

Newfound Landing

THURSDAY, JUNE 13, 2019

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COMPLIMENTARY

Bristol Bicentennial Dinner to feature humorist Rebecca Rule

BRISTOL — Bristol turns 200 years old on June 24! The Bristol Bicentennial Steering Committee has been actively making plans to honor and celebrate Bristol's heritage and rich history – and you are invited to join us!

A special Bicentennial celebration dinner will be held on Sunday, June 23 at the Historic Town Hall. The Homestead Restaurant – a Legacy Sponsor for the Bicentennial – will be catering this fabulous landmark event, which begins at 5 p.m.

The festivities get underway at 5 p.m., with a social hour - cash bar and hors d'oeuvres, followed by a sumptuous meal, a little bit of history and a lot of fun as New Hampshire's own Historical Humorist Rebecca Rule will be the evening's entertainment. Rebecca is sure



Al Blakeley (left), a member of the Bristol Bicentennial Committee, presents a Certificate of Appreciation to Amanda Wright, General Manager of the Homestead Restaurant and Tavern in Bristol. The Homestead is a Legacy Sponsor of the year-long bicentennial celebration in Bristol and will be catering the Celebration Dinner taking place on Sunday, June 23 at Bristol's Historic Town Hall. Tickets for the dinner are available at the Bristol Town Offices.

Wednesdays so if you are unable to make it in during the day, you can stop by and get your tickets then. Seating for the event is limited, so if you would like to attend, you are encouraged to get your tickets soon.

We are so pleased with the great response of our business community in supporting our year of Bicentennial events, their contributions and sponsorships are greatly appreciated! Legacy Sponsors for the Bristol Bicentennial are Bristol Eagle Scouts Honored by the Wilson Family; Bristol Rotary Club, Freudenberg – NOK; The Homestead Restaurant & Tavern; Morrison Construction; the Newfound Landing; R.P. Williams & Sons; Shackett's Store and West Shore Marine. Heritage Sponsors are Emmons Funeral Home; The Home Town Voice and Michael Sharp Enterprises and Celebratory Sponsors are Andy & Sons Plumbing & Heating, Bristol Pawn Shop, Cardigan Country Store & Orchard Bistro; Central Land Surveying Inc.; Dead River Company; Elizabeth A. Seeler, CPA; Gilly's

SEE RULE, PAGE A9

Lewis' defense makes the case for conspiracy

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Attorney Eric Wilson, in defending former Bristol Police Chief Michael Lewis on simple assault charges involving the wife of one of his officers, used the prosecution's own witnesses to cast doubt on the charges, including coaxing testimony from the complaining officer about his desire to take the chief's place.

Audio recordings of the trial that took place recently in Grafton County Superior Court that lieutenants Timothy Woodward and Kristopher Bean had decided in April 2017 that they wanted Lewis gone. When Lewis gave a slap or a tap to Nicole Woodward's hip during her

visit to the police station on July 31 of that year, the Woodwards filed a complaint of sexual assault and, bypassing protocol, Tim Woodward went directly to the Chair of the Bristol Board of Selectmen, Rick Alpers, who may have had his own reasons for wanting Lewis gone.

In June 2017, Lewis had defied the selectmen when they asked him to join officers from other communities at a regional conference to discuss the opioid epidemic.

"If I had the option to be the only duty unit on duty, or attend a meeting to have a Danish, I want to be here with boots on the street, helping my men and women," Lewis said at the time. "The officers' safety on a daily basis or a nightly basis is far more of a priority of mine."

One of the thousands of text messages that investigators recovered from the chief's iPhone after he was placed on administrative leave and ultimately resigned from the police department was a warning: Better take a job in Moultonborough "before Rick takes you out."

Of all the parties involved in the case that ended with Lewis' acquittal on May 10, only Lewis was willing

to speak to a reporter, saying he was relieved to finally be able to talk about "the conspiracy." SEE LEWIS TRIAL, PAGE A9

to enthrall the audience with tales of days gone by – interlaced with a little local history.

"We are excited about hosting this fun evening of celebration at our old Town Hall," said Janet Cote, Chair of the Bicentennial Committee.

"We are so fortunate to have this historic

structure right in the heart of our community, and with its newly remodeled kitchen it's the perfect fit for this event," said Cote.

Tickets for the event are \$40 per person, and are available for purchase only IN PERSON at the Bristol Town offices. Remember, that the town offices are open until 7 p.m. on

Garden Club appreciates community support for plant sale

BRISTOL — Saturday, June 1 began with dubious weather, but there were customers waiting as the Pasquaney Garden Club's annual Plant

and Bake sale was being set up at 7:30 a.m. Gardeners from many surrounding towns came to pick their favorites from more than 300 perennials donated

by members' gardens. Buyers were eager to chat with club members about the toll winter had taken in their gardens and plants that would make good

replacements or just to find something new to plant. The sun did finally make an appearance and brought more visitors to the

SEE PLANT SALE, PAGE A9

Driver flees scene of collision in Bristol

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — A two-vehicle collision on Summer Street in Bristol last weekend sent one person to the hospital and the Bristol Police K9 team out searching for the other driver after a blue BMW collided with a black Ford F-150 pickup truck in the vicinity of Wells Field. The road, also known as Route 104, was shut down for approximately one hour as emergency responders cleared the scene and conducted their investigation.

Sgt. Aaron Chaple of the Bristol Police Department said that at approximately 10:24 p.m. on June 7, police re-



Last Friday evening, a black Ford F-150 pickup truck driven by Don and Heidi Milbrand of Bristol was struck by a blue BMW operated by New Hampton resident Joshua Drake, who fled the scene following the collision on Summer Street near Wells Field in Bristol.

sponded to a call for the accident, with Officer Dakota Van Tassel among the first on

scene. Witnesses told officers that the male driver of the BMW had fled the area and

Officer Nick Kelly and his K9 partner Arro were quickly called

SEE CRASH, PAGE A12

INDEX

Volume 6 • Number 24

- Opinion.....A4
- Obituaries.....A5
- Towns.....A5
- Churches.....A5,A6
- Health.....A6,A7,A16
- Business.....A7
- Arts & Ent.....A16
- Sports.....B1-B2 & B6
- Classifieds.....B3-B5

22 pages in 2 sections
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Sununu to speak at PBVRC dinner

ASHLAND — The Pemi-Baker Valley Republican Committee is starting their spaghetti dinner season off with a bang! Governor Chris Sununu is our featured speaker for the evening. Also joining us will be General Donald Bolduc, who is considering running against Senator Jeanne Shaheen in 2020. These events are open to the public, and are held at the American Legion Hall, 37 Main St., Ashland, NH 03217. The

meal includes spaghetti, meatballs, Italian sausage, garlic bread, salad, beverages, and desserts. This dinner will be held on Friday, June 21 from 5-7 p.m.

Gov. Christopher T. Sununu is the 82nd Governor of the State of New Hampshire. He is currently serving his second term and has the distinction of being the youngest Governor in the country. Among his accomplishments during his first year in



COURTESY PHOTO

Gov. Chris Sununu

office were delivering a balanced state budget with no new taxes or fees and establishing full day

kindergarten. Additionally, Gov. Sununu doubled funds to fight the opioid crisis, made in-

vestments in clean water projects, expanded educational opportunities for students, and signed job creating business tax cuts into law.

Before being elected Governor in 2016, Sununu served three terms on the New Hampshire Executive Council, representing 32 cities and towns in Rockingham and Hillsborough counties.

In 2010, he led a group of investors in the buy-out of Waterville Valley Resort where he worked as Chief Executive Officer and was in charge of an expansion of the ski resort done in cooperation with the United States Forest Service.

An environmental engineer, Sununu worked for ten years cleaning up hazardous waste sites across the country. In 1998, Chris completed a

five-month through-hike of the Appalachian Trail from Maine to Georgia.

Sununu grew up in Salem. He graduated from Massachusetts Institute of Technology (M.I.T.) with a BS in Civil/Environmental Engineering. Governor Sununu lives in Newfields with his wife, Valerie, and their three children, Calvin, Edie, and Leo.

We are pleased to introduce General Donald Bolduc from Laconia. After 32 years of active duty service to his country in which he received two awards for valor, five Bronze Star medals, two Purple Hearts, led ten deployments, and survived both a bomb blast, numerous wildfires, and a helicopter crash, General Bolduc, former Commander, Special Operations Command AF-
SEE SUNUNU, PAGE A12

Bristol Police Log

BRISTOL — The Bristol Police Department handled 188 calls for service, resulting in nine adult criminal arrests, one adult protective custody, one Involuntary Emergency Admission, one Town Ordinance citation arrest, and 20 criminal offense investigations. Officers also performed 57 motor vehicle stops, investigated four motor vehicle accidents, and conducted 189 directed enforcement patrols, area checks, and foot patrols.

Other call reasons included: K9 deployment, domestic disturbances, mental health emergency, intoxicated persons, warrant checks, wanted persons, criminal investigation follow-ups, harassment, thefts, burglaries, forgery/frauds, 911 investigation, unwanted persons, noise complaints, suspicious vehicles, suspicious persons, disturbances, drug activity complaints, drug investigations, motor vehicle complaints, DWI complaints, hit and run accident, welfare checks, warrant service, residential alarms, business alarms, parking complaints, civil matters, civil stand by, protection order services, protection order violations, paperwork service, animal complaints, public assists, motorist assists, abandoned vehicles, sex offender registrations, VIN verifications, road hazards, juvenile com-

plaints, community policing events, assist other police agencies, and assist the fire department.

Arrests:

Corey Morgan, 31, Bristol- Bench Warrant Ashley Wright, 28, Danbury- Operating after Habitual Offender Certification

Mary Robie, 49, Bridgewater- Operating After Suspension

James Kerr, 29, Bristol- Receiving Stolen Property, Operating After Suspension, Misuse of Plates, Unregistered Vehicle, Uninspected Vehicle, Use of Mobile Device

Lacey Cloutier, 33, Bristol- Allowing an Improper Person to Operate a Vehicle

Daniel McDonald, 27, Gilford- Willful Concealment, Bench Warrant

Steven Hall, 23, Bristol- Operating Without a Valid License

Nicholas MacDonald, 23, Bristol- Driving While Intoxicated

Joshua Drake, 23, New Hampton- Conduct After an Accident

(1) Protective Custody- Intoxicated Person

(1) Town Ordinance Citation Arrest- Pawn Shop Ordinance Violation

(1) Involuntary Emergency Admission

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

SKUUF hosting public reading to honor Frederick Douglass' legacy

PLYMOUTH — A public reading of one of the 19th century's most famous speeches will take place July 3 at noon at the Plymouth Town Common (or at the local Congregational Church in case of rain).

"What to the Slaves is the Fourth of July?" asked Frederick Douglass in 1852.

Douglass, one of our nation's greatest ora-

tors and abolitionists, was asked to speak at an event commemorating the signing of the Declaration of Independence. In his provocative speech, Douglass said, "This Fourth of July is yours, not mine. You may rejoice; I must mourn."

Douglass' speech remains emotionally powerful and thought-provoking more than a

century and a half after he gave it.

