

Winnisquam Echo

THURSDAY, MAY 16, 2019

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

Food Truck Festival draws impressive crowd

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – The Exit 20 Food Truck Festival at Tanger Outlets in Tilton last weekend was a food aficionado’s dream come true, as more than a dozen area food trucks offered everything from brisket and pulled pork to cannoli and fish tacos.

“These aren’t your typical foods. There’s a bit of everything here,” observed one woman in line for some Cajun cuisine.

Traffic was heavy along the Route 3 corridor as hundreds of people poured in for



DONNA RHODES

(Left) Charlie, Freya and Erin of Franklin enjoyed a South Indian lunch from the Café Mustard Seed at last Saturday’s Exit 20 Food Truck Festival in Tilton.

the festival. Some said they had driven up from southern New Hampshire when they heard about the event on television, while one woman from Massachusetts said it was a good excuse to visit her daughter who lives in Tilton.

“I’ve never been to a food truck festival before and it just sounded like fun, something different to do,” she said.

SEE FESTIVAL, PAGE A8

Early deadlines for Memorial Day

The offices of the Winnisquam Echo, located at 5 Water St. in Meredith, will be closed Monday, May 27 in observance of Memorial Day.

To ensure that our May 30 edition arrives in subscribers’ mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up one business day, from the usual Monday to Friday, May 24 at 4 p.m. As always submissions may be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

Please note that any submissions received after 4 p.m. on the 24th will be held for publication on June 6.

For information on the holiday deadlines for display advertising, please contact Beth Tobyn in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Winnisquam Echo thanks our readers for their cooperation with these schedule changes, and wishes our community a safe and happy Memorial Day weekend.

Unified athletes dance the night away at regional prom

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – Many stars of Unified Sports teams from six local high schools had a special night to shine last week when they attended central New Hampshire’s first ever Unified Prom.

The idea for the prom came from Alex Sobolov, a Special Education Paraprofessional at Newfound Regional High, their Unified basketball coach and next year’s new Athletic Director. Sobolov said his father is the AD for Londonderry High School and a few years ago introduced that school’s Winter Ball for Unified



DONNA RHODES

Josh Gardiner, Savannah Perkins, Victoria Riberirro and Keegan Donovan of Belmont High School were dressed and ready for a great time when they arrived at the Unified Sports Prom in Bristol last Friday evening.

Sports students; an idea Alex was proud to bring to the Lakes Region last Friday.

“I figured why not? We held it this weekend because the biggest benefit is that the school is holding their prom to-

SEE PROM, PAGE A8

DONNA RHODES
After a detailed study in 2018, a group of volunteers from Northfield met with the UNH Cooperative Extension’s Community Profile staff last week to begin work on future improvements and goals for the town.



UNH study inspires visions of a stronger Northfield

BY DONNA RHODES
drhodes@salmonpress.news

NORTHFIELD – A group of more than a

dozen residents from Northfield met at Town Hall last week to hear the results of a Commu-

nity Profile compiled by the UNH Cooperative Extension so they could then begin to focus on

the town’s strengths and work on any deficits as they hope to bring more business, recreation and

community pride to the town.

“You can do a lot, but SEE NORTHFIELD, PAGE A9

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HALL MEMORIAL LIBRARY

Tilton/Northfield Monday, May 20
Crochet Corner, 4 p.m.
Join fellow crocheters to drink tea and socialize while you crochet. Brittany will be available to help answer questions.

The Bookers, 6 p.m.
"Small Great Things" by Jodi Picoult - Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. "Small Great Things" is a remarkable achievement from a writer at the top of her game. (Amazon)

Tuesday, May 21
Spanish Club, 10 a.m.
Tech Tuesday, 2-4 p.m.

Wednesday, May 22
Story Time, 10:30 a.m.
Theme: Farm

Thursday, May 23
Maggie McCall: Retirement Reception, 10:30 a.m. - noon
We request your presence for tea & other light refreshments as we celebrate Maggie McCall's ten years with us and wish her the best as she continues to enjoy life as a patron on the other side of the desk. She's already onto other ventures and we hope you can come wish her well. Stop by the Main Desk for more information.

Friday, May 24
Sit and Knit, 3-5 p.m.

Saturday, May 25
BabyTime: Movement and Music, 10:30 a.m.
Come join us for fun and giggles as we move, sing, and explore through music and movement! This group class for children two years old and younger focuses on the bond between children and caregivers as they experience the world through sounds, music,
SEE HALL, PAGE A9

PINE HAPPENINGS

The Pines' 10th Annual Golf Tournament
On Saturday, June 1, the Pines Community Center will host its 10th Annual Golf Tournament at Den Brae Golf Course in Sanbornton. The shotgun start is at 1 p.m., and the Tournament will be followed by an Awards Dinner in the clubhouse. The cost to play is \$80 per golfer, or \$320 for a team of four. This includes 18 holes of golf, a golf cart, and dinner. Each player will also receive a Goodie Bag. Mulligans may be purchased at the tournament, and there will raffle items and a Fifty-Fifty

raffle. Would you, your family, business, or organization like to field a team, or be a Tournament Sponsor? We have several levels of sponsorships. Platinum Sponsorships are \$1,000, Gold Sponsorships are \$700, Silver Sponsorships are \$350, Bronze Sponsorships are \$150.00, and Hole/Tee Sponsorships are \$100. We also welcome Goodie Bag Sponsors to donate items for the golfers' Goodie Bags, and the donation of raffle items or gift cards for the raffles. All funds go to support the Pines Community Center. Registration and sponsorship forms may be picked up

at the Pines. For more information contact Samantha Magoon at 286-8653, or email her at pccprogramdirector@gmail.com.

Summer Camps and Swim
Register now for the Pines' summer youth programs. Playground and Swim is for children completing Kindergarten through Grade 5 in June 2019. Registration ends on June 7 and payment in full for the summer must be received by this date. Playground is June 24 through Aug. 16, Monday through Friday, 8:30 a.m. to 3:30 p.m. Before and After Care are available,

starting at 7 a.m. and ending at 5:30 p.m. Swimming lessons are tentatively Monday through Thursday, at Sandogardy Pond in Northfield during the first few weeks of Playground. They are dependent on our finding a swim instructor. Van transportation is provided for Camper Swim Lessons. Register in advance by June 7, online or at the Pines. All summer fees must be paid in full by 5:30 p.m. on June 7.

Free Kids' Tennis Program
Advantage Kids (formerly Lakes Region Tennis Association) at SEE PINES, PAGE A9

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of May 3-10. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from

publication.
Dennis A. Thoroughgood, age 55, of Belmont was arrested on May 3 for a False Inspection or Registration Sticker and Receiving Stolen Property.
Randy L. Graeme, age 39, of Hillsboro was arrested on May 4 for being a Habitual Offender

and Possession of Controlled/Narcotic Drugs.
An adult male was taken into protective custody for intoxication on May 5.
James A. Burns, age 40, of Laconia was arrested on May 6 on two counts of Penalties-Possession of Controlled/Narcotic Drugs.

Janelle D. Moulton, age 31, of Belmont was arrested on May 7 in connection with a warrant issued by Merrimack County Superior Court.
Chad Jacob Young, age 37, of Belmont was arrested on May 9 for Driving After Revocation or Suspension.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 61 calls for service and made the following arrest during the week ending May 11.
Rita Riley, age 35, of Sanbornton was arrested on May 5 for Driving While Intoxicated. She

is scheduled to appear in Franklin District Court on June 3 at 8 a.m.
The breakdown of the remaining calls was as follows: one alarm, one request to assist another department, one report of criminal threatening, one report of criminal trespassing, one D.W.I.,

one domestic incident, one house check, two medical/fire calls, six money relays, one request for motorist assistance, two motor vehicle accidents, one motor vehicle summons, 26 motor vehicle warnings, one OHRV operation complaint, one pistol permit,

one request for police information, one individual taken into protective custody, three road hazards, one service of a court summons, two sex offender registrations, two reports of suspicious vehicles or activity, one report of theft, and one V.I.N. verification.

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Nominations welcome for Good Citizen
BELMONT — Each spring, the Old Home Day Committee invites the public to nominate a graduating senior at Belmont High School as this year's Belmont Good Citizen.
The nominee must be a resident of the Town of Belmont and someone that displays good citizenship qualities through academic, civic, volunteer, and personal achievement. Nominations must be received by Monday, May 20 and may be emailed to events@belmontnh.org. The public is also invited to share in the successes of the nominated seniors at the Good Citizen Award Reception scheduled for Sunday, June 9 at 3 pm, at the Corner Meeting House on Sargent St. in Belmont. If you have any questions, please call Greta Olson-Wilder at 998-3525 or use the enclosed email address. Thank you for taking the time to acknowledge the youth of our community.

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Sun.-Thurs.: 1:00, 4:00, 7:00 PM
AVENGERS: ENDGAME PG-13
Fri.-Sat.: 12:00, 3:45, 7:30 PM
Sun.-Thurs.: 12:00, 3:45, 7:30 PM
POKEMON DETECTIVE PIKACHU PG
Fri.-Sat.: 12:00, 2:25, 4:50, 7:15, 9:40 PM
Sun.-Thurs.: 12:00, 2:25, 4:50, 7:15 PM
Join us for the advance screening of:
Aladdin
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High school youth lead the way at community asset fair

TILTON — On a blustery Wednesday evening in April, community members of the Winnisquam Regional School District met to take a good look at their local assets in an event called "What's Right With This Picture?" Facilitated by WRSD middle and high school students, participants identified more than 100 community assets. Along with a delicious spread of good things to eat from local food establishments the participants were able to connect with programs that offer healthy activities for youth and families.

Bringing together area resources was a great way to learn what is available both close to home and in neighboring communities. The next step for Stand Up Winnisquam volunteers is to reach out and thank these individuals, programs and committees and to see what can be done to keep them doing such good work. The community will be asked to come together in the fall to answer the question, "What's Wrong with this Picture" to identify the problems and areas of need within the community. This



COURTESY
(Left) On a blustery Wednesday evening in April, community members of the Winnisquam Regional School District met to take a good look at their local assets in an event called "What's Right With This Picture?" Facilitated by WRSD middle and high school students, participants identified more than 100 community assets.

is to promote physical and mental health wellness, prevent substance misuse and create a positive impact on the community by providing opportunities for youth, families, and community members. For information on how to get involved contact Stand Up Winnisquam at 286-8577 or the Winnisquam Office of Student Wellness at www.wrsoc.org.

