

Newfound Landing

THURSDAY, JULY 4, 2019

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COMPLIMENTARY

Milbrand on the mend in wake of accident

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL – Bristol Selectman Don Milbrand and his wife Heidi were involved in an accident on Summer Street June 7, when a vehicle driven by 23-year-old Joshua Drake of New Hampton collided with their F-150 pickup truck, then fled the scene. Drake was tracked for a distance by Bristol's K9 unit the scent was lost back on the roadway, but he was located later at his home and taken into custody for leaving the scene of an accident with bodily injury.

Milbrand said he remembers only driving along Summer Street that night before realizing his vehicle had suddenly been hit.

"It was a total surprise to me getting hit, then skidding out

of control," he recalled this past Monday.

He lost consciousness as a result of the accident and when he awoke, he found he was alone in the vehicle.

"Evidently I ended up across the seat in Heidi's lap. She said she was afraid I was dead at first and looked for a pulse, then got out of the truck to go find help," Milbrand said.

Fortunately she herself was not injured and, by a stroke of luck, help was there almost immediately. Bristol Police officers happened to be on Summer St. and drove up on the accident scene before even 911 had even dispatched them. The officers quickly accessed both the Milbrands and the scene, then called for Bristol Fire Department right away. As the ambulance was en route,



Recuperating at home from serious neck injuries sustained in an accident nearly one month ago, Bristol Selectman Don Milbrand gave the "thumbs up" on his healing process this week.

"I have to keep this collar on my neck 24/7, for showers, sleeping and everything, and I can't lift anything over five-lbs.. I've been a good boy, even drinking milk to strengthen my bones like they said, but a full gallon of milk weighs more than five pounds though," Milbrand said, laughing at the irony of that situation.

On a serious note he added, "I've heard enough horror stories about people being paralyzed from an injury just like this though so I'm being a good boy; I'm being very cautious and doing what they say."

Wife Heidi helps transport him to doctor visits and town meetings but otherwise he is somewhat mobile again and for now is able to work from home at his job as an electrical engineer. The couple also own Pleasant View Bed & Breakfast however, and he was initially afraid that maintenance projects there would be a bit of a problem.

"Just before the accident, I had torn a bathroom apart, but luckily already had the new flooring laid. I did have to teach Heidi how to install the new

SEE MILBRAND, PAGE A18

The Minot-Sleeper Library — a Newfound treasure

BRISTOL — Nestled in lovely downtown Bristol is a community treasure — the Minot-Sleeper Library. In recent years, the library

has become a hub of activity used by hundreds of area residents and visitors. Whenever you enter, you SEE MINOT-SLEEPER LIBRARY, PAGE A8



Pictured (left to right) are NHCS Principal Annmarie Holloran, Ceili Irving, and Katie Knott-Garon.

Ceili Irving receives Katie Knott-Garon Outstanding NHCS Cares Award

NEW HAMPTON — New Hampton Community School (NHCS)

student Ceili Irving, daughter of Dave and DeAna Irving of New Hampton, was presented with the Katie Knott-Garon Outstanding Student NHCS Cares Award.

The award, created in honor of former NHCS staff member and reflecting the school's CARES mission, is presented to a fifth grade student who has shown strength of Character, achieved Academic success, displayed individual Responsibility, pursued Excellence in the classroom and within the community, and exhibited creative Spirit.

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another stroke of luck was that an emergency room doctor happened to have been caught up in the ensuing traffic tie up and rushed to the Milbrands aid.

"He helped get me out of the truck, then the ambulance arrived, put a collar on me and rushed me to Franklin Hospital right way," he said. "I really can't say enough about our EMT guys. They're the

best!"

Once at the hospital in Franklin, an MRI scan showed Milbrand had fractures to the C-4 and C-5 vertebrae in his neck and called for him to be transported to Dartmouth-Hitchcock Medical Center for further treatment. He remained there in Hanover over night but was sent home late Saturday afternoon with strict doctor's orders.

Lions Club raffle underway

BY DONNA RHODES
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BRISTOL – The Bristol Lions Club Annual Raffle got underway last week, and this year, it offers more than 30 great prizes that will be awarded to lucky ticket holders at the Sept. 10 drawing.

Among the top prizes for 2019 are two one-

night suites at the Inn on Newfound Lake, a one-day boat rental on Newfound Lake courtesy of West Shore Marine, 100-gallons of propane or heating oil from Rhymes, another 100-gallons of heating oil from Dead River Company, and a gas trimmer/brush cutter from Bris-

tol Aubuchon Hardware. Among the other prize donors for 2019 include Cielito Mexican Restaurant; Mt. Washington Cruises; Outdoor Performance; Kellie's Grooming; Franklin Savings Bank in Bristol; Skip's Sports Shop; RP Williams & Sons; Kathleen's

SEE RAFFLE, PAGE A8



DONNA RHODES

Finally!

"Finally!" was the cry of these sun lovers as they enjoyed one of the first hot and sunny summer days at Avery-Crouse Beach in Bristol last week.

Hebron announces gazebo concert schedule

HEBRON — The Hebron Gazebo Committee is proud to announce the 2019 Hebron Gazebo Schedule. The Concerts are held on Saturdays at 6 p.m. at the Gazebo; in case of inclement weather look for signs.

The first Concert is on July 6 with the always popular Uncle Steve Band returning to the Gazebo after a short absence with the BBQ by the Friends of the Hebron Library.

On July 13, Club Soda will be performing and the Hebron Store will be doing the BBQ. July 20th marks the return of WMUR Ch.9 Chronicle theme song composer Jordan Tirrell-Wysocki playing traditional Celtic Music with an Ice Cream Social hosted by the Friends of the

Hebron Library. There will be NO BBQ that night, just dessert.

Lunch At the Dump is back for another performance on Aug. 3 with the BBQ by the Hebron Village Store.

Saturday, Aug. 17 is our Family Fun Day, which starts off at 11 a.m. with the Hebron Conservation Commission Hike. Following that at 2 p.m. is the Hebron Library Book Sale and also at that time please turn in your Dessert for the Desert Contest. Another popular event starting at 2pm. is the Unique Vintage Cars Show which runs until 4 p.m. At 3:30 p.m., there will be a Bristol Police Dog Demo and after that at 4pm please head over to Cow Patty Bingo which is always exciting to watch. Our first

performer of the night is first time Gazebo performer The John Irish Duo who will be playing bluegrass and folk rock. The ever popular Hebron Fire Department BBQ gets un-

derway at 5 p.m., and at 7 p.m., we have the return of the Don Campbell Band playing their great Country tunes. At dusk over at the Safety Building (please follow the signs) North-

star Fireworks will be having their fireworks display to round out the evening. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron, Hebron Village Store,

D. Merrill, and individual donations. Free popcorn thanks to Bill White. If you have any questions or information please call 744-3335. Hope to see you there!

Enjoy your National Forest - but plan ahead!

CAMPTON — Summer is a great time to get out and enjoy the White Mountain National Forest and the July 4th holiday is a great time to visit. Whether you are thinking about hiking, camping, or taking a scenic drive forest officials encourage you to plan ahead.

Even if you're just planning a short hike, remember to hikeSafe! Severe weather or a wrong turn could become life threatening, and the weather in the White Mountains can be unpredictable. While it may be sunny and warm where you are, it may be cold in the mountains. Check the forecast for the area you are planning to visit before arriving,

and if need be consider postponing your hike - the mountains will be there another day. At any time of year you should be prepared with warm clothing and good rain gear. For information to help you plan a safe hike go to the hikeSafe Website at www.hikesafe.com/.

If you're planning a camping trip remember, these campgrounds are in forested environments and it is important to store food properly in closed/locked vehicles or bear containers. It is vital that you keep a clean campsite to ensure bears and other animals don't forage for your food. Put coolers and food containers in your vehicle when you finish your

meal. Place trash in the bear proof dumpsters. If camping in the backcountry, hang your food bag at least 10 feet up and 5 feet out from a tree limb that will support a bear, or better yet, bring a bear proof canister with you. Remember, a fed bear is a dead bear!

The lakes, ponds, rivers, and streams of the White Mountain National Forest are beautiful, but slippery rocks and the strength of moving water can all affect your safety. Stream crossings can be dangerous and unpredictable. Water levels can change daily, even hourly - especially with rain. What may be thought of as safe today, may not be as safe tomorrow, or what you

may have been able to cross this morning on your hike is no longer crossable this afternoon.

Visitors should be aware that fireworks of any kind are not permitted on the White Mountain National Forest. Setting off fireworks in a national forest is not only illegal, it is also a hazardous activity that can lead to injury and wildfires.

Be safe and enjoy your National Forest! For information about the White Mountain National Forest visit <https://www.fs.usda.gov/whitemountain>. For more information about bears, visit the New Hampshire Fish & Game Department: <http://www.wild-nh.com>.



COURTESY

PSU Adult Fitness program turns 40

The Adult Fitness program that was begun by Dr. Arthur Bourgeois, retired professor at Plymouth State University, 40 years ago gathered for a big celebration. Some of the exercisers who started with Art in 1979 are still participating. This may be the longest-running fitness program in the State of New Hampshire. The group exercises every Tuesday and Thursday at 7 a.m. in the ALLWell Field House. New members are encouraged to join; the classes are free of charge.

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Newfound Regional High School honor roll

BRISTOL — Newfound Regional High School has released its honor roll for the fourth term of the 2018-2019 school year.