People of all ages and different walks of life are asked to gather at noon at the Common to hear and reflect on this reading.

Communities around the country will be participating in these readings. Plymouth will be one of eight reading sites in New Hampshire. Reading Frederick

Douglass causes us to think in new ways about our nation's history, about race relations and citizenship and about the role race continues to play in our national discourse.

This free public event is a program of the Black Heritage Trail of New Hampshire in collaboration with the Starr King UU Fellowship.

Students named to President's List at Plymouth State University

PLYMOUTH — A total of 837 students have been named to the Plymouth State University President's List for the Spring 2019 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2019 semester and must have attempted at least 12 credit hours during the semester.

Avis Baker of Wentworth, Philosophy major

Cameron Brand of Plymouth, Theatre Arts major

Sylvie Donnell of Warren, Art major

Kaitlyn Hamilton of Warren, Art Education (K-12) major

Gwendolyn Hoyt of

Holderness, Art major

Ian Kim of Plymouth, Music major

Sheyenne Lester of Campton, Theatre Arts major

Willow Moulton of Bristol, English major

Mary Patten of Plymouth, Fine Arts major

Thomas Perkins of Holderness, Communication Studies major

Sydney Pogue of Holderness, English major

Ethan Pruett of Alexandria, Music Education (K-12) major

Megan Steimer of Campton, Communication Studies major

Rebecca Turmel of Alexandria, Communication Studies major

Ruthie White of Campton, Music Edu-

cation (K-12) major

Denee Woods of Campton, Communication Studies major

Kadirah Abdul-Jabbar of Ashland, Interdisciplinary Studies major

Robyn Boisvert of Alexandria, Early Childhood Education major

Abigail Clark of Warren, Youth Development & Educ major

Emily Haselton of Wentworth, Elementary Education major

Lauren Hughes of Campton, Elementary Education major

Patrick Mignaneli of Campton, Social Studies Education major

Emery Ames of Plymouth, Interdisciplinary Studies major

Macallan Camara of Plymouth, Computer Science major

Justin Campbell of Campton, Computer Science major

Delaney Chabot of Campton, Psychology major

Christopher Cox of Bristol, Biology major

Richard Deluca of

Alexandria, Computer Science major

Aaron Evans of Wentworth, Interdisciplinary Studies major

Kyle Manning of Plymouth, Biochemistry major

Zachary Patten of Bristol, Computer Science major

Lucien Pease of Alexandria, Computer Science major

Jelena Rich of Campton, Psychology major

Montana Bassett of Bristol, Nursing major

Ashley Hoyt of Campton, Interdisciplinary Studies major

Nicole Lheureux of Campton, Nursing major

Morgan Maxner of Plymouth, Social Work major

Randall Scroggins of Rumney, Allied Health Sciences major

Kelsey Wang of Ashland, Health Education & Promotion major

Angeela Acharya of Plymouth, Business Administration major

Andreas Beckman Pettersson of Plymouth, SEE PRESIDENT'S LIST, PAGE A12

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Week of 6/14 - 6/20

<p>MEN IN BLACK: INTERNATIONAL PG-13 Fri.-Sat.: 1:15, 4:15, 7:15, 10:00 PM Sun.-Thurs.: 1:15, 4:15, 7:15 PM</p>	<p>SECRET LIFE OF PETS 2 Fri.-Sat.: 12:30, 2:45, 5:00, 7:15, 9:30 PM Sun.: 12:30, 2:45, 5:00, 7:15 PM</p>
<p>ROCKETMAN R Fri.-Sat.: 1:00, 4:00, 7:00, 9:45 PM Sun.-Thurs.: 1:00, 4:00, 7:00 PM</p>	<p>Join us for the advance screening of: Toy Story 4 Thursday 6/20 at 6:00pm <i>Come try our new luxury leather recliners with footrests</i></p>

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Dinosaurs live starting July 1 at the Science Center

HOLDERNESS — Since the first dinosaur fossil was discovered, humans have been infatuated with the gigantic creatures who roamed the Earth more than 66 million years ago. This summer, visitors to Squam Lakes Natural Science Center can see life-size dinosaurs similar to the way they were during pre-historic times at Dinosaurs Alive! which opens on July 1.

Anticipation is building at the Science Center for the arrival of Dinosaurs Alive! which features five life-size dinosaurs. The dinosaurs look, move, and sound like the real thing — one even spits! The featured dinosaurs are Acrocanthosaurus, Deinonychus, Dilophosaurus, Parasaurolophus, and Tyrannosaurus rex. The dinosaurs range in size from the large Acrocanthosaurus at 28 feet long, to the smaller, feathered Deinonychus at 12 feet long. The Tyrannosaurus rex is a juvenile at

20 feet long. An adult Tyrannosaurus rex could be nearly 40 feet long.

The Science Center will host special programs to coincide with the Dinosaurs Alive! exhibit. On Tuesday, July 9 and again on Tuesday, July 16, the Science Center presents “Meet the Dinosaurs of Dinosaurs Alive!” for adults and children ages 12 and up. Participants will get to know the dinosaur species through an illustrated indoor presentation followed by a walk to the gigantic animatronic dinosaurs. The program will finish with a visit with a live modern day dinosaur. “Meet the Dinosaurs of Dinosaurs Alive!” costs \$8 per member and \$10 per non-member.

On Wednesday, July 10 and again on Wednesday, July 31, the Science Center presents “Discover Dinosaurs Alive!” for families with children ages 4 and up. Participants will explore the trail to discover the



dinosaurs and learn about when the dinosaurs lived and how they survived. After

dinosaur games the program will wrap up with a visit from a live modern day dinosaur. “Discover Dinosaurs Alive!” costs \$8 per member and \$10 per non-member.

Dinosaurs Alive! is generously sponsored by the New Hampshire Electric Cooperative and Meredith Village Savings Bank.

Visitors will be able to see the Dinosaurs Alive! exhibit for a limited time, from July 1 through September 30, in natural settings along the live animal exhibit trail. Dinosaurs Alive! is included in regular trail admission (\$20 for adults; \$17 for seniors 65+; \$15 for youth ages 3 to 15; free for children 2 and under; free for members). Squam Lakes Natural Science Center is open every day from 9:30 a.m. to 5:00 p.m. with the last trail admission at 3:30 p.m. Visit www.nhnature.org for more information.

PSU names Ann McClellan, Ph.D. Associate Provost

PLYMOUTH — Plymouth State University (PSU) announced today it has named Ann McClellan, Ph.D., as Associate Provost. McClellan has taught British literature at PSU for 14 years, during which time she also served as the English Department Chair for six years and Women’s Studies Program Chair for four years.

“Ann brings a wealth of knowledge and experience to the Associate Provost role,” said Donald L. Birx, President, Plymouth State University. “Her deep commitment to the entire PSU community, and the leadership she has shown over the years will be tremendous assets to our faculty and students alike. Ann was visionary in embracing the clusters approach, leading the development of the Arts & Technologies Cluster, which will enable her to ensure that faculty are supported as they collaborate across disciplines, and that our students have opportunities for enriching clusters experiences.”

McClellan has been very involved in the campus community since she first joined the PSU faculty in 2005. She became involved with several major initiatives and policy-making committees while teaching and advising students and student groups. Most recently, she oversaw the evolution of several departments into one interdisciplinary Arts & Technologies Cluster. McClellan was also elected by her fellow faculty members to lead a cross-campus



COURTESY

Plymouth State University (PSU) announced it has named Ann McClellan, Ph.D., Associate Provost. McClellan has taught British literature at PSU for 14 years, during which time she also served as the English Department Chair for six years and Women’s Studies Program Chair for four years.

leadership team in 2018 to help the University further integrate the clusters educational model.

“I am very passionate about the integrated clusters educational model and the level of innovation it is bringing to our students and their educational experiences,” said McClellan, “I look forward to collaborating with my colleagues across all disciplines to help them continue incorporating pedagogy and clusters into their classes, and helping students develop the problem-solving

skills they need to be successful.”

Through her classes, McClellan helped her students explore questions of literary value and previous judgements and the interconnectedness of history and text, enabling them to think, speak and write about texts in interesting and sophisticated ways. Her research explores the complex relationships between literature and culture, ranging from fictional representations of British women intellectuals to fan culture and the popularity of

Sherlock Holmes.

“I am thrilled to welcome Ann to the Academic Affairs leadership team,” said Robin Dorff, Ph.D., Provost, Plymouth State University. “I personally look forward to collaborating with Ann as we continue to develop challenging and engaging ‘real world’ learning opportunities for our students that will prepare them to be significant contributors and effective leaders when they leave PSU.”

PSU has honored McClellan several times over the years for her outstanding work and contributions to the community. In 2016, McClellan was recognized with Awards for Distinguished Scholarship and Excellence in Faculty Service. PSU also honored McClellan with the Distinguished Academic Advising Award in 2015 and the Theo Kalikow Award in 2010.

McClellan holds a Bachelor of Arts in English from the University of Michigan, and a Master of Arts in Literature, and a Ph.D. in English Literature from the University of Cincinnati.

For more information about Plymouth State University, visit www.psu.edu. SEE McCLELLAN, PAGE A12

Local students graduate from NHTI

CONCORD— The following students graduated from NHTI Concord’s Community College, during the Spring 2019 term:

Alexandria
Glen Moore

Campton
Lisa Currier, Alyssa Dauphin-Bailey, Anthony Stephens

Hill
John Schilling

Plymouth
Brian Bambushew

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving

students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. NHTI Concord’s Community College offers more than 90 academic programs to more than 4,600 students annually. Graduates can transfer to 4-year colleges and universities, or enter directly into the workforce. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency, since 1969. www.nhti.edu



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CADY Corner

Use of methamphetamine on the rise

BY DEB NARO
Contributor

Drug deaths related to methamphetamine are on the rise. According to the New Hampshire Chief Medical Examiner's Office, deaths related to methamphetamine have increased from one in 2012 to 21 in 2018. Known by street names like speed, ice, tweak or crystal, methamphetamine or "meth" is made in a home or lab and contains key ingredient, pseudoephedrine, a stimulant that works as a decongestant and is found in over-the-counter medicines. With governmental restrictions put in place in 2006 on pseudoephedrine, there was a temporary decline in use but this new surge in availability primarily comes from meth being brought into the U.S. from Mexico.

Like other stimulants, methamphetamine elevates the level of dopamine, a neurotransmitter associated with the brain's reward system, these levels are spiked well above pleasure derived from food, sex, alcohol and cocaine. The ability to rapidly increase levels of dopamine in the brain strongly reinforces this drug-taking behavior. Meth can be smoked, swallowed, snorted or injected and can come in several forms, including pill form, fragments or shiny, bluish rocks known as crystal meth. People who are using meth report being high for periods of eight to 12 hours just from one hit often engaging in a binge and crash cycle where they stay up for days, even weeks using meth and then crashing.

