



Newfound Landing

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COMPLIMENTARY

Bristol's new Police Chief receives a warm welcome from community

BY DONNA RHODES
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BRISTOL — On Thursday, April 5, at just after 6 p.m., family, friends, members of the law enforcement community and residents of Bristol looked on as James McIntire was sworn in as the town's new police chief during a special selectmen's meeting held at the Minot-Sleeper Library.

McIntire was chosen to be the new chief after a careful search process where he was singled out from a pool of five final candidates for the job.

"He survived an arduous process," said Rick Alpers, chair of the Bristol Board of Selectmen. "Jim spent many hours talking with us and we know we've made the right decision."

Alpers said that in a



DONNA RHODES

Several members of the Bristol Police Department, along with K-9 Officer Arro, were on hand to watch as James McIntire was sworn in as their new chief last week.

final interview, McIntire told them, "What you see is what you get," and it was right about then, he said, that they realized he was the

candidate they had been looking for.

Speaking for the board, Alpers told the new chief, "We thank you for saying yes and

you have our full vote of confidence."

By special request from the incoming chief, the National Anthem that night was sung by Jennifer Schilling of the Belknap County Sheriff's Department before Bristol Town Clerk/Tax Collector Raymah Simpson issued the oath of office.

McIntire in turn said he was truly hon-

ored and humbled as he took the oath of office, an oath to the Town of Bristol and one that he took quite seriously.

"I'll work hard to make the Town proud of their decision... and with this team we will take things to a new level in Bristol," he said as he acknowledged the many Bristol officers on hand for the swearing in ceremony.

McIntire is replacing former chief Michael Lewis, who resigned last October after having been placed on administrative leave in September.

The new chief has an extensive background and comes to Bristol from his latest job as a sergeant for the Northfield Police Department. Over the course of his law enforcement career McIntire also worked in Laconia, Bow and Belmont, as well as for the Belknap County Sheriff's Department. Among his contributions while serving as a Northfield police officer, he helped raise money to create a bicycle patrol team for his department and took part in many other community-oriented initiatives.

Prior to much of those accomplishments, McIntire also served for four years in the Army National Guard and owned his own construction company. Outside of his career-minded activities, he was also a family man who be-

SEE MCINTIRE, PAGE A12

Recycling no longer profitable for Bristol

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Reduce-Reuse-Recycle. Or maybe just Reduce-Reuse.

The world market for recyclable products has collapsed, taking away the financial incentive for keeping certain material out of the landfills. In fact, it is now more costly to recycle than it is to just toss that material in with the garbage.

That was the unpleasant information that Dave Allen of Casella Waste Systems brought to the Bristol Board of Selectmen on April 5.

Allen said it costs his company \$30 per ton in trucking costs to get material to the recycling center in Boston, and another \$90 per ton to sort it. The offsetting revenue is \$3 per ton, for a net loss of \$117.

"That's not a good business model," he

said. Starting next month, Casella will be charging the town the difference between the company's cost and what it recovers on the commodity market. At 300 tons of recyclables a year, that

is more than \$3,000 in increased costs for the town.

If the market should turn around, Allen said his company would split the profit with the town out of fairness, but he

SEE BRISTOL, PAGE A11

Bristol Community Services expands GOT LUNCH! Newfound

BRISTOL — Spring has arrived (at least on the calendar), and be-

fore we know it, school will be coming to an end and summer will be upon us.

The summer months present a struggle for families whose children receive free lunches throughout the school year. GOT LUNCH! is a national program offering healthy foods for kids

lunches on a weekly basis.

Last year, we started 'GOT LUNCH! Newfound' for local families facing this struggle. We started 'small' last year by rolling out the program at Bristol Elementary School and it was a big hit; we had 50 children, from 21

SEE GOT LUNCH!, PAGE A11

School District formally transfers former Hebron school

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Voters of the Newfound Area School District thought they had donated a school building on the village common to the Town of Hebron many years ago, but no deed was ever passed, so now they're trying again.

A ballot question on March 13 asked for the authority to transfer the Hebron Village School to the town, and it passed, 172-85. The Newfound Area School Board followed up at its March 26 meeting, voting to transfer the deed, but with a condition: The Town of Hebron must bear the legal fees.

"The Hebron attorney contacted our attorney directly, and I don't feel we should be paying out of our pockets," said Chair Jeff Levesque of Groton.

The comment led to some debate among the school board members about the way the

request was handled. Vincent Paul Migliore of Bridgewater said the

board's policy states that the school district

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DONNA RHODES

Spring stroll

Spring-like weather has prompted many people to get out and about these days, including Lisa Brailey and her one and a half-year-old oxen Stan and Moe, who took a stroll along the back roads of Danbury last Sunday afternoon. Brailey is a member of the Merrimack County Oxbows 4-H group, and looks forward to bringing her young oxen to many outdoor events this year.



DONNA RHODES

Moe Lefreniere and Brian Chalmers of First Star tonight posed with their Teddy Bear mascot during the organization's annual fundraising gala last weekend.



DONNA RHODES

Members of Plymouth Regional High School's National Honor Society pitched in to assist with the 31st annual First Star Tonight Gala, held at The Barn on the Pemi in Plymouth.

Supporters turn out in force for annual First Star Tonight Gala

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH — First Star Tonight, a local nonprofit group that assists children and young adults battling cancer or other chronic illnesses, held their annual fundraising gala at The Barn on the Pemi last Friday evening in Plymouth.

As the first official event for the new venue, First Start Tonight packed the house with supporters of their grassroots, nonprofit organization.

"We had a huge response to the gala this year, and even sold out of tickets early," said Brian Chalmers, president of First Star Tonight.

The evening consisted of a buffet-style dinner followed by dancing to the sounds of the Chris White Band, along with an auction and the organization's signature Teddy Bear Raffle. Among the auction items was a 30-minute helicopter ride over Portsmouth Harbor and for the Teddy Bear Raffle each person who bought one of the cuddly bears was also entered for a chance to win more great prizes from local artists, crafters and businesses.

Lending a helping hand for the gala once

again were several students from Plymouth Regional High School's National Honor Society. The group helped with seating, sold Teddy Bears and raffle tickets, and made sure everyone was generally well cared for throughout the night.

This year marks 31 years since First Star Tonight was founded by a Plymouth State University professor whose daughter was seriously ill. As he drove home from visiting her at Dartmouth-Hitchcock Medical Center one evening, he was inspired by the first star he saw shining in the sky. He promised that night that if his daughter recovered from her illness, he would do all he could to support other children who were ill, and in time he was able to make good on that promise.

Chalmers said they typically assist about 20 cases per year, which in reality impacts approximately 100 people overall, including a child's parents and siblings. The needs vary from case to case but can include assistance in buying prescription medications, food and heating fuel for the family home. First Star Tonight also provides gas cards for trips to medical ap-

pointments and lodging for families with a child being treated in an out of area hospital.

"We do whatever it

is that a family needs. Sometimes we'll even send them on trips so they can just relax for a little while," said

Chalmers.

To learn more about First Star Tonight, make a contribution or seek assistance for

a local child who is seriously ill, please visit them online at www.firststartontight.org.

Theme announced for Bristol's Fourth of July Parade

BRISTOL — It may be spring but the Bristol Events Committee is thinking summer! The theme for this year's Bristol Fourth of July Parade has been selected and we want everyone to have plenty of time to plan their entry.

"Celebrate Family" will be the theme and we

are confident that many families will want to participate either with a float or walking as a group. The parade is a great way to kick off the long weekend with family and friends and what better way to do it than be in the parade! Prizes will be awarded!

Eighth Annual Circle Trot set for April 29

Road race for all experience levels to support the Circle Program

PLYMOUTH — The eighth annual Circle Trot will be on Sunday, April 29 at the AllWell North building on the Plymouth State University (PSU) campus. There will be a 10k, a 5k, and 2k race through downtown Plymouth, New Hampshire and the surrounding areas with all proceeds going to support the Circle Program. The event is a community- and family-friendly event that encourages participation from all ages and ability

levels.

This year marks the first time that the Circle Trot has been part of a Cluster Project at PSU. As a Cluster Project, the Trot will foster cross-disciplinary collaboration between students and faculty member in Sports Management, Physical Education, Health Education and Promotion, Athletic Training, Marketing, and Athletics.

Racers can pre-register at www.CircleTrot.org or call 536-4244. Same

day registration and event check-in will be at the Plymouth State University AllWell North building located at 32 North River Street in Holderness from 8 to 9 a.m. the morning of the event with the races beginning at 9:30 a.m. Not a runner? Come out to cheer on your friends and family and embrace the Circle Trot motto of 'Friends to the Finish.'

The Circle Program provides girls from low-income New Hamp-

shire families with new opportunities to learn the skills, courage, and confidence they need to handle challenges they face. This is achieved with a unique combination of adult and peer support that is delivered through year-round mentoring and residential summer camp programs. The Circle Program provides support to girls in 29 towns from Concord to Plymouth, which makes the Circle Trot a wonderful community event.

Roadside pickup day in Alexandria this Saturday

ALEXANDRIA — The Alexandria Conservation Commission is having the first roadside litter pick up day this Saturday, April 14, from 10 a.m.-noon. We are

looking for volunteers of any type! Reflective vests are available for volunteers who do not have their own.

The route this week will be along Cass Mill

Road. Volunteers need not stay for the whole time- any amount of help will be appreciated. Please bring gloves, and meet the group at the Town Hall parking lot.