Grade 12
High Honors: Jillian Buchanan, Hannah Eastman, Madison Gould, Greta Gruss, Matthew Libby, Naomi Wade, Reid Wilkins
Honors: Jakob Beshta, Makayla Coffin, Julie Costigan, Erika Crooker, Mackenzie Davis, Kathryn Drapeau, Cole Frye, Rachel Manita, Deanna Martin, Aryn Prescott, Faith Smith, Trinity Taylor, Lilly Wright

Grade 11
High Honors: Ashlynn Hatch, Anna Watson
Honors: Hannah Babbitt, Leah Bunnell, Lillian Colby, Evelyn Cutting, Carter Davis, Isaiah Dokus, Danielle Duclos, Duncan Farmer, Maura Geldermann, Lily Hewitt, Madeline LeClerc, Caroline Marchand, Brandon Marcoux, Kasandra McClay, Hayleigh Pabst, Riley Pierce, Valentina Raptis, Madison Royea, Keegan Sanborn, Wil Taylor

Grade 10
High Honors: Autumn Braley, Owen

Henry, Jennifer MacDonald, Gretchen McGowan, Adele Meyer, Meghan Murray, Madison Perry, Simon Shedd, Oceanne Skoog
Honors: Jacob Blouin, MacKenzie Bohleman, Tiffany Doan, Haley Dukette, Sadira Dukette, Bailey Fairbank, Mackenzie Jollie, Matthew Karkheck, Tyler MacLean, Mialora Mahmoud, Hannah Owen, Hunter Pease, Hayden Reynolds, Shyann Seymour

Grade 9
High Honors: Ryder Downes, Logan Glidden, Julia Huckins,

Mackenzie Jenkins, Lindsey Lacasse, Kaleigh LeBlanc, Elsa McConologue, Cassandra-Marie Zick
Honors: Sabrina Alan, Jesse Bartlett, Alexia Bassett, Abigail Bauer, Margaret Bednaz, Riley Boynton, Hayse Broome, Connor Downes, Noah Eckert, Alana Frame, Juke Gordon, Nathaniel Hatch, Evan Labonte, Emily Lower, Caleb Moores, Kaelyn Nadeau, Nathan Paige, Aria Peringer, Madeline Sargent, Bodhi Smith, Hannah Tobine, Conor Van Lingen, Caoilainn Voelbel, Brian Watson

Join Science Center for Summer Splash Gala

HOLDERNESS — Squam Lakes Natural Science Center will celebrate environmental education and the hidden stories of nature at the annual Summer Splash Gala on Sunday,

July 21. Guests will enjoy a variety of entertaining events including a live and silent auction, dinner, and dancing to the band, Brandy. The Summer Splash

Gala is Squam Lakes Natural Science Center's largest and most important fundraiser of the year raising funds to support environmental education. This year, the Summer Splash Gala is going to be on Sunday evening, not Saturday, and at a new venue, The Barn on the Pemi. The rustic venue perched above the Pemigewasset River in Plymouth will

provide the idea location for a night of fun. The Summer Splash Gala is Sunday, July 21 from 5 to 10 p.m. Tickets are \$60 per person and may be purchased online at <https://www.nhnature.org/programs/gala.php> or by calling 968-7194, ext. 11. Seating is limited so purchase tickets by July 12. View the full schedule of events at [nhnature.org](https://www.nhnature.org).

Newfound Landing

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

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Central NH VNA voted region's best nonprofit

REGION — Central New Hampshire VNA & Hospice is honored and excited to have been voted Best Nonprofit Organization in the Lakes Region, as revealed last week at the Best of the Lakes Region Beach Party. Forever they will be the first "Best Nonprofit" to have ever received this accolade.

Those who have experienced the knowledgeable, compassionate and dedicated care of Central's visit staff have long known of the agency's quality. In fact, Central has been serving communities all around the lake for over a century. Now everyone in the region will see the community's stamp of approval.

Participation in this contest was massive — there were almost 1,600 voting options — so this is a huge honor. Central VNA is very thankful to all who voted; clients (current and former), staff, friends and supporters. You have helped the Lakes Region understand the value of Central's services and mission, helping even more people to be served. The staff and board of Central VNA & Hospice could not be more pleased.

Congratulations to our friends at Gold-



COURTESY
Central New Hampshire VNA & Hospice is honored and excited to have been voted Best Nonprofit Organization in the Lakes Region, as revealed last week at the Best of the Lakes Region Beach Party.

view Health Care Center for their silver nonprofit win and gold achievement for Best Assisted Living.

About Central New Hampshire VNA & Hospice

Central New Hampshire VNA & Hospice knows that people are happier, and do better, at home. They can help you stay there. Birth to bereavement, they have served Lakes Region communities since 1918. Central VNA a not-for-profit, Medi-

Pemi-Baker Community Health offers hospice volunteer training

PLYMOUTH — Pemi-Baker Community Health is pleased to introduce the newest members of their hospice volunteer team. The volunteers come from a variety of professional backgrounds and represent many of the 14 towns that PBCH serves. The spirit of hospice volunteering is borne from a genuine desire to give comfort, peace and care to patients, caregivers and their families during the end of life. Many



COURTESY
Volunteers and PBCH Hospice Staff (left to right): Danielle Paquette-Horne, Homecare & Hospice Director, Deb Braley, Lisa Barrett, Angela Criscuolo, Lisa Fortson, Hospice & Palliative Care Supervisor. Back row: Al Ports, Guy Tillson, Hospice Chaplain & Bereavement Counselor.

volunteers have had a personal experience with someone who has benefited from all that hospice offers and have a strong desire to give back to other families in their community. Hospice volunteers help in a variety of ways: holding vigil, SEE HOSPICE, PAGE A8



A day of fun for the whole family

The 14th Annual Community Family Fun Fair will be held this Saturday, July 6, from noon to 4 p.m., rain or shine, at Smith Bridge Field, Smith Bridge in Plymouth. The admission fee of just \$1 per person, or a maximum of \$5 per family, includes all games and activities — Field of Foam, Smash a Plate, greased pole challenge, pie eating contest, ultimate musical chairs, and inflatable fun! Family style BBQ provided by The Common Man at family friendly prices!

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From summit to shores, arts meet the outdoors

Photo: Brad Dumont, NHMF

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CADY Corner

What is the difference between substance misuse and abuse?

BY DEB NARO
Contributor

The number of emergency department visits due to misuse or abuse of prescription drugs has risen significantly in the past 15 years. The terms misuse and abuse are often used interchangeably, but there is a distinct difference. The Food and Drug Administration (FDA) explains that the difference between abuse and misuse has to do with the individual's intentions or motivations.

Prescription drug ABUSE is the use of a medication without a prescription, in a way other than as prescribed, or for the experience or feelings elicited, as defined by the National Institute on Drug Abuse. For example, when a person takes a prescription drug to get a pleasant or euphoric feeling (i.e. to "get high"), especially at higher doses than prescribed, that is an example of drug abuse. The abuse of certain prescription drugs – opioids, central nervous system depressants, and stimulants – can lead to a variety of adverse health effects, including addiction and death.

According to the FDA, prescription drug MISUSE may involve not following medical instructions, however; the distinction here is the person taking the drug is not looking to "get high." For example, if a person is unable to fall asleep after taking a single sleeping pill, they may take another pill an hour later; thinking, "That will do the job." Or a person may offer his headache medication to a friend who is in pain. Those are examples of drug misuse because, according to the FDA, the person is treating themselves, but not according to the directions of their health care providers. According to the Institute for Safe Medication Practices, prescription drug misuse may include taking the

incorrect dose; taking a dose at the wrong time; forgetting to take a dose; or stopping medicine too soon.

The FDA stresses that both misuse and abuse of prescription drugs can be harmful and even life-threatening. This is because taking a drug other than the way it is prescribed can lead to dangerous outcomes the person may not anticipate.

Prescription medications have many beneficial effects. When used under proper medical supervision, they can help us live longer, healthier lives. But these same medications have the potential to produce dangerous side effects and deadly outcomes, especially when misused or abused. Because of this potential for harm, prescription medications should be used precisely as prescribed, and only by the person for whom they are intended.

What can you do to prevent prescription drug misuse and abuse? Educate yourself, your family, and friends. Safeguard prescription medications when they are brought into the home. Safely store your medications to prevent accidental exposure or to keep drugs from falling into the hands of those seeking to abuse them. Properly dispose of prescription drugs when outdated or no longer needed. If you suspect friends or family members may have a prescription drug abuse problem, have them seek immediate professional assistance.

People of all ages are affected by prescription drug misuse and abuse. For more information visit our website at www.cadyinc.org. If you, or someone you know, struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



GENE BANK — COURTESY

Before the storm

Gene Bank of Bridgewater captured this photo of a supercell as severe storms bringing thunder, lightning and even some hail rolled through Plymouth and much of central New Hampshire late Saturday afternoon.

MARK ON THE MARKETS



BY MARK PATTERSON

Before I begin to share information regarding the financial abuse amongst our seniors, I must state that I know, or have known, people near 100 years old that have not lost cognitive abilities and remain very sharp, so just realize that this information is a generalized statistical study.

According to new research from Daniel Marson, a professor of neurology at the University of Alabama-Birmingham, adults in their 60s and 70s start to exhibit declines in financial abilities, including a vulnerability to potential telephone fraud, difficulty with making change at checkout and having a

Financial abuse and older Americans

harder time at prioritizing bills. Those diminished abilities can become a real struggle when trying to keep up with everyday financial management tasks.

The findings suggest that there are several warning signs that friends or family members can look for in order to give them indications that there may be trouble ahead for this person. An untouched stack of mail may indicate that bills are not being paid and they have fallen behind, which is even more of a problem. Calculating a tip at a restaurant or figuring out a deductible on a medical bill could be a sign of cognitive decline. Even a lack of personal hygiene from someone who previously never had an issue with their cleanliness. Overlooking investment risks and focusing on the benefits rather than the risks of potential loss is a

problem that may be associated with age.