Belmont Historical Society to explore NH's covered bridges

BELMONT — On Tuesday, May 21, the Belmont Historical Society will be hosting a presentation on "Covered Bridges of New Hampshire" by Glenn Knoblock. The program will be held at 7 p.m. at the Corner Meeting House in Belmont.

Covered wooden bridges have been a vital part of the New Hampshire transportation network, dating back to the early 1800s. Given New Hampshire's myriad streams, brooks, and rivers, it's unsurprising that 400 covered bridges have been documented. Often viewed as quaint relics of a simpler past, they were technological marvels of their day. It may be native ingenuity and NH's woodworking tradition that account for the fact that a number of nationally-noted covered bridge truss designers were New Hampshire natives. Glenn Knoblock discusses covered bridge design and technology, and their designers, builders, and associated folklore. The visual presentation features many images, some current, some historic, of bridges throughout the state, both current and some that no longer exist. Funding for this



COURTESY
Glenn Knoblock and his father on the "Saco River Bridge" in Conway. Built in 1890, this bridge is an example of a Paddleford truss style bridge.

program is provided by the New Hampshire Humanities Council & the Belmont Sargent Fund. The program is free and open to the public and handicapped access is provided. Light refreshments will be served. Glenn Knoblock is an independent scholar

and author of fifteen books and more than 100 articles. He is also the author and historian on projects relating to Northern New England bridges, New Hampshire cemeteries and brewing history and African-American military history. Knoblock

has served as the main military contributor to Harvard and Oxford University's landmark African-American Biography Project. He holds a BA in History from Bowling Green State University.

information will help direct Stand Up Winnisquam in its prevention efforts. The mission of Stand Up Winnisquam

Annual Dean's List Reception recognizes Belmont resident

MILTON, Mass. — Brooke Thurber has been named to the Dean's List for all four years at Curry College. This reception is held every year to honor the graduating students, who have demonstrated academic excellence. Brooke is one of 88 students honored this year.

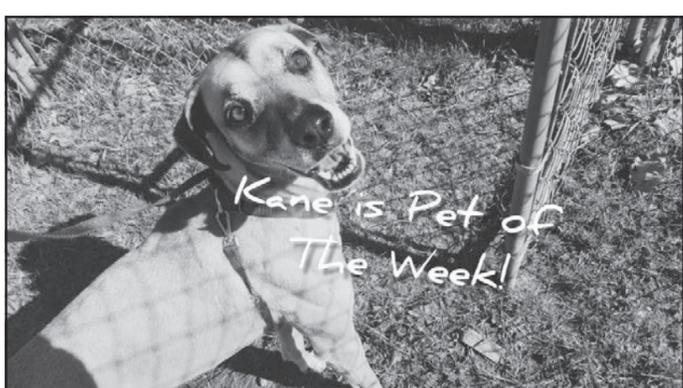
In a special, annual ceremony held at the Shelley I. Hoon Keith and John W. Keith Alumni House, Curry College honored the exceptional academic achievements of graduating students.

As is customary, the students recognized their personal mentors during the ceremony, thanking the 31 faculty and staff members for their support. To qualify for the Dean's List, students must earn a 3.30 GPA, have no incompletes, and have no grade lower than a "C" for the semester. These students have accomplished this each and every semester in college.

About Curry College
Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 27 undergraduate majors, as well as graduate degrees in business, education, criminal justice, and nursing, with a combined enrollment of approximately 3,000 students. The student body consists of approximately 2,000 traditional undergraduate students, and over 1,000 continuing education and graduate students. Approximately 75% of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education. The College offers a wide array of extra-curricular activities ranging from 14 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the web at www.curry.edu

PET OF THE WEEK KANE

How is this dog in a shelter? Kane is a very laid back 6 year old that was in a kennel down south for over an entire year before making the journey to New Hampshire to hopefully find his family. He is house trained, crate trained, and does very well on leash. Currently he knows sit, though in a calmer environment would be willing to learn more! Kane is a tad shy and has some touch sensitivities, so at this time he is looking for an adult-only home with potentially another doggy friend. He's also shown that he may do well with cats!



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Opinion

A4 Thursday, May 16, 2019

WINNISQUAM ECHO

STRATEGIES FOR LIVING

Temptation with a smile

BY LARRY SCOTT

It was early one Michigan morning as, on the way to Detroit with a load of cargo, a car pulled up in front of my Freightliner and came to a fast stop. Following a good night's sleep in a rest area along I-94, I had already gone through my morning routine, the coffee was made and safely placed in its holder on my dash, and I was ready to roll.

A young lady, perhaps in her mid-twenties, approached my truck and asked, "Would you like to talk?" "And what," I asked, "would you like to talk about?" "Oh," she said, "I don't care. I'm just trying to get a little gas money." Reasonably attractive, I was well aware that "talking" was not what she had in mind. "No, I really don't think so," I responded. And then she smiled and said, "Are you sure? I won't tell if you won't" "Sorry, lady, I'm really not interested."

And then it was over. As she stepped into her car and drove away, I realized that in just a matter of minutes, with a simple "yes" instead of a "no," I could have changed the direction of my life. And please believe me, I am neither bragging nor complaining. I took the easy way out. Aside from the devastating influence it would have had on my relationship with God, I could have exposed myself to one of the social diseases and impacted my self-respect forever.

Like so much of what life has to offer, the big lie was that I could indulge in sin and no one would ever know. But sin is like that, isn't it? It sounds so inviting. It sneaks up on us when we least expect it and in a matter of minutes, we can dramatically change the direction of our lives.

In this discussion it is important that we distinguish between sin and sins. Our concern often has to do with sins – the things we say or do or think. Sin, however, is something else altogether. I can be destroyed by my sins, but the culprit is sin, and the real essence of sin is self – self-centeredness, self-will, self-image, self-satisfaction, and pride. Satan may be the driving force of evil in our world, but my greatest problem is not with the devil; my problem is me!

The Apostle Paul knew what I'm writing about. "I find this law at work," he wrote, "when I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord."

Jesus is God's solution to our most fundamental needs. No matter how dark our past, no one is beyond the fundamental, life-altering change Jesus promises to all who come to Him. "I am come that they might have life," Jesus said, "and that they might have it abundantly."

I realize I sound like a broken record, for I say much the same every week. But I desperately want to make a point. Living for God is not the drag it is often pictured to be. Our God is no man's debtor; He never takes more than He gives in return. It is a privilege to serve the Living God.

Send your letters!

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Or, you can e-mail us at echo@salmonpress.news

Please include your name, address and phone number.



COURTESY

From Principal to Patrolman

Patrolman Eric Keck recently graduated from the New Hampshire Police Standards and Training Academy, and now joins Tilton Police Department as a fully certified part-time officer, in addition to his full-time duties as principal of Southwick Elementary School in Northfield. Shown congratulating him outside the academy in Concord last week were TPD's Attorney Prosecutor Jessie Renauld-Smith, Patrolman Richard Paulhus, Capt. Ryan Martin, Patrolman Keck, Chief Robert Cormier, Sgt. Nathan Buffington, Patrolman Noah Tamulonis and Communications Specialist Adam Sattler.

LETTERS TO THE EDITOR

Is sexual harassment training legal?

To the Editor:

This report to my voters will not focus on all that was the subject of legislation in Concord (although I will touch on one bill that I particularly dislike and find dangerous), but on an attempt by the leftist legislators to turn back reality and enforce rules they do not have the authority to do.

The one piece of legislation I will highlight is HB481 commonly called "marijuana legalization." It does use a catchy phrase "advancing individual freedom" to hide the disastrous effects of the bill. Other states that have traveled this road have seen massive increases in accidents and emergency visits to the hospital. Opponents from Colorado, New York, and others who know the impact first hand, were able to sharply show this in Senate testimony. This is in sharp contrast to the House Criminal Justice Committee that limited any effort to debate health and welfare and concentrated on how to regulate the weed through a huge bureaucracy. They ignored facts and the impact on society, especially the youth. The bill will have final votes this week and hopefully will die in the Senate. I asked you in my last letter to email Senator Harold French at Harold.French@leg.state.nh.us who is on the Senate committee hearing the bill. Please contact him again.

Now... my real diatribe. The heavily leftist house instituted a rule this session that all members must attend "sexual and other unlawful harassment" training. They intend to publish a list of all who don't attend. For over almost 50 years of work my employers have required similar training and training

has become more intensive and prevalent over the last several years. This was a requirement by my employers. I don't work for the New Hampshire General Court, I work for you. You judged, by your votes, that I have the character and integrity to serve you morally and honorably. I do not intend to break the trust you have placed in me.

This country has become so enamored with political correctness, and frankly radical beliefs. I do not intend to participate. Popular TV shows portray the family as an anachronism that is not to be tolerated. Instead we really portray "sexual and other unlawful harassment" as normal and we redefine this to assume that gender ambiguity and toxic masculinity are among the real issues. We have female members of the House that assume "feeling homicidal" and admitting to assaulting a citizen are normal actions and they are lauded by their fellow party members. I do not agree. So, I will not under threat of embarrassment accept any training that they claim is normal and useful from the radical opposition. They flat do not have the right to demand my attendance. I'll provide you with a list of all the violators when it is published and assure you that I will be on the list.

Enough of my thoughts, I'd like to hear from you or just have a cup of coffee call me at 320-9524 or email dave@sanbornhall.net.

Cheers!

Dave Testerman
State Representative
Franklin and Hill

To the citizens of Franklin

To the Editor:

It has indeed been a busy couple of weeks for the City Council. These are meetings that you are invited to attend and if you can I encourage you to do so.

At this month's City Council meeting, we were treated to a taste of the District-wide Musical Theater Group presentation of Supercalifragilisticexpialidocious from the Mary Poppins Play. I hope you were able to attend one of the performances.

In his update on the SAU 18, Superintendent Dan LeGallo noted the progress the School Board was making in the LEAN Management process. This encouraging news was verified to me by the management leader.