For more information, please call Jenny Tuthill at 744-6883. This is the first of a series of monthly pickups planned by the Conservation Commission.

First ever paddle sports race comes to Baker River Valley

Mountain Village Charter School presents the Baker River Regatta with support from Plymouth State University

PLYMOUTH — Local paddlers gear up! The Baker River Regatta—the Baker River

Valley's first and only paddle sports race and fun event—will be held on May 5. With free

clinics leading up to the event and categories for all skill levels, everyone is able to participate. It will be a fun day of canoeing, kayaking, and paddleboarding on the Baker and Pemigewasset Rivers to raise money for the Mountain Village Charter School.

The regatta course runs from Smith Bridge to the Plymouth Amphitheater and Rotary Park. This

section of the river is great for novices as it is smooth and quick without rapids or portages. The course is modified for expert paddlers with additional upstream portions. Classes include men, women, mixed teams, high school, college, business, junior/senior, century and family. There are also some fun categories you can enter such

SEE RACE, PAGE A11

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Premiere of local filmmaker's latest effort draws a packed house

BY LEIGH SHARPS
Contributing Writer

PLYMOUTH—He's done it again but bigger and better this time producing what is destined to be an award-winning and cult "Horridy" (a cross between a horror film and comedy), a genre Ashland's independent filmmaker Jamie Sharps more or less invented himself.

The marquee at the Flying Monkey Movie House and Performance Center on Main Street in Plymouth boasted the premiere of Sharps Films' new production: "The Beaumonts" for a week before the special night, April 3, much to the locals' delight.

That evening, the packed house was treated to a fun, surprising and zany interpretation by filmmaker Jaime Sharps of the vampire movie category. Filled with humor, the film is sure to become a cult classic following his other movies: "Tucker's Crossing," "Zombie Boy," "Big Foot Diaries" and "Half Dead." The 2007 "Tucker's Crossing" was named Best Horror Film in the Somewhere North of Boston (S.N.O.B.) film festival that year.

Film-goers mingled in the lobby before and after the movie to enjoy Alex Ray's "Bloody Bacardis," a drink he invented especially for the night's fun. Tee shirts and movie copies were hot items af-



LEIGH SHARPS — COURTESY
Alex Ray, founder and owner of the Common Man family of restaurants, got into the spirit of the occasion during last week's premiere of the latest effort by local filmmaker Jamie Sharps, slinging the evening's signature drink, "Bloody Bacardis."

ter the crowd enjoyed the family Beaumont.

The Plot Thickens

The movie is based on a family of vampires, the Beaumonts, who moved to a country town to start over, i.e. find new 'feeding grounds.' A nursing home employee, Joe MacDonald (Matthew Dean Fletcher) is taken with another worker, Carmilla Beaumont (Sherri Lee), but he is unaware of her family's 'bloody hobby.' After a drug-infused night at the lounge of the Corner House Inn in No. Sandwich and a near biting attack by Carmella's father's (James Parry) three vampire vixens, the pair take off to park on a secluded road. Joe barely escapes an attack by Carmilla and her brother Edward. Joe then joins vampire hunter Abe (Alan Gil-

man) on a crusade to destroy the whole family. Mayhem and much humor follows. George Running Bear and Kevin Stack added much to the continuing humor, especially Stack's use of 'the white powder' and Dale Mottram Jr.'s 'drinking problem' did not go without many laughs either.

Sharps began his film career at about age 10 with "The Necktie Strangler," starring his sisters Kara and Kelly and many young friends like Julie Mangers starring in vignettes. He learned to hone the filming craft by working with Ernest Thompson of Whitebridge Farm Productions in New Hampton, who wrote and won an Academy Award for the movie "On Golden Pond" (filmed locally) when he tapped Sharps to film his movie "Time and



LEIGH SHARPS — COURTESY
Filmmaker Jamie Sharps introduces his new movie, "The Beaumonts," to the audience during its premiere last week at the Flying Monkey in Plymouth.

Charges." After that foray, Sharps, a 2002 graduate of The New York Film Academy, decided to try his own hand at movie-making and made "Half Dead" (2005), "Tucker's Crossing" (2007), "Big Foot Diaries" (2009) and "Zombie Boy" in 2013.

"The Beaumonts" took nearly three years from inception to finish with Sharps writing, producing and directing the film with volunteer, near-professional and professional actors, who worked for lunches and beer. At a stage call at his home he had found star Sherri Lee whom he calls "New England's Scream Queen," James Parry, and Matthew

Dean Fletcher. Locals fleshed out the cast and included Alan Gilman (a seasoned Sharps' film actor), Stephanie Gilson, James Richardson, Dale Mottram, Jr., Kevin Stack, Vicki Horton, George Standing Bear, Jennifer Leonzi Burnell, Ali Currier, Maureen Downs, Kayli Currier, Dick Miller and Hanz Currier's dog CKover. (Music by James Parry, still photography by Dick Miller, Assistant to the Director: Leah oPalmiter). Newcomer James Richardson who portrayed the son Edward Beaumont was heard being lauded after the movie for his outstanding performance.

Premiere

Sharps brought the cast on-stage after the movie ended, (after seven minutes of out-takes had been enjoyed) and introduced everyone to the crowd who were by then on their feet for a standing ovation. Sharps gave a brief speech to thank everyone and especially the crowd for turning out.

"I'm overwhelmed," he said. "This is better than going to a wedding seeing all your relatives, friends and the entire community right here."

After the premiere, Sharps added "The turnout was beyond expected. The actors were amazing; they went above and beyond the call of acting duty. They loved the finished product (no one had seen it before the premiere) and they were blown away by the way I edited their scenes."

"I loved the crowd; all the friends, family

and community coming together for one joyous night," he continued. "Ernest Thompson and his wife Kerrin showed up and were shocked by the fever pitch excitement of the audience reacting to the many over-the-top scenes and comedic moments. The actors rocked the house! Alex (Ray) was mixing drinks; The Corner House was excellent, and the owner Don Brown loved it all. We had fantastic shooting locations all over Sandwich, Ashland, Holderness and Tamworth. I'm still on a high from everything."

Feedback on Facebook was immediate. Some of the responses: "An incredible evening."

"My initial reaction to the premiere is that I've been a public speaker for 20 years and was nervous about it for Jamie, but Jamie crushed it. I still can't believe all these wonderful people showed up. The community support was off the charts! Alex Ray himself was slinging 'Bloody Bacaradi' drinks!" Beside an Oscar statue picture, the comment: "This statute dude looks like Jamie." "Congrats to Jamie Sharps and the cast and crew of the 'Beaumonts'; a spectacular film," "Awesome show tonight. Great job with the movie, man, the crowd was amazing!"

Actress Sherri Lee said "It was a wonderful premiere. I am so proud to be a part of it! Jamie Sharps you are one amazing director and friend. 'Beaumonts' is fantastic!"

Shot in Ashland, Holderness, Sandwich and Tamworth viewers will recognize Packard's Mill in Ashland, the statue of Niobe and the Great Wall in Sandwich on Little Pond Road, the Corner House Inn in Sandwich, Little Squam Lake and Ordination Rock in Tamworth as well as homes in Ashland, Holderness, and Sandwich.

For the future? Sharps says there is a demand for a sequel and/or a prequel already. "We're talking sequel and we hope to have a matinee of 'The Beaumonts' at the Flying Monkey sometime this May."

The movie, DVD and Blu-Ray and memorabilia is on-line at sharpsfilms.com or facebook:jJamiesharps.com and the movie is soon to be on Amazon.

The Flying Monkey welcomes the Jimi Hendrix of the ukulele

PLYMOUTH — The Flying Monkey Performance Center presents Jake Shimabukuro on Friday, April 13 at 7:30 p.m. Shimabukuro is known as one of the most innovative uke players in the history of the instrument. Tickets for this show start at \$44.50.

Jake Shimabukuro can still vividly remember the first time he held a ukulele, at age four. It was an encounter that would shape his destiny and give the world one of the most exceptional and innovative uke players in the history of the instrument—an artist who has drawn comparisons to musical titans such as Jimi Hendrix and Miles Davis.

Though some still have trouble pronouncing his last name and the instrument he plays, Jake Shimabukuro (she-ma-BOO-koo-row) is recognized as one of the world's most exciting and innovative ukulele (oo-koo-LAY-lay) players and composers.

Renowned for lightning-fast fingers and revolutionary playing techniques, Jake views the ukulele as an "untapped source of music with unlimited potential." His virtuosity defies label or category. Playing jazz, blues, funk, classical, bluegrass, folk, flamenco, and rock, Jake's mission is to show everyone that the ukulele is capable of



COURTESY
The Flying Monkey Performance Center presents Jake Shimabukuro on Friday, April 13 at 7:30 p.m.

so much more than the traditional Hawaiian music - or corny showbiz routines - many associate it with.

Shimabukuro's mother gave him his first ukulele lesson when he was but four years old.

"When I played my first chord I was hooked," he says, "I fell in love with the instrument."

That love grew into a deep passion to create and innovate. Experi-

menting with various techniques allows Jake to create sounds never thought possible on the tiny four-string, two-octave instrument. A true showman, his performance captivates audiences with intricate strumming and plucking, electrifying high-energy grooves and smooth, melodic ballads.

His collaborations and special projects are varied. He's toured with

Bela Fleck & the Flecktones and recorded on their "Little Worlds" (2003) album. He was also featured on Ziggy Marley's Grammy-Award winning "Love is My Religion" (2006). Since Jimmy Buffet made him a semi-regular member of his Coral Reefers band, Shimabukuro has appeared on three of their CDs as well as two DVDs. At the end of 2008, he was a guest artist on Yo-Yo Ma's holiday album, "Songs of Joy and Peace."