Effects of methamphetamine use can be both short and long term. Short term-effects include increased wakefulness, decreased appetite,

faster breathing, rapid or irregular heartbeat and increased blood pressure and body temperature. However, long-term effects include changes in brain structure and function, memory loss, severe dental problems and addiction. According to the National Institute on Drug Abuse (NIDA) a recent study suggests that people who once used methamphetamine have an increased risk of developing Parkinson's disease, a disorder that affects movement.

What do you do if you suspect that your child is using meth? Signs of use can include violent or angry outbursts, mood swings, paranoia and frantic and compulsive behaviors known as "tweaking" which can include repetitively picking at one's face or arms, obsessive cleaning or taking things apart for no apparent reason. Youth exposure to substances, including meth, can impact multiple areas of the brain which continues to develop into the early 20s. Areas effected include the ability to experience pleasure, memory, learning and performing basic verbal tasks, motor skills and judgment. Meth can also rewire the brain for the development of a substance use disorder.

While we are working to combat the opioid crisis in New Hampshire we also need to be aware of this other emerging drug crisis: methamphetamine. We hope you will talk to your kids early and often about the dangers of misusing any drugs as well as alcohol. For more information please visit the CADY Web site at cadyinc.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.

Apple blossoms accompany the return of major splat

NORTH
COUNTRY
NOTEBOOK

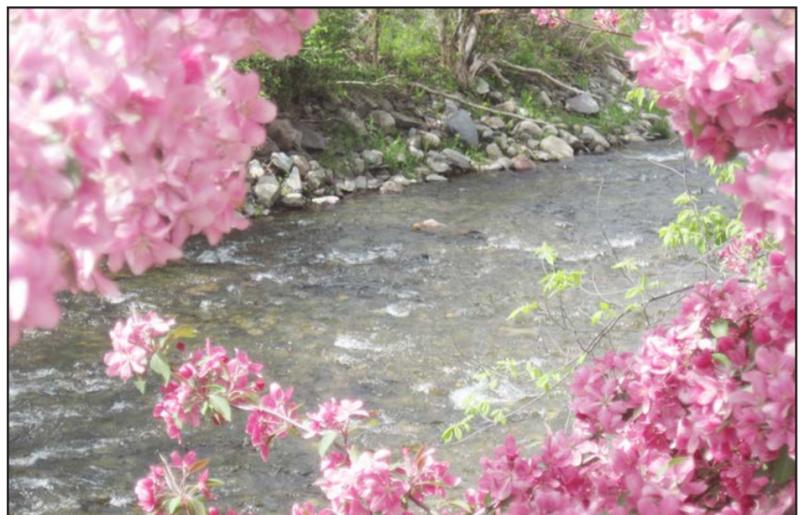


By JOHN HARRIGAN

And now, from the never-ending pile of "Notes to Self" on a corner of my desk, comes an unscientific news bulletin. No, wait--I should mimic the TV stations, and hype it as "Breaking News."

June bugs are back, in what an unscientific survey indicates are sufficient numbers to perpetuate the species. This should mollify people almost ready to assemble into actual crowds to protest this June Bug Gap, and people writing letters to Congress. This follows an impromptu survey last spring, in the fifth year (or so) that the North Country had almost no June bugs. Sample answers: "What are June bugs, anyway?" and "Is that the big bug that goes 'splat' and makes a big gooey mess on your windshield? Because I'll tell you what, mayflies are bad enough."

In the "Conclusions" box at the end of the survey, which is the fun part because you get to make stuff up, one person (okay, it was me) had the courage to say that there must be some sort of reason for June bugs--something else out there must, you know, like eat them or something. He charged the scientific community with not caring about the status of June bugs.



JOHN HARRIGAN

Take a stroll down Colebrook's Pleasant Street and you'll see bursts of blossoms covering every section of what looks like a cherry tree, or maybe a crabapple.

"When you don't see June bugs even in June, you should know you have a serious problem somewhere," said an undergraduate at the Tierra del Fuego School of Extremely Limited Agriculture," adding "You won't tell my parents that I went off the dorm and meals plan, will you?"

+++++

Readers should understand (Reminder: I'm back to Serious now) that when they write to me about this or that, some of what they write might wind up in the paper. Newspapers are all about news, after all, and sometimes a reader writes about a topic that some radio and television stations are always blaring and hyping about as "breaking news."

Most of the time, I'll try to contact whoever

sent me the mail, but sometimes neither time nor inclination permits.

+++++

If a riot of pink and white blossoms is any indication, it looks like we're in for a bumper crop of apples, at least the wild apples I love to steal around in when I'm bird-hunting hither and yon.

One goal after two and a half years on the Injured List is to renew acquaintances with my little light French gun, a .20 gauge Helice that was made in a father and son shop in France in the early part of the last century.

I got the gun from Frank Parker, long-time outdoor columnist for the Union Leader. Frank and I got off to a rocky start but soon became fast friends. Also, he had a pool table in his cellar, and I love to



COURTESY PHOTO SHUTTERSTOCK.COM

Yup, that's a nice, big, fat, juicy (as when it hits your windshield) June bug all right. He and his kin seem to be around again after a long and unexplained hiatus.

shoot pool.

If we're on the subject of truth, and I guess we are, my full disclosure, as the television script writers are always saying, is that I love the game of golf almost as much as I love bird hunting, for a host of different reasons. And of the two, golf is a whole lot easier to explain.

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

MARK ON THE MARKETS



BY MARK PATTERSON

The process of reviewing a client's existing 401k, 403b or other retirement plans that they have accumulated during their working time, have revealed some commonality as far as allocations between stock and bond funds. Most clients tell me that they had heard that they should have some bond funds for safety and that they really do not have a plan or ever received help with these allocations. The return that their portfolio and the fees are often not realized as well. Many times the "growth" in the portfolio was attributed to

Invest like a pro

their own investment and employer match, not fund performance. During the accumulation phase of investing it may be best to keep plowing money into your retirement fund with-out overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a solid income plan.

First off, you can't afford to screw up here. When we are no longer working, our income becomes fixed. Sure we can work a part time job, but let's plan so that the young people can have those jobs and we can be altruistic with our time.

A retirement income plan is really a statement of cash-flows. Some have pensions, or maybe Social Security, these are sustainable cash flows guaranteed by the Government or an insurance company.

Then we have our 401k, 403b, IRA's known as qualified

plans. This is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8% growth from the government, and take income from our qualified plan in the interim. All this can be calculated for the best plan for you.

Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don't you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversification for small amounts of money. Attach a

commission to them and you have something that registered reps can sell you. By the time most people are approaching retirement, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or specialized sectors of the market. There are ways to convert retirement assets to self-directed IRA's that opens the door to open architecture investing.

If you have interest in what I am writing about, give me a call.

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

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Towns

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Several faithful members of the South Danbury Church are unable to attend 8:30 a.m. Sunday services, so the time of the Sunday worship has been changed back to 11:00 a.m.

The worship service on Sunday, June 16, will be an informal Table Worship gathering at 11:00 a.m., followed by a potluck breakfast. Even if you can't bring anything for the potluck, they want you to come anyway. There's always more than enough to go around at South Danbury! And anyone who needs a ride to attend our events or worship services can contact us either by email or Facebook Messenger to make arrangements.

Chicken BBQ

This Saturday, June 15, is the annual chicken bbq sponsored by the grange. This year, the net profits will be given to the legion to give them a head start on getting their building up and running. The menu is a quarter bbq chicken, assorted salads, home baked beans, strawberry shortcake, and beverage. Eat in or take out. Come support the Lee Knapp Post and have a great meal. The Legion is also selling raffle tickets to raise funds.

The Danbury Winter Market's sister summer market in Wilmot is opening for the season on June 22, and will continue every Saturday thru September. Vendors come in from an approximate 20 miles to sell their goods on the Wilmot Town Green from 9 to noon in Wilmot Fat. Full time vendors from Danbury will be Offabit Farm and Huntoon Farm. Part time vendors attending over the course of the season will be Donna Phelan, Love & Lemons and Pumphouse Farm. For more information visit the market Facebook page or wilmotfarmersmarket.com.

Groton

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

We had quite a complete report from Casella on the state of recycling. Norm Willey also brought a report from a training workshop he had been to on this subject. The Select Board will be making a decision soon as to which di-

rection they will go with that. There are several suggestions on the table currently, so this will not be an easy decision.

The Select Board opened the sealed bids for North Groton Road and Sculptured Rocks Road. There were three bids and they will hopefully be making a decision on that before the next meeting.

There's a collection jar at the Transfer Station for donations for the fireworks for Old Home Day. Let's be as generous as possible so that we can have a fireworks display this year. Old Home Day is coming up fast, so there's not much time to raise the needed monies. If you are interested in serving on the Old Home Day Committee please contact the Town Office and we will put you in touch with the folks who are already busy planning.

Scheduled Meetings:

Select Board Work Sessions - Tuesdays, June 18 at 5 p.m.; June 25 at 6:30 p.m.; July 2 at 5 p.m. and July 16 at 5 p.m. at the Town House.

Groton Hazard Mitigation Meeting - Tuesday, July 2 from 4-6 p.m. at the Town House, the public is invited to attend this meeting.

Select Board Meetings - Tuesdays, June 18 and July 2 and 16 at 7 p.m. at the Town House open to the public. Your input is considered very important at these meetings.

Conservation Commission Meeting - Thursday, June 13, 7-8:30 p.m. at the Town House

Planning Board Meeting - Wednesday, June 26 at 7 p.m. at the Town House

Planned Closures:

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

The Select Board Office will be closed Tuesday June 18 from 11:30 a.m.-1:30 p.m.

The Select Board Office will be closed all day June 13 and June 27 for training.

The Select Board Office will be closed all day July 1 and all Town Offices will be closed all day July 4 for the Independence Day Holiday.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Historical Society Program

The Hebron Historical Society will be presenting a program on

the Historical Roads of Hebron on June 22 at 7 p.m. in the Community Hall of the Union Congregational Church, 7 Church Lane. The presentation will feature speaker David Brittelli and will focus on Hebron's 18th Century roads, the Crown Jewel of which was Hebron's only official Provincial Road, the 1771 Dartmouth College Road. It will include novel insights about the roads, enhanced by new, recently developed mapping technology that can provide aerial views without vegetation. Light refreshments will be served, all are welcome. Handicapped accessible. For more information, call 744-3335.

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 infor-

Obituaries

Thomas Peter Arnold



BRISTOL — Thomas was born in Mount Vernon, N.Y., the eldest of six children: Anita, Philip, Stephen, David, and Jennifer.

Thomas attended the United States Naval Academy from 1974-76. He then attended Villanova University where he earned a BA in Logistics/Purchasing, and earned an MBA in Operations Management Specialization from Purdue University in 1984. He worked for IBM for 24 years, followed by a career with DCMA—BAE Systems, Nashua. Thomas and Anne moved from southern Connecticut to Bristol in 2000, where they designed and built their home. He had a deep respect for history and the outdoors. He loved baseball, spending

many years mentoring young players as a coach. He had a unique perspective on life, and cherished sense of humor. He was a member of the Pemigewasset Valley Fish & Game Club, where he shared his favorite pastime with those he loved.