Councilor George Dzunga presented his LEAN Management assignment to establish a community calendar and the mechanics to populate it. This will enable qualifying organizations to post their events and meetings in a common calendar on the City Web site.

Chief Mike Foss presented the proposed Hazardous Mitigation Plan to the City Council for adoption. In light of President Donald J. Trump's Executive Order for Electromagnetic Pulse Protection for the nation, Chief Foss was asked to add an addendum to the Plan that would address this issue.

The City Manager submitted her Proposed Budget for 2020 to the City Council for review. You can find the budget on the [FranklinNH.org](http://www.franklinnh.org) Web site. https://www.franklinnh.org/sites/franklinnh/files/uploads/fy20_city_managers_proposed_budget.pdf

The next evening, the School Board presented their support for a stunning \$16.8 million tax-cap busting budget. After several questions and the realization that the city could not take action on the budget as presented before the June City Council meeting, School Board Chairman Tim Dow asked the City Council to approve the tax-cap budget of \$14.3 million. The City Council unanimously agreed.

On Saturday, there was Community Days and elected officials representing the Executive Council, House of Representatives, School Board and City Council marched in the parade before partaking in activities at Odell Park.

The City Council will convene on Monday, May 20 at 6 p.m. at the City Hall for the next Road Map review. These meetings are open to the public and I encourage you to attend.

If you would like to speak with me please email me at Karen@sanbornhall.net or call 721-9933.

Karen Testerman
Franklin



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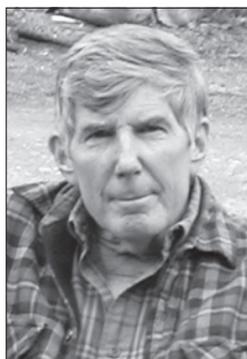
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NORTH COUNTRY NOTEBOOK

Notes to self, rattlesnakes (yep), and "orphaned" wild creatures



By JOHN HARRIGAN
COLUMNIST

Cleaning up my computer desktop is almost as much fun as going through my pants pockets to catch those ubiquitous pieces of paper flagged with "Note to self" before they go through the wash. (Note to self: I have finally done it--used "ubiquitous," even though I long ago vowed not to. There's no logic to it-- I just hate the word. What does it mean? It's all over the place. If memory serves me, Time Magazine began using the word about 40 years ago, and in a heartbeat it was here to stay.)

My computer guru says my machine boots up easier and runs better if I keep the desktop clean. This meshes perfectly with the ethic that should be followed with clothing. There's nothing to provoke a string of bad words quite like

discovering that you've overlooked two or three "notes to self" in a pants pocket that the washer and dryer have turned into a gazillion snowflakes--and now, they're all over your clothes.

+++++

As I've written before and probably will again, Fish & Game's publication "Wildlife Journal" is a good read every issue, and along with enjoyment you're sure to pick up on something on wildlife or the outdoors you didn't know.

Although many people are unaware that New Hampshire has rattlesnakes, it's a fact that we had them when the Europeans first stepped ashore, and have them now. Only two or three small populations remain, however, and Fish and Game protects them zealously, seldom even mentioning the towns

Well, when Fish and Game was part of my beat 40-plus years ago, I hung out at the Game Division quite a bit, and one of the characters within was veteran wildlife biologist Henry Laramie. Henry was the go-to guy for anything at all about any of the 11 species of snakes found in New Hampshire. And by fiat he also became the official Keeper of the Rattlesnakes, protector for the two or three small



PHOTO BY CASEY KANODE

COURTESY

Snake experts generally hate this kind of photo because they want the public to get the message that snakes are fine if left alone, but newspapers really go for the attack shots (see?). (Courtesy Casey Kanode, jakejarvis.club)



COURTESY

You don't often get a snake out into good light, where you can see every stripe. This rattler seems at ease or drugged, or both. (Courtesy instazu.com)

but viable rattler populations that somehow have survived humanity's ancient hatreds and sheer

ignorance.

Over time, I wheedled the rattlesnake locations out of Henry, because he

knew I'd never tell. The snakes gather and form a big ball when they den up for winter, and one person with one stick of dynamite could wipe out an entire population.

By the by, Mike Marchand had a fine photograph on the cover of Wildlife Journal's spring issue--a mother timber rattler with her young, known as a neonate. The little one is coiled within its Mom's coils--a protective enclave if ever there was one.

+++++

One dry spring a brush fire broke out in a town in the greater Manchester area, and I was sent to cover it. By the time I got there, another call had gone out, and two line-crews were busily spraying water and digging fire-breaks.

I asked the guy running the pump that was sending water from a nearby beaver pond up the hill if he could tell me where the worst of the fire was, because I knew the country. "Just follow the hose," he said.

A few minutes later I was clambering over stone outcroppings and tumbled slabs. The strong sunlight was warming the rocks. "Perfect place for a snake," I began thinking, and a sudden rasping, buzzing sound erupted from where I had just thrust my uphill arm for a new grip.

I threw myself backward, not caring where I landed, and was thank-

ful for a clump of alders. And up on top of the ridge was a fire-fighting line crew, all of them pointing and laughing at me, because they knew very well that there was a small hole in the hose right there, perfect for making just the right sound.

+++++

There's usually a director's message in each issue of Wildlife Journal, and Glenn Normandeau's was particularly appropriate for its May/June issue date: Leave wild animals alone. Even in situations that look for all the world as though the mother has abandoned her young, it's also an almost certain bet that Mom is hiding nearby, waiting until it's safe to come back for her young.

Every spring I'm sure to get calls on this, as in "What do I do with this orphaned baby robin I found on my front porch?"

The answer is "Leave it alone, unless your cat is right there too, licking its lips, in which case you put the chick where it can be seen and heard, grab the cat, and go inside to watch a baseball game or something, anything to get the real problem--you--out of the equation.

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



BY MARK PATTERSON

The "new math" in distribution planning isn't a new concept or even new at all. What it is really referring to is the math used in the accumulation phase of your life vs the distribution phase. Average returns in your investment portfolio, which are useful in accumulation-phase planning, are less meaningful when cash outflows become a key model assumption. The math changes at the beginning of the distribution phase.

Asset diversification is a very important part of successful investment planning for the accumulation and distribution period. During the accumulation phase a well-rounded diverse portfolio mix, modern portfolio theory, will increase gains while reducing volatility. During the accumulation phase, you typically have time to ride out the market corrections and periods of volatility that is just how markets behave.

The difference in the distribution phase is that regular portfolio withdrawals compound losses. The math of slow and steady gains during the accumulation period gives way to more complex calculations based on the compounding effects of negative cash flow.

All this leads to the "sequence of returns" that can have a dramat-

MARK ON THE MARKETS
New Math of planning

ic effect on your retirement.

To put it in simple terms I will use an example of what sequence of returns means to the average investor. Mary and John are getting ready to retire. They both have their retirement funds. John in an IRA and Mary in a 403b that is in stock based mutual funds. Their plan is to take out 4 percent per year, which is a common rule of thumb. The markets have sharp declines early in their distribution phase and is compounded by their 4 percent withdrawals. Within 11 to 13 years, they run out of money.

Conversely, if the markets do very well in the first decade of withdrawals their money increases over and be-

yond the withdrawals and may never run out of money.

Jack Bogle, the late founder and chairman of mutual-fund giant Vanguard group, a couple years ago stated that in the next decade he expected two 25-30 percent, even up to 50 percent declines in the markets.

Many planners, including myself, have software that can simulate market gyrations

and the distribution of assets. If Jack is correct and you are planning on the 4% distribution rule for your retirement, it is not a pleasant picture that you will face.

It is unnecessary to take that risk when there are tools to take that

SEE MARK, PAGE A10

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Dorothy A. Haskell, 99

Text LACONIA — Dorothy A. Haskell, 99, of Court Street, died Wednesday, Feb. 20, 2019 at the St. Francis Nursing and Rehabilitation Center.

Dorothy was born on Sept. 25, 1919 in Lynn, Mass., the daughter of the late Theodore and Marion (Wiggin) Dinsmoor. She had been a resident of Laconia for most of her life.

Dorothy is survived by a son, Walter A. Haskell and his wife, Patricia and her daughter, Carol A. Simes three grandchildren, Tina Gilbert, Tracie Osborne, and Dan Dearborn; six great-grandchildren; and two great-great grandchildren. In ad-



dition to her parents she is predeceased by her husband, Arthur Haskell; her infant son, Arthur Haskell Jr.; her grandson, Brian Haskell; and her granddaughter, Holly Moody.

There will be no calling hours.

A Graveside Service will be held on Saturday, May 18, 2019 at 1 p.m. in Union Cemetery, Laconia.

For those who wish memorial contributions in Dorothy's name may be made to St. Francis Rehabilitation and Nursing Center, 406 Court St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Brenda Lee Hoyt, 59

BELMONT — Brenda Lee (Roberts) Hoyt, 59, of Main Street died on Tuesday, May 7, 2019 at Lakes Region General Hospital with family and friends by her side.

Brenda was born on March 18, 1960 in Laconia. She was raised and educated in Laconia, and retired after more than 35 years of work for the State of New Hampshire's Bureau of Drug & Alcohol Abuse Prevention. She was generous with her time and support of those close to her, and celebrated life often with family and friends. She was also a faithful member of her church. Brenda enjoyed visiting the



ocean and spending time outdoors.

Brenda is survived by her son, Nathaniel S. Hoyt III; daughter, Megan F. Hoyt; grandson, Hoyt Griffiths; and son's dog, Sebastian, who brought her much joy. She had a great love for animals. Brenda is predeceased

by her mother, Dorothy (LaRoche) Ayotte; stepfather, Clarence Ayotte; sister, Nancy Roberts; and former husband, Nathaniel S. Hoyt Jr.

A celebration of Brenda's life will be held on Friday, May 17, 2019 from 4 to 7 p.m., with brief remarks at 5:30 p.m. at the Beane Conference Center, 35 Blueberry Lane, Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial.

Katherine S. Morgan, 69

MEREDITH — Katherine "Kay" S. Morgan, 69, of Meredith, died at her home surrounded by her loving family, on May 9, 2019.