Energy, imagination, and innovation have been his keys to success. He plans to continue recording, performing, collaborating, and staying happy.

"I love what I do," he comments. "I'm forever thankful for music."

Tickets to see Jake Shimabukuro are \$44.50, and \$49.50 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.


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The easiest place for kids to get beer is right next to the milk

BY DEB NARO
Contributor

Did you know that since laws established 21 as the minimum drinking age, the likelihood that a 15-20 year old driver will be involved in a fatal car crash has dropped by more than half?

The "We Don't Serve Teens" program, a national program targeting underage drinking, has developed a website, www.DontServeTeens.gov, summarizing the available information on teen drinking and the legal drinking age. The site reveals that over the two decades following adoption of the legal drinking age of 21, drinking by high school seniors has dropped substantially.

"This is important because teens that drink harm themselves and others," says Mary Engle of the Federal Trade Commission, the nation's consumer protection agency. "Our kids are a precious resource, and the data shows that the legal drinking age of 21 is a law that protects them."

She points to a U.S. Surgeon General report showing that about 5,000 kids under the age of 21 die each year from alcohol-related injury, including crashes, homicides and suicides.

Unfortunately, too many teens still say alcohol is easy to get, and a U.S. government survey shows that most of those who drink alcohol do not pay for it. Instead, they get it from older friends, from family members, at parties, or they take it from home without permission. Further, once kids start drinking, most engage in binge drinking, mean-

ing they have five or more drinks in a short span of time with the goal of getting drunk.

"This is why the 'We Don't Serve Teens' program targets easy teen access to alcohol. The message is don't provide alcohol to teens because it is unsafe, illegal, and irresponsible," Engle continues. "And most adults agree about this; in fact, only nine percent of American adults think it is okay for adults to provide alcohol to underage youth."

The www.DontServeTeens.gov site provides parents with things to do and say to reduce teen access to alcohol. It recommends that parents keep track of alcohol at home and speak up when underage drinking is discussed.

"Be frank and tell other parents that you don't want them serving alcohol to your teen or condoning teen drinking," says Engle. "And talk to adults who host teen parties. Let them know that it is not okay to serve alcohol to someone else's teen."

Most teens that drink get alcohol from social sources, like parties and older friends. Teen drinking is linked to injury and risky behavior. We can reduce underage drinking by stopping easy access to alcohol and this starts at home. Eleven years ago, CADY did a full-page advertisement with the photo of a refrigerator with a simple but powerful message: "The Easiest Place for Kids to Get Beer is Right Next to the Milk." It was an "Ah Ha" moment for many parents as we often overlook our own supplies.

SEE CADY, PAGE A11

PET of the Week Molly



What's a perfectly nice dog, like Molly doing, still waiting in a place like New Hampshire Humane Society, for a forever home?

Molly, the Beagle mix, aged not quite 2 years old, arrived from Texas in December. The hold up to a permanent home is perplexing to us who take care of her every day.

She has some quirks, a broad smile on her furry face, all the time, being the top endearing factor in this sweet dogs profile. Yes, she actually smiles, some



dogs do!

A beagle is indeed a busy dog, with superior intelligence. Ergo a home where she will continue to thrive, learn, interact and enjoy life is what we hope for now as Spring arrives and the snow dissipates. If you're ready for hiking, and outdoor pursuits with a canine by your side, then Miss Molly surely is worth a meet and greet supervised by one of our Adoption Counselling team?

Call 524-3252 - check www.nhhumane.org

Mental Health Center appreciates your support

BY MARGARET PRITCHARD
Executive Director

DEB PENDERGAST
President, Board of Directors
Lakes Region Mental Health Center

On behalf of the Board of Directors, employees, patients and families of Lakes Region Mental Health Center, we wanted to express our gratitude for the generous appropriations we received from so many of the towns we serve. The support of our community is at the heart of our work. Without you and your steadfast support, we could not improve the quality of life for over 3,883 children, families and adults each year. Together, we make the Lakes Region - our community - a healthier place to live, work and play.

Thank you to the towns of Alexandria,

Alton, Ashland, Belmont, Bristol, Campton, Center Harbor, Gilford, Gilmanton, Groton, Hebron, Holderness, Meredith, New Hampton, Plymouth, Rumney, Thornton and Tilton for supporting Emergency Services, and to the City of Laconia for its past and anticipated support. We recognize that you have difficult choices to make, and we thank you for choosing to invest in Lakes Region Mental Health Center.

One in five adults and one in ten young children will be affected by a mental health disorder in a given year. Mental illness impacts all of us in some way, whether directly as a patient or family member, or indirectly as a member of the community. Without proper treatment, men-

tal illness often affects one's ability to work, participate in school, contribute to the community and maintain relationships. In fact, the economic cost of untreated mental illness in the United States is estimated to be between \$150 and \$200 billion per year (Rampell, 2013), causing unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives (National Alliance on Mental Illness, 2011). Reduced access to mental health care leads to increased demand on many of the systems in our community, including emergency rooms, law enforcement, first responders, courts, corrections, schools and municipalities.

The appropriation you made to Lakes Region Mental Health Center will help us provide Emergency Services to any resident of your town who is experiencing a mental health crisis. Our team is available 24 hours a day, seven days a week to provide crisis intervention, regardless of an individual's ability to pay. The funding we receive from towns alleviates the deficit we incur as a result of providing this program to our communities.

We look forward to a continued partnership with the towns we serve and we encourage you to advocate, give, or volunteer. Most of all, we thank you for recognizing that a healthy community requires healthy minds as well as healthy bodies.

Letters to the Editor

Legislative update

To the Editor:

This is report #42 addressing the happenings in the State House in Concord. "Crossover" occurred, which means the House finished the remaining bills initiated by Representatives and sent them to the Senate and the Senate did likewise. Some are trivial like naming roads and bridges, but others are significant.

SB 313 on the expansion of Medicaid passed the House. I opposed the bill. I am willing to help those in need, but SB 313 is a bailout for hospitals and insurance companies. We have "non-profit" hospitals with CEOs that make up to \$1.5 million yearly. I don't begrudge the salary, but hospitals should pay property and business taxes just like other companies. Nobody wants to address the fact that the Federal Medicaid financial assistance to New Hampshire is slowly being eliminated. This means you, New Hampshire taxpayers, will have to find a way to pay the difference. While the hospitals were willing to cover this difference, the federal bureaucrats rejected this solution. Now the shortfall is being paid from the liquor profits that were designated to pay for treatment of alcohol addiction. I guess this is acceptable, since half of Medicaid dollars pay for drug treatment. However, hospitals should become tax payers. I did like one feature of the Medicaid bill that requires a work component for able bodied recipients. It is a start, though not perfect.

We heard testimony on SB 593 in the Criminal Law Committee. This is a bill to eliminate the New Hampshire death penalty, replacing it with life imprisonment without the possibility

of parole. The major concern appeared to be fear of executing an innocent person. I could not get any pro-abortion anti-death penalty types to relinquish their pro-death position on 1.4 million known innocent pre-born babies that are murdered every year. The death penalty is somewhat of a moot point in New Hampshire since there is only one person on death row and even his lawyer admits that while he committed the crime, the appeals will go on forever. Additionally, the law has a very limited applicability since the death penalty only applies to the murder of a police officer. By the way...when this one person is executed, a new facility will be built since the last person executed was hung in 1939.

This next week will be interesting with the hearing of a Constitutional Amendment Concurrent Resolution, CACR 22, called Marsy's Law. This proposal was formulated by an out-of-state victim's rights organization. New Hampshire already has good laws to address the rights her citizens. Any problems could be corrected with simple tweeks of existing laws. Nowadays it seems everybody wants to be a victim with special rights. The hearing is Tuesday, 10 a.m. and you are welcome to attend. Room 206-208 in the Legislative Office Building located behind the State House.

If you want to talk, I am available at 320-9524 or by email at dave@sanbornhall.net.

Cheers!

Dave Testerman
State Representative
Hill and Franklin

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Note to helicopter parents: Just give the kid a stick

You never know what you're going to bump into on the Internet in the middle of the night. This time it was an article in High Country News, which took my mind far west with Lewis and Clark, and to the Pacific Ocean and back.

The article, headlined "Let Your Kids Play with Fire," was all about letting kids be kids. But an article about kids and fires begs the very basic (and somehow pathetic) question, which is how many kids even get to see an open fire these days, let alone play around one without someone calling Child Welfare or at the very least 911.

Author Alan Crow, a former underground miner and journeyman carpenter who is now a teacher and paralegal in Arizona, writes that his son learned early on how to lay out a fire pit in the shape of a lightbulb, so coals

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



for cooking could be raked into the narrow end. But after supper, it was all play.

"One of my most vivid memories is the image of him crouching by the campfire against a background of a billion stars, mesmerized by the smoke swirling upward from the end of his poking stick," Crow wrote. "It's impossible to measure the positive effect this backcountry activity, as well as others like it, had on his confidence and sense of self-worth."