Thomas is survived by his wife of 36 years, Anne Arnold, and his two sons, Timothy J. Arnold and

Kevin T. Arnold. He will be missed, and his memory and legacy will live on by those he loved most.

Calling hours will be Thursday, June 13, from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A Mass of Christian Burial will be celebrated Friday June 14, 2019 at 10am at Our Lady of Grace Chapel of Holy Trinity Parish, 2 West Shore Road, Bristol. Burial will follow at 12:00pm with military honors at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscaawen. In lieu of flowers, the family asks that you consider donations in Tom's memory to Newfound Area Nursing Association, 214 Lake St., Bristol, NH 03222.

mation 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

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

** Please note that for

the months of July and August, Sunday worship will begin at 9:30 a.m.

Weekly Events

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

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

Tuesdays: Bone Builders - 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon - Noon

AA Discussion - 8 p.m.

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

Uke practice follows from 8:30 to 9:30 a.m.

Fridays: Bone Builders - 9:30 a.m.

SEE CHURCHES, PAGE A6

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Prevent fall related injuries in the home

BY ERNEST ROY, PT, DPT

Pemi-Baker Community Health

According to the Center for Disease Control (CDC) every year in the United States, roughly three million older adults will require Emergency Room treatment due to injuries from a fall. Even more concerning, from 2007 through 2016, fall-related fatalities among seniors increased by approximately 25 percent. June has been designated National Safety Month. As the leading provider for Home Health services in Grafton County, Pemi Baker Community Health would like to take this opportunity to present some important information and strategies that can help the residents of our communities avoid falls.

There are many reasons why people fall and not everyone who falls will do so for the same reasons. Here are some of the proven factors contributing to falls.

Muscle weakness in the legs. This can make it difficult to quickly shift weight if balance begins to falter or the person experiences a trip or slip. Weakness can also cause falls during activity such as going up or down stairs, or getting up from

a chair.

Certain medications can cause a person to experience dizziness, lightheadedness, or loss of strength, balance, and coordination.

Poor vision, such as difficulty seeing in low light, or poor depth perception can raise the risk of a fall. Some degree of change in vision is a commonplace occurrence of the aging process.

Cluttered areas with items on the floors presenting slip/trip hazards. Objects such as old papers or magazines, spilled liquids or food items fit in this category.

Confusion, dementia, or short term memory loss is a factor in some falls. These conditions reduce a person's ability to properly estimate risk.

Poor footwear such as shoes that are falling apart, have slick undersides, or ill-fitting can increase risk of tripping.

What can a person do to help reduce the chances that they or a loved one might fall? Some effective strategies include things like:

Muscle strengthening exercises for the legs. Studies by the Tufts Health Plan Foundation reveal that fewer than

30 percent of people 60 years old or older in New Hampshire met CDC guidelines for muscle strengthening exercise. There are many simple and safe ways people can exercise to significantly boost leg strength right in their own home.

Talk to your doctor about the medications you are taking, making sure to also mention any over the counter (OTC) drugs, supplements, or herbal items you use or are considering. Make sure you report any adverse effects from your medication, to your doctor right away.

Make sure common areas in the home have proper lighting. An example is a night light to illuminate bathroom trips after dark.

Remove clutter and eliminate trip hazards in areas where people walk in the home. Toss out scatter rugs with loose upturned edges, or tape the edges down to the floor.

Get correct footwear. Toss out old shoes that are too large, too small, or falling apart. Another very simple, low cost strategy that is all too often overlooked.

Pemi Baker Community Health is committed to the well-being and safety of all residents of the towns we serve. We are the Home Care provider of choice in Grafton County.

Pemi-Baker Community Health is a 52-year old nonprofit home health agency serving over 900 clients and their families annually from 14 member towns in central and northern New Hampshire. Services include at-home health care, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including a gym and fitness classes in our 90-degree therapy pool. Please visit our website: www.pbhha.org or like us on Facebook: Pemi Baker Community Health.

Comfort Keepers

What routine eye exams can reveal about your health

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Regular eye exams are even more important as we reach our senior years. After turning 60, several eye diseases may develop that can permanently affect your vision. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases early, when treatment to prevent vision loss proves most effective.

There are warning signs for age-related eye health problems that could cause vision loss, but many eye diseases have no early symptoms. They may develop painlessly, and you may not notice changes to your vision until the condition has already progressed. Of course, see your eye specialist immediately if you notice changes in your vision. Here are some vision disorders all seniors should know about:

Age-related macular degeneration (AMD) is an eye disease that affects the macula (the center of the light-sensitive retina at the back of the eye) and causes central vision loss, while peripheral (side) vision remains unaffected. The macula allows us to see fine detail and colors. Activities like reading, driving, watch-

ing TV, and recognizing faces all require good central vision.

Cataracts are cloudy or opaque areas in the normally clear lens of the eye. Depending upon their size and location, they can interfere with normal vision. Usually cataracts develop in both eyes, but one may be worse than the other. Cataracts can cause blurry vision, decreased contrast sensitivity, dulling of colors, and increased sensitivity to glare.

Diabetic retinopathy is a condition that occurs in people with diabetes. It is the result of progressive damage to the tiny blood vessels that nourish the retina. These damaged blood vessels leak blood and other fluids that cause retinal tissue to swell and cloud vision. The condition usually affects both eyes. The longer a person has diabetes, the greater the risk for developing diabetic retinopathy. At its most severe, diabetic retinopathy can cause blindness.

Dry eye is a condition in which a person produces too few or poor-quality tears. Tears maintain the health of the front surface of the eye and provide clear vision. Dry eye is a common and often chronic problem, particularly in seniors.

Glaucoma is a group

of eye diseases characterized by damage to the optic nerve, resulting in vision loss. People with a family history of glauco-

ma and older adults have a higher risk. Glaucoma can be painless, with no symptoms. It can take

SEE COMFORT, PAGE A7

Churches

FROM PAGE A5

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

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

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

Special Events:
**NOTE:

Watch for a renewal date of Sunday School in September

Our summer guest musician program will begin again on June 16, and will continue through August. Anyone interested in sharing their gift of music, please contact Estelle Giarrizzo on any given Sunday and she will schedule you into the program.

Women's Fellowship is creating a small library in the church. If you have any spiritual books in good condition that you would like to donate, please leave them in a marked basket in Fellowship Hall!

Ongoing: Bristol Community Services Food Pantry needs canned fruit, spaghetti, rice, jelly, canned veggies, spaghetti sauce, tuna fish, peanut butter, cereal and Chef Boyardee-type meals. Please help if you can!

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

Doe.

The band gets together once a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays from 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and perform once a month during services. Their next church performance will be Sunday, June 23. They performed at Golden View Convelescent Home on Thursday, May 29, were well received, and the band had a ball!

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!

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

Pentecost Celebrated at Historic Trinity Church, Holderness

On Sunday, June 9, Pentecost, local Episcopalians returned to Trinity Church, Holderness, our "mother church." Built in 1797, Trinity was constructed with the support of the Livermore family, for Episcopal worship. Sunday's service was followed by a reception celebrating all those baptized since Pentecost 2018. Thank you to the Trinity Church Yard Cemetery Association and to the Holderness School.

Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 a.m. to

9 a.m. in Sherrill Hall on Saturday, June 29. 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 p.m. at Pemi-Baker Community Health in Plymouth. No registration or fee required. Upcoming dates: June 26th

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

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

Email: rectorpb@gmail.com

The Rev. Kelly Sundberg Seaman, Rector & Vicar

The Rev. Maryan Davis, Deacon

Holy Trinity (Roman Catholic)

Parish News June 7

The summer schedule will start on Sunday, June 23. The complete Mass schedule will be:

Saturday:

4 p.m. at St. Matthew in Plymouth.

Sunday:

7:30 a.m. at St. Mat-

thew

8 a.m. at Our Lady of Grace in Bristol

9:30 a.m. at Our Lady of Grace in Bristol

9:30 a.m. at St. Agnes, Ashland

11:30 a.m. at St. Matthew in Plymouth

There have been some unforeseen obstacles in finishing the building of the center, as there are in most construction projects. We are still progressing slowly and surely, and we thank you for your patience.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

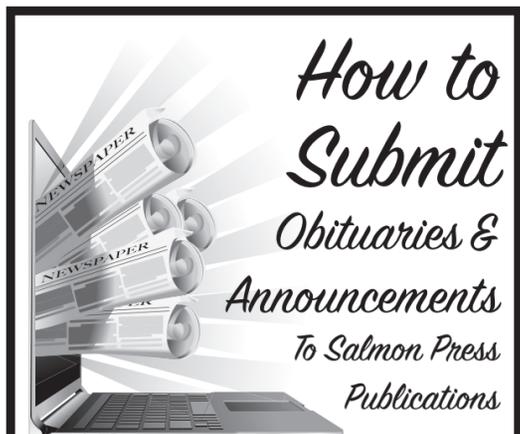
6 p.m. Food, Fun, Fellowship

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

Our Mission Statement:

Just One More!

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



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	21 High St.	Single-Family Residence	\$188,000	Cindi L. Fletcher	David H. Brothers
Ashland	River Street, Lot 7	N/A	\$76,333	NHNY Marina Development LLC	Francesco and Debora Ventre
Ashland	10 Vista Dr., Unit 84	Condominium	\$142,733	Michelle L. Boisvert	Daniel and Mary O'Brien
Campton	22 Condo Rd., Unit 2	Condominium	\$107,000	David L. and Judy S. Fried	Timothy and Dagny Fleming
Campton	70 Forest Dr.	Single-Family Residence	\$315,000	Joelle Pare	Lawrence L. Getty and Mary E. Rose-Vaccarella
Campton	N/A	N/A	\$10,533	Kevin M. and Margaret B. Butler	Dimitrijs Belovs
Hebron	Valley View Road	Residential Open Land	\$112,533	Thomas S. and Cheryl A. Tompkins	TK Shadow 2017 Trust and Thomas J. Giles
Holderness	186 High Country Way	Mobile Home	\$57,000	Dana S. and Bonnie J. Prentiss	Patrick L. and Lori A. Clark
New Hampton	1648 Gordon Hill Rd.	N/A	\$35,533	Erin Thebodo	Celina B. Waryasz
New Hampton	Hillside Drive	Residential Developed Land	\$57,800	Abigail S. Mercer RET	David S. & G.S. Cohen Trust
Plymouth	9 Blueberry Hill Rd., Unit 7	Condominium	\$170,000	Christie Sweeney Fiscal Trust	Tonya Labrosse
Plymouth	45 Carmel Dr.	Single-Family Residence	\$315,000	Michael and Kathleen Maxwell	Jeffrey C. Furlone
Plymouth	178 Fairgrounds Rd.	Mobile Home	\$140,000	Andy D. and Margaret A. Jones	Cory N. Ludwig
Plymouth	N/A (Lot 36)	N/A	\$10,000	Patrick Hannigan	Michael P. McGinley
Rumney	7 Cross Rd.	N/A	\$450,000	Joseph and Mary Iacoviello	Joseph and Katherine Iacoviello
Thornton	51 Mountain River East Rd., Unit 63	Condominium	\$149,933	Gutierrez Mountain River RT and Ana M. Ruggie	David P. Santos and Denise M. Holgate
Thornton	22 Orris Rd., Unit 1	Condominium	\$147,000	William and Stacey Hofmann	Wayne D. King
Thornton	185 Snowood Dr.	Single-Family Residence	\$124,000	Paul E. Petrie	Jennifer Cormier
Warren	Red Oak Hill Road	N/A	\$130,000	Gayle E. Beamis Estate and Michael Beamis	Silver Maple Trust and Scott Atwood
Waterville Valley	136 Valley Rd., Unit 32	Condominium	\$295,533	Berry W. and Judith L. Phillips	Mark M. Sanders and Kathleen T. Donohue
Wentworth	Ellsworth Hill Road	Residential Open Land	\$80,000	Jared P. and Cheryl Paskavitch	ITW RT and Michael J. Umano

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 agen-

cy sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Comfort

FROM PAGE A7

away peripheral (side) vision.