She was born in Lewiston, Maine on Feb. 13, 1950, the daughter of William C. Mills Sr. and Theresa (Bergeron) Mills. She was raised in Livermore Falls, Maine, and later resided in Franklin and Tilton before moving to Meredith last year.

She formerly worked at the New Hampshire State Hospital in Concord for 10 years, and was last employed at Hoitt Electric in Penacook.

Kay enjoyed spending time with family and friends over a home-cooked meal. She loved nature and



gardening, live music, and just all-around gatherings with loved ones. Her life revolved around her children and grandchildren.

Kay is survived by family members, including her life partner Wesley A. Gilpatrick of Meredith, formerly of Franklin; three children, Daniel R. Dube of Meredith, Dennis C. Dube

and his wife Rashel, of Austin, Texas, and Alison M. (Morgan) Toms and her husband Michael of Meredith; grandchildren Tasha, Cody, Daniel, Brooklyn, Zoey, Emersyn and Jocelyn; sister Susan A. Mills of Rollinsford; brother William C. Mills, Sr., of Livermore Falls, Maine; and nieces and nephews.

Visiting hours will be held on Thursday, May 16, 2019 from 5-7 p.m. at Paquette-Neun Funeral Home, 104 Park St., Northfield. A service will be held at 6:45 p.m. Interment will be at a later date at Bridgewater Mtn. Cemetery.

For directions and an online guestbook, please visit www.neunfuneralhomes.com.

Ellen Louise (Sheehan) Vachon, 71

NORTHFIELD — Ellen L. Vachon, 71, a lifelong resident of Tilton/Northfield, passed away peacefully with her family beside her, on May 5, 2019 after a courageous battle with Alzheimer's.

Ellen was born on Sept. 27, 1947, the daughter of John E. Sheehan and Shirley C. Daigneau. Ellen was a dedicated wife and mother to her three children.

Ellen enjoyed the simple things in life, mostly her family. Her favorite things to do were gardening, cooking, camping with family and friends and tanning at Hampton Beach. Ellen was always there for her family. To her husband and children, she was their rock. She was the "glue" that kept them all together. She will be missed dearly but leaves behind a legacy and an example to follow.

She leaves her husband of 53 years, Alan



Vachon of Northfield; her son Christopher Vachon and wife Jennifer of Barrington; her daughter Kathleen Henault and husband Kenneth of Hampton Beach; and her son Jason Vachon and wife Breane of Gilmanton. Ellen's eight grandchildren were most dear to her heart. She leaves Andrew and Sarah Henault, Jack, Elise, Nathan, and Delaney Vachon, Peyton Vachon and Hannah (Vachon) Goodrich and her husband Noah.

She was predeceased by her father, John, mother Shirley

and brother Patrick Sheehan. Ellen also leaves behind four sisters Janice, Mary, Melanie and Kathleen, two brothers, Michael and Jonathan and several nieces and nephews.

Calling hours were held on May 13, 2019 from 5 to 7 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road, (584 West Main St.) in Tilton.

A Mass of Christian Burial was held on May 14, 2019 at 10 a.m. at St. Mary of the Assumption Church, Chestnut Street in Tilton.

Burial will be at a later date.

Those wishing, and are able, may make a memorial donation (Noting Ellen Vachon) to the Alzheimer's Association, 166 South River Rd., #210, Bedford, NH 03110.

For more information, go to www.smartfuneralhome.com.

Thomas Edward Robbs, 77

BELMONT — Thomas Edward Robbs 77 of Belmont passed away on May 5, 2019 after a battle with cancer. He was born on June 13, 1941 to Henry and Sallie Robbs in Gaffney, S.C. He grew up in Gaffney and graduated from Gaffney High School.

He worked various jobs until he enlisted in the Navy in 1964. Tom served in Vietnam. He married Susan Bearse on March 4, 1967. They were mar-



ried for 49 years until her death in 2016. Tom was a longtime resident of Gilmanton, Gil-

ford and Belmont. He worked for the United States Postal Service for 22 years and retired in 2001.

He enjoyed spending time at his camp in Vermont. Tom was an active member in several local snowmobile clubs. He liked camping, gardening and hanging out at the gym. Tom loved spending time with family and friends.

Tom is survived by his daughter, Cindy, and her husband Robert Femenella; his son Michael and his wife Christine Robbs; three grandchildren, Dylan, Kaylee and Libby; his sister, Betty; and his partner of two years, Susan Roache.

He was preceded in death by his parents, Henry and Sallie; his sister, Sarah; his brother John and his wife Susan.

A private ceremony will be held at the New Hampshire State Veterans Cemetery in Boscawen.

In lieu of flowers, donations can be made to Hospice Care (at www.centralvna.org).

SYC partners with Sullivan Construction for residence hall renovation

NORTHFIELD — Spaulding Youth Center is pleased to announce the successful completion of significant renovations to our Lambert Hall residential cottage. The organization was proud to award Sullivan Construction of Bedford the building contract for this project as well Holmes Flooring of Chichester for the flooring components.

Located on Spaulding's Northfield, New Hampshire campus, Lambert Hall is one of five residential cottages and currently provides a home for eight students. The building is over 50 years old and was in need



Spaulding Youth Center is pleased to announce the successful completion of significant renovations to our Lambert Hall residential cottage. The organization was proud to award Sullivan Construction of Bedford the building contract for this project as well Holmes Flooring of Chichester for the flooring components.

of updates both inside and outside. Sullivan Construction offered Spaulding Youth Center a significant charitable discount, skillfully worked around unique campus schedules, and completed the renovation within just two months. The updates included significant interior layout modifications, ceiling updates, creation of brand-new living room areas, repainting of all common spaces and exterior of building, as well as general con-

struction that enabled a more open concept. A new custom cubby area for students was built by the talented Spaulding Facilities team and new flooring in all areas was replaced by Holmes Flooring.

"We are thrilled for our Lambert residential students to enjoy these exciting renovations," said Roger Bolduc, Support Services Director of Spaulding Youth Center. "The goal of this project was to give this

SEE SYC, PAGE A10



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COURTESY

Senior Appreciation Dinner at the Pines

The Pines Community Center was once again the venue for the annual Senior Appreciation Dinner, hosted each year by Tilton-Northfield Rotary as a thank you to the older residents of the Winnisquam Region. Pitching in to help make the evening a success were younger students from within the Winnisquam Regional School District as well as high school students who are members of the Rotary-sponsored Interact Club at WRHS.

Belmont resident sentenced to five years in Fentanyl trafficking conspiracy

CONCORD – Heidi Langevin, 44 of Belmont was sentenced to serve 60 months in prison for participating in a fentanyl trafficking conspiracy, United States Attorney Scott W. Murray

announced. According to court documents and statements made in court, Langevin sold fentanyl and methamphetamine to an individual who was cooperating with

the FBI on two separate occasions at locations in and around New Hampshire. On May 31, 2017, Langevin arranged for several men to purchase fentanyl from a supplier in Lawrence, Massachu-

setts. The men drove together from Belmont to Lawrence. In Lawrence, the men met with their drug supplier, purchased a quantity of fentanyl, and then drove back to New Hampshire.

On the highway near Derry, the New Hampshire State Police conducted a traffic stop and seized a firearm and a package containing approximately 111 grams of fentanyl.

Langevin previously pleaded guilty on Oct. 30.

“The five-year prison sentence imposed in this case should send a message to interstate drug traffickers” said U.S. Attorney Murray. “Law enforcement officers are watching and federal prison sentences await those who get caught. We will continue to work closely with the FBI, New Hampshire State Police, Laconia Police Department, and all of our law enforcement partners to identify, prosecute, and incarcerate those who are responsible for bringing deadly drugs into the Granite State.”

“This case is just another example of how the FBI and our law enforcement partners are working together to target and dismantle drug trafficking organizations that are threatening the safety and stability of our neighborhoods,” said Joseph R. Bonavolonta, Special Agent in Charge of the FBI Boston Division. “Our Safe Streets Gang Task Force will continue to aggressively investigate criminal organizations that target our communities with their drug-related activity and ensure they are held accountable.”

This matter was investigated by the FBI, the New Hampshire State Police, and the Laconia Police Department. The case is being prosecuted by Assistant U.S. Attorney Anna Z. Krasinski.



DONNA RHODES

Pop-Up Plant Swap

Sanbornton librarian Jessie Algren joined Michael Laughy and Kristy Lavoie as they looked over some of the great perennials that were available during Sanbornton’s Pop-Up Plant Swap at the library last weekend. During the swap, Laughy also pitched in to groom some of the grounds and refurbish the benches out front, volunteer labor that was much appreciated by the staff and trustees.

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DONNA RHODES

Students from high school Unified Sports teams throughout central New Hampshire danced the night away at the area's first ever Unified Prom in Bristol last Friday.



DONNA RHODES

Jesse Gardner, Dylan Godwin and Sammy Allerdice were among the student athletes from Winnisquam Regional High School's Unified Sports teams who attended the first ever Unified Sports Prom at Newfound Regional High School last Friday.

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PROM

CONTINUED FROM PAGE A1

morrow night and they were generous enough to let us use the setting with all their decorations," said Sobolov.

"We all worked together to make this happen."

Participants in the prom came from not only Newfound but other area high schools. Included were Unified teams from Belmont,

Winnisquam, Gilford, Inter-Lakes and Plymouth who all enjoyed getting to see their seasonal competitors in a noncompetitive setting. Arriving from Belmont High School were

not only Unified athletes but other students as well.

"We have a lot of people getting involved in our Best Buddies program at Belmont so SEE PROM, PAGE A9

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DONNA RHODES

Lines were sometimes long, but it was well worth the wait during the Exit 20 Food Truck Festival at Tanger Outlets in Tilton last Saturday afternoon.

FESTIVAL

CONTINUED FROM PAGE A1

Lines were long but no one seemed to mind the wait as they chatted with the like-minded food truck fans surrounding them. Among the participants were Café Mustard Seed with their South Indian specialty dishes, Soul Patrol BBQ and Grill, Chef Koz's Crescent City Kitchen, Kimberly's Gluten Free Kitchen and Auntie Nae's Tiki Treats.