Research also confirms that people typically live longer than they had anticipated, creating planning problems around their long term health plans, or just having adequate income to live. I have experience with clients that wanted to go for a high risk investment for a big return out of desperation. That desperation opens them up to "get rich quick" schemes that are targeting seniors and their money, and as we all know, there are plenty of crooks and scammers that target elderly folks. Contractors, financial advisors, lawyers and even family members can be the culprits looking to take advantage of the vulnerable. Contactors, financial advisors, accountants and lawyers can be checked out for problematic pasts, but a family member with bad or selfish inten-

tions can be most difficult to recognize.

For those seniors with a spouse, make sure your spouse is aware of what is going on with the investments and household finances that is just a good practice for a number of reasons. For those without a spouse or partner, a sibling, son, daughter or close friend may be honored to have you "consult" regarding day to day financial decisions.

The good news is that aging is not all bad. We often times gain wisdom and increased pattern recognition as we age. Those who stay physically and mentally active may hold off the effects of aging for an indefinite amount of time.

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

Strategies for Living

The cycle of nations

BY LARRY SCOTT

In the September 24, 2009 issue of the Winnisquam Echo, Bill Tobin, who had for many years served in the New Hampshire House of Representatives, posted what has become known as the Cycle of Nations:

"The average age of the world's greatest civilizations has been about 200 years. During those 200 years, those nations always progressed through the following sequence:

From bondage to rebellion;

From rebellion to spiritual faith;

From spiritual faith to great courage;

From great courage to liberty;

From liberty to abundance;

From abundance to

complacency;

From complacency to apathy;

From apathy to dependence, and,

From dependence back to bondage.

I often wonder where we are in this cycle. It is clear to many of us that, as a nation, we are in deep trouble.

Many of us who have been influenced by the Judeo-Christian ethic are aghast. In our view, we are living in a godless, self-centered and misdirected society. Having abandoned the Bible as giving us an objective standard of morality, we have been damaged by the absence of those principles of right and wrong that used to be commonly taught in our schools and universities. Far from being

snobbish and judgmental, the Christian community has agonized over the state of our nation. There is here no joy when things have deteriorated to the point where our young people can't even determine their gender! Give me a break!

We have hit "complacency" and are well on our way to "apathy" and, true to the model, no one seems to care. Live and let live, be happy, you only go around once, so live it to the fullest... seems to be our society's philosophy.

We have taken the privilege of living in America so much for granted the champions of socialism are getting a hearing. Touting proposals we cannot afford and proposing

changes that defy common sense, their promises, if implemented, would destroy us as a nation. Political expediency is no alternative to the principles of sound government established by our founding fathers. Wake up, America. There is no free ride!

There is little need for me to enumerate the many expressions of political correctness and personal freedom that have permeated every level of our society. So pervasive has become an almost total disregard for those moral principles we once accepted as truth, it is difficult for the Christian community to keep from giving up. It would be easy for us to conclude that

SEE STRATEGIES, PAGE A8

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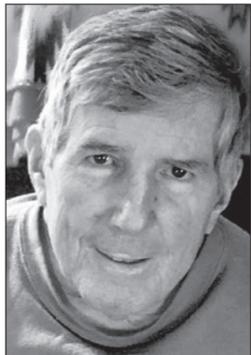
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North Country Notebook

The glaciers had their way, but buttercups rule the day



By JOHN HARRIGAN
COLUMNIST



JOHN HARRIGAN

In Bishop Brook valley, you go by a "borrow pit"—a gravel pit—and around the next corner is a beautiful scene dominated by thousands and thousands of buttercups.

"Crafted in the USA," it said in big letters on the small bag of Purina Dog Chow. We are between brands just now, so it was time to try out something a little different. But there was one more statement for me to absorb about this dog food, which was that it was crafted "with American-raised chicken by people who care."

I'm a little uncomfortable with calling her "my dog." She clearly thinks I'm a dog—that I'm the alpha male in her family group.

When I'm sitting in my Command Central chair, watching the latest news from Washington or something, she's right there, wedged into the too-narrow space (but never mind) between my leg and the arm of the chair. Every now and then her ears perk up, and her little black nose never stops twitching. She is scanning our sur-

roundings for any sign of danger.

In fact, she is doing her job, which is to protect me. And she takes it very seriously. I will not add "Just ask my family and friends," because someone might actually do so, and one or maybe both of us—man and dog—could wind up in the slammer.

+++++

"Borrow pit" is a term I didn't hear until relatively late in life. Don Tase, then a forester for Champion International, used it almost blithely during our day-long truck-tour in Perry Stream valley, as if everyone had grown up with it. "What was that again, Don?" I said, and then asked him to spell it.

I've ever since wondered about the origins

of "borrow pit" but haven't had time to do the sleuthing. The irony of the term, I guess, stems from the notion that if you're building roads in a certain valley, you never really take any rock and gravel all that far; at least comparatively—you more or less just push the stuff around. The glaciers, on the other hand, "borrowed" entire ridges and ranges, ground them up, and deposited the remains as outwash, somewhere down the valley or miles and miles downstream.

This was child's play for a glacier. If glaciers could talk, I think they'd chide us for overstating our importance.

The Bishop Brook valley is one of my favorites, for the stupendous work the glaciers did there. For millennia,

evidently, a glacial dam above the present-day Beecher Falls rapids diverted the Connecticut River to flow southeast, up Bishop Brook valley, and form a giant whirlpool at the bedrock dike at West Stewartstown before roaring southwest toward Colebrook, leaving the snake-like riverbed that Route 145 follows today.

+++++

The Owens boys, as everyone calls them (how old are those guys, anyway?) are longtime farmers along Bishop Brook valley. When I set up the first Geological Tour of the North Country a few years back (about 25 years, in fact), two of the 15 or so stops were on Owens land, and I made a phone call for the affable okay.

There is tremendous interest out there as to how this landscape we love so much, and is somehow part of us, seemingly down to our souls, was shaped and changed. Science and research have come a long way, but there is still scant material available to the layman. Experts cannot even agree

on how many times the glaciers pushed south to New Hampshire and beyond. Boulders and slabs of rock from Labrador have been found as far south as the Carolinas, our local longtime rockhound and armchair geologist Dr. Herb Gifford said. Herb delved into these and related topics in his book Colebrook: A Place up back of New Hampshire, out of print but available at libraries all over New England.

We filled one bus and could have filled another for that tour, and as it was we had a mile or so of vehicles following us. With a little nudge and the promise of some help, I'd set up another geological tour up in a heartbeat.

+++++

Of all our marks on the calendar to make sure we don't lose our connections with our past, the Fourth is my favorite, perhaps because it's the only holiday I can think of that's not driven or attended by some degree of guilt.

So we have a lot of staging some pretty impressive fireworks the

night before the Fourth (what's with that? It gets better every year), and then of course parades big and small on the day itself, and we fry chicken and check out yard sales and canoe cross the pond to visit neighbors and go on truck tours and just wheel ourselves around the landscape so our flags will fly a little better, and try to catch up on the latest generation of kids, and even who has a new dog (everyone).

I hope everyone gave a bit of thought this week about how those families way back two and a half centuries ago laid everything on the line to make this all happen. I always find a way to have fun on this country's birthday, not hard to do in a town and a territory like this, but I try to give a little thought to the men and women who had the courage to put land and lives right on the line, and no turning back.

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

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Summer fun has begun! My little sidekick is Trail Trekking at Camp Wanakee this week! Didn't take her long to decide which "adventure" she wanted, once she heard a day of horseback riding was involved. I have no doubt she'll have a wonderful time, and I'm looking forward to her tales of the adventures she had.

Town

Alexandria Conservation Commission Roadside Pickup Saturday, July 6 at 10 a.m. Please meet at the Municipal Building at 9:45 a.m.

Alexandria Volunteer Firefighters Association Meeting Wednesday, July 10 at 7 p.m. at the fire station.

Alexandria UMC

Community Dinner Saturday, July 6 at 5 p.m. in the Vestry. This will be the third annual chicken barbeque put on by Phyllis and Laura. The tent is up, so there will also be seating outside as well as inside. Bring your appetite for a delicious meal, great conversation, much laughter and have a fun evening!

Sunday, July 7, Worship and Communion begin at 9 a.m. There will be a Missions Team meeting following services.

Office Hours and Visitation Wednesday, July 10 from 11 a.m. until 6 p.m. Bible Study will begin at 6: p.m.

Wishing everyone a safe and happy Fourth of July! I'm off to Vacation Bible School at

AUMC, to make snacks for the cheerful cherubs! If you're out and about, feel free to stop by, we'd love to see you!

Bristol

Al Blakeley
adblakeley0@gmail.com

The Fourth of July/Bicentennial Parade will start at 10 a.m. Formation will be in the WEST Freudenberg parking lot. The parade will leave Freudenberg heading east toward the post office, turn right to the square, turn north on North Main Street and proceed past Kelley Park to the termination point at NMMS. Please keep an eye on the 'little ones' so that we have a safe environment for them to enjoy. I am looking forward to seeing a record crowd this year!

A reminder that the Historical Society is open Tuesday evenings from 6 – 8 p.m., and on Saturdays from 10 a.m. until noon. Lots to see for this Bicentennial celebration!

I'd like to urge patronizing our new businesses in town in addition to shopping local whenever possible. We are such a welcoming community and our businesses deserve our support.