Retinal detachment is a tearing or separation of the retina from the underlying tissue, and most often occurs spontaneously due to changes to the gel-like vitreous fluid that fills the back of the eye. Other causes include trauma to the eye or head, health problems like advanced diabetes, and inflammatory eye

disorders. If not treated promptly, it can cause permanent vision loss.

Other Conditions Eye Exams Can Reveal About Your Health

During an eye exam, visual acuity (sharpness), depth perception, eye alignment, and eye movement are tested. Eye drops are used to make your pupils larger so your eye specialist can see inside the eyes. In addition to eye health, he or she may spot other health

conditions, too.

1. Diabetes: Diabetes affects the small capillaries in the eye's retina. These blood vessels may leak blood

or a yellowish fluid, which may be discovered in an eye exam. If your eye specialist notices this, you may have a condition called diabetic retinopathy.

2. Hypertension: Blood vessels in the eye may exhibit bends, kinks, or tears, which may indicate high

blood pressure, a known risk factor for heart disease, diabetes, metabolic syndrome, and other illnesses, including blindness.

3. Autoimmune disorders: If the eye is inflamed, this may be a sign of Lupus or another disorder.

4. High cholesterol: The cornea may have a yellowish appearance or a yellow ring around it which can

be a sign of high cholesterol. There also may be plaques in the blood vessels of the retina, which could indicate elevated cholesterol.

5. Thyroid disease: One of the signs of thy-

SEE COMFORT, PAGE A16

Newfound Memorial Middle School Guidance Secretary

2019-2020 School Year

Responsible for maintaining student records, daily attendance, managing school data for district and state reporting, and supporting general main office functions.

The contract is for 193 days per year.

Salary based on experience (\$12.07-\$17.20)

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Lewis Trial

FROM PAGE A1

spiracy” that occurred nearly two years ago.

Questions directed to Alpers resulted in the following statement from the town: “The Town of Bristol has consistently treated complaints of misconduct, including sexual harassment, within the work place with the utmost seriousness, taking immediate action to investigate any such allegations, and, when appropriate, taking action to remediate any improper conduct. While recognizing the importance of properly handling such matters, the Town also understands and respects the privacy rights of its employees and will not discuss such matters in public. The outcome of a criminal case, which requires proof beyond a reasonable doubt, has no bearing in the employment setting. The Town’s decisions in handling improper conduct of employees are based on the facts and the law.”

Lewis did not testify during the trial, but later said that the video from the encounter at the police station showed he had not slapped Nicole Woodward on the buttocks, as the prosecutor alleged.

“It was not a slap,” he said. “It was the equivalent of a tap on the belt loop on the hip.”

Lewis said that when Nicole Woodward arrived with cough drops for her husband, he was attempting to take them from her hand when she partially turned away. He tapped her hip, much as one would tap someone on the shoulder, so she would turn back and allow him to get the cough drops to deliver to Tim Woodward, who wasn’t in the building at the time.

In her testimony, Nicole Woodward said Lewis came up from behind and “slapped the back of my butt. I thought, ‘Oh, my gosh, what just happened?’ He just went along with the conversation as if nothing had happened.”

After Tim Woodward learned of the encounter, he checked the police department’s video surveillance and copied the short encounter onto his phone, later sharing it with Bean. The two decided he should go to Alpers.

Wilson questioned Woodward about why he didn’t follow protocol, which stipulated that complaints would go first to Wendy Costigan, the town’s human resources director, and

then to Nik Coates, the town administrator. Woodward said he went to HR, but she wasn’t there, and Coates was on vacation.

A transcript of Woodward’s testimony to sheriff’s investigators, which Wilson produced at the trial, showed that Woodward had said, “I didn’t feel like sitting down with HR,” and that he had not tried to find Coates.

Under questioning by Grafton County Attorney Marcie Hornick, Woodward denied conspiring with Bean, but said he needed someone to talk to about the alleged assault. They looked at the video on his phone, and Woodward then met Alpers at the selectman’s home on a Saturday. Alpers suggested that Tim and Nicole Woodward prepare statements and get the complete surveillance video from that day.

Later, when Sheriff Wayne Fortier and Deputy Eric Bates were interviewing officers and staff at the Bristol Police Station as part of their investigation into the incident, they learned that their conversations were being recorded on the building’s security system. They asked Woodward to download the video, but not to view it,

since it would violate sequestration rules intended to prevent witnesses from collaborating on their testimony.

Woodward told the court, “I don’t remember a direct order not to view the interviews,” but said that, as a police prosecutor, he knew he shouldn’t do so. Yet, “I watched more than I should have.” His voice cracking, he explained, “It involved my wife; that was tough. ... I was curious, I guess.”

Later testimony by former administrative secretary Gylene Salmon confirmed that both Woodward and Bean were listening to the witness interviews. She said she heard her own voice coming from Woodward’s office and realized it was from her interview with investigators.

“When I opened the door, Lt. Bean stepped out of Tim Woodward’s office, and that’s where it was coming from,” she said. “I was so upset, I went home.”

Woodward explained that, despite the long friendship between his family and Lewis’ family, “He [Lewis] started pick-

SEE LEWIS TRIAL, PAGE A12

Rule

FROM PAGE A1

Restaurant; Newfound Area Nursing Association; Old Mill Properties; PB & J Childcare and Learning Center, the Tapply-Thompson Community Center and UBS Financial Ser-

vices Inc.

More details about events can be found on the Town of Bristol website at: www.townofbristolnh.org. You can also stay up to date by following the Bicentennial Facebook page at: www.facebook.com/bristolbicentennial.

Plant Sale

FROM PAGE A1

sale resulting in one of the best club fund raisers ever. Thank you to everyone who helped make this a success.

During June and July, the Pasquaney Garden Club will continue workdays at the Butterfly Garden behind Minot Sleeper Library. The Garden is always open to the public is encouraged to visit or volunteer on workdays also. The next work dates are: Tuesday, June 11 from 9-11 a.m. and Tuesday, July 9 from 9-11 a.m. Volunteers come for whatever length of time is convenient for them.

There are other fun activities planned for June. First, on Tuesday, June 18, there will be a Field Trip to the Tracy Library Community Garden in New London. Participants

will carpool from the Masonic Hall parking lot in downtown Bristol. Departure for the tour will be at 9:30 a.m., so please arrive to carpool between 9 and 9:15. Everyone is encouraged to bring water and snacks.

On Thursday, June 20, the club is sponsoring Beyond a Walking Stick at 5:30 p.m. at Minot-Sleeper Library. Joshua Hill will offer a delightful talk and demonstration on making and hiking with a walking stick. The program will appeal to hikers and wood workers of all age groups.

Pasquaney Garden Club (PGC) events are always open to visitors and we welcome new volunteers and new members anytime. PGC is a 501(c)3 nonprofit organization serving the Newfound Area and surrounding communities.

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Edward Jones: Financial Focus

Father’s Day: Tools Are Great for Father’s Day – and for Investors

If you’re a dad, you may well be pleased to unwrap some tools as Father’s Day gifts. Of course, it might be a stereotype that all men are handy at repairs; women certainly can be every bit as good when it comes to building and fixing things. In fact, the construction process is valuable for anyone to learn – and the same skills that go in to creating and mending physical objects also can be applied to financial projects – such as working toward a comfortable retirement.

Here are a few of those skills:

Diagnosing the challenge – A good craftsperson knows that the first step toward accomplishing any outcome is to assess the challenge. So, for example, if you want to build some bookshelves right into the wall, you’ll need to locate the wall studs, determine if you have adequate space for the shelving you want and allow room for future expansion. Similarly, if you want to retire at a certain age, you need to consider the key variables: your current and future income (How much can you count

on from your retirement plans?), where you’ll live (Will you downsize or relocate? Will you rent or own a house or condominium?) And what you’ll do as a retiree (Will you travel extensively or stick close to home? Will you do some type of work for pay or pursue your hobbies and volunteer?).

Assembling the right tools and materials – To put together your bookshelf, you will need the right tools – saw, hammer, drill, sander and so on – and the right building materials – plywood, nails, screws,

glue, brackets, moldings and so on. And to work toward a comfortable retirement, you’ll also need the right tool – in the form of a long-term financial strategy, based on your specific retirement goals, risk tolerance and time horizon – along with the appropriate materials – the mix of investments you use to carry out that strategy. These investments include those you’ve placed in your IRA, your 401(k) or other employer-sponsored retirement plan, and those held outside your formal retirement accounts. Ideally, you want a diversified mix

of investments capable of providing growth potential over time, within the context of your individual risk tolerance.

Review your work – Once you’ve finished your bookshelf, you occasionally may need to make some minor adjustments or repairs in response to slippage, cracks or other issues that can develop over time. As an investor, you also may need to tweak your financial strategy periodically and adjust your investment mix – not necessarily because something is broken, but to accommodate

changes in your life, such as a new job, new family situation and new goals. Furthermore, over time, your risk tolerance may change, and this needs to be reflected in your array of investments. Consequently, conducting an annual portfolio review with your financial professional should be a priority. Tools are a big deal on Father’s Day. But the construction-related tasks they represent, physically and symbolically, go beyond any one holiday and can be used by anyone interested in working toward a solid financial future.

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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Sunday, June 23rd
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Birthday Party

Monday, June 24th
 Join us for a reading of the proclamation in Bristol Square at 6:00
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 Kelley Park (in case of inclement weather join us at the Historic Town Hall)

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- ◆ TWO BIRTHDAYS—ONE PARADE: Thursday, July 4th ▪ 10:00 am ▪ Registration info at Bristol Town Office or TTCC
- ◆ FIREWORKS: Saturday, July 6th ▪ Dusk—at the foot of the Lake
- ◆ ICE CREAM SOCIAL: Thursday, July 11th ▪ 6:30 pm ▪ Kelley Park WITH Concert by the Jordan Tirrell-Wysocki Trio
- ◆ ROCKIN' ROTARY BLOCK PARTY: Saturday, July 20th ▪ 5:30–8:30 pm ▪ North Main Street & Kelley Park ▪ Music, Food, Face Painting, & More! ▪ *Sponsored by the Bristol Rotary Club*

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June 8 @ 8:00 am - June 16 @ 9:00 pm
Cornerstone Outreach Ministries Safety Stop on Route 9.
June 8 @ 8:00 am - June 16 @ 6:00 pm
M/S Mount Washington Dockside June 8 @ 12:00 pm - June 16 @ 5:00 pm
Harley-Davidson Display, Demos & H.O.G. Check-In at the NH Motor Speedway Mon.-Sat.
June 10 @ 9:00 am - June 15 @ 5:00 pm
Guided Tour to the Ride to the Sky, leaves from Laconia HD!
June 13 @ 7:00 am - 5:00 pm
We LOVE Laconia Motorcycle Week Ride leaves RHQs at 10:00am.