Crow likened letting kids play around a fire to "running with scissors on steroids." That six-year-old, he noted, is now a six-foot, 220-pound police officer in Kansas with a family of his own. When they visit, Crow



COURTESY

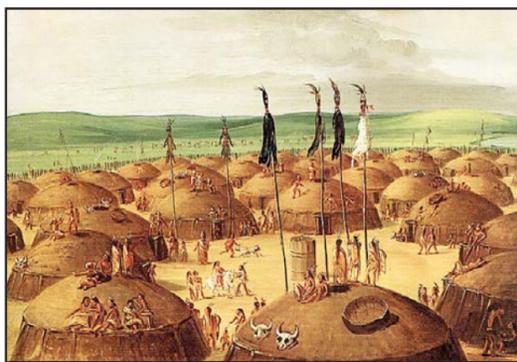
Canadian trapper and explorer Alexander Mackenzie, who reached the Pacific nine years before Lewis and Clark did.

adds, he and his wife love to have a cold one while watching their 6-year-old grandson (yes) poke the fire.

Anybody who's spent much time around a fireplace or fire pit knows that kids just naturally love fire. We all do, I think, as a link to the ages, and a reminder of our common bond.

+++++

Captains Lewis and Clark and their company of 30 or so soldiers,



COURTESY

Sketch of a Mandan village at Knife River, with its mud-covered lodges. Some explorers and writers thought the Mandans met so many measurements of "civilization" that they had to be descended from one of Israel's fabled Lost Tribes.

backwoodsmen and adventurers had been on the trail for about a month when their scouts encountered the Mandans. They encamped just below the village and prepared for a parley, as was common for the times.

It was not, of course, the Indians' first experience with Europeans. French fur traders and explorers had long since visited from the far north, as had Spanish traders from the southwest.

Still, this was an official party sent forth by the young United States government. By all accounts, and I think I have read most, the Mandans treated the Corps of Discovery as honored guests.

+++++

The officers and many of the men gathered in one of the biggest Mandan lodges, where the peace-pipe was passed around before various dignitaries made long-winded speeches. After more food than most could eat, the visitors fell back against their packs and blankets for more passing of the pipe, and more speeches.

A bright-eyed little Mandan child of perhaps two was playing at the edge of the fire, not far from the two captains' feet. A hot coal tumbled from the heap of embers, and the child crawled to

grab it.

In a reaction instilled since childhood, Meriwether Lewis reached to grab the child's hand. Equally fast, Captain Clark grabbed Lewis.

The Indian custom was to let the child learn by experience, Clark later explained. Interference would have been an affront.

Lewis and Clark had many months and more than a thousand miles to go before they reached the Pacific, where they were supposed to rendezvous with ships providing supplies and a choice for the way home. The Pacific coast, after all, was fairly well known, if not accurately mapped, after the voyages of Bougainville, Cook and others. The big mystery was the territory between the Mississippi and the Pacific Ocean.

+++++

Despite what schoolkids (including me) were taught for generations, Lewis and Clark were hardly the first to cross the continent. That honor was earned by

SEE NOTEBOOK, PAGE A11

Strategies for Living

An early inheritance

BY LARRY SCOTT

What do you do with a son who is too impatient to wait until you die to inherit ... so asks for his inheritance now, then runs off and spends it all on parties, prostitutes and passionate living? Sound familiar? Indeed, human nature has never changed and the story has been repeated many times ... but this story is an ancient one, and comes from Jesus Himself as found in the Gospel of Luke, Chapter 15.

As often happens, when the money ran out so did the friends. Alone and abandoned, tending a herd of swine just to survive, he took a good look at himself and decided to return home and take the fall for his foolishness. To his surprise, however, when his father saw him coming, he ran to him, embraced him and welcomed him home. And much to the chagrin of an older brother who had covered for him during his absence, the father threw a party to celebrate.

"Son," he said to his oldest, "don't be mad. Your brother was dead and now he's alive. He was lost and has been found."

Jesus, of course, was telling the story to make a point.

First of all, I note that, in a day when many are questioning even the very existence of God, Jesus never got caught up in the argument. I find no evidence that Jesus ever attempted to prove the existence of God; He simply took it for granted. What you do find, however, is that Jesus spent quality time describing who and what this God is all about. The picture of a

loving father ready to welcome a son who has returned with a repentant heart is typical, and that, too, is a scenario I have been privileged to witness many times. The greatest miracle I have ever seen, hands down, is the miracle of conversion. So dramatic have been the changes I have observed in countless lives I can easily make the case that if there really isn't a God, to believe in him is still to our advantage!

It is amazing to note how many times the scenario of the prodigal has been played out in modern life. God, I know, is thought by many to be a kill-joy, limiting a man's freedom and demanding a self-discipline we would all rather ignore. But God made us with the drives and passions necessary to our survival, and far from limiting

our freedom, He merely wants to prevent us from self-destructing.

I find it interesting that in a realistic perspective on life, Jesus' story has the wandering son discovering sin to be a vicious taskmaster. Sin is fun ... grant the point ... but sooner or later "the chickens come home to roost." God is not unfeeling; He understands human nature and the Bible itself talks of "the pleasures of sin for a season." The results, however, can be devastating and Jesus pictured a Father Who is more than anxious to forgive the past and give a man a new lease on life. In God's world, the lost can be found, the wicked can find forgiveness, and the wayward can come home.

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



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John B. Donoghue, 77

NEW HAMPTON — John B. Donoghue, 77, died at the Concord Hospice House on April 3, 2018 following a period of declining health.

He was born in Livermore Falls Maine on Dec. 2, 1940, the son of Eva and Bernard Donoghue.

John was raised in North Tonawanda, N.Y. He attended grammar school there and went on to Bishop Duffy high School in Buffalo, N.Y. He later attended Saint Francis de Sales School for three years.

John arrived in New Hampshire in 1960, and in 1963 he enlisted in the U.S. Army and served with the 173 Air Borne Division in Vietnam. After serving his Country, he returned to Ashland and attended Plymouth State College. On Aug. 22, 1970, he married Kathleen



Crawford.

He was employed at Gilbert Block in Laconia as Office Manager and worked at LW Packard in Ashland for many years. He was a member of St. Agnes Catholic Church, Dupuis Cross Post #15, American Legion, and a member of the VFW. He enjoyed woodworking, gardening and birds.

He was predeceased by his parents and his brother, Kenneth

Donoghue.

He is survived by his wife, Kathleen Crawford Donoghue, of 47 years, of New Hampton. He is also survived by his brothers, Michael Donoghue of Foley, Ala., Mark Donoghue of Gilmanston, Patsy Donoghue of Portland, Maine; several nieces, nephews and cousins; and his brother-in-law, Eben Crawford.

Visiting hours were held on Sunday, April 8, 2018 at the Dupuis Funeral Home, 11 Hill Ave. in Ashland, from 6 to 8 p.m. A Mass of Christian burial Mass was celebrated on Monday, April 9 at 11 a.m. at Holy Trinity Parish, St Agnes Catholic Church, Hill Avenue in Ashland. Dupuis Funeral Home is handling the arrangements. For more information, go to Dupuisfuneralhome.com.

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Mother Nature sure pulled a good one last week! Friday, I laid down for a while, and woke up to see that snow had covered the ground, and still coming down. The woodchuck I'd seen a few days before must be wondering what is going on as well, as it scurried around in search of something to eat.

Town

The Alexandria Conservation Commission will be doing a cleanup at Barrett Park on Saturday, April 14, starting at 10 a.m.

The ACC will be having another calendar photo contest this year, so get out there snapping photos of fun things you do in Alexandria. Photos must be taken in Alexan-

dria, but you do not have to live here to enter the contest.

Board of Selectmen Meeting Tuesday, April 17 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, April 18 at 6 p.m. in the Municipal Building. The Planning Board will be electing a new slate of Officers for the coming year at this meeting. If you are interested in being an Alternate, please submit a Letter of Interest to the Planning Board.

Highway Advisory Committee Meeting Thursday, April 19 at 4:30 p.m. in the Municipal Building.

Alexandria United Methodist Church

Sunday, April 15, services begin at 9 a.m. This week, District Superintendent, Rev. Taesung Kang will lead the worship service. Coffee

and light refreshments will be served after the service so that folks will have a chance to meet and greet our DS.

Fair Committee Meeting Sunday, April 15 at 10:30 a.m.

A very Happy Birthday to Pastor Deb on April 9! We hope your day was filled with much love, laughter and many blessings!

The squirrels and chipmunks are busy scurrying around already this morning, looking for treats under the leaves. Guess I'd best follow suit, as I've got things needing tending to. Hope you have a marvelous week filled with good and positive things!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship at the South Danbury Christian Church on April 15 will be at 11 a.m., with conversation and refreshments afterward. Everyone is welcome! For anyone who would like to attend worship or church events but needs a ride, contact us by email or Facebook Messenger to make arrangements.

3rd Saturday Workshops

Two workshops will be held on Saturday, April 21. The first one begins at 9am and is a repeat class hosted by Marie Polizzi. For a fee of \$10, participants will get to make three cards using a variety of methods. All supplies except paper adhesive included. Pre-registration required by emailing marie.polizzi@gmail.com or calling her at 860-235-2429. The second workshop will run from 10-11:30 a.m. Hosted by Danbury Grows, the workshop will be about getting this year's gardening season underway. Share ideas, ask questions and get ready for another growing season. The workshops coincide with the last pickup farmers market of the season. Order from participating vendors at harvesttomarket.com by Thursday, April 19 at noon for pickup between 9 a.m. and noon on the 21st. That evening will be the first supper of the season. Held from 5-6:30 p.m., the menu is chicken pie and will be accompanied by a Dutch auction, sponsored by the United Church of Danbury. Tickets will be sold during the supper and winners drawn at 6:30 p.m. You do not need to be present to win.