Minot Sleeper Library

Robert Rivest will be at the TTCC on Wednesday, July 3 at 10:30 a.m. with comedic and informative space stories for your entertainment. Summer reading Storytime will be starting on Friday, 7/5. A Special Storytime w/Bristol Town Departments on Wednesday, July 10 at 10:30 a.m. at the library.

Painting on canvas art workshop on Wednesday, July 10 at 4 p.m. Teens and adults welcome at no cost. RSVP required; 744-3352. Did you know you could earn tickets towards prizes from local businesses by reading? Check out the library for information. Play Mah Jong at the library on Mondays from noon - 2 p.m. New members welcome. Struggling with computer or tablet use? Get help at the library any Thursday from 2 - 5 p.m. A phone call there might get you that help as well!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Remember that the time for Sunday worship at the South Danbury Church has returned to 11 a.m., followed by refreshments and conversation.

The Blazing Star Grange of Danbury will host a grange membership workshop on July 20. Area grange members are requested to come and learn how to grow their local granges. Lunch is available for a small donation.

The Danbury Grows gardens are showing signs of growth. Due to the wet weather and swamp drainage problems, the grange found it impossible to plant their straw bale gardens this year. Last year, tomatoes, squash and potatoes thrived in the beds. Some items were used at the dinners for grange

SEE TOWNS, PAGE A6

18th Mt. Washington Century Register Today!

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- Carrol County Independent

- Berlin Reporter
- Littleton Courier
- Newfound Landing



Email: tracy@salmonpress.news
Phone: (603) 616-7103

Ashland Community Church

Sundays

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

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

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

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

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

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

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

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

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

We look forward to meeting you soon!

Bristol United Church of Christ (“the church on the hill”)

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays: Pastor: Rev. Andrew MacLeod

Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service

NOTES:

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

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

Phone: 744-8132

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

Pastor’s hours: Monday through Thursday

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

*Please note that our church offices will be closed on Thursday,

July 4, for Independence Day!

Rev. Andrew’s Home Phone: 217-0704

Email: pastorbucc@myfairpoint.net

** Please note that for the months of July and August, Sunday worship will begin at 9:30 a.m.

Weekly Events:

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

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

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – Noon

NANA Chair Yoga classes: 1 p.m.

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Don Sorrie is mod-

erating, with discussion throughout, by a lively and committed group!

All are welcome!

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

Fridays: Bone Builders – 9:30 a.m. NANA Chair Yoga classes: 11 a.m.

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

Women’s Fellowship – Our next meeting will be held on Sept. 12 at 10 a.m. in Room 1, as there are no meetings during July and August.

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

Special Events:

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

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

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

Our Women’s Fellowship craft group will be meeting in Room 1 of the church beginning Monday, July 8 at 11 a.m. and continuing throughout the summer and fall months, for the purpose of creating small and affordable crafts to be sold at our Christmas Bazaar! All are welcome, and bring your lunch!

Our summer Ice Cream Night begins next week, and the following is the schedule for Wednesday evenings in July, at 7 p.m. July 3 – Purple Pit July 10 – Big Catch July 17 – Newfound Country Store July 24 – Schackett’s

July 31 – Newfound Experience Come join us for great ice cream, fellowship, and fun!!

Ongoing: Bristol Community Services Food Pantry needs

canned fruit, spaghetti, rice, jelly, canned vegetables, spaghetti sauce, tunafish, peanut butter, cereal and Chef Boyardee-type meals.

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

The band gets together twice a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and perform once a month during services. Their next church performance will be Sunday, July 7. We are then performing at “Day Away” on Thursday, July 11 at 10 a.m.

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

SEE CHURCHS, PAGE A7

Towns

FROM PAGE A5

fair and the chicken pot pie supper. Unfortunately, this year, there is water trickling through the area with no signs of drying to come.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Gazebo Concert

The first Concert is on Saturday, July 6 at 6 p.m. with the always popular Uncle Steve Band returning to the Gazebo after a short absence with the BBQ by the Friends of the Hebron Library. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron, Hebron Village Store, D. Merrill, and individual donations. Free popcorn thanks to Bill White. If you have any questions or information please call 744-3335. Hope to see you there!

The Hebron Fair is coming!

The 67th Annual Hebron Fair is Saturday, July 29.

Here comes the Hebron Fair again! Join us on the Common the last Saturday of July, starting at 9am, rain or shine. Admission is

free. This year, the fair will be expanding beyond the Common. There will be scenic helicopter rides at the Hebron Safety Building by White Mountains Helicopter. And in the other direction, at Ash Cottage and beyond, you’ll find nature walks and more by NLRA and NH Audubon plus from 1:30 to 3 p.m. you can enjoy Music in the Mountains by the New Hampshire Music Festival. In addition to these exciting new happenings, there will be all the usual fun for the whole family including a huge selection of crafts, rummage, white elephant, scrumptious foods, baked goods, plants, books, Hebron Fair t-shirts, lunch featuring homemade baked beans, raffles, pony rides, children’s games, nonprofit organizations, a silent auction from 11 a.m.-2 p.m., and the live auction starting at 1 p.m. Please note the chicken BBQ has been discontinued. Again, John Erickson of Pike’s Bay Boatworks is donating one of his nautical creations to the auction. This year, his project is a seven foot, 10 inch plywood dinghy, specially built in 2019 for the fair. This cute

little boat is perfectly suited for tending your yacht (or wake boat!) or tooling around in a quiet Newfound Lake cove. It’s small enough for car-topping or hauling in the back of your pickup and constructed with marine plywood, epoxy sealed and painted. The church’s baked goods and plants booth is seeking donations. The best sellers are whole pies, breads, muffins, cookies, cookie bars, brownies, “krispy” treats, perennials, annuals, and house plants. They should be labeled for the “Baked Goods Booth,” and can be left in the church kitchen on the Friday before the fair or at the booth Saturday morning. Baked beans for the lunch booth may also be dropped off the morning of the fair or contact the office for other arrangements. Your donations are appreciated, as all the profits go to support the church and its local missions. White Elephant items may be delivered directly to Dian West’s home at 17 Brookside Lane. Please leave them in front of her garage or on her front porch if raining. Rummage

(clothing and textiles), auction items, books, puzzles and games will be accepted directly at the church (9 a.m.-4 p.m., seven days a week). The cut-off date for donations is the Wednesday before the fair, so please drop things off early. Call the church office to make other arrangements or for pick-up of large items. Please refer to the list of items we regretfully cannot accept by visiting our fair Web site, [http://www.hebronchurchfair.org/\(under Donating\)](http://www.hebronchurchfair.org/(under Donating)). Anyone willing to volunteer before, during or after the fair should call the office 744-5883 or email staff@hebronchurchnh.org. Extra hands are always needed to set-up the big auction tent on Thursday, July 11 at 6 p.m. You’ll find the Church Fair Work Schedule (under Volunteering) on the fair Web site. Proceeds benefit the Union Congregational Church of Hebron. The Fair Committee is extremely grateful for the gifts of everyone’s time and donations. This could not happen without our fabulous community! Thank you!



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Braley Hill Road	Acc. Land Imp.	\$143,000	ENP Investments LLC	George and Sardar Gangiani
Bridgewater	N/A	N/A	\$1,225,000	Kathryn D. Schmidt RET	John P. and Pamela A. Cahill
Bristol	35 Manor Estates Dr., Unit 15	Condominium	\$479,000	Marilyn E. Diorio IRT and Linda A. Trudel	Robert R. and Patricia A. Mitchell
Bristol	4520 River Rd.	Single-Family Residence	\$256,333	Roberta Emerson	Jason H. and Holly M. Miller
Campton	7 Overlook Rd., Unit 2	Condominium	\$110,533	Robert L. Holdsworth	John E. and Mary E. Straub
Ellsworth	281 Ellsworth Pond Rd.	Single-Family Residence	\$120,000	Leonard P. Clayton	Thomas and Debra Beech
Holderness	N/A (Lot 1)	N/A	\$50,000	April P. Vachon	Peter and Loren Hyde
Plymouth	51 Merrill St.	Single-Family Residence	\$280,000	DDA Investments LLC	Kenneth S. Solinsky RET
Plymouth	33 Plaza Village Rd., Unit D	Condominium	\$80,000	Antonio K. Gilbert 2013 Trust	Odysefs Raptis
Plymouth	N/A	N/A	\$155,000	Guanghong Liu	James P. Black
Plymouth	N/A	N/A	\$60,000	Timothy J. and Pamela D. White	Michael G. and Lisa B. Baker
Rumney	220 Quincy Rd.	Single-Family Residence	\$294,000	Elizabeth A. Trought Trust	Trevor J. Peschek and Eileen M. Beebe
Thornton	N/A (Lot 17-1)	N/A	\$105,000	Marla T. Dubach	Jagmeet Singh and Yereem Park
Waterville Valley	28 Packards Rd., Unit 321	Condominium	\$92,533	Lee and Marion L. Phalen	Kenneth M. and Amy E. Salsman
Waterville Valley	10 Sunny Side Way, Unit 17	Condominium	\$141,933	Robert H. Eckhoff	Kelly Cadigan and Brandon Saunders
Wentworth	Nicholas Hill Road, Lot 3-13	N/A	\$42,533	Cerosimo Industries Inc.	Jason H. and Sara K. Clayton

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Churchs

FROM PAGE A6

Episcopal

Sacred Drama Program: All welcome

On Saturday evening, July 6, actor and sacred story-teller Roberta Nobleman returns to bless us with her art. (Ask anyone who saw "Playing with Saint Luke" last summer how marvelous she is!) We'll gather at Griswold Hall (263 Highland St. in Plymouth) at 6:30 p.m. for social time (with dessert) followed by her performance. Roberta will be creatively dramatizing the stories of some of the "nameless women" from the Gospels and Christian history: the wife of the apostle Peter, the bent-over woman in the synagogue, and others.