June 13 @ 8:00 am - 5:00 pm
Seek the Peak! Concord HOG Chapter #2756 ride to Mt. Washington Auto Road
June 13 @ 8:00 am - 5:00 pm
Ride-In Bike Show at Bentley's Saloon in Maine
June 13 @ 9:30 am - 2:00 pm
Mt. Washington Auto Road "Ride to the Sky"
June 13 @ 11:00 am - 3:00 pm

JUNE 14TH:
Big Air Jumps & Stunts Show at Makris Lobster & Steak House
June 8 @ 12:00 pm - June 15 @ 3:00 pm
Live Music at the Naswa Resort daily from 11am - close.
June 8 @ 12:00 pm - June 15 @ 8:00 pm

8:00 pm
M/S Mount Washington Dockside
June 8 @ 12:00 pm - June 16 @ 5:00 pm
Swap Meet at Opechee Park during Bike Show!
June 14 @ 8:00 am - 1:00 pm
LRSS Supermoto Practice at NHMS
June 14 @ 8:00 am - 5:00 pm
15th Annual City of Laconia Bike Show
June 14 @ 9:30 am
Bellknop County Nursing Home Welcomes Motorcycle Week!
June 14 @ 11:00 am - 3:00 pm
Bike Blessing by the Christian Motorcyclist Association at 11am at the City of Laconia Bike Show at Opechee Park. All are welcome.
June 14 @ 11:00 am

JUNE 15TH:
M/S Mount Washington Dockside
June 8 @ 12:00 pm - June 16 @ 5:00 pm
Live Music Daily at the Looney Bin Bar & Grill!
June 8 @ 12:00 pm - June 15 @ 10:00 pm
Motorcycle Demos Headquarters at NHMS
June 10 @ 9:00 am - June 15 @ 5:00 pm
96th Loudon Classic at NHMS June 15th & 16th
June 15 @ 8:00 am - June 16 @ 5:00 pm
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Charity Bike Ride & Breakfast to benefit the Lakes Region Children's Auction
June 15 @ 9:00 am - 5:00 pm
9th Annual "The Jesus Ride" June 15 @ 11:00 am
Newfound Country Store Rider Appreciation Day!
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Crash

FROM PAGE A1

in to track him down. Arro and Officer Kelly however eventually lost the trail near a roadway where they believed the driver had been picked up by another vehicle.

Chapple said that after speaking with witnesses, police were provided with “valuable information” that helped them determine that the driver they were looking for was 23-year-old Joshua Drake of New Hampton.

At 4:22 p.m. the following day, investigators had collected enough evidence to warrant an arrest, and were able to locate Drake at his 59 Route 132 North residence. Members of both Bristol and New Hampton police departments took him into custody at that location for Conduct After an Accident, a Class B Felony. Drake was held on Preventative Detention and scheduled for arraignment on that charge on Monday, June 10, at Grafton Superior Court.

In the meantime, the driver of the vehicle Drake is alleged to have struck was Bristol Selectman Don Milbrand. Milbrand was found to be suffering

from serious injuries as a result of the collision, while his wife, Heidi, a representative to the Newfound Area School Board and owner of Pleasant View Bed and Breakfast, had somehow escaped injury. Their vehicle was totaled.

“I had the hand of God watching me,” she said.

She said Bristol Fire Department initially transported her husband to Franklin Regional Hospital for evaluation before he was sent on to Dartmouth-Hitchcock Medical Center for more extensive treatment. He was found to have a fracture of the C5 vertebrae near the base of his neck, along with severe lacerations to his head, and stitches were also required on his ears. Milbrand was sent home over the weekend to recover but will have to remain stable on his back for at least two weeks, she added.

Investigations into this accident are ongoing and further charges against Drake may be pending. Anyone with information, or who may have also witnessed the crash, is asked to contact the Bristol Police Department on their non-emergency line at 744-6320.

Sununu

FROM PAGE A2

rica, has hung up his fatigues to take on perhaps his most important and challenging mission of advocating for veterans and their families, the treatment and shedding the stigma of PTS, TBI, pain management, sleep disorders, and neurotoxicity both from within

the US military as well as the general public. His second passion is teaching, coaching, and mentoring leadership from entry level to the senior executive level.

Bolduc has an A.S. in Criminal Justice, B.S. in Sociology, M.A. in Business Technology/Human Resource Development, M.S. in Strategic Studies, and is currently

a Doctoral Candidate at Liberty University in Strategic Leadership.

For a complete Bio of Brigadier General Donald C. Bolduc

<https://spirito-famerica.org/staff/brigadier-general-donald-bolduc>

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dinner is \$10 at the door for adults, \$5 for children 5-12 years, and children 4 and under are FREE. We also offer a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food Pantry are encouraged.

For more information, call Cindy at 536-3880 or deerladydwh@gmail.com

President's List

FROM PAGE A2

outh, Finance major Melker Blomberg of Plymouth, Marketing major

Hailey Botelho of Rumney, Management major

Travis Brown of Warren, Accounting major

Zachary Hofland of Holderness, Accounting major

Joni Hongisto of Plymouth, Marketing major

Maya Infascelli of Campton, Interdisci-

plinary Studies major

Kelsey Malm of Plymouth, Business Administration major

Kailee Smith of Ashland, Marketing major

Victoria Baumeister of Campton, Criminal Justice major

Nicholas Kulig of Plymouth, Criminal Justice major

Jasmine Patten of Bristol, Criminology major

Shannon Brunelle of Rumney, Environmental Science & Policy major

Bridget McCarthy of Thornton, Anthropology/Sociology ma-

ior

Olivia Palmiter of Ashland, Environmental Planning major

Thomas Samson of Plymouth, Tourism Management and Policy major

Emma Smith of Plymouth, Anthropology/Sociology major

Clayton Titus of Holderness, Geography major

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McClellan

FROM PAGE A2

outh State University, please visit www.plymouth.edu.

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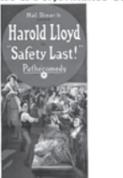
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Lewis Trial

FROM PAGE A9

ing on my Christianity and other things, in front of other people.”

Woodward said he tried not to be around Lewis. When the incident occurred, he didn't feel comfortable going to the HR person because he was nervous about making a complaint.

“[Lewis] was my boss, and the status of my job and getting raises each year...it could have gone a completely different way,” he said. “I've never been in this situation

before. I did what I thought was right.”

When Deputy Bates was on the stand, Wilson grilled him about the investigation, noting that neither Bates nor Fortier ever asked Nicole Woodward to describe where Lewis had touched her.

He asked Bates about the text messages taken from Lewis' phone and Bates said he determined “very little was found of significant evidentiary value.”

He admitted, however, that “There were thousands of texts, and I couldn't say how many I actually got through.”

Wilson asked about the message referring to Lewis applying for the chief's job in Moultonborough, Bates replied “I remember texts about him leaving, but don't remember about the Moul-

tonborough chief's position.”

Wilson showed him the text referring to taking the job “before Rick takes you out.”

“Did you conduct any further investigation to see if Rick was going to take him out?” Wilson asked.

“No,” Bates said.

Hornick's attempt to question Bates about following up on other unexpected leads led to a bench conference in which Wilson objected that the discussion would lead into the realm of the pending trial on felony charges involving overtime records. During that discussion, Judge Lawrence MacLeod learned of “locker room” texts exchanged between members of the police department, including Woodward. Finally, he decided to sustain Wil-

son's objection, “not because the door isn't open, but there's so much going on, on cross [examination] it would be too prejudicial. Otherwise, this case is going to go right off the rails.”

In her closing arguments, Hornick asked, “What difference does it make whether they like Mike Lewis? Really, what difference does it make if they didn't follow policy? ... The elements of the case are: He placed his hand on her butt. ... This is a crime.”

The jury had 10 minutes to deliberate before lunch, and came back 17 minutes after lunch with a not guilty verdict.

Lewis commented in a telephone interview following the trial that he was relieved “the lies are over.”

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Living Well

Senior Page June 2019

Making Your Home Elder Friendly

By Edward H. Adamsky, Attorney at Law
 Marjorie's husband had just been admitted to a nursing home. I went to her home for a consultation. It was a mid-century split-level house. Marjorie said her husband had been diagnosed with Parkinson's Disease 15 years ago. I asked if he had trouble navigating the stairs. She said that it had been getting quite difficult, and when he had his recent medical incident, the EMTs had to

carry him in a blanket as their stretcher would not navigate the split-level entryway. I was aghast that they hadn't considered this issue until it was too late. Her husband was never able to return home. They should have moved years ago.
 If you want to stay home as long as possible you must make your home "Elder Friendly." If you get a condition that makes walking difficult, or requires the use of a wheelchair, then your home needs to

be accessible. You should assess your house to see if it will work for you in the future.
 There should be no barriers. Steps (even one or two) are barriers to access. Dim lighting is an impediment for many people. Poor vision and conditions like Alzheimer's Disease create a need for bright lighting. Review the outside and inside of your home for areas to improve.
 One major problem area is the bathroom. You will want a

wall-mounted or pedestal sink that allows for wheel-chair access. You will need grab-bars in the shower and by the toilet, and you should have a walk-in shower with no threshold. Rocker-style light switches or motion sensor switches are helpful and add safety (everywhere in the home).
 An accessible home has a main-floor bedroom. You won't want to climb stairs as you age or be forced to change a ground floor room into a bedroom when the need arises. You need accessible entrances. Most homes (even some that are ostensibly designed for elders) have one or more

steps at the entrance. An accessible home will have a ramp or smooth entryway without steps. All doorways, interior and exterior, should be 36 inches wide.
 Laundry facilities should be on the same floor as the bedroom and bathroom. Carrying a laundry basket down a flight of stairs is like asking for a broken hip. Also consider if your home will accommodate live-in help? Some people down-size to a place that is too small. A grown child may want to move in to provide assistance, or you might hire a live-in assistant. You will want to provide space for this option.

Kitchens can be improved too. New appliances have safety features such as automatic shut-off and even remote control. Induction cooktops avoid burns and refrigerators with bottom-drawer freezers work well for those who cannot reach up high. Pull-down shelving and other devices limit the need to reach and help avoid falls too.
 If you plan to stay in your own home as you age (or are thinking about moving to a new home for retirement) consider these issues and make your home "elder friendly" so you can stay there as long as you want to.