It wasn't just about the food though. There was also a bouncy

house and giant yard games for children, rows of antique cars on display, and performances from the All You Got Tour with Artists on the Move that included jugglers and men on stilts weaving skillfully through the crowds. A colorful flamingo passed out leis and, combined with live music and a beer tent from the 405 Pub and Grill, there was a true carnival-like atmosphere to the day.

"The only thing missing is the ferris wheel," Bill from Franklin joked as he

waited for his Buffalo wings and fries.

Throughout the shopping plaza there were a number of great sales going on all day and if someone couldn't possibly find a food truck that met their particular craving, Uno Pizzeria & Grill, Starbucks, and Five Guys Burgers & Fries was just a short stroll across the parking lot.

The event was hosted this year by Tanger Outlets and the Lakes Region Chamber of Commerce.

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Edward Jones: Financial Focus

Why Should Recent Graduates Care About Retirement Planning?

If you've graduated from college in the past year or so and started your first job, you're no doubt learning a lot about establishing yourself as an adult and being responsible for your own finances. So thoughts of your retirement are probably far away. And yet you have several good reasons to invest in your 401(k) or similar employer-sponsored retirement plan. First of all, by contributing to your 401(k), you can get into the habit of regular investing. And since you invest in your 401(k) through regular payroll deductions, it's an easy way to invest.

Furthermore, your 401(k) or similar plan is an excellent retirement-savings vehicle. You generally contribute pre-tax dollars to your 401(k), so the more you put in, the lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. Your employer might also offer a Roth 401(k), which is funded with after-tax dollars; although you can't deduct your contributions, your earnings can grow tax-free, provided you meet certain conditions. And with either a traditional or Roth 401(k), you generally have a wide array of investment options.

But perhaps the main reason to start investing right away in your 401(k) is that, at this point of your life, you have access to the greatest and most irreplaceable asset of all - time. The more time you have on your side, the greater the growth potential for your investments. And by starting to invest early in your plan, you can put in smaller amounts without having to play catch-up later. Suppose, for example, you begin investing in your 401(k) or similar plan when you're 25. For the sake of simplicity, let's say you put in \$100 a month, and you keep investing that same amount for 40 years, earning a hypothetical 7 percent rate of return. When you reach 65, you will have accumulated about \$256,000. (Your withdrawals will then be taxable, unless you chose the Roth 401(k) option.) But if you waited until you were 45 before you started investing in your 401(k), again earning that hypothetical 7 percent, you'd have to put in almost \$500 per month - about five times the monthly amount you could have invested when you were 25 - to arrive at the same \$256,000 when you turn 65.

Clearly, the expression "time is money" applies when it comes to funding your 401(k) - there's just no benefit in waiting to contribute to your retirement plan. This isn't to say that you have a lot of disposable income, especially as you may be paying off thousands of dollars in student loans. But, as mentioned above, the money for your 401(k) is taken before you even see it, so, in a sense, you won't miss it. And you can certainly start out with small amounts, though you'll at least want to put in enough to earn your employer's matching contribution, if one is offered. As your career progresses and your salary goes up, you can steadily increase the amount you put into your 401(k) or other retirement plan. When retirement is decades away, it can seem like more of an abstract concept than something that will one day define your reality. But, as we've seen, you have plenty of incentives to contribute to your 401(k) or similar plan - so, if you haven't already done so, get started soon.

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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PINES

CONTINUED FROM PAGE A2

Tilton School is offering a Free Summer Tennis Program for children in Grades One through Eight. The lessons, which are for beginners, will be on Monday and

Wednesday evenings, June 24 through Aug. 1 on the Tilton School tennis court. Grades 1 through 4 (must be six years old) will meet from 5:30 p.m. to 6:30 PM. Grades 5 through 8 will meet from 6:30 to 7:30 p.m. Racquets will be

available if needed. The instructor is tennis pro Kamal Gosine. Children must be registered in advance at <https://advantagekids.net/locations/lakes-region-nh/>. Register right away as space is limited; first come, first served. Parents must

stay with their children during the lessons. Any one disturbing lessons will be asked to leave. For rain cancellations check the Advantage Kids Facebook page or their website.

Teen Camp

support.

Reynolds offered some final words of wisdom to the group as they prepared to divide themselves into committees. He asked that while they separate to form their projects, they reconvene as one large group on occasion as well.

"You should come back to report on what your committee is doing and look for suggestions others may have to offer. It will bring some structure to the group," Reynolds said.

He also advised that whether working on business incentives, recreation or beautification, each committee find at least one project they can accomplish by the end of the summer then look beyond.

"Remember, never leave any meeting without a next step in mind and have a good mix of both short and long term projects," he said. "Keep in mind what resources you need and who else you need to reach out to [in order] to accomplish your goals."

Anyone interested in taking part in any of the three committees that have formed is encouraged to contact the town offices to sign up or learn more about them.

but he did all the behind the scenes work to make it happen."

Besides the music and the magical "A Midsummer Night's Dream" décor, there was also a free buffet dinner, snack bar and an ice cream bar that everyone enjoyed as they danced the night away.

The Pines' Teen Camp is a traveling day camp for youth in Grades 6-10, based out of the Pines, with different destinations every day. Trips are in the Pines' van, which can accommodate a maximum of 13 participants. Dates, times, and cost to be announced. More information will be available soon.

Challenger Sports International Soccer Camp

The Pines Community Center is once again offering a week of soccer fun and learning with soccer – er, football, coaches from Great Britain. The two camp programs will run Monday through Friday, July 22 through 26, on the Southwick School front field. The Tiny Tykes program is for children ages three through six years old, is 8 to 9 a.m., and costs \$84.

Half Day Camp is for kids ages seven through twelve, meets 9 a.m. to noon, and costs \$149. Register online at www.challengersports.com.

ZUMBA!

ZUMBA with Akiesha Young is at the Pines on Tuesdays and Thursdays at 5:30 p.m. Classes are for teens and adults, and the cost is \$5 for drop-ins and \$45 for a block of ten classes. The first class is always free. Thursday's class is Zumba Gold, a slower, low-impact version. For more information check out Zumba with Akiesha on Facebook, or email her at ams-31@hotmail.com. All you need is water and a smile!

The Pines Community Center will be closed on Monday, May 27 in observance of Memorial Day.

NORTHFIELD

CONTINUED FROM PAGE A1

it takes people who want to move forward," said Jared Reynolds of the Cooperative staff.

Community Profiles from the Co-op began in 2000, and have helped towns move forward by identifying their needs and improving their assets ever since. In 2018, Northfield formed a steering committee to partner with the Coop and together they identified three areas in which the community could benefit — Recreation and Natural Resources, Business, and Branding and Community Profiling.

Among the strengths identified through the study were its close proximity to Concord, the rural nature of the town, and access to both the White Mountains and Lakes Region. They were also rated high for their youthful community, good neighbors, low crime, and access to other area businesses and services.

Some of the challenges Reynolds and his partners found, however, were the availability of young and skilled employees, good job opportunities in the town,

volunteerism, effective marketing to attract residents and business, and affordable housing for both the workforce and elderly. They also identified issues with communication to the residents, property tax rates, and a "fear of change" in the community.

Among the ideas initially compiled by the profile committee was to reach out to new residents with a "Welcome Package." They expressed the need for incentivizing residents to become involved in the community, and perhaps a need to open the Northfield Newsletter up to advertising. The committee also recognized that improvements could be made to The Pines to attract more events such as farmers' markets, found a need for landscaping in other parts of town and expressed an interest in the creation of more open spaces for people to enjoy.

As a result of those findings, last Wednesday night, people rolled up their sleeves, identified their resources and skills within the group thus far, and then set out to make things happen. Through Reynolds' recommendations, the volunteers decided they

would focus initially on the three priorities they had already identified as important components to the town.

Committee member Deb Tessier further recommended that the group also work with the Northfield Economic Development Committee to let them know what they would be doing and learn what the NEDC's plans and accomplishments are so goals would not be overlapping.

When it comes to developing some of the projects the focus groups might come up with however, there was a concern about funding. Tessier said the NEDC might consider a vote to help with some of the costs, but it was requested that the chair of each of the three focus groups look for state or federal grants, too. Reynolds told them he has resources that could assist them in finding the right grant for any project they wish to develop and could even provide assistance in the application process. Selectman Wayne Crowley, who was part of the original 2018 profile group, added there might also be some monies available from the town if there is a project the board feels they can

PROM

CONTINUED FROM PAGE A8

there's a lot of them here tonight, too," said Victoria Riberirro. "This night is absolutely amazing. Keegan (Donovan, her escort) has never been to a prom before and we're going to have a great time!"

The best part of the night, many said, was that there was no stress over who you were going with or how you would dress. Students arrived as couples, close friends, groups or even accompanied by a beloved brother or sister. Some wore casual attire while many went all out with their formal wear, making it a fun, "anything goes" kind of night.

Zeke Richardson of Bristol attended the prom with his sister Hayley and opted for a classic tuxedo and tails. He was proud to have a night where he could set aside his normal clothes and dress for a very special occasion and his grandmother Debbie Richardson was proud

to see him make his way down the red carpet, too.

"I'm so excited about how this all turned out. For the very first year of a prom like this, it's amazing," she said as Zeke strolled by in his tux.

Plymouth students were equally excited to attend. Many of them are seniors and while not all played Unified sports this year, they accompanied their friends on the team for a special reason.

"We love them and wanted to be here with them tonight to show our support," said Aubrey King. "The prom walk along the red carpet with them was awesome."

Sobolov said the ultimate purpose of the prom was to create a social environment where students in Unified Sports could meet up with their peers in other area high schools. Like Keegan, it was the first prom for many of the athletes and that just made the evening all the more special.

"There was no charge for the prom, everything was done through donations. Even the DJ (Tilton Police Chief Bob Cormier) was free and Special Olympics New Hampshire donated all the drinks," he said. "A lot of kudos go to Pete Cofran though (Newfound's retiring AD). I came up with the idea

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HALL

CONTINUED FROM PAGE A2

instruments, and dancing. We also work to develop early literacy in children through stories, rhymes, and songs. Registration is no longer required, drop-ins and newcomers are welcome to join this free class.