Growing Spiritually this Summer

We're reminding each other this summer that the church season after Pentecost is a prime time for growth, in our spiritual lives just as in the natural world. In recent weeks, we've been encouraged to dig deeper into Sunday's scriptures in the week before worship. The young members of our "Faith at Home" families have received a "Flat Jesus" to take along on their summer adventures—a visual reminder that Jesus is always with us—and worshippers young and young-at-heart crafted their own following worship on June 23.

Stay tuned for more faith-growing suggestions all summer long!

Ashland Community Breakfast

The next Ashland Community Breakfast will be from 8 to 9 a.m. in Sherrill Hall on Saturday, July 26. Come join us and bring a friend!

Quilt Group

The next Quilt Group meeting is Tuesday, July 23, from 10 a.m. to 2 p.m. in Griswold Hall.

Supporting Got Lunch

We're honored again this year to offer a homebase at St Mark's for Got Lunch Ashland & Holderness. Many thanks to the volunteers and donors who pitch in across our region—in Plymouth, Ashland/ Holderness, Rumney & beyond—to make sure our school kids don't have hungry summers.

Support Groups

Chaplain Guy Tillson, MDiv, MA, facilitates several groups, including one for those experiencing the loss of a loved one. This group meets on the last Wednesday of each month from 5:30 pm to 7 pm at Pemi-Baker Community Health in Plymouth. No registration or fee required. Upcoming dates: July 31. A group specifically for widows and widowers gathers on the second and fourth Wednesday of each month from 12:30 pm to 2 pm. Meetings are held in the Upstairs Conference Room at the Plymouth Regional Center. No registration or

fee required. Facilitated by Guy Tillson. Upcoming dates: July 10, July 24

A Caregivers Support Group meets from 12:30 pm to 2:00 pm on the third Wednesday of each month. Meetings are held in the Upstairs Conference Room at the Plymouth Regional Senior Center. No registration or fee required. Upcoming dates: July 17

Weekly Worship Services

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

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

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

Offices closed and no 11 am service on Thursday, July 4

Office Hours at 263 Highland St., Plymouth
Office hours in Plymouth will be primarily by appointment during July
Phone/voicemail: 536-1321. Please leave a voicemail and we will

return your call.

Email: rectorpb@gmail.com

Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Our Mission Statement:

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

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground

Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King:
Summer Services Continue - Sunday, July 7

When A Loved One Dies

Cindy Spring, discussion leader, with Worship Associate, Betty Ann Trought

My mother died last fall at age 99. She was in Hospice in the memory care unit of an assisted living facility. I'd like to talk about her last days—what went well, what made it hard—and then I want to hear from you about your experiences with death.

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



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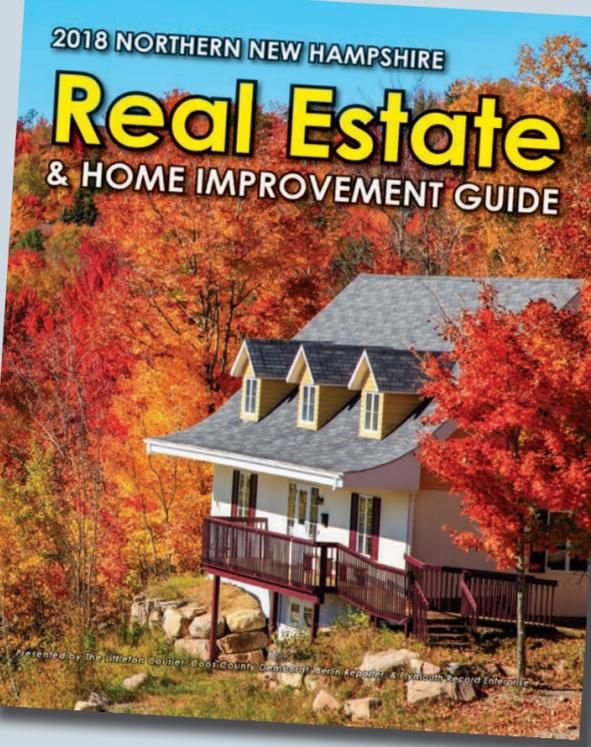
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Real Estate & HOME IMPROVEMENT GUIDE

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Tracy at 616-7103 or Lori at 444-3927
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Milbrand

FROM PAGE A1
toilet, though, and she did a great job," said Milbrand.

Friends, he added, have also been very generous in their of-

fers to pitch in with other things that needed to be done around the inn and he is very grateful for all they've done as he recuperates. "I go back to the doctor in two weeks

and my hope is that at the next selectmen's meeting that night I'll be able to go in without this collar on. It's been a real pain in the neck," Milbrand said.

Raffle

FROM PAGE A1
Irish Pub; Gina's Place; Village Pizza of Bristol; O'Reilly's Auto Parts; Homestead Restaurant and Gilly's Restaurant. Also contributing to the raffle prizes this year are Shackett's; North Star Gems; Bristol Hannaford; Bristol Diner; The Mill Fudge Factory; Bristol Dunkin Donuts; Purple Pit; Newfound Country Store; Twin Designs Gift Shop; White Mountain Smile Makers; LinCrosse Sandwiches and Baked Goods; Andy's Plumbing and Heating; and Newfound Sales, Inc. & Trading Post.

"This has been the highest response for donations to the raffle that we've ever had and we appreciate them all very much," said Everett Begor of the Bristol Lions Club. "All the money we raise will be used to take care of the many com-

munities in our area." Some ways in which those funds are used are by awarding a Community Service Award to a graduating senior at Newfound Regional High School, as well as scholarships for children participating in programs at Tapply Thompson Community Center. The organization also sponsors the seasonal farmers' market in Bristol, the N.H. Marathon, and the annual Lions Track Meet.

Each spring, the Bristol Lions Club holds a low-cost rabies clinic for pets, hosts a Senior Citizen Christmas Dinner in December, and brings their food wagon to community events like the 4th of July parade and fireworks, Old Home Day, the Halloween Parade and the Christmas Tree Lighting festivities in Central Square.

On the internation-

al level, Bristol Lions supports the One Sight Program and the Lions' N.H. Sight and Hearing program, which helps qualified local applicants receive eye screening, glasses, and hearing aids.

Last but not least, collection boxes can be found in several locations around the region for used eyeglasses, hearing aids and even used Jet Ink Cartridges that are recycled to help support their sight and hearing programs.

Tickets for the 2019 raffle are \$1 each, or six for \$5, and can be purchased at Bristol Aubuchon Hardware, Danbury Country Store, Kellie's Grooming, Andy & Sons Plumbing, Newfound Sales & Trading Post or from any member of the Bristol Lions Club.

Strategies

FROM PAGE A4
we are the victims of a godless society and that nothing we can do will make a difference. "Cash it in, fold your wings, bury your head in the sand"... and leave society to live out the pleasure of its own will. But Christians, we have no such option. Our nation's

future is at stake; it is time to stand and be counted.

This is God's world, and although most generally disregarded, He is available to all who are prepared to make Him welcome. He created us as an act of love and has given of Himself to make possible a change in the purpose and direction of both our lives and our na-

tion. I fear for America but I am not about to give up! Whatever the future course of our history, I shall proclaim this foundation principle as often as I can: there is an alternative... and His Name is Jesus Christ.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Minot-Sleeper Library

FROM PAGE A1
can count on a friendly greeting and helpful advice from the knowledgeable staff. Working behind the scenes is a dedicated group of volunteers known as the Friends of the Minot-Sleeper Library. The Friends volunteer their time to support events and services of the library. If you are interested, you could:

- assist with the Summer Reading program
- provide refreshments for library events
- engage with children at story time
- bake for a fundraiser
- organize donated books for resale
- Help with adult craft sessions
- participate in the monthly poetry night

The Friends reside throughout the New-

found area, and new members are always welcome. To learn more about this non-profit organization, go to the Friends page at minotsleeperlibrary.org or e-mail your questions to friendsofminotsleeper@gmail.com.

Get involved by joining the Friends at their regular meeting the first Monday of the month at 10:30 a.m. at the library. The next meeting is scheduled for July 1.

Hospice

FROM PAGE A3
writing letters, reading to patients, light house-keeping, relieving family caregivers, helping with outside chores, grocery shopping, dog walking and holding meaningful conversations. No amount of time is too small; some volunteers give one or two hours per week, some give one or two hours per month.

The volunteers are completing a free five-week training course at PBCH's Boulder Point location in Plymouth. The course covers the hospice philosophy, listening and

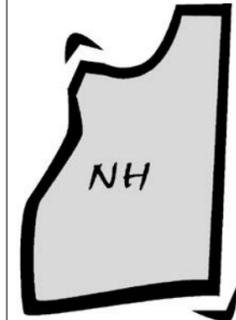
communication skills, confidentiality, family dynamics and bereavement support for clients and their families.

The next training session will begin Sept. 10 and run through Oct. 8 on Tuesday afternoons. For more information about hospice training and to register, please contact Lisa Fortson, MSW, Hospice and Palliative Care Program Supervisor at 603-536-2232 or by email at lfortson@pbhha.org.

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munity Health is the home care provider of choice for Grafton County. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4

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Edward Jones: Financial Focus

Work Toward Your Own Financial Independence Day

Once again, it's time for fireworks, picnics and parades as the nation celebrates Independence Day. Collectively, we enjoy many liberties, but some freedoms can be elusive – and financial freedom is one of them. What actions can you take to help yourself eventually declare your own financial independence?