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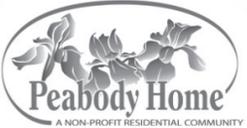
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Living Well

Senior Page June 2019

Health Benefits of Popcorn

At the Star Theatre in St. Johnsbury we sell what many of our patrons describe as the best movie-theatre popcorn they have ever had and we sell plenty of it. It is enjoyed by people of all ages, but it is an especially beneficial snack for senior citizen patrons. The health benefits of popcorn are many and include:

Popcorn helps maintain healthy digestion as it's loaded with fiber, Vitamin E and B complex vitamins and minerals.

Helps to maintain healthy cholesterol levels reducing the risk of cardiovascular conditions, i.e.: heart attack and stroke.

Positive impact on blood sugar levels - especially important to persons who are diabetic patients.

Popcorn is a powerful antioxidant that helps prevent the formation of cancerous cells and lowers the chance of premature aging.

Popcorn supports weight loss due to its low fat and calorie content. Five times less calories than potato chips.

Upon request we top our delicious popcorn with REAL butter, an often maligned food item that actually is an important part of any healthy diet. Many of us grew up being told that butter just wasn't good for us, but as butter consumption declined obesity and heart disease rates climbed to all time highs. The fact is that REAL butter is good for you. To read about the



Senior citizens like Nina Taylor are always amazed that we use real butter topping on our delicious popcorn.

many health benefits of butter we suggest that folks visit <http://www.bodyecology.com>.

For a thorough explanation of the health benefits of popcorn we urge folks to

visit <http://www.healthbenefitstimes.com>.

At the Star Theatre, recently expanded to four screens, we also believe that helping to keep people's wallets

healthy is important too, especially for senior citizens. Our admission price for seniors is always \$5.00 And, any senior that attends a film within the next 30

days and brings in our delicious popcorn topped with REAL butter if they choose.

Life's too short not to eat great popcorn!



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Living Well

Senior Page June 2019

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brochure doesn’t always mean lower cost to you, it may mean a lower upfront cost but more out of pocket while traveling.

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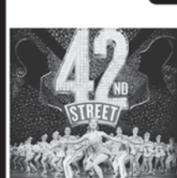
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Jefferson Starship lands in Plymouth

PLYMOUTH — Jefferson Starship's summer tour will stop at The Flying Monkey in Plymouth on Saturday, June 22 at 7:30 p.m. Known as psychedelic rock pioneers, their music helped define a generation and spanned across decades. Tickets for this concert start at \$49.

Jefferson Starship rose from the ashes of legendary psychedelic rock group Jefferson Airplane. They were among the most successful arena rock bands of the 1970s and early '80s, and an even greater commercial entity than its predecessor. The band went through several major changes in personnel and genres through the years while retaining their name. The current lineup is a nod to the Airplane days and their '70s sound.

The band has toured relentlessly for years with its hits—“Volunteers,” “White Rabbit,” “Wooden Ships,” “Somebody to Love,” “Crown of Creation,” “Miracles,” “Count on Me,” “Jane,” “Find Your Way Back” and many more! The band now features original and historic mem-

bers like Freiberg (also a founder of San Francisco luminaries Quicksilver Messenger Service) and drummer Donny Baldwin, along with longtime members Chris Smith on keyboards and synth bass, Jude Gold on lead guitar and GRAMMY Nominee Cathy Richardson anchoring the female lead vocal spot. Between reforming under the Starship name in 1974 and the height of their commercial popularity with “We Built This City” and “Nothing’s Gonna Stop Us Now” in the mid-’80s, Jefferson Starship released eight gold and platinum albums, 20 hit singles, sold out concerts worldwide and lived out legendary rock and roll escapades.

Since boarding Jefferson Airplane in 1972, David Freiberg has remained a band fixture and continues to carry the torch with Jefferson Starship. To him the music is just as real as it has always been and he has no desire to stop anytime soon.

“When I joined Jefferson Airplane, I said, ‘oh boy, I get to sing some of these songs! It’s wonderful because I was friends



Jefferson Starship's summer tour will stop at The Flying Monkey in Plymouth on Saturday, June 22 at 7:30 p.m.

Comfort

FROM PAGE A7

roid disease are bulging eyes or protruding eyeballs. This

condition is also known as Graves Disease.

6. Cancer: Just like you can get freckles and melanoma on your skin, you can also get skin cancer of the

eye. If you see a speck in your eye, ask your eye specialist to examine it. He or she will also check your eye color and pattern to make sure everything looks normal.

7. Tumors: You will be checked for blurry vision, improper pupil dilation (one eye dilating more than the other or re-

maining fixed), and optic nerve color. If something seems irregular, you may be referred to a neurologist.

8. Mental Health: People with mental illnesses like schizophrenia and bipolar disorder usually have different eye tracking patterns. Eye specialists can now map those movements through technology.

9. Aneurysm: Tell your eye specialist if you're experiencing blurry vision, eye pain, headaches, or loss of vision. You will also be checked for drooping eyelids (a sign that a blood vessel may have ruptured or is leaking), increased pressure in your eye, bleeding in the retina, and swelling of your optic nerve. Crossed eyes can be a sign of bleeding in the brain, possibly from an aneurysm, or even a stroke.

10. Multiple Sclerosis: Most eye tics are benign, but can also be an early indicator of neurological diseases like multiple sclerosis and Parkinson's. Your eye specialist can help with early diagnosis by checking for anomalies in your retina and optic nerve.

11. Vitamin A Deficiency: If you're not getting enough fruits and veggies (from foods like sweet potatoes, greens, cantaloupe, and carrots), you may develop night blindness and vision loss. Your eye specialist

will check the surface of your eye for damage. Mention if you're having trouble seeing at night.

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with them anyway and so it was just great to sing the three part harmony songs with Paul and Grace and the whole rest of it was just magnificent. Everybody would come up with these great songs.”

Tickets for Jefferson Starship 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.

About Comfort Keepers

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



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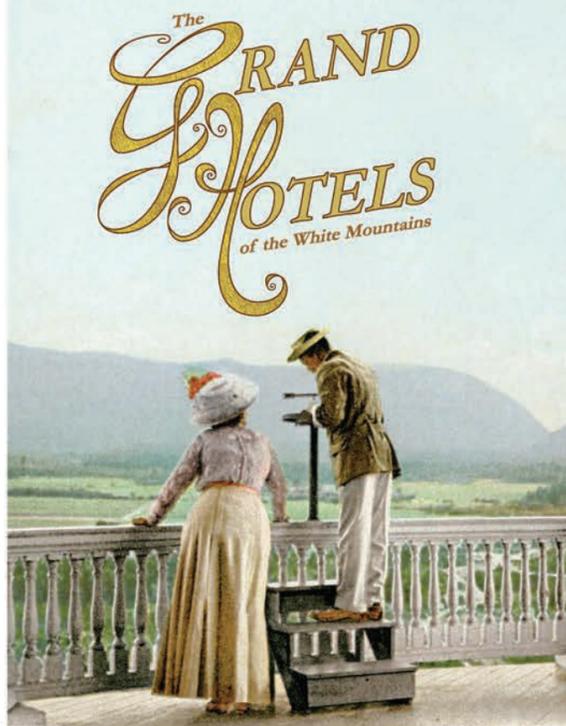
What's Happening at Plymouth State University

The Grand Hotels of the White Mountains On exhibit through September 12

During the “golden age” between 1880 and 1910, there were about 30 hotels that each provided room for 200 guests, with elegantly styled dining rooms, parlors, and lobby spaces, incorporating recreation activities and events targeting an elite class of tourists.

This exhibition traces the origins, development, and history of New Hampshire's grand resort hotels. The creative visual journey includes paintings, photographs, artifacts, and stories of the people who visited and worked at these gracious establishments. Special focus for the exhibition are the four surviving hotels: Eagle Mountain House & Golf Club, Mountain View Grand Resort & Spa, the Omni Mount Washington Resort, and The Wentworth Hotel.

Admission is free and open to the public. Museum hours are Monday-Friday, 10 a.m.-5 p.m.; Saturday, 11 a.m.-4 p.m.; closed Sundays and University holidays.



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Newfound Landing Sports

Section **B**
Thursday,
Thursday, June 13, 2019

Strong showings for Bears at New England Championships

BY JOSHUA SPAULDING
Sports Editor

SACO, Maine — Ten local athletes made the trek to Thornton Academy in Saco, Maine on Saturday for the annual New England Track and Field Championships, where they competed against the best athletes from across New England.

Six of those 10 athletes finished in the top 20 for the day and two of those athletes set school records in the process.

Newfound's Ashlee Dukette finished in 15th place in the shot put, firing a distance of 36 feet, 3.5 inches, breaking her own school record in the process.

Kingswood's Caitlin Carpenter finished in 15th place in the triple jump, leaping 35 feet, 8.75 inches, also breaking her own school record.

Newfound's Mason Dalphonse finished in 19th place in the shot put with a toss of 47 feet, three inches.

Plymouth's Tara Smoker also had a 19th place finish, running to a time of 26.84 seconds in the 200 meters.

Fellow Plymouth sophomore Samantha Meier also finished in 19th place, throwing the javelin 101 feet, nine inches.

Plymouth's Remy Beaujouan ran to 17th place in the 400 meters, finishing in a time of 50.92 seconds, with Kennett's Chris Caputo finishing in 21st place overall with a time of 51.57 seconds.

Cale Swanson of Plymouth threw his way to 26th place in the javelin with a toss of 144 feet, eight inches.

Newfound's Oceanne Skoog took 25th place overall in the discus, firing a distance of 101 feet, four inches.

Reid Wilkins of Newfound qualified in the high jump, but was unable to clear the opening height.

Each of the coaches weighed in on their



JOSHUA SPAULDING
Oceanne Skoog takes her discus back from an official during the New England Championships on Saturday.



JOSHUA SPAULDING
Mason Dalphonse fires the shot put during action Saturday in Saco, Maine.



JOSHUA SPAULDING
Ashlee Dukette talks things over with coach Mike LaPlume during the New England Track Championships on Saturday.



JOSHUA SPAULDING
Reid Wilkins tries to go over the high jump bar in action Saturday at Thornton Academy.

athletes and the successes they found during the season. "Oceanne, she's pretty new to that event," said Newfound coach Mike LaPlume, praising her ability to pick up on the discus. "And Ashlee, she didn't really start throwing until halfway through

Tower. "It's a whole other stage. They've gone against some of the best in New Hampshire and now you go beyond that.

"You can compete at such a high level here," he added.

"The last two years, Chris has just blossomed into the multi-talented athlete that can do so many events," Kennett coach Bernie Livingston said of Caputo. "And it's a curse as well as a blessing in that there just isn't time to pursue all the events he can do.

"He had a great season," the Eagle coach added, noting that he set personal bests in six individual events over the course of the year and was also part of the 4X400-meter relay team that set personal bests. "And he went out faster (today) in the first 200 than he ever has, so he took a little bit of a risk.

"I'm proud of him," Livingston added.

"It was a good day, it was fun to watch," said Kingswood coach Lauren Brown. "Caitlin has had a phenom-

SEE BEARS PAGE B4

this year. She's one of the best athletes I've coached.