Kids Bread Baking Day

The grange is hosting a children's workshop on making bread at the grange hall on April 28 from 9:30 a.m. - 1:30 p.m. Geared towards students ages five to 13, the age of the grange's junior grange members, they will make rolls, pizza for lunch and after donating some to the Danbury Food Pantry, will also be able to take some rolls home to share with their family. Signup by calling 768-5579 or emailing blazingstargrange71@gmail.com with the names of the children and ages plus contact information.

of life as the icy days of early Spring give way to warmth and growth. It is a time to reflect on beginnings, both in nature and in ourselves.

Visit our Web site

www.starrkingfellowship.org
536-8908

Piano Dedication, Sunday, April 15, 4 p.m. Join us for a celebration of gratitude for the new Yamaha Grand Piano that now graces our sanctuary. This gift of love was made possible by the generosity of the Gannett and Crowell families, in honor of their beloved parents. The hour-long service will feature congregational singing, as well as piano and voice music by musicians who have contributed to Starr King's music ministry. Led by Director of Music, Sarah Dan Jones, other artists include Laura Belanger, Abigail Charbeneau, Will Gunn, Emily Jaworski, Betty Nicholson, and Lydie Marunowski.

Please Note: The Vespers Service scheduled for Friday, April 13 has been cancelled. The next Vespers Service will be held on May 11 at 6 p.m.

The Conversation Project- Have you had the conversation? Ninety percent of people say that talking with their loved ones about end-of-life care is important, twenty-seven percent have actually done so. Pemi-Baker Community Health is offering The Conversation Project to encourage individuals and families to talk about their wishes for end of life care, put them in writing, and share them with others. Join us on Sunday, April 22 at 11 a.m. to learn how to have the conversation.

The Tea Party is Coming! The Tea Party is Coming! Don't Be Late! Don't Be Late! Plans are underway for our annual tea party to be on Sunday, April 29 from 4 - 6 p.m.

The Next Meeting of the Wise Women Training is to be held on Wednesday, April 25 from 10:30 a.m. to noon.

free to contact us at helo@restorationchurch.cc.. Our church phone number is still the same, 1-603-536-1966. 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 we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement:

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a 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.

Sunday, April 15 Nursery and Religious Education - 9:30 a.m.

- 10:30 a.m. - Contact: Jane Clay, DRE Service 9:30 - 10:30 a.m. - Kindling Our Souls

Susan Scrimshaw, Guest Leader Sarah Dan Jones, Music Director

In the ancient Celtic traditions, this is the season of the renewal

is going through a separation or divorce? Please consider passing this information along to them.

All are welcome! No matter what your personal history, age, background, race...no matter what your present status in the Catholic Church... no matter what your current family or marital situation...no matter what your own self-image is, you are invited, welcomed, accepted and loved here at Holy Trinity Parish.

Central NH VNA and Hospice Grief Support Groups for All Ages Dan Kusch ~ Bereavement Care Coordinator Call: 524-8444

Weekly Meetings: Thursday, April 12

Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Men's Group, North American Martyrs Oratory, 10 a.m.

Boy Scout Meeting, St. Matthew Hall, 6 p.m.

Weblo Meeting, St. Matthew Meeting Room, 6 p.m.

Friday, April 13

JCDA, St. Agnes Hall, 5:30 p.m.

Sunday, April 14

Faith Formation: Ashland: St. Agnes Hall, 9:15 - 10:45 a.m. Bristol: Simard Hall, 10:30 a.m. - noon.

Confirmation: Bristol: Marian Center, 9:30 - 10:30 a.m. (Mass Included) First year only Plymouth, St. Matthew Meeting Room, 10:15 a.m. - 12:30 p.m. (Mass Included)

AA meeting Monday-Saturday St. Matthew Hall 11 a.m.

Restoration Church, Plymouth (Assemblies of God)

Happy New Year and 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

Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Pastor Ernie Madden Phone: 968-9464

Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

Sundays:

9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics

Anonymous Group:

Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Holy Trinity (Roman Catholic)

Campus Ministry

Presentation of Pilgrimage sites will be the focus of the next weekly student meeting, on Tuesday, April 10, at 7 p.m. in the Reflection & Spiritual Care Center, across from Lamson Library, just up from the shuttle stop. Refreshments are served, and all students are always welcome.

Next monthly prayer service & supper for students, hosted by Fr. Leo, will be on Sunday, April 22, at 6 p.m. at the rectory. Students interested in attending should contact Kathy Tardif at kmtardif@plymouth.edu so that we have enough food. Parishioners interested in cooking should contact Sandy Abbott at 254-3431 or sandy@michaelschool.com.

Support for Separated & Divorced Divorce and separation can be painful experiences. Support groups are available to those who are seeking healing, comfort, and empowerment. Visit www.catholicnh.org/ support for a listing of groups. Do you know someone who



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Guitar god Leo Kottke still dazzles

Legendary guitarist to appear at Flying Monkey April 28

PLYMOUTH — The Flying Monkey Performance Center presents an evening with Leo Kottke on Saturday, April 28. Kottke is known for his innovative and original finger-picking acoustic guitar style. Tickets for this concert start at \$35.

For four decades, Leo Kottke has relentlessly pursued a unique musical vision that has placed him among the foremost acoustic guitar stylists of our time -- or any other time, for that matter. A six and 12-string guitar virtuoso, Kottke has dazzled audiences with his amazing fingerstyle approach -- amassing a worldwide following and winning seven Grammy Awards in the process.

The Los Angeles

Times notes "Kottke has an uncanny ability to make folk music sound like capital-A art." The self-taught guitarist first surfaced with his now-legendary 1969 recording, *Six and Twelve-String Guitar*. He has since blazed a singular stylistic path -- creating music which draws on blues, jazz, and folk influences. Classical precision, popular appeal, jazz fluency, 20th-Century harmony, syncopated rhythms, and lyrics that feature quasi-literary characterizations all vie for supremacy in his music and challenge our preconceived notions of how acoustic guitar music should sound.

"My music is maybe hard to categorize," Kottke allows. "It doesn't fit conveniently into the bins



COURTESY (Left) The Flying Monkey Performance Center presents an evening with Leo Kottke on Saturday, April 28.

at record stores. That works for me, though ... I don't rise and fall with trends. Most listeners seem to have room for this stuff. It's been great that way."

Longtime Kottke devotees have learned to expect the unexpected. Kottke's ability to embrace folk idioms and pop melodies as readily as he assimilates jazz and classical influences makes him unique among guitar virtuosos. But for all its technical brilliance,

wicked syncopation and harmonic sophistication, Kottke's music is eminently accessible. At heart he's a populist.

Audacious, intelligent and funny (oh, the funny stories!), Leo Kottke's musical performance defies traditional categories and is, simply put, a delight to hear.

Tickets for the Leo Kottke concert are \$35, and \$45 for premium seats. For tickets and more information on concerts and the Flying Monkey Performance Center, visit www.flyingmonkeynh.com or call 536-2551.

Blues guitarist Robben Ford rocks on at the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents Robben Ford on Friday, May 4. Primarily known as a blues guitarist, Ford has played with a diverse group of artists from Kiss to Miles Davis. Tickets for this concert start at \$35.

Ford first made his name as a sideman for the likes of Charlie Musselwhite, Bob Dylan, George Harrison and Joni Mitchell; and he even contribut-



COURTESY

The Flying Monkey Performance Center presents Robben Ford on Friday, May 4.

ed lead guitar to Kiss' He was a founding member of the jazz outfit The Yellowjackets, Creatures of the Night. member of the jazz out-

SEE FORD, PAGE A12

New Hampshire Music Festival 2018 season tickets on sale now

PLYMOUTH — The New Hampshire Music Festival (NHMF) celebrates its 66th season of bringing music to the Lakes Region of New Hampshire. A summer festival that honors the tradition of classical music while exploring new artistic paths, it offers patrons an engaging, immersive festival experience by presenting world-class performances of symphonic, choral, and chamber music.

Under the baton of music director Paul Polivnick, there is an expanded orchestra playing concerts in both Plymouth at Plymouth State University's Silver Center for the Arts and in Wolfeboro at the Kingswood Regional Performing Arts Center. Other events include a chamber series at Plymouth, the fifth annual Make Music Plymouth, the fifth annual Composer Portrait series welcoming composer Jim Stephenson, and the fourth annual Music in the

Mountains series. Full season details can be found at nhmf.org.

Single tickets for all concerts range up to \$75, and subscription packages begin at \$99. Subscriptions are available for the Plymouth chamber series, the Plymouth orchestral series, and the Wolfeboro classical series. Free events include Make Music Plymouth, our Family Concert, and Music in the Mountains.

Tickets can be purchased online at www.nhmf.org or by calling the New Hampshire Music Festival Office at 238-9007 11 a.m.- 4 p.m., Monday- Friday. Tickets can also be purchased April 1- July 6 at the NHMF Office at 42 Main St., Plymouth, and then at the Silver Center for the Arts for the remainder of the season located at 114 Main St., Plymouth. Wolfeboro tickets can be purchased starting at 4 p.m. on concert days at the concert venue.

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Comfort Keepers

An Unsung Hero

The liver is one of the body's true powerhouses – an organ that performs a staggering number of important functions simultaneously. Not only does it convert nutrients into bile, a substance that helps with the digestion process, it also produces amino acids that play a key role in fighting infections. The list goes on and on when it comes to the liver. And while we certainly count on it to maintain homeostasis throughout life, its health and functionality is especially vital as we get older, when the threat of liver failure becomes greater.