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Belknap Landscape builds certified rock wall team

GILFORD — Gilford is now home to a quarter of the Dry Stone Wall Association (DSWA) certified builders in the state. This past weekend DJ Doane, Ryan Grumbling, Tom Ryan and Taylor Sperry passed their certification exams at the Stone Trust in Dummerston Vt., giving Belknap Landscape Company four of only sixteen landscape professionals to have received this designation in New Hampshire.

"This was a huge commitment for us from a time and resources standpoint, but proper training and getting these guys certified helps us deliver the best product around," said Mark Smith, Construction & Tree Operations Manager at Belknap Landscape.



Back: DJ Doane. Front, Left to Right: Tom Ryan, Ryan Grumbling, and Taylor Sperry.

It's so hard on these structures. It's good to know we're building them to last," Continued Smith.

Celebrating 30 years in business, Belknap Landscape has a track record of utilizing certifications to ensure quality of construction and service. In partnership with the Stone Trust, the leadership at Belknap Landscape was looking for a way to build upon the professional capabilities of their hardscape crews. That's when DSWA certification was introduced to the company.

"DSWA's certifications have become the worldwide standard for evaluating wallers' proficiency and quality," as referenced on theStoneTrust.org. "The certifications began in 1968 in Great Britain as a way to evaluate a waller's skill, promote correct structural techniques, and help clients determine the capabilities of prospective wallers."

Moving forward, Belknap Landscape Company intends to continue partnering with organizations to maintain a leadership role in demonstrating a com-

mitment to professionalism and certification in the landscape industry. This not only benefits customers and the company, but also gives employees a more definite career path.

As Smith concludes, "It's crucial to Belknap Landscape to make sure our team members are given the opportunity to further their education in the green industry as it helps provide a vision and reality into their personal career paths. The Stone Trust Certification process has proven to be a valuable resource to provide them the chance to hone their artistic and structural skills in the hardscape arena. All said and done, these efforts and opportunities help to strengthen the quality of services we provide our clients and the efficiency in which they're performed. To witness the excitement and success Taylor, DJ, Tom and Ryan have demonstrated through this process has left me with a yet another level of pride in them and the role we play in raising the standard in the Green Industry!"

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"As I drive around the Lakes Region, I see so many once beautiful rock walls that are now tumbled over. Winter weather, especially frost,

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SYC

CONTINUED FROM PAGE A6 particular residence a more home-like, open and comfortable feel. The building has undergone years of wear and tear and was originally designed during an era when residences weren't as homelike. These renovations enable our children to live in an environment that is collaborative, happy and safe. Now more than ever, the Lambert cottage feels like a home away from

home."

New furnishings were also part of the renovation project and were funded in part by a recent \$10,000.00 grant presented by People's United Community Foundation, the philanthropic arm of People's United Bank, N.A.

As part of the overall renovation activity, Sullivan Construction also renovated the School building to enhance student security

and create new workspace for staff.

Learn more about Spaulding Youth Center's residential program by visiting www.spauldingyouthcenter.org/residential/.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challeng-

es, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

MARK

CONTINUED FROM PAGE A5 market risk out of your retirement income picture. Because the markets have been good over the last 10 years, we often forget about 2001-2011 lost decade of minimal

returns or the 2008-2009 correction. If you were in the accumulation phase they may have been painful, but if you are approaching distribution of assets, i.e. retirement,

market corrections can be far more destructive. It is unrealistic to expect an investment portfolio designed for growth to provide steady, sustainable income throughout

retirement.

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

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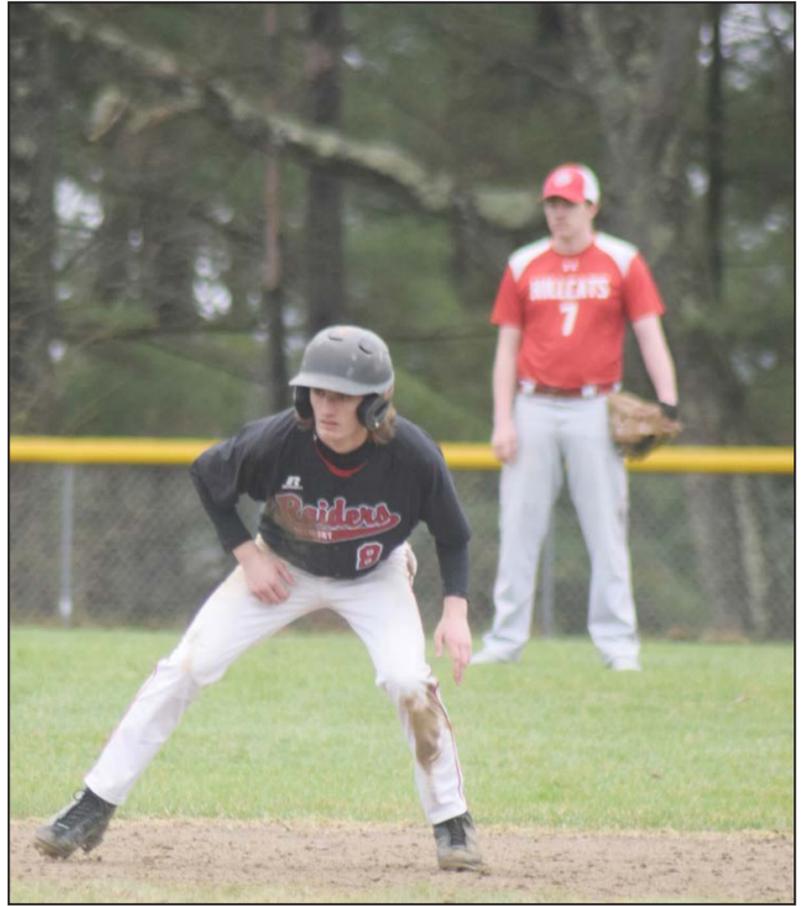
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SPORTS

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BOB MARTIN

Jason Gaudette had a big week including a five-RBI showing against Bishop Brady.



BOB MARTIN

Griffin Embree takes a lead off second for Belmont.

Belmont baseball wins a couple

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont High School baseball team had two shutout wins and a loss to a tough Bishop Brady squad to bring the team's record to 8-2 on the year.

Belmont kicked off the week against Lacoia and had a 6-0 win. Griffin Embree was the leader at the plate and on the mound for the Red Raiders, as he continues his great senior season.

Embree pitched a complete seven innings with eight strikeouts, no walks five hits allowed. He had three hits and three RBIs on the day.

The Red Raiders had nine hits on the day with Embree, Lars Major, Colby Brown and Jason Gaudette, Jr. picking up multiple hits.

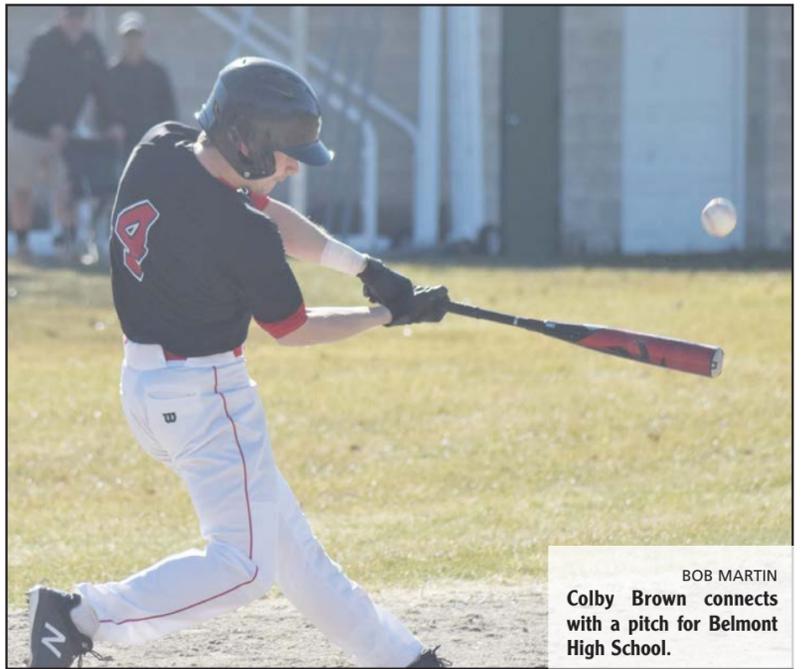
On May 7, the Red Raiders fell 12-9 after Bishop Brady piled on eight runs in the first two innings. The Red Raiders tallied two runs in the fifth, four runs in the sixth and another two runs in the seventh inning but it was too little too late.

Gaudette had five RBIs on the day and was 1/3 with a walk. Austin Didsbury was 1/3 with two RBIs, three runs and two walks. Austin Garrett had an RBI and a run.

Brett Auclair took the loss on the mound in a tough outing where he allowed 11 runs on seven hits and struck out three.

On May 8, Belmont bounced back with a four-hit shutout win over Inter-Lakes by a score of 11-0. Didsbury pitched five innings and struck out five batters. Garrett had two RBIs and two runs while Gaudette had three RBIs in a 1/2 day. Embree was 1/4 with a pair of runs.

The game against rival Winnisquam on Friday was postponed until Tuesday, which came after deadline. Next up for Belmont is a 4 p.m. game in Hopkinton on May 15.



BOB MARTIN

Colby Brown connects with a pitch for Belmont High School.

Offense gets going as Bears knock off Royals, T-Wolves

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The offense woke up for the Winnisquam baseball team last week, with a couple big wins over Mascoma Valley and Prospect Mountain before falling to Bishop Brady.

On May 6, the Bears won 12-2 in the team's best offensive day of the season with 14 hits. Michael Allard was on the

mound and had a no-hitter into the sixth inning. He finished with 10 strikeouts and three hits allowed.

Phil Nichols sparked the offense with a long two-out, three-run double in the first inning. Allard then knocked a two-run triple in the fourth and scored on an overthrow to take a 7-0 lead.

Mascoma scored twice in the sixth and

then Winnisquam put five more runs on the board, highlighted by excellent squeeze bunts by Garret Mango and Hunter Finemore.

Leadoff hitter Andrew McKinnon had four hits, four steals and two runs to lead of the offense. Nichols had four hits, four RBIs and three steals. Allard had

two hits and two RBIs. Jack Beaulieu and Mango had a pair of hits.