"Mason didn't have his best day today, but he's had a great season, he should be really proud," LaPlume continued. "And it's been great to watch Reid grow over the years."

"Four kids here, that's great, especially considering we don't have a track," said Plymouth coach Shane

Newfound seeking fall coaches

BRISTOL — Newfound Area School District is looking to fill the following coaching positions for fall 2019.

Newfound Regional High School is looking for JV volleyball, JV girls' soccer and two unified soccer coaches.

Newfound Memorial Middle School is looking for boys' soccer, head football, assistant football and two volleyball

coaches.

If interested, please send a letter of intent, resume, and names and phone numbers of three references to Stacy Buckley - Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222

Questions should be directed to Peter Cofran, Athletic Director at pcofranc@sau4.org or 744-6006, x1507.

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Summer in the air at Gunstock Mountain Resort

GILFORD — It's summer in the Lakes Region and Gunstock Mountain Resort is open and ready for fun in the sun. If you're looking for a family-fun adventure, or a cozy couples retreat, Gunstock has something for you.

Camping at Gunstock

Voted Best of NH 2018 by NH Magazine, Gunstock Mountain Resort's campground puts you in the heart of New Hampshire's Lakes Region, close to the shores of Lake Winnepesaukee. Backed by more than 80 years of camping experience, Gunstock's tradition of catering to recreational families ensures memorable vacations. Relax at your campsite, take in the natural habitat around the resort, get your adrenaline pumping at the Adventure Park, elevate your mood during yoga, or participate in a guided hike. Campers receive 25 percent off packages. The campground is open daily.

Gunstock Adventure Park

Come see why Gunstock was voted Best of NH 2018 and 2019 for Best Summer Attraction Lakes Region. At Gunstock Adventure Park, they believe you can fly. Reach speeds of up to 65 mph on the Zip Tour. Swing, soar, and



COURTESY PHOTO

Enjoy the summer months at Gunstock Mountain Resort.

climb through the treetops in the largest aerial obstacle course in New England. Lay off the brakes and let it rip as you experience the thrill of the fast and winding Mountain Coaster. Take in panoramic views of Lake Winnepesaukee on a scenic lift ride, or explore the expansive cross country terrain on an award-winning off-road Segway tour. The Adventure Park is open Saturdays and Sundays at 10 a.m. Starting June 22, the

Adventure Park will be open daily. Reserve your premium adventure in advance online or by calling 293-4341.

Mountaintop Yoga

Back by popular demand, Mountaintop Yoga is running on both Saturday and Sundays at 9 a.m. Enjoy a peaceful chairlift ride to the summit in the fresh morning air. Take in the majestic views of Lake Winnepesaukee and surrounding mountains while breathing, moving

and meditating. Geared toward beginners, this class is all about elevating your mood and improving your flexibility in a beautiful, natural setting.

Mountain Sports Guided Hikes

There are hundreds of hikeable acres around the resort. Gunstock's guides can introduce you, your family and your loved ones to some of the best gems on the trails. From historical sites to local

flora and fauna, they will share their knowledge with you to bring your hiking excursions to the next level. Beginner and intermediate hikes and summit traverse hikes are pre-scheduled. Private hikes are available by reservation.

Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest winter and summer recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 55 alpine ski trails, plus 32 miles of Nordic skiing, fat bike, and snowshoe trails. Gunstock claims New England's largest

aerial obstacle course with 91 challenging elements, more than 1.6 miles of high-adrenaline ZipTour™ zip lines, off-road Segway tours, and the 4,100-foot Mountain Coaster. Gunstock's campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as the BY-ODC Pond Skim, Gunstock Hillclimb, Gunstock Mountain Brew and BBQ, and Soulfest. For additional information, please visit www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn or www.twitter.com/gunstockmtn.

Panther Volleyball Camp coming in July

PLYMOUTH — Plymouth State University head women's volleyball coach Joan Forge and the PSU volleyball team will be hosting Panther Volleyball Day Camp July 22 – 25. This camp will feature two sessions. Panther Camp One is 9

a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner to intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball.

Panther Camp Two is 1-5 p.m. for girls entering ninth through 12th grade and is designed for beginner, intermediate and advance players who want to play and excel at the high school level. The players will be challenged with improving their

basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play. For information, please contact Joan Forge at jcforge@plymouth.edu or call 387-1202.

From the busy spring into the less-busy summer

And just like that, the spring sports season is officially over.

I made the trip to Saco, Maine on Saturday for the New England Track Championships, where 10 local athletes competed against the best from around New England. And with the end of the day came the official end of the spring sports season, not counting the sports awards ceremonies that came earlier this week.

It was a great day for a track meet and the events were spaced out well enough that I was able to see all 10 of the local athletes plus five other athletes from schools in the coverage area for our other papers.

So now, it's on to the summer time. And that time of year is really one of my slower times, which is not a bad thing. After a busy nine months, the next three months are the time where I work 40 hours a week instead of 60 or 70.

Obviously, every

SPORTING CHANCE



By JOSHUA SPAULDING

summer there are certain events that I cover, including the Granite Man Triathlon and Granite Kid Triathlon in Wolfeboro. There's also the Alton Old Home Day 5K and other races in numerous towns around the area. I usually try to get to the NASCAR weekend at New Hampshire Motor Speedway in Loudon in July, which is always a lot of fun.

I also try to throw some other things into the summer plans. This year, I am on stage for the Village Players' production of Our Town, which will take place on the final weekend of July and the first weekend of August. We have rehearsals two or three nights a week leading up to the production. The Cate Park Band meets on Wednesday nights, something I've

done for the last decade-plus.

Last year, I took a vacation and drove out to Wyoming to visit with my brother. I've thought about doing that again, possibly taking a different route and seeing some different things. If I do that, it would likely be after the show closes and before the Granite Man Triathlon in early August, as that seems to be the easiest time to fit in into my schedule with everything that's going on. It's just a matter of whether that works in my brother's schedule.

This year, our office is also taking part in the Rafting For Wishes fundraiser to benefit Make A Wish in the water of Meredith Bay. This involves hanging out on a raft on Lake Winnepesaukee for 24 hours. Because it happens the same weekend as the Granite Kid Triathlon in Wolfeboro, I signed up for a few shifts that don't correspond with that event, but I hope to be out

there overnight on the Friday night and possibly close out the day on Saturday afternoon. Fundraising information on our team is available on the Rafting For Wishes web site under our team, Meredith News Monstars.

And of course, this will all change next summer when I'll hopefully be heading to Japan for the Summer Olympics at the end of July. Assuming everything goes as planned.

Finally, have a great day Shane Tower.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.



COURTESY PHOTO

Fly-tying will be on display at the next Pemigewasset Trout Unlimited meeting on Tuesday.

Trout Unlimited meets on Tuesday

PLYMOUTH — Want to learn to tie a trout fly? Come join in at the next Pemi TU meeting June 18. It will be a hands-on meeting where they will be tying some trout flies. So, bring your vice and some material and show them how to tie your favorite fly. Don't have any equipment; vices and material will be available. Pemi TU members will be available to assist and answer questions.

The Pemigewasset Chapter of Trout Unlimited will meet on June 18, at 7 p.m. at

the Common Man Inn in Plymouth. Come early and meet fellow fly-tiers. There will be a raffle to support sending a lucky boy or girl to the Barry Fish 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 and like the group on Facebook.

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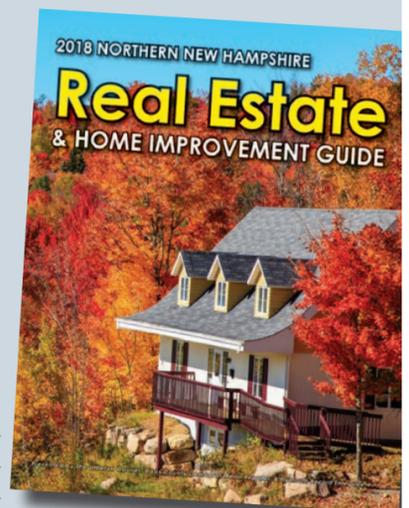
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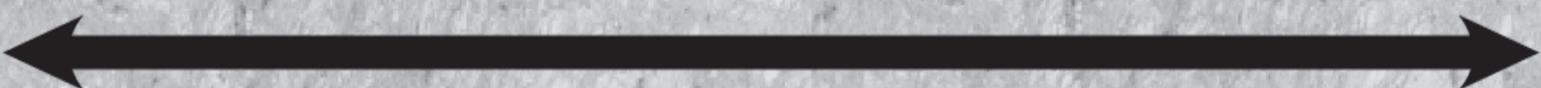


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World Championships in Heavy Athletics to highlight N.H. Highland Games

LINCOLN — World-class athletes are set to wow the crowd with feats of strength and agility when they take to the field at Loon Mountain Resort Sept. 20-22 for the 44th New Hampshire Highland Games and Festival.

A celebration of the culture and heritage of Scotland where attendees can enjoy Scottish music, dance, food, and fun, this year's games feature the Scottish Highland Games World Championship in Heavy Athletics, with top competitors traveling to New Hampshire from Scotland and beyond to test their mettle in a variety of strong-man events. The number one heavy athletics champion in the United States and winner of the 2018 New Hampshire Games competition, Chuck Kasson, is expected to compete this year as well.

A favorite of spectators, the heavy athletics championship features such Highland events as the caber toss, hammer

throw, and other traditional events.

Pageantry, music, dance, traditional Highland skills, beer and whisky tastings, and historical reenactment are all fun components of the festive weekend in New Hampshire's White Mountains, and the New Hampshire Highland Games are considered the largest gathering of Scottish clans in the Northeast.

With the theme, "Discover Scotland—No Passport Required," the 44th New Hampshire Highland Games are open to the public. Tickets may be obtained online at www.nhscot.org. Reduced ticket prices are available through June 30.

The festival also offers the opportunity to experience living history, as historic enactors, The Historic Highlanders, show and tell what everyday life was like in the Scottish Highlands from the 14th through 18th centuries.

Tickets are available online at www.nhscot.org or at the gate. Discounted tickets are available through June 30. Children 14 and younger are admitted free with a paying adult.

Some special events require an additional admission ticket. Tickets for special meals, tastings, concerts, and other special events are available at www.nhscot.org. Additional information can also be found on the New Hampshire Highland Games Facebook page at www.facebook.com/NHHHighlandGames/.

The event is held rain or shine. Pets are not allowed on the grounds or in vehicles. Service dogs are admitted.

The New Hampshire Highland Games are presented by NHSCOT, a non-profit corporation dedicated to preserving and promoting Scottish culture for future generations. NHSCOT advances its mission through NHSCOT Fund grants

and scholarships. More information is available by calling 229-1975, e-mailing info@nhscot.org, or visiting www.nhscot.org.

Bears

FROM PAGE B1

enal year and it's been tough because we've had the middle school with us for practices so she didn't always get a lot of individual time.

"The last couple of weeks where we could

work one on one, has been beneficial," Brown continued. "Especially when she's fighting through an injury."

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



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