The Threats

There are more than one hundred known liver diseases, many of which can lead to liver failure, robbing the body of essential functions that keep it healthy. One of the most common causes

of liver failure is alcohol abuse. Alcohol abuse often leads to cirrhosis, a condition that sees the liver becoming scarred and deteriorated, ultimately leading to the loss of functioning cells. The overuse of painkillers, specifically acetaminophen, and certain prescription medications can also damage the liver and lead to a condition known as liver necrosis.

One of the other major causes of liver failure is viral hepatitis, a disease that has a number of forms. Hepatitis C, in particular, is quite dangerous and can lead to cirrhosis and liver cancer if untreated. Unfortunately, most people with Hepatitis C don't know that they're actually infected as it can take years for symptoms to manifest. However, once detected, Hepatitis C is treatable, but it does become more difficult to fight with age. That's why screening as early as possible is vital, especially for baby

boomers (those born from 1945 to 1965). It's believed that the transmission of Hepatitis C was highest around this time because many of the infection control procedures seen in the healthcare industry today were simply not around.

Ways to Protect the Liver

There's no doubt that the liver is one of the hardest working organs in the human body, and a tough one at that. In fact, it's the only organ that has the ability to fully regenerate itself after surgery or injury. It's certainly not invincible though, and as we age it's important to take the right steps to protect the liver from the known threats. Below are a few tips that seniors can follow to help protect their livers:

Limit alcohol consumption, or don't drink at all.

Take acetaminophen in moderation (most medical experts

recommend no more than 3,250 mg/day) and talk to your physician about the risk of current medications.

Research and consult with a physician before taking any supplements.

Ensure you are eating a balanced diet, complete with whole grains, vegetables, lean protein, and healthy fats.

Get tested for viral hepatitis, especially if you were born between 1945 and 1965.

Take caution when using cleaning products, as many of the active agents are known to damage the liver.

Incorporate coffee into your diet. Recent studies show that drinking coffee may help in preventing liver disease.

Managing Alcohol

While all of the tips listed are important for maintaining the health of the liver, the management of alcohol remains central. Alcohol abuse is common in seniors, often serving

as a way to cope with the hardships associated with aging, such as death of friends/family, physical pain, and isolation. And it can occur without anybody ever knowing. Click here to learn more about the effects of alcohol on seniors and how to identify when there's a problem. Understanding the dangerous potential of alcohol will help seniors not only reduce their risk of liver problems, but also brain damage, cancer, and even immune system disorders.

Comfort Keepers® Can Help

At Comfort Keepers®, we understand just how important it is to stay healthy as we age, and that seniors may have a hard time adapting to the ways in which their bodies adapt to age. Our team of caring professionals can help seniors make healthier choices, conducive to liver protection, and provide them with the support they need to live a healthy lifestyle. Our goal is to ensure that aging adults preserve their safety, independence, and positive well-being. Contact your local Comfort Keepers today 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, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

References:

- Medicine Net. "Liver Disease" by Benjamin Wedro. Web. 2018.
- Consumer Reports. "How to Keep Your Liver Healthy" by Janet Lee. Web. 2017.
- WebMD. "How Not to Wreck Your Liver" by Suz Redfearn. Web. 2018.
- Centers for Disease Control and Prevention. "Hepatitis C: Why People Born from 1945-1965 Should Get Test." Web. 2018.

GCSCC elects new officers and board members for 2018-19

HAVERHILL — Grafton County Senior Citizens Council, Inc. (GCSCC) elected new officers and members of the Board of Directors at its Annual Meeting on April 2. Serving as 2018-19 Board officers are: Larry Kelly, Lebanon, President; Bob Muh, Littleton, Vice President; Flora Meyer, Lebanon, Treasurer; and Martha Richards, Holderness, Secretary. Elected for three-

year terms to the Board were: J. Pete Moseley, Lebanon; Ellen Flaherty, Ph.D., Co-Director, Dartmouth Centers for Health and Aging; Craig Labore, Administrator, Grafton County Nursing Home; Larry Kelly, Lebanon; Patricia Brady, Haverhill; Frank Thibodeau, Canaan. Continuing to serve as Board members are

Ralph Akins, Lebanon; Neil Castaldo, Hanover; Carol Govoni, Lincoln; Steve Marion, Hanover; Rick Peck, Enfield; and Ellen Thompson, Lyme.

GCSCC provides a wide range of community-based services for older adults including home delivered and senior center meals, accessible transportation, outreach and counseling, chore assistance, volunteer programs, health and

wellness activities, and more. GCSCC is a private nonprofit organization that promotes, develops and carries out programs that support and enhance the health, well-being, dignity and independence of older adults. It operates from locations throughout the county, and sponsors RSVP's Volunteer Center and the Grafton County ServiceLink Resource Center.

BRISTOL PLANNING BOARD
Town of Bristol, NH

Notice is hereby given that a Public Hearing will be held at 7:00p.m. on Wednesday, April 25, 2018 at the town office building, 230 Lake Street, Bristol, NH concerning a Special Use Permit. The applicant wishes to remain in a 27' trailer longer than allowed due to an insurance delay for starting reconstruction of her burned home. The property is located at 90 Chestnut Street, Tax Map & lot #115-027 in the Village Residential District.

If your kids are a size...



small



medium



large

then they need flu vaccines.

Flu protection is recommended in sizes 6 months through 18 years.
The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

For more information, visit <http://www.cdc.gov/flu>



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	462 King Rd.	Single-Family Residence	\$184,933	Larry Stickney (for Larry Stickney Trust)	John C. Lindsey and Precilla Roy
Ashland	17-19 Main St.	Restaurant/Bar	\$150,000	KRB Realty Holdings LLC	Avarden Investments LLC
Bridgewater	Dinardi Road	Residential Developed Land	\$32,000	Christopher and Trisha Dyer	Paul and Shaun Kerouac
Campton	25 Hodgeman Hill Rd.	Single-Family Residence	\$97,933	Duarte D. and Joanne R. Silva	Brian J. and Heidi A. Sylvia
Campton	Waterville Estates Mountain, Unit 2b	Condominium	\$85,000	Daniel J. Martin	Ryan J. Ferrera and Lianna P. Ferrera
Dorchester	1103 NH Route 118	Single-Family Residence	\$60,000	Susan Sinotte (for Henry Wenden Estate)	Wayne Mavini and Constance Steiner
Groton	62 Giovanna Rd.	Single-Family Residence	\$68,533	Nationstar Mortgage LLC	USA HUD
Holderness	830 US Route 3	Single-Family Residence	\$230,000	Elisabeth A. Peoples	Peter R. Desloga (for Peter R. Desloga Trust)
Plymouth	350 Mayhew Turnpike	Single-Family Residence	\$212,533	Kenneth P. and Kathleen M. Heist	Barbara Rapport-Scardino and Anthony Scardino

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Invest like a pro



BY MARK PATTERSON

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

your retirement fund with -out overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a solid income plan. First off, you can't afford to screw up here. When we are no longer working, our income becomes fixed. Sure, we can work a part time job, but let's plan so that the young people can have those jobs and we can be altruistic with our time. A retirement income plan is really a statement of cash-flows. Some have pensions, or maybe Social Security; these are sustainable cash flows guaranteed by the Government or an insurance company. Then we have our 401k, 403b, IRA's known as qualified plans. This is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8 percent growth from the government, and take income from our

qualified plan in the interim. All this can be calculated for the best plan for you.

Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don't you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in

most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversification for small amounts of money. Attach a commission to them and you have something that registered reps can sell you. By the time most people are approaching retire-

ment, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or special-

ized sectors of the market. There are ways to convert retirement assets to self-directed IRA's that opens the door to open architecture investing.

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

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

Next stop on the Muffin & Scone Tour: The Lake House at Ferry Point

Editor's note: The following article is in a series of seven detailing several unique and beautiful bed & breakfasts located in the Lakes Region. These articles will lead up to the Lakes Region B&B Association's annual Muffin & Scone Tour on April 21 & 22.

SANBORNTON — Welcome to The Lake House at Ferry Point Bed and Breakfast, owned by the Daniels Family, Monty, Jean-



nette and daughter Rebecca.

We moved here from Chattanooga, Tenn. to our picturesque spot on pristine Lake Winnisquam, The Lake House at Ferry Point. We love the beautiful lakes and surrounding mountains and have completed two successful seasons running this lovely B&B. We have met so many fascinating people and made lots of wonderful new friends along the way.

Our historic 19th Century house has nine guest rooms all named after New Hampshire Lakes in our region. All of these rooms in the main house have private bathrooms and most have scenic lake views. Behind the main house is the Lake Solitude Suite, a cottage overlooking the lake complete with its own kitchen and a private entrance.

About 10 percent of

our guests are visitors from other countries. If you are driving or boating by our place, you may see Old Glory, along with flags from around the world, flying over our expansive front porch. This is how we welcome our international guests to our home.

As one of the only B&B's on the water, our many guests come to enjoy our scenic spot on Lake Winnisquam. They love to swim in its crystal clear water, paddle or row around in our boats, or kayak and explore the lake. Others simply sit in the gazebo and enjoy a glass of wine in the cool summer breeze and watch the beautiful sunsets. Our point has proven to be a magnificent fishing spot as we have had a guest catch a 17 inch small mouth bass and the very next day another guest caught an 18 inch large mouth bass

off our dock. The lake is also fished for lake trout and land locked salmon.