The next day, Winnisquam continued its hot hitting with a 15-2 win over Prospect Mountain. Winnisquam trailed 2-1 after the first inning but the Bear offense scored five runs in the third, three runs in the fourth and six

runs in the fifth inning.

Nichols led the way offensively, but was also great on the mound with a two-hitter, recording five strikeouts. At the plate he had two hits including a triple and five RBIs. Allard had two hits, a double, three runs and two RBIs to continue his strong season.

The Bears stole 10 bases in the game. McKinnon, Beaulieu, Allard, Mango and Evan Judkins had two hits each.

Winnisquam played Bishop Brady on May 8 and the Bears fell 9-3. Coach Fred Caruso said there is "no rest for the cold, wet and weary,"

SEE WINNISQUAM, PAGE B10

WOW SWEEPSTAKES SAT MAY 18

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Red Raiders perform well in pair of home meets

BY BOB MARTIN
Bob@salmonpress.news

BELMONT—Belmont High School held two track meets last week and the team continued its strong spring, highlighted by the boys' team taking second place on May 7 and first on May 11.

May 7 highlights

The boys' team placed second behind Trinity on May 7. Zach Ennis won the 800 meters with a time of 2:02.34. Nolan Gagnon was fifth with a time of 2:14.74.

In the 1,600 meters, Jared Whitcomb was seventh with a time of 5:21.04 and Chris Pare was eighth with a time of 5:24.24.

Aidan Rupp won the 300-meter hurdles with a time of 45.64. Mitchell Berry was sixth with a time of 54.84.

In the 100 meters, Ben Hillsgrove was sixth with a time of 12.14, Lucas Mathieu was seventh with a time of 12.24 and Devin Bricknell was 10th with a time of 12.64.

In the 200 meters, Mathieu was sixth with a time of 25.04 and Eddie Mann was tied for 10th with a time of 25.44.

In the 400 meters, Hillsgrove was 10th with a time of 1:01.64, with Nick Miles close behind in 11th with a time of 1:04.04.

In the 4X100-meter relay, Belmont was second with a time of 47.44. It included Mathieu, Mann, Bricknell and Hillsgrove.

In the 4X400 meters, Belmont was second with a time of 3:39.94. The team included Whitcomb, Kyle Plaza, Jacob Cress and Rashaun Magdich.

In high jump, Bryce Hall was second with a leap of five feet, four inches.

In long jump, Bricknell was fifth with a leap of 18 feet, three inches. Mathieu was ninth with a leap of 16 feet, eight inches.

In the triple jump, Eddie Mann had a toss of 38 feet, 2.25 inches for third place.

In shot put, Zack Duclos and Brendan Kelley placed third and fourth with respective throws of 40 feet, 2.5 inches and 34 feet, 7.5 inches.

In sixth and seventh were Joey Spinale and Michael Marrone, who

had tosses of 32 feet, 10 inches and 30 feet, three inches.

In discus, Duclos had a toss of 103 feet, eight inches for second place while Brendan Kelley was third with a throw of 91 feet, 10 inches. Marrone was fifth with a throw of 87 feet, eight inches.

In javelin, Spinale was ninth with a throw of 83 feet, two inches.

The girls' team placed fifth in the May 7 meet, led by Sana Syed's first place finish in the 300-meter hurdles with a time of 52.24.

In the 100 meters, Gabrielle Day was tied for second with a time of 13.34 and Jada Edgren was fourth with a time of 13.74.

In the 200 meters, Brooklyn Erlick was 12th with a time of 33.84.

In the 800 meters, Aurora Couto was fifth with a time of 2:44.14; Mercedes McIntyre was seventh with a time of 3:05.34, Hannah Leclair was eighth with a time of 3:11.64 and Chloe Jackson was 10th with a time of 3:16.54.

In the high jump, Skylar Ruelke was third

with a leap of four feet, four inches. In the long jump, Gabrielle Day was sixth with a distance of 13 feet, 9.5 inches.

In the shot put, Molly Sottak was third with a toss of 24 feet, 10 inches and Madison Lima was fourth with a throw of 23 feet, 5.5 inches.

In discus, Lima was third with a throw of 52 feet, two inches and Sottak was fourth with a throw of 49 feet, seven inches.

The top javelin thrower was Ella Irving in 18th with a throw of 35 feet, one inch.

May 11 highlights

The boys' team placed first in the meet, led by a first place finish by Ennis in the 1,600 meters with a time of 4:34.65.

Mathieu won the 100 meters with a time of 12.25 and Hillsgrove was second with a time of 12.30.

Mathieu also won the 200 meters with a time of 24.77. Bricknell was in third with a time of 25.79.

Mann won the 400 meters with a time of 57.85. Eamon Kelley was fourth with a time of 1:00.89.

In the 800 meters, Chis Pare and Jared Whitcomb were fifth and sixth with respective times of 2:25.54 and 2:28.22.

Mitchell Berry had a top time of 54.61 in the 300-meter hurdles.

The 4X100-meter relay team won with a time of 48.16 and the 4X400-meter relay team won with a time of 3:49.28.

The 4X800-meter relay team was second with a time of 9:54.85. It included Kyle and Jared Whitcomb, Pare and Magdich.

In the high jump, Bryce Hall was second with a leap of five feet, six inches.

In long jump, Bricknell was second with a leap of 18 feet, two inches.

In triple jump, Mann was second with a leap of 36 feet. Cress was third with a leap of 32 feet, two inches.

In the shot put, Duclos was second with a toss of 39 feet, three inches while Spinale was fourth with a throw of 35 feet, 11 inches.

In the discus, Duclos was fourth with a toss of 103 feet, one inch. In the

javelin Mathieu was second with a throw of 127 feet, one inch.

The girls' team was second behind Gilford and was led by Syed winning the 100-meter hurdles with a time of 18.09.

Day won the 200 meters with a time of 29.00. Edgren was third with a time of 30.39.

In the 100 meters, Day was third with a time of 13.90.

In the 800 meters, Couto was sixth with a time of 2:47.20.

In the 1,600 meters, Alice Riley was second with a time of 5:44.16.

Belmont competed against Newfound in the 4X100 meters and won with a time of 54.49.

Ruelke was first in high jump with a height of four feet, four inches. She was fourth in long jump with a distance of 14 feet, eight inches.

In triple jump, Edgren was third with a distance of 29 feet, 10 inches.

In the shot put, Molly Sottak was fourth with a throw of 27 feet, 4.5 inches while Lima was fifth with a throw of 24 feet, two inches.

Bears knocked from ranks of undefeated

BY BOB MARTIN
Bob@salmonpress.news

TILTON—The Winnisquam Bears entered last week with an undefeated record but it was a tough three-game stretch for the girls' softball team, who won a game and dropped two games to bring the team's record to 6-2.

Winnisquam started with an 11-8 win over Mascoma Valley on May 6. The Bears scored three runs in the first inning and increased the score to 10-1 in the sixth inning. Mascoma put six runs on the board in the sixth inning, with five of them unearned, to make it 10-7. The Bears were able to hold off Mascoma for the win.

Aubrey St. Onge went seven innings, allowed

three earned runs and struck out two batters. Carly Catty continued to be one of the most feared hitters in the league, going 3/4 with a triple. Ashley Deshaies was 3/4, Hannah Max was 2/4 with a double and two runs and St. Onge was 2/3 with two runs.

"I thought we lost a little focus in the sixth, but give Mascoma credit that they never quit," said coach Mark Dawalga.

On May 7, the Bears took a 14-2 loss to Prospect Mountain, on what was a soggy and cold afternoon. Catty was 2/3 with a run while Chloe Colarusso had a triple for the only hits in the game. Dawalga commended the Prospect Mountain pitching and

said he was happy with the way the Bears battled in the game.

On May 8, the Bears were shut out 12-0 by Bishop Brady. Catty was 2/3 and Olivia Dill went 2/2.

"We had our chances early on in the first inning were we had runners on second and third, no one out, and could not push a run across," said Dawalga. "We had bases loaded in the second with no one out and just could not get that big hit."

This week is a busy one for Winnisquam with a games against Laconia, Belmont and Berlin after deadline. Next up is White Mountains, on the road, on May 16 at 5 p.m.

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Julianna Estremera takes a big swing for Belmont High School

BOB MARTIN



Becca Fleming has impressed Coach Bill Clary with her work behind the plate this season.

BOB MARTIN

Raiders suffer first loss of the season

BY BOB MARTIN
Bob@salmonpress.news

BELMONT – The Belmont softball team has been outstanding this season, but after starting the week with a huge 18-1 victory over rival Laconia, the Red Raiders suffered the first loss of the season, 5-3 to Bishop Brady the following day.

On May 6, the Red

Raiders crushed Laconia behind a combined no-hitter by Julianna Estremera and Morgan Hall. Estremera pitched three innings with six strikeouts and Hall had five strikeouts in two innings.

On top of the top quality pitching, the Red Raiders had no problems generating offense,

putting up 16 hits in the win. Becca Fleming and Estremera each led the way with three hits. Lizzie Fleming was 2/2 with a pair of doubles and Chantelle Martin was 2/2.

Defensively, coach Bill Clary said Becca Fleming was very strong behind the plate.

“The sophomore con-

tinues to improve each game,” said Clary.

The following day the Red Raiders took a tough 5-3 loss to a talented Bishop Brady team. Hall had a complete game with four hits, four walks and five strikeouts. Margaret Witham led Belmont hitters with a 2/2 showing at the dish.

Belmont let up three

runs in the first inning on two hits and a walk. Belmont then scored a run in the fourth inning to make it a two-run game, but Bishop Brady responded with a pair of runs in the fifth inning. Belmont didn't give up and made a push in the seventh inning with two runs. The Red Raiders had the tying run on sec-

ond but couldn't get the timely hit, and Bishop Brady hung on to win.

“You can't give a team like Brady an early three-run lead, but happy how we fought back in the seventh inning,” Clary said.

Next up for Belmont is White Mountain at 4 p.m. on May 17 at home.



Casting for Kirby fishing derby has been set for Saturday, June 19.

COURTESY PHOTOS



Casting for Kirby fishing derby has been set for Saturday, June 19.