For starters, you'll want to determine what financial independence means to you. Is it the liberty to meet all your cash flow needs? The freedom to retire comfortably, at the age you choose? The ability to set up the kind of legacy you'd like to leave? If any or all

of these things are important to you, consider the following suggestions:

Liberate yourself from oppressive debts. The cost of living is certainly not cheap, so it's hardly surprising that so many people incur significant debt. Yet, the higher your debt load, the less you'll have available to invest for the future. Debt might be one of the biggest barriers you face on the road to your financial independence. To avoid piling on too much debt, live within your means. Take steps such as saving for a vacation, rather than putting it all on your credit card, and getting just one more year out of that old car. Look for bargains everywhere – and find out what you can live without. And if you have sizable debts, see if you can consolidate them and lower your interest payments.

Free yourself from chaotic investing. The financial markets can be unpredictable – but that doesn't mean your investment moves have to be chaotic. So, for example, instead of responding to a sudden plunge in stock prices by selling stocks that still

may be fundamentally sound with strong growth potential, you might be much better off by holding your ground. And you'll be in a better position to do nothing during periods of market volatility when you've already done something – namely, built an investment portfolio that reflects your goals, time horizon and risk tolerance. With this type of portfolio in place, you'll be in a good position to overlook the day-to-day fluctuations in the market and keep your focus on your long-term goals.

or similar employer-sponsored plan is a great way to save for retirement. You can contribute pre-tax dollars, so the more you put in, the lower your taxable income, and your earnings can grow tax deferred. (With a Roth 401(k), you put in after-tax dollars, but your withdrawals are tax-free, provided you meet certain conditions.) But despite these tax advantages, your 401(k)'s full potential won't be realized unless you fund it adequately. Try to contribute as much as you can afford each year and increase your contributions as your salary goes up. Another way to unclog your 401(k)'s potential is by choosing appropriate investments. Your 401(k) likely contains a dozen or more investment options, so you'll want a mix that offers the greatest possibilities for growth within the context of your personal risk tolerance.

Gaining your financial independence requires time and commitment. But once you've achieved this freedom, you'll know it was worth the effort. And who knows? You might even want to wave a sparkler or two to celebrate.

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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Health

~ Comfort Keepers ~

Aging's impact on nutrition & reducing the risk of malnutrition

BY MARTHA SWATS
Owner/Administrator

Comfort Keepers Skating By

In the midst of our daily lives, it's not uncommon for us to push our body's nutritional needs to the backburner. Think, for instance, of all the times you've settled for a bagel and a cup of coffee for breakfast, when you know full well that you really should have a more well-rounded meal to start your day.

When it comes to nourishment, we can get away with the bare minimum for a while, but of course, one of life's greatest inconveniences is that, what we need to function never stays quite the

same. This is especially true as we reach older age. But what exactly changes in our body that makes paying closer attention to nutrition so important?

What Changes?

For starters, we experience a gradual loss in muscle mass (something that actually starts in our 30s) and develop a slower metabolism. Bone density also decreases, and organ tissue begins to thin. We don't often think about these changes because the focus is largely on aging's effect on physical appearance – but they are still just as real. But despite these changes, our body still requires the same es-

sential nutrients (protein, vitamins and minerals), and sometimes in larger number. The challenge is that, because of our slowed metabolism, we don't need as many calories, making it vital that we choose foods that are nutrient-rich.

In addition to the physiological changes that take place, seniors may also begin to find less pleasure in eating. On one hand, simply acquiring healthy food may become more difficult, especially if driving is no longer possible. What's more, many seniors find themselves experiencing a loss of appetite or motivation to eat because of their loneliness. Through-

out our lives, meals are often accompanied by social interaction with friends and family. For a senior living alone, the thought of eating may further emphasize his or her lack of companionship.

All of these changes can culminate in malnutrition, a condition that can lead to a rapid decline in health or exacerbate pre-existing health issues. And while it's estimated that nearly five million seniors are at risk of malnutrition, it's a condition that is often missed or not properly diagnosed. Fortunately, there are ways for family caregivers to help their loved ones reduce the risk of mal-

nutrition.

Reducing the Risk of Malnutrition

Make meals more social. Schedule days of the week to go over to a loved one's home to help prepare meals and provide company. If you can't physically be there, you can always do a video call with them during dinner time.

Educate seniors on the importance of nutrient-rich foods. While seniors may know that they need to eat nutritious foods, there may be some confusion on how to go about doing it. Plan a shopping trip with them to identify what to get each week, with consideration of the major food groups.

Consider meal delivery. Whether it's through Meals on Wheels or subscription services like Blue Apron or HelloFresh, there are a number of alternatives that aging adults can rely on to get nutritious, well-rounded meals.

Keep communication open. When in doubt, pay close attention to any changes in a senior's behavior and be sure to express any concerns you have about their eating habits. As mentioned earlier, emotion can play a significant role in the nourishment we provide for ourselves, so it's important for aging adults to know that

SEE COMFORT, PAGE A11

Congratulations to the 2019 Class of
Newfound Regional High School



Ayres, Ryein



Blake, Jonathan



Crooker, Erika



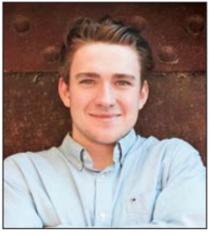
Dukette, Ashlee



Gould, Madison



Johnson, Hayley



Barton, Cody



Buchanan, Jillian



Currier, Kailey



Duncan, Reia



Green, Nicholas



King, Mason



Basford, Kasey



Carney, Kameron



Dalphonse, Madison



Durant, Ashley



Greene, Mason



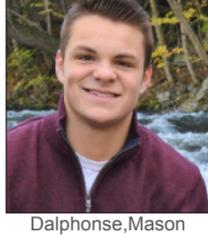
Lacasse, Spencer



Bauer, Gabriel



Cloutier, Llyana



Dalphonse, Mason



Eastman, Hanna



Gruss, Greta



Lever, Mackenzie



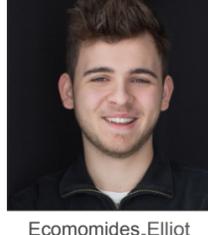
Beddia, Madison



Coffin, Makayla



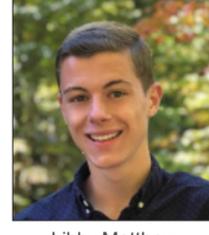
Davis, Mackenzie



Ecomomides, Elliot



Huckins, Eric



Libby, Matthew



Bentley, Kevin



Connor, Cian



Dow, Madison



Frye, Cole



Huckins, Shawn



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Perks, Dylan



Shattuck, Leslie



Stickney, Hunter



Wills, Austin



MacDonald, Trevor



Miles, Colby



Pfister, Jacob



Shokal, Justin



Stubbs, Jayden



Wright, Lilly



MacPherson, Rylee



Mitchell, Tiellar



Prescott, Aryn



Simison, Peter



Taylor, Trinity



Young, Haley



Manita, Rachel



Moore, James



Reilly, Cheyenne



Smith, Faith



Tomassetti, Mia



Martin, Daanna



Page, Josiah



Rose, Julia



Spooner, Edward



Wade, Naomi



Martin, Madison



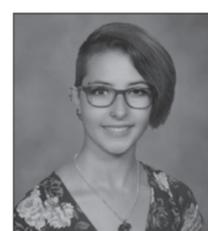
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Comfort

FROM PAGE A4

they can about how they're feeling.

Consult his or her physician. If you notice that a senior isn't eating properly (or at all), make sure to work with his or her physician to see what the root cause may be. For instance, a loss of ap-

petite may be caused by a certain medication, which will then need to be adjusted accordingly. Physician input is especially important if there's any pre-existing conditions, in which case more specific dietary guidance will be given.

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dent lives in their own homes. We understand just how important nutrition is to senior well-being, which is why our caregivers provide assistance in preparing healthy, nutritious meals. They can also offer companionship care so that seniors have company while

they eat. Additionally, we can help them get to the grocery store and find foods that follow the diet prescribed by their physician. Contact your local Comfort Keepers office to learn more about our services.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, house-keeping, meal prepa-

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What's Happening at Plymouth State University

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

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

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

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

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MUSEUM
OF THE WHITE MOUNTAINS

See further up here.

Plymouth State
UNIVERSITY

Newfound Landing Sports

Section **B**

Thursday,
Thursday, July 4, 2019

Einarsdottir nominated for NCAA Woman of the Year

Panther skier honored for excellence in academics, athletics, service and leadership

PLYMOUTH — Recent graduate and Plymouth State University ski team standout Freydis Einarsdottir (Gardabaer, Iceland) has been honored as a nominee for the 2019 NCAA Woman of the Year following an impressive career on and off the slopes.

One of the most outstanding female skiers in the rich tradition of Plymouth State skiing, Einarsdottir became the first PSU student-athlete to compete in the Olympic Games when she represented Iceland in the 2018 PyeongChang Olympics.

Among the most prestigious of NCAA awards, the Woman of the Year Award was established in 1991 to honor graduating female student-athletes who have distinguished themselves in the areas of academic achievement, athletics excellence, service and leadership throughout their careers.

Einarsdottir's athletic achievements alone are worthy of recognition. She became Plymouth State's first female skier to qualify for the National Collegiate Skiing



JOSHUA SPAULDING

Freydis Einarsdottir is nominated for NCAA Woman of the Year.

Championship as a freshman in 2016, then went on to post a 12th place finish in the slalom, still the highest finish for any PSU skier at NCAAs. As a sophomore, she became the first skier with multiple top-15 finishes after placing 15th in the slalom, and she added a 19th place finish in the GS to become the only Panther skier to place in the top-20 three times. In addition to skiing for Iceland in the PyeongChang Games as a junior, Einarsdot-

tir made a third-straight trip to NCAAs, where she posted a pair of top-30 finishes.