In the winter, guests like to snow shoe, ice skate, ice fish and ski on the lake. Our guests also benefit from discounts on outdoor activities provided by our partnership with Gunstock Ski Resort. Of course, some prefer to sit by the big, stone, wood burning fireplace and read a book, work on a jigsaw puzzle or just enjoy a hot drink. Once here our guests love our cozy beds and relaxing peaceful atmosphere.

We take great pride in the cleanliness of our home, in our delicious two and three course breakfasts and in our personal attention to our guests. Guests have informed us that fewer spots have better foliage than our sleepy little town and scenic road

SEE LAKE HOUSE, PAGE A12

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Newfound Lake Area &
Surrounding Communities*

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Bristol

FROM PAGE A1

doesn't see that happening anytime in the near future.

By way of contrast, the town's cost to haul away solid waste is \$65 per ton, making the abandonment of recycling an appealing option from a financial standpoint.

Mark Bucklin, the public works superintendent, said he would like to continue recycling for now because it would be difficult to get people to start recycling again if they were to get out of the habit now.

A temporary step would be to remove glass from the recycling material. Glass has no market value at the moment, and separating it out would reduce the tonnage by 20 percent, Allen said.

Bucklin said he could store the glass and crush it, and attempt to find someone to take the crushed material. Glass can be reused in tile for landscaping and made into aggregate for road bases.

Rick Alpers, chair of the selectmen, suggested a trial period of separating out the glass and seeing what the costs are. If the cost were to remain high long-term, it might make sense to cease recycling and simply haul everything to a landfill, he said.

Town Administrator Nik Coates had checked with other recyclers, and found they were in the same situation as Casella, so it makes no sense to change haulers, he said.

Budget

During an afternoon work session prior to the regular meeting, selectmen had adjusted the town's operating budget to meet the new figure that voters adopted at

town meeting. Faced with a long warrant carrying the potential impact of hundreds of thousands of dollars in additional spending, voters had limited the increase in the 2018 operating budget to 4.4 percent above last year's cost of running the town.

The difference between the adopted budget and the one the budget committee had proposed was \$370,450. Alpers said the department heads had done an outstanding job locating ways to reduce their spending to meet the lower appropriation, and the selectmen made some other adjustments during their workshop.

Alpers said the selectmen preserved all town employees' jobs and the money to award merit increases in compensation, instead cutting out some new equipment purchases, cutting back on cemetery maintenance and town beach attendants' hours, eliminating some funding for the summer concert series, and reducing the town's support to nonprofit agencies such as the Newfound Area Nursing Association.

He said the town administrator and department heads will be closely monitoring the spending this year, and, if they can save additional money, some of the spending might be restored.

During the public comment period, Tom Keegan chastised those who proposed the budget amendments.

"We shouldn't have to cut funding for seniors and NANA," he said. "These cuts shouldn't have been snuck through at the last meeting. It just isn't right."

Without naming the budget committee member he felt was responsible, Keegan said, "If you

sit on a committee, you should stick with the committee."

He also said, "Taking money from capital reserves isn't right, either."

He concluded by saying, "We better consider the people we vote in and what they really stand for."

Manganiello, who was in the audience, stood to clarify "That was not the selectmen's decision to reduce the capital reserve budget. That was my going rogue. I wanted to support the purchase of the building [for a new town hall], and I hope you'll still use that money for this purpose."

Sellers defended his motion to reduce the proposed budget, pointing out that it was still an increase over last year's spending. He noted that his amendment had the support of the majority of the voters who attended the town meeting.

Keegan complained that Sellers' motion was based on actual spending figures, rather than on last year's budget—a perennial subject of debate between fiscal conservatives and those with a more liberal view on spending.

Conservatives will point out that a budget is a guess about what it will take to operate, while looking at the actual spending shows the real cost. Liberals will point out that staff vacancies, delayed projects, and other unforeseen circumstances may keep a town from spending the whole amount budgeted, and that unexpected costs may come up during the year, so having extra money available will allow for those situations.

When Sellers started to respond, Alpers shouted him down and quickly moved to end the public comment period.

Got Lunch!

FROM PAGE A1

families, sign up! We are looking to expand the program this year to serve the other elementary schools in the district. Adding three more schools to the program will make a significant financial impact.

Last year's program was run at a cost of approximately \$5,000, which came from a

very generous donor. With the addition of the other schools we can expect the program costs to double or most likely even triple for this summer! If you're interested in sponsoring a child at the cost of \$100/child for the eight-week summer program or are interested in making a donation of any size you can drop it off at Bristol Community Services during our normal business hours

(Monday, Wednesday, and Friday 9 a.m.-2 p.m. and Saturday 9 a.m.-noon) or mail your donation to Bristol Community Services at 24 Pleasant St., Bristol, NH 03222. We'll also need additional volunteers for the program on Monday mornings from 7-9 p.m. to pick up the food and sort it into bags for pick up. If you're interested in volunteering, please call Susan at 744-2222.

School

FROM PAGE A1

attorney should be contacted only with the permission of the chair in order to control legal expenses.

Superintendent Stacy Buckley intervened, explaining that Hebron was considering an addition to the building and discovered there was no deed, indicating that they did not actually own the property. The town contacted her about it and she tracked the records, but could not find that the deed had been transferred. After that, Hebron's attorney contacted the school district attorney.

Business Administrator Michael Limani said Hebron officials had indicated that they had no problem covering the legal costs, and that they did not randomly contact the district attorney without first speaking with the central office.

The school board also approved a third-grade class trip to the New England Aquari-

um.

Earlier in the meeting, the board had reorganized, with Levesque retaining chairmanship, but newly elected Hebron member Jason Robert was named vice-chair.

Migliore handed out bracelets with the initials IGYB, which stand for "I've Got Your Back"—an anti-bullying initiative. He suggested that the Newfound faculty should get involved, as "it seems to have some positive characteristics."

The school district's contract with the Bridgewater-Hebron Village School is coming up for renewal and Levesque asked for members to serve on a negotiating committee. Migliore questioned why they would need a negotiating committee to extend the contract, and Levesque said there were some issues he wanted to address in the contract in light of declining student enrollment.

The towns of Bridgewater and Hebron

had formed a village district to build an elementary school when they recognized that the school district would not agree to build a new school and, in fact, was abandoning the outlying schools (Bridgewater's, Hebron's, and Alexandria's). After building the new facility, they agreed to lease it to the school district for \$1 per year, while the village district would care of all the maintenance. The school district provides the staff to operate the school.

Migliore and Robert said they could not serve on the negotiating committee because it would create a conflict of interest.

The final board action was to approve a motion to include language on school board agendas to warn people that the public comment periods are designed to allow people to voice concerns, but that they should not expect a response from board members at that time.

CADY

FROM PAGE A4

Talking to your kids about the harmful effects of alcohol and drugs is a first step towards the development of healthy lifestyle pat-

terns. For those parents looking for ways to start the conversation with their child about drugs and alcohol, a number of great free resources are available on our Web site at www.cadyinc.org.

If you or someone you know struggles with addiction or substance use, call the NH Statewide Addiction Crisis Line at 1-844-711-4357.

Notebook

FROM PAGE A4

Canada's Alexander Mackenzie, who on his second attempt at a crossing emerged at the mouth of the Bella Coola River in British Columbia nine years earlier, in 1793.

Canadian history was scarcely taught in our classrooms, even though we lived just a few miles shy of the Quebec border; and Mackenzie was hardly the sole example. American academia and society were equally slow to recognize archeological proof that the European "discovery" of the New World occurred around 1100 A.D. when the Vikings settled at Lans aux Meadows in Newfoundland, 400 years or so before Columbus.

We share a continent and a lot more, including families and cultures, which to me makes the absence or blurring of Canadian history in American education so incon-

gruous. To me, it's all one big story—I'm just as interested in les habitants settling their way up the rivers running north into the St. Lawrence as I am in the New England settlements progressing northward from the Boston Colony and the Gulf of Maine.

+++++

On a cool July night, sparks from the fire compete with fireflies for attention, kids chasing the fireflies or watching the sparks disappear into the awesome magnitude of the night sky.

Let the kids go, I've wanted to tell anxious parents as we sat around the fire, talking about what the next generation of kids will know, or not. In the meantime, just give them a stick to poke the fire with, relax, and let them go, and enjoy the show.

(This column runs in papers covering two-thirds of New Hamp-

shire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

Race

FROM PAGE A2

as "best costume" and "most trashed picked up" which are perfect for paddlers wanting to participate without being timed.

On the two Saturdays prior to the regatta (April 21 and 28), the PSU Outdoor Center in conjunction with the regatta committee will offer free clinics for novices or anyone wanting to preview the entire regatta course. These three or four will also offer information about paddling skills and race tactics. To help paddlers get in shape for the race, students from PSU's Exercise & Sports Physiology program

have developed fitness training plans and one-on-one coaching is available with expert, national champion paddlers.

The race starts at 11 a.m. on Saturday, May 5 at Smith Bridge, located at 107 Smith Bridge Rd in Plymouth. Pre-registration at <https://www.mountainvillagecharterschool.org/registration/> guarantees a t-shirt, although day-of registration is also welcome starting at 9 a.m. Registration is \$25 for adults and teens and \$15 for children 12 and under and students with valid PSU ID. All proceeds support the Mountain Village Charter School. For more information

about the regatta, the clinics, and the fitness training opportunities, visit the website above or email regatta@mountainvillagecharterschool.org.