COURTESY PHOTOS

Casting for Kirby fishing derby is June 19

WATERVILLE VALLEY — The 10th annual “Casting for Kirby” youth fishing derby is open to all youth ages 15 and under. Registration and check in begins at 8 a.m. in Town Square. The fishing derby begins at 8:30 a.m. with staggered starting times. There is a top prize for Kirby (or the largest fish), as well as prizes for first, second and third place and the smallest fish in each age

group. Participants can preregister with Waterville Valley Recreation Department by calling 236-4695 or e-mailing recdirector@watervillevalley.org.

The event is sponsored by the Town of Waterville Valley (Departments of Public Safety and Recreation), Pemigewasset Chapter of Trout Unlimited and N.H. Fish and Game

BCSA hosting Italian Night tonight

GILFORD — Lisa Morin, the Belknap County Conservation District Program Manager, will be the speaker at the Belknap County Sportsmen's Association Italian Night Dinner on May 16. The event will be held at the club house on Lily Pond Road (Route 11C) with doors open at 5 p.m. and dinner at 6 p.m. A variety of Italian dishes will be served as well as garlic bread and dessert, water and soda will also be available. Admission

is open to all club members and the community at large.

Morin's topic will be restoring stream habitat. She will also share information on the conservation commission's mission, recent projects including three miles of restoration completed on Poor Farm Brook last summer, upcoming projects for 2019 and opportunities for attendees to participate as volunteers for the upcoming season's efforts.

Belknap County Conservation District provides key services to landowners, towns, schools, food pantries, and seniors. For 73 years, the district has worked to conserve the natural resources essential for the quality of life and economy of the Lakes Region.

This is a great opportunity for the community to be informed and understand the efforts put forth by the more than 100 volunteers annually.

Newfound watershed study to be discussed Tuesday

PLYMOUTH — Ben Nugent, a biologist with New Hampshire Fish and Game Department, will present a project to study the Newfound River watershed at the next Pemigewasset Chapter of Trout Unlimited meeting. The study will evaluate stream-crossing structures at the watershed level, as well as going back to some of the locations that were electro fished in 2009. He

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

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

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

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

Smith River Canoe Race returns Saturday

WOLFEBORO — The 45th running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 18. It is a four-mile race that includes a quarter-mile of class two white water and two short portages. There are 19 classes, from novice to expert for both canoes and kayaks.

The race starts at 1:15 p.m. at Albee Beach on

Lake Wentworth and finishes at the town docks on Lake Winnepesaukee. There will be prizes for the first three finishers in each class. Registration is \$20 per paddler and there will be free t-shirts for the first 50 entrants. Entry forms are available in Wolfboro at the Chamber of Commerce or by calling 569-5454.

Racers can also register the day of the race at Albee Beach between 10 a.m. and 12.45 p.m.

Proceeds from the race go to the Wolfboro Lions Club and are used to support the club's scholarship fund. In conjunction with the race there will be a 50/50 raffle the day of the race.

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PUBLIC NOTICE

Newfound Area School District

The Newfound Area School District will conduct a public hearing for the purpose of accepting and expending up to \$292,700, for each of the next 5 years, to be received from the New Hampshire Department of Education for the purposes of funding the 21st Century Community Learning Grant at Newfound Regional High School, Newfound Memorial Middle School, Bristol Elementary School, Danbury Elementary School and Bridgewater Hebron Village School.

Monday May 20, 2019 at 6:30 pm
at Newfound Regional High School
150 Newfound Road, Bristol, NH

Jeff Levesque, Chair
Newfound Area School Board

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~SAU #58~ VACANCY 2019-2020

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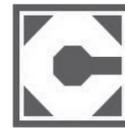
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All questions should be directed to the Gilford School District Office at 527-9215 (Mon-Friday 8:00 a.m. to 2:30 p.m.) Please do not call the individual schools.

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Apply online at www.nchhha.org

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~SAU #58~ VACANCY 2019-2020

Groveton High School

Assistant Principal (ID#3082454)
School Counselor (ID#3082460)
Special Education Teacher (ID#3053761)

For more information or to apply please go to www.SchoolSpring.com and reference the above job ID. All applications must go through SchoolSpring.

If you have any questions regarding these positions, please contact:

SAU #58
Carrie Irving, Secretary
15 Preble Street
Groveton, NH 03582
Ph: 603-636-1437
email: c_irving@sau58.org

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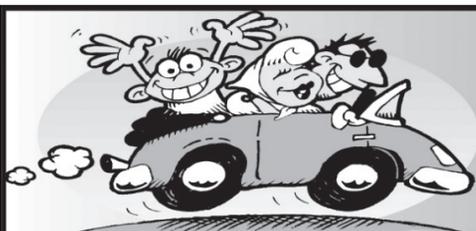
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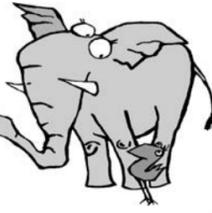
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Dobson and Gray return to Mt. Washington as favorites

PINKHAM NOTCH — Two mountain-running champions from Colorado will return to New Hampshire next month to lead the field in the 59th running of the Northeast Delta Dental Mount Washington Road Race. Kim Dobson, of Eagle, Colo., and Joe Gray, of Colorado Springs, Colo., are favored this year to add to their already impressive list of victories in this grueling ascent of the 7.6-mile Mt. Washington Auto Road to the summit of the highest peak in the northeastern United States. Their challengers will include two Italian newcomers, three other recent Mount Washington

champions, and several other runners with impressive mountain-running credentials.

Dobson, 35, has won the Northeast Delta Dental Mount Washington Road Race each of the five times she has entered, beginning with her first appearance here in 2011 and continuing in 2012, 2015-2016, and 2018. Last year she not only dominated the women's field but was the seventh person overall to cross the finish line, behind just six men and ahead of more than 1,000 other finishers. Her 2012 winning time, one hour, nine minutes, 25 seconds, is the American women's record for the course and the

second-fastest time by any woman on the Auto Road. (Shewarge Amare of Ethiopia clocked 1:08:21 in 2010.)

Gray, also 35, is generally regarded as the top mountain runner in the United States and one of the best in the world. He has competed for nine consecutive years in the World Mountain Championships, including his first-place finish in Bulgaria in 2016, when he led the U.S. men to the team gold medal. After finishing fourth in his initial attempt at Mt. Washington and then third and second in subsequent appearances, he began a four-year string of victories (2014-2017) here. In 2016, he

set the American men's course record, 58:12, second-fastest time ever for this course. (The overall course record, 56:41, belongs to six-time world mountain champion Jonathan Wyatt of New Zealand.)

Gray missed Mt. Washington in 2018, as he was competing abroad. In his absence, the men's winner was Italian mountain runner Cesare Maestri. Maestri is not returning this year, but two of his compatriots will be making their Mt. Washington debuts. Gaia Colli, just 20 years old, has competed on the Italian national junior team each of the past two years and has placed among the top 10 finishers in major European competitions. Nadir Cavagna, 25, was part of the Italian team that won the silver medal in the World Mountain Championships last year. He has run head to head with Maestri in European cross-country racing and should arrive at Mt. Washington with the same kind of experience and stamina. Both Italians are likely to place high here.

As usual, the favorites will be wary of challenges from seasoned veterans who concede nothing on the Mt. Washington Auto Road's severe 12 percent grade. Gray is already very familiar with Eric Blake, of West Hartford, Conn., the Mt. Washington champion in 2006, 2008 and 2013. Last year, Blake ran with Maestri

for most of the race before finishing second. Now 40, he is likely to win his age group and will surprise no one if he is Gray's main challenge.

Also in the mix should be Simon Gutierrez of Alamosa, Colo., who won this race in 2002, 2003 and 2005. At 53, Gutierrez continues to be one of the strongest runners in the field, having finished sixth last year and understanding the course as well as anyone. He is credited for having helped inspire Gray to his first successes in mountain running.

A possible dark horse in the men's race is Lee Berube, 28, of Syracuse, N.Y. A seven-time collegiate all-American, Berube has focused more on mountain running in recent years, with a fourth-place finish at Mt. Washington last year and a fifth at the U.S. national mountain championships. Other top men include Mike Popejoy, 33, of Flagstaff, Ariz., who has competed for the United States several times in the North America, Central America and Caribbean Athletic Association (NACAC) Cross Country Championships; and Matt Lipsey, 29, of Harrisburg, Pa., seventh male finisher at Mt. Washington in 2018.

A strong challenger in the women's side is Heidi Caldwell, 27, of Craftsbury Common, Vt. Part of the legendary Caldwell family of

Nordic skiers and a former collegiate standout at Brown, she was runner-up to Dobson last year. Others include Shelley Doucett, 35, from Quispamsis, New Brunswick, who placed third last year; Kim Nedeau, 39, of Leverett, Mass.; Amber Ferreira, 37, a top triathlete and snowshoe racer from Concord; Kassandra Marin, 29, of Merrimack, who placed fifth at Mt. Washington last year while taking the prize for first New Hampshire finisher; and Brandy Erholz, 41, of McCall, Idaho, who won this race in 2008 and 2009 and has recorded several runner-up finishes, including one when she was four months pregnant.

Sponsored by Northeast Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch, to the 6,288-foot summit of Mt. Washington. In addition to the unrelenting grade, runners face the added challenge of Mt. Washington's famously high winds, precipitation, and unpredictable temperatures. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), and a \$5,000 bonus for setting a new course record. The race will take place on June 15, starting at 9 a.m. For other information visit www.mountwashingtonroad-race.com.



Garret Mango covers second for a throw for the Winnisquam Bears.

BOB MARTIN

WINNISQUAM

CONTINUED FROM PAGE B1
sad the team continued its tight schedule. The Bears dug themselves into a 9-1 hole after two innings and never recovered.

Freshman Marcus Korenkiewicz saw his first varsity action, coming in to pitch an inning and two-thirds

of relief. Dante Gentile also pitched and kept the Bears in the game with four innings of two-hit relief while striking out three and walking none. Allard had a solo homer in the game to lead the offense.

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Belmont and Berlin, and then after a day off host Newfound for a 4:30 p.m. start on May 17.

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