meters in a time of 3:05.6.

Autumn Braley finished in third place in the 300-meter hurdles in 56.5 seconds and Greta Gruss was fifth in 62.3 seconds. Braley finished in 21.2 seconds in the 100-meter hurdles.

In the 200 meters, Amy Combs finished fifth in 29.7 seconds, with Shyann Seymour in 32 seconds and Gruss in 32.8 seconds.

Combs was also fourth in the 100 meters with a time of 14.5 seconds, with Seymour in 15.3 seconds.

For the Newfound boys, Devon Normandin was third in the javelin with a toss of 127 feet, two inches, with Mason Dalphonse at

95 feet, 11 inches, Connor Van Lingen at 92 feet, seven inches, Logan Glidden at 71 feet, 11 inches and Hunter Pease at 46 feet, two inches.

Jack Gosson won the discus with a throw of 109 feet, two inches with Dalphonse in second place at 107 feet, seven inches. Brandon Ly finished at 79 feet, nine inches, Jared Ciley threw 77 feet, six inches and Sam Klapkyk threw 52 feet, nine inches.

Dalphonse won the shot put with a toss of 44 feet, five inches, with Owen Henry in sixth place at 34 feet, 2.5 inches, Ly throwing 29 feet, three inches, Normandin threw 28 feet, six inches and Klapkyk threw 25 feet, seven inches.

In the triple jump, Cian Connor finished in second place at 37 feet, 10 inches and Reid Wilkins was third at 35 feet, 10.5 inches. Connor also finished fourth in the long jump at 17 feet, two inches.

Dylan Perkins won the pole vault with a height of eight feet, six inches and Wyatt Day was third at eight feet.

Wilkins took the top spot in the high jump with a height of five feet, eight inches, Perkins was second at five feet and Mark Pagani was fourth at four feet, 10 inches.

The Bear boys were fourth in the 4X400-meter relay in a time of 4:25.6 and in the 4X100-meter relay, Newfound took top honors in a time of 48.4 seconds.

Joe Sullivan finished in fourth place in the 3,200 meters in 12:15.2, with Day in 13:55.4 and Ashlar Dotson in 13:55.4.

Nick Comeau was seventh in the 1,600 meters in 5:26.1 with Sullivan in 5:33.7 for ninth and Luke Wade in 7:22.8. Wade finished the 800 meters in 3:03.4. Devin Hershberger finished the 400 meters with a time of 67.1

seconds.

Matt Libby won the 300-meter hurdles in 44.1 seconds and also won the 110-meter hurdles in a time of 16.8 seconds.

Aidon Anderson won the 200 meters in 25.8 seconds with Logan Glidden in 28.2 seconds. Anderson also added a sixth place in the 100 meters in 13 seconds.

Overall, the Newfound boys took first place and the girls finished in third place.

The Bears competed at Prospect Mountain on Saturday.

In the 100-meter hurdles, Braley ran to third place overall with a time of 19.96 seconds while in the 100 meters, Seymour took eighth place overall with a time of 14.71 seconds.

Haley Dukette finished in third place in the 1,600 meters with a time of 5:51 while in the 4X100-meter relay, the team of Seymour, Braley, Ashlee Dukette and Julia Rose finished in second place in a tie of 56.49 seconds.

Braley took sixth place overall in the 300-meter hurdles, finishing in a time of 59.02 seconds, while in the 200 meters, Seymour finished in fifth place in 31.46 seconds and Gruss finished in eighth place in 32.94 seconds.

For the 4X400-meter relay, the team of Braley, Ashlee Dukette, Rose and Haley Dukette ran to second place in a time of 4:47.

Skogg took the win in the shot put with a distance of 33 feet, three inches, while Ashlee Dukette finished in second place at 32 feet, 1.5 inches. Huckins finished in third place at 30 feet, 9.5 inches and Raimondi finished in fifth place at 26 feet, one inch. Sadira Dukette threw 16 feet, 10 inches and McGowan through 16 feet, one inch. McConologue finished seventh in the high jump at four feet.

Ashlee Dukette won the javelin with a toss of 96 feet, five inches, while Huckins was sixth at 73

feet, four inches. Trinity Taylor threw 40 feet, three inches and Sadira Dukette threw 27 feet, 10 inches.

For the boys in the 100 meters, Anderson finished in sixth place at 12.21 seconds, while Josh Bucklin finished in 12.52 seconds, Glidden crossed in 13.52 seconds and Van Lingen crossed in 13.68 seconds.

Newfound took places 12-15 in the 1,600 meters, led by Day in 5:58 followed by Dotson in 6:00, Pease in 6:01 and Wade in 6:26. Hershberger finished in 1:42.32 in the 400 meters.

Anderson took second overall in the 200 meters with a time of 24.68 seconds while Bucklin finished in 10th place in 25.62 seconds.

In the 4X400-meter relay, Sullivan, Glidden, Van Lingen and Comeau finished in fifth place in 4:28. Sullivan finished in fifth place in the 3,200 meters, crossing in a time of 12:05, with Comeau in seventh place in 12:20 and Dotson in 10th in a time of 14:08.

Dalphonse finished first in the shot put with a toss of 45 feet, one inch, with Jack Norton throwing 26 feet, two inches, Klapkyk tossing 26 feet, one inch and Owen MacDonald throwing 24 feet, 10 inches.

Wilkins leaped to the win in the high jump, clearing six feet, two inches while in the javelin, Dalphonse threw 101 feet, nine inches, Connor threw 92 feet, six inches, Van Lingen threw 91 feet, nine inches, MacDonald threw 81 feet nine inches and Glidden threw 77 feet, eight inches.

Newfound will be in action on Saturday, May 11, at Belmont at 10 a.m. and on Tuesday, May 14, they will be at Moultonborough at 4 p.m.

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