Now in its fourth year, the Mountain Village Charter School is a tuition-free public school open to all New Hampshire residents. Located in Plymouth, the school offers a nature-based, Montessori education to students. Charter schools in New Hampshire receive only 38 percent of the funding that traditional public schools receive so fundraisers like the Baker Valley Regatta are extremely important to the continued success of the institution.



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McIntire

FROM PAGE A1

came involved with the Boy Scouts, the Lakes Region Boys and Girls Club, and served as an assistant swim coach.

Many representatives of law enforcement agencies were on hand to celebrate McIntire's next step up as Chief of the Bristol Police Department. Among them were members of the Belknap County Sheriff Department, Police Chief David Cahill (Sunapee), Chief Donald Sullivan (Alexandria) and a former member of the Northfield PD), Chief Ted Smith (Lincoln PD), Chief David Goldstein (Franklin PD) and both Chief John Raffaelli (Northfield PD) and McIntire's former Northfield chief David Adams, now the Police Chief for Webster. Representatives of his former community in Northfield also came to wish him well, saying they will miss his presence in their town.

As Bristol welcomes their new chief, McIntire has been taking part in a number of "Meet and Greet" sessions where residents can not only get to know their new chief, but voice their concerns and priorities as he becomes acclimated to his new community. With some sessions already held through the Bristol Rotary and Heart-Centered Multi-Age School in Central Square, the next opportunity being a session at the Minot-Sleeper Li-



DONNA RHODES

Bristol Town Clerk/Tax Collector swore in James McIntire as the town's new Chief of Police in a special public ceremony at Minot-Sleeper Library last Thursday evening.

brary at 7 p.m. on April 17 and others are yet to be scheduled.

For additional dates, times and locations to meet with Chief McIn-

tire, residents are asked to check the Town of Bristol's Web site and Facebook page for more information as it is made available.



DONNA RHODES

Representatives of the law enforcement community came out to welcome James McIntire last Thursday evening as he took the Oath of Office to become Bristol's new Chief of Police. Among those shown congratulating him after the ceremony were (left to right) Chief Ted Smith of Lincoln, Chief Steve Adams of Webster (formerly Northfield), Chief John Raffaelli of Northfield, McIntire, Chief David Goldstein of Franklin and Chief Donald Sullivan of Alexandria. Missing from the photo is Chief David Cahill of Sunapee who supported the Bristol department during the search process.

Ford

FROM PAGE A7

where he stayed until 1983. Then Miles Davis came knocking. Ford then spent most of the mid-1980s touring alongside the jazz icon, cementing his status as one of the World's premier guitarists.

His playing is soaring, soulful and technically dazzling, yet from his teenage gig with Charlie Musselwhite, Ford's touchstone has always been the blues.

In the late '60s, Robben Ford and his older brother Patrick moved from Ukiah, Calif. to the Bay Area and formed the Charles Ford Blues Band. Blues pioneer

Charlie Musselwhite quickly scooped up Patrick for his own band, but wasn't so hot about his brother. Not wanting to lose a solid drummer, Musselwhite hired 18-year-old Robben, inadvertently launching a brilliant career.

"Charlie hated my guitar playing," Robben Ford says with a grin, "but he liked my sax playing, so I managed to stay in the band."

For Robben's latest solo album, Into the Sun, he used that blues tradition as a springboard to incorporate his timeless vocabulary of jazz, pop, blues and rock into a modern framework for his

poetic lyrics. He told Guitar Player, "What I love best about blues and jazz is how great players — like Miles Davis or Jim Hall or Paul Desmond — allow a lot of space in their music. That's where the beauty happens."

"A concert with Robben Ford takes the audience on a musical voyage," says Seth McNally of The Flying Monkey. "He is equally at home playing soulful blues and emotionally nuanced jazz as he is with, say, blowing the roof off with electric rock n roll. Fans can expect a dynamic, exciting live show."

Tickets for the Robben Ford concert are

\$35, and \$45 for premium seats. For tickets and more information on concerts and the

Flying Monkey Performance Center, visit www.flyingmonkeynh.com or call 536-2551.

Lake House

FROM PAGE A10

which the Lake House rests on.

On Nov. 11, Veteran's Day, we open our home to veterans and their spouses. We offer them a free night stay and a 25 percent discount if they choose to stay longer. We also honor those who have served our country by flying the flags of all branches of the military on this day. On April 21- 22, The Third Annual Muffin and Scone Tour put on by

the Lakes Region B&B Association will take place. That is a great day to tour the Lake House at Ferry Point and all the participating B&Bs in the Lakes Region. Book your weekend stay with us at lakehouseatferrypoint.com. Mention the Muffin and Scone Tour and receive 20 percent off and your free ticket to tour and taste. For more information or to purchase your ticket, you can contact us at 524-0087 or innkeeper@lakehouseatferrypoint.com.

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What's Happening at Plymouth State University

8th Annual Circle Trot

2K, 5K, 10K • Sunday, April 29

Beginning at 9:30 a.m., at the ALLWell North Building on the PSU campus. Proceeds benefit the Circle Program: Making a difference in the lives of New Hampshire girls.

The Circle Trot

Friends to the Finish

For more information or to register, visit CircleTrot.org.



Same day registration is available.

What's On Tap

More teams join the regular season action for spring sports at the local high schools in the coming week.

At Newfound, the baseball and softball teams will be at Inter-Lakes on Friday, April 13, at 4:30 p.m. and will host Kearsarge at 4:30 p.m. on Monday, April 16. The softball Bears will be at Laconia for a 4:30 p.m. game on Wednesday, April 18.

The Newfound track team is scheduled to be at Gilford for a 4 p.m. meet on Tuesday, April 17.

At Plymouth, the baseball and softball teams are slated to host Pembroke at 4 p.m. on Friday, April 13, and Sanborn on Monday, April 16, at 4:30 p.m. before heading to Kingswood for 4:30 p.m. games on Wednesday, April 18.

The Bobcat lacrosse boys will be at Stevens at 4 p.m. on Friday, April 13 and will be hosting Laconia at 4 p.m. on Monday, April 16.

The Plymouth girls' lacrosse team will be hosting Bow at 4 p.m. on Friday, April 13,

SEE ON TAP PAGE B12

Strong throwing contingent to lead Bears

BY JOSHUA SPAULDING
SPORTS EDITOR

BRISTOL — Things are going to be a bit more difficult for the Newfound track team this year.

The school's track is at a point where the team can't host two of the traditional big meets (Corneliusen Relays and Bristol Lions Invitational), so there will be a few more days of traveling for the Bears.

"We're having some issues with the track," said coach Mike LaPlume. "It's borderline unsafe."

He noted that bumps in some of the lanes on the front straightaway make it impossible to use all of the lanes, so the Bears will be hosting a small meet in May in which they can use a couple of the lanes.

The good news for the Newfound kids is that the track is set for a complete renovation in the summer of 2019, so future Bears can expect an updated track in a couple of years.

Until then, the Bears will soldier on.

LaPlume said that this year's team will feature a strong throwing



JOSHUA SPAULDING

Matt Libby will be a contributor in hurdles for the Newfound track team this spring.

contingent on both the boys' and girls' side, led by Ethan Pruett.

"He has a legitimate chance to repeat what Leo (Ntournterakes) did last year, winning the discus and shot," LaPlume said.

Additionally, Mason Dalphonse, who was new to the team last year, has gotten better with all three throwing events and LaPlume notes that the sky is the limit on what he can do.

Pat O'Neill will also throw in all three events and will be a solid presence for the Bears.

On the girls' side of things, freshman Oceanne Skoog has looked very good in the preseason and should be a force to be reckoned with in the throwing events.

Additionally, junior Ashlee Dukette is moving over from softball and will certainly be solid in the throwing events, but could also compete in just about any other event as well, with LaPlume noting she is faster than he expected her to be.

Freshman Jasmine Peterson has the ability to compete in just about any event.

"Whatever she picks to focus on, she could be the best at," LaPlume said.

The Bear girls will also feature sprinters

Amy Combs and Shyann Seymour as solid scoring options.

On the boys' side of things, outside of the throwing, Reid Wilkins should be strong in the high jump and is also going to try to compete in hurdles and pole vault this year as well. Matt Libby and Tiellar Mitchell will be key in the hurdle events.

Also back this year is the entire 4X100-meter relay team, which enjoyed a very strong season last year, with Justin Shokal, Libby, Mitchell and Cam Anderson all back for another year.

The Bears will also be featuring all new uniforms this spring and LaPlume points out that the team is excited about that.

"We're just waiting

for them to come in," he said. "We're excited about that."

LaPlume will again be joined by John Lellos as the head girls' coach and assistant coach Kendra LaPlume, while Jesse Mitchell is on board as an assistant coach and will focus mostly on sprints and jumps.

"We're hoping for spring and excited to get out on the track," the Bear coach said.

The team is scheduled to host one home meet on Tuesday, May 10, though LaPlume is also hoping to host a small meet a week earlier on May 3 as well.

With two other tracks in the Lakes Region (Belmont and Moultonborough) unable to be used this spring, the Bears will see a lot of action at Gilford, with three regular season meets scheduled there and the Wilderness Meet. They'll also see Winnisquam twice, once in the regular season and once in the Division III State Meet. The team will also compete at Berlin for a meet.

The schedule was slated to begin after deadline on Tuesday at Winnisquam and continue on Tuesday, April 17, at Gilford at 4 p.m.

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

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Newfound Babe Ruth fundraiser April 14

BRISTOL — A fundraising banquet to benefit Newfound Babe Ruth will be held at Kathleen's Cottage at 90 Lake St. in Bristol on Saturday, April 14. The proceeds from this