In the meantime, she was busy carving up the Eastern Intercollegiate Ski Association (EISA) carnival circuit, placing in the top 10 in four of eight New England Regional Championships to claim All-EISA recognition four times (one First Team and three Second Team honors). A four-time Icelandic National Champion, Einarsdottir

is also a three-time winner of Plymouth State's Janet Nell Female Athlete of the Year honor, was named Iceland Female Skier of the Year in 2017 and 2018 and was a two-time PSU skiing Panther Award winner.

Einarsdottir was just as successful in the classroom, graduating summa cum laude in May with a degree in Exercise and Sport Physiology and minor in Biology. She claimed National Collegiate All-Academic Team

SEE EINARSDOTTIR PAGE B2

Newfound Hall of Fame class announced

BRISTOL — Newfound Regional High School will be celebrating its fourth annual Athletics Hall of Fame induction on Saturday, Sept. 21, as part of the annual Homecoming. There will be six inductees joining the previous 20 inductees and two teams.

Keith Arnold, '88, was an outstanding skier and cross country runner. He was state Division IV Skimeister in 1987 and 1988. He is the only Newfound cross country runner to run in three consecutive New England Championships.

Win Avery, '49, was an outstanding basketball and baseball player. He combined with Bill and Charlie Marston, previous inductees, to be as strong a threesome as any team had.

Peter Cofran, is the recently retired Athletic Director at NRHS and was instrumental in the establishment of the Student Athletic Leadership Team (SALT) and the successful implementation of the unified

basketball and soccer programs.

Bill Laws, '91, is another outstanding cross country runner, skier and track and field athlete. Bill was boys' state Skimeister in 1989 and the Class M and S 800m champion, also in 1989.

Bryan Richardson is the founder and architect behind the establishment of the Newfound football club team in 2001. After additional support from the community, it became an NHIAA recognized sport in 2004.

Gina (Gould) Wagner, '84, was an outstanding six-year athlete in field hockey, basketball and softball. Gina was also the Senior Class Vice-President, Yearbook Editor and was in the National Honor Society.

The reception will start at 2 p.m. in the NRHS cafeteria with the induction at 3 p.m. Tickets are \$25 and those interested in attending should contact Alex Sobolov, Athletic Director, at asobolov@sau4.org or 744-6006 ext. 1507.



COURTESY PHOTO

Granite State Games

The Lakes field hockey team went 3-0 in pool play at the Granite State Games in Manchester, outscoring their opponents 14-2 before dropping a 1-0 decision in the championship game to finish as the runners-up. The team featured a number of local players, including Caroline Marchand, Haley Dukette and Hayse Broome of Newfound, Jasmine Peterson and Haley Stanley of New Hampton and Josie Phaneuf, Hannah Frittenberg and Natalie Shaw of Kennett.



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Meredith News
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CEMETERY SEXTON:

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Contact Russell Cross @ russell.cross07@gmail.com

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Looking for full time Early Childhood Associate Teachers 9 ECE credits needed. Small, fun, loving and caring environment! Please email your resume to teloca@yahoo.com

Real Estate



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All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

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www.nhtreatment.org

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TOWN-TO-TOWN CLASSIFIEDS

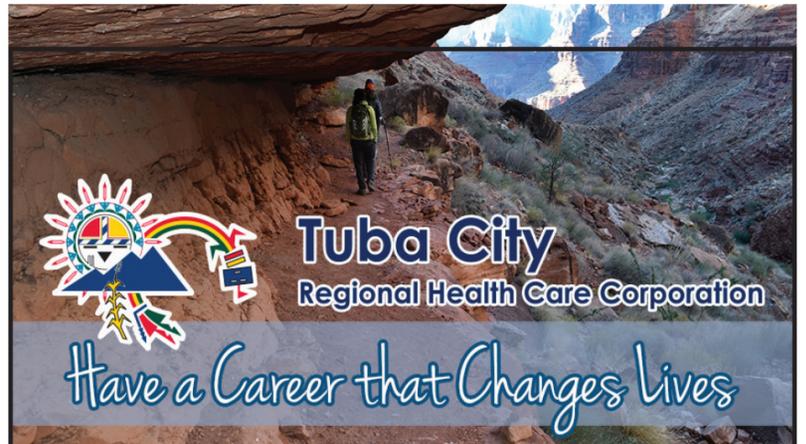
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CT Technologist (Dual)
Medical Technologist
Phlebotomist

Medical Staff

Deputy Chief of Emergency Services
Endodontist
Hospitalist
Internist
Nurse Midwife
Physical Therapist
Physician (Emergency, OB/GYN, Family Medicine)

Positions Close on 06/21/2019 @ 5:00 pm

Accounts Receivable Specialist I/II
Ambulatory Care Program Director
Call Center Lead
Call Center Manager
Certified Medical Assistant
Contract Specialist
Corporate Compliance Technician
Dental Assistant
Environmental Services Tech./Maintenance
Help Desk Manager
Medical Coder I/II/III
OR Surgical Technician
Patient Benefit Coordinator
Performance Improv./Patient Safety Officer
Surgical Services Materials Management Specialist
Telemedicine Services Coordinator

Positions Close on 06/28/2019 @ 5:00 pm

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Environmental Service Technician - SPHC
Patient Access Specialist

For more information visit www.tchealth.org or contact Human Resources at (928) 283-2432 or tcrhchr@tchealth.org.

TCRHCC is a Navajo/Indian preference employer. Final candidates selected will be subject to a favorable adjudicated background investigation.



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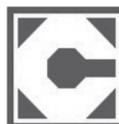
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Division of BELLETETES, INC.

Lumber Counter / Millwork Sales

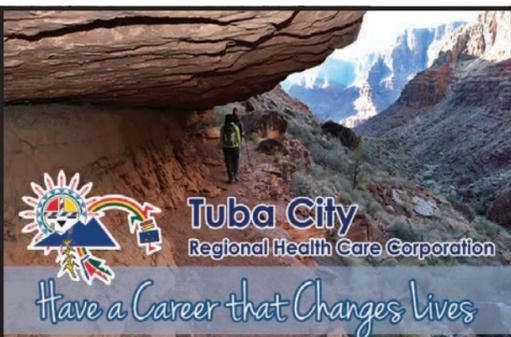
This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Knowledge of quotes, take-offs, millwork and building materials preferred. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays.

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ucvh-hr@ucvh.org

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Lumber Counter

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

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

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- ▶Paid Vacation
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- ▶Much More!

White Mountain COUNTRY CLUB

White Mountain Country Club is hiring seasonal help for the 2019 season.

\$10-\$11/hour

This maintenance position includes free golf. Contact Joe at 726-1093 or stop by in person.

WHITE MOUNTAIN COUNTRY CLUB
2 COUNTRY CLUB ROAD
ASHLAND, NH 03217



Town of Hebron
PO Box 188
Hebron, NH 03241
Phone: 603-744-2631
adminassist@hebronnh.org

HEBRON HISTORIC DISTRICT COMMISSION Notice of Hearing

You are hereby notified that the following Application for Certificate of Approval for 41 North Shore Road, Map#17, Lot#23, Sub-Lot#1 will be heard at a Public Hearing to be held on Tuesday, July 9, 2019 at 7PM at the Town Offices, 7 School Street, Hebron, NH 03241 Second Floor Conference Room.

41 North Shore Road LLC dba Meadow Winds Bed & Breakfast 41 North Shore Road requests permission to remove the arborvitae along North Shore Road and replace it with a picket fence to match existing. They also want to erect an illuminated sign in front of the Inn.

Hebron Historic District Commission
Chair: Ronald Collins

Reduce, Re-use, Recycle!



REAL ESTATE

2019 Salmon Press

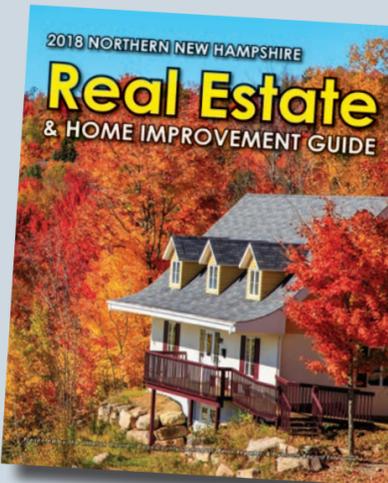
REAL ESTATE & HOME IMPROVEMENT GUIDE

In CENTRAL NH, the NORTH COUNTRY and GREAT NORTH WOODS

Sales Deadline:
Wednesday, July 24th

- Full Page\$480
- Half Page.....\$350
- Quarter Page\$225
- Contractors/Service Directory\$60

- 1/4 Page 3.5" x 4.5"
- 1/2 Horizontal Page 7.25" x 4.5"
- 1/2 Vertical Page..... 3.5" x 9"
- Full Page..... 7.25" x 9"
- Service Directory..... 3.5" x 2"



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Email: tracy@salmonpress.news

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\$154,995 garage, porch, appliances
***10% down - 25 years at 6%**

Call Kevin - 603-387-7463
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Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

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Campton, NH

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For 62 years of age or older, Handicapped/disabled regardless of age.

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Rents based on income!

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Community Room ~ Elevator

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Garden Space Available For Residents

Income restrictions apply.

For qualification and application information

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Photo by Jade Albert

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Learn more at
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Some signs to look for:

- No big smiles or other joyful expressions by 6 months
- No babbling by 12 months
- No words by 16 months



AUTISM SPEAKS
It's time to listen.



COURTESY PHOTO

Team Canada/Quebec poses for a photo during the Friendship Cup.



COURTESY PHOTO

Team USA/New England poses for a photo during the Friendship Cup

Waterville Valley hosts Friendship Cup

Tennis center welcomes players from around New England and Canada

WATERVILLE VALLEY — The Waterville Valley Tennis Center, headed by owner USPTA Head Pro Tom Gross, Jr., recently hosted the prestigious Friendship Cup, a “friendly” two-day singles and doubles format for men and women ages 45 thru 80. This year’s event (the 52nd anniversary) drew a field of more than 100 men for both countries.

The USTA/NE event is the one of the most popular player and spectating events of the year comprised of top-ranked New England and Quebec province players who play on the eastern tennis circuit.

The first day saw a tough break for the USA, as they dropped 23 of the 40 matches and trailed by six matches headed into the Sunday doubles competition. Having to win 13 of the 20 matches, the USA handled their Canadian counterparts handily, winning 16 of 20 doubles matches to bring the Cup back to the USA.

“We feel very honored to host the 52nd Friendship Cup competition, along with USTA New England team players led by captain Mike Kolendo, and of course the fine Canadian contingent who always display a great team spirit and sense of camaraderie,” said Gross, adding, “and



COURTESY PHOTO (Left) Waterville Valley Tennis Center crew (l to r), Assistant Pro Nick Benson, Nina Vermeersch, General Manager Rene Schwartz, owner/USPTA Pro Tom Gross, Jr., Pro Shop Manager Emma Tryder and Jared King.

we hope they consider us as a more permanent New England venue for hosting future Cup competition tennis.”

For years, the Water-

ville Valley Tennis Center has been recognized by Tennis Magazine as one of the “Top 50” tennis resorts in America, as well as one of the Top 5 Family Resorts. In 2019, TennisResortsOnline.com ranked Waterville Valley Tennis 13 in the world, along with a fourth for best overall recreation and third for best value for dollar. “So, you can bet

we live up to that very prestigious honor and the 52nd Friendship Cup was a great example of it,” says General Manager Rene Schwartz.

The weekend event also included a Saturday night banquet hosted at the Waterville Valley Conference Center where awards and Hall of Fame inductees were announced.

A weekend (and more) on the baseball diamonds

Summer time is the slower time of year in my world, but for the most part, the summer weekends are busier. Once school is out, there is plenty of tournaments going on, with the big ones coming in the middle of June with the District Eight Cal Ripken tournament.

This year, the tournament was held in Pittsfield, which was a fairly easy location compared to other years. In all the years I’ve been covering sports, I had never been to the fields in Pittsfield where they play Cal Ripken baseball. In fact, I even lived in Pittsfield for a few years and never knew the fields existed. They were set up nicely with the 10U and 12U teams playing on back to back fields, making it possible to watch a couple of different games at a time if I wanted to.

SPORTING CHANCE



By JOSHUA SPAULDING

The first day of the tournament I decided to cover the 12U teams. With teams from Kingswood, Mount Washington Valley, Suncook Valley and Plymouth, I had eight different teams to cover overall, four for 12U and four for 10U. I saw each of the 12U teams on Saturday before heading back to the office, where it was time to sort the pictures and write up the stories from the games.

Sunday, I headed back to Pittsfield and did four 10U games, seeing each of my teams before again heading back to the office to sort pictures and write more stories. I got them all done before heading off to rehearsal for Our

Town back in Wolfeboro.

Since I was guaranteed to have teams in the finals, I knew I was heading back on Monday. Kingswood and Suncook Valley advanced in the 10U tournament and Suncook Valley and Mount Washington Valley advanced in the 12U tournament. The finals are a best of three, so if the teams split, they had to come back the next night to play a third game.

Of course, both tournaments ended with a split on Monday, so all four teams had another day to play. Mother Nature decided that Tuesday wasn’t going to happen, so the games were moved to Wednesday. So, Wednesday night I was back on the road to Pittsfield for the finals.

Suncook Valley won both the 12U and the 10U championships, meaning both of their

teams advanced to the state tournament. As it turned out, both 12U teams moved on to the state tournament. The state tournament for 12U was slated for this past weekend in Lancaster and the 10U tournament was this past weekend in Manchester.

With early holiday deadlines, those games aren’t in this paper and since I had a wedding to go to this past Saturday, I wasn’t going to be able to make both tournaments in the opening weekend, but I was hopeful to at least see all three of the

local teams in action at some point in the state tournament.

Finally, have a great day Andy Pepin.

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

Einarsdottir

FROM PAGE B1

honors in both 2017 and 2019 and was a President’s List honoree in all eight semesters, in addition to being selected as a PSU Top-20 Outstanding Senior.

Additionally, Ein-

arsdottir was active in the community, volunteering time with the Plymouth Youth Center, KYMMA Cancer Walk, Project Linus and Give it Forward campaigns while also participating in health and risk assessments and student-athlete test groups through her academic programs.

Einarsdottir is one of a record 585 Woman of the Year nominees encompassing all three NCAA divisions, including 192 from Division III. Nominees who competed in a sport not sponsored by their school’s core conference, all associate conference nominees and all independent nominees will be considered in a pool for advancement to the conference round of nominees. A selection committee will decide the nominees to move forward from this pool to the conference round. The nominee(s) selected from this pool will be announced on ncaa.org in early August.

Conference office nominations and nominations from the separate pool are forwarded to the NCAA Woman of the Year Selection Committee, which identifies the top 10 honorees in each of the three NCAA divisions. From those 30 candidates, the selection committee then determines the three finalists in each division for a total of nine finalists.

The Top 30 honorees will be celebrated and the 2019 NCAA Woman of the Year will be named at the annual award ceremony Oct. 20 in Indianapolis, Ind.

JULY 4TH SPECTACULAR
Gorham, NH
JULY 3RD - JULY 7TH

Wednesday, July 3rd
5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$25.00
5:00 pm Side Walk Vendors Open
6:30 pm - 9:00 pm Concert: **Blacklite Band**

Thursday, July 4th
10:00 am - 10:45 am REGISTRATION For Kiddies Parade
(Registration is a MUST at Ed Fenn School)
11:00 am **Kiddies Parade** (Starts at Ed Fenn School)
Sponsored by Bank of NH
11:00 am Side Walk Vendors Open
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
1:00 pm Parade Line up
1:30 pm DJ Music by Mountain Music at the Bandstand
2:00 pm **Main Parade - Sponsored by Service Credit Union**
(Starts at Dublin Street down Rt 16 to Railroad St.)
3:00 pm - 5:00 pm Karaoke and DJ Music by Mountain Music at Bandstand
3:00 pm - 6:00 pm **NEW!** Gorham Farmers' Market on the Common
3:30 pm - 7:30 pm 2-Person Corn Hole Tournament
Hosted By White Mountain Rotary Club
5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:00 pm - 10:00 pm Concert: **Straightaway**
10:00 pm **Fireworks by JPI Pyrotechnics**

Friday, July 5th
8:00 am - 12:00 pm 3rd Annual Patriotic ATV Photo Scavenger Hunt
Registration 8-10 am at 299 Main St in Gorham (\$10 Per Entry)
Hosted by the Presidential OHRV Club - Enter either day to Win!
5:00 pm Side Walk Vendors Open
5:00 pm - 10:00 pm Miller Amusements Carnival Midway Opens
Night Bracelet Pay ONE PRICE On The Rides \$25.00
7:00 pm - 8:30 pm Concert: **The Ultimate Tim McGraw Tribute**

Saturday, July 6th
8:00 am - 4:00 pm **Join us for the 2nd Annual At-Your-Leisure Singles Golf Tournament at AVCC! Over \$700 in Prizes!**
(Play anytime between 8 am - 4 pm on Saturday or Sunday to be entered!)
8:00 am - 12:00 pm 3rd Annual Patriotic ATV Photo Scavenger Hunt
Registration 8-10 am at Jericho Outdoors in Berlin (\$10 Per Entry)
Hosted by the Presidential OHRV Club - Enter either day to Win!
11:00 am Side Walk Vendors Open
12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
5:00 pm - 10:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00
6:30 pm - 9:00 pm Concert: **North River Music**

Sunday, July 7th
8:00 am - 4:00 pm 2nd Annual At-Your-Leisure Singles Golf Tournament at AVCC
(Play anytime between 8 am - 4 pm on Saturday or Sunday to be entered!)
11:00 am Classic Car Parade Line Up (Ed Fenn School)
11:00 am Side Walk Vendors Open
11:30 am **Classic Car Parade** Sponsored by ColorWorks
(Down Rt 16 to Railroad St.)
12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00
12:00 pm - 2:00 pm **Classic Car Show** on the Common
12:00pm - 2:00pm 50's & 60's Music at the Bandstand by Mountain Music
2:00pm - 4:00pm Karaoke & Music by Mountain Music at the Bandstand

FREE CONCERT
Tim McGraw Tribute Band
Friday, July 5th
at 7:00 PM
on the Common

For more information please visit www.gorhamnh.org or www.gorhamnewhampshire.com

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ALL-STAR Independence

Join Us For New Hampshire's Longest 4th of July Celebration

Gorham 4th of July Celebration

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TOWN OF GORHAM, NH presents

Gorham 4th of July Celebration
July 3rd - July 7th • Town Common

MIDWAY RIDES • GAMES • FOOD

WRISTBAND RIDE SPECIALS EACH DAY!
Buy a wristband for one low price and ride unlimited rides.

Present this coupon & receive \$5.00 Off the Wristband Special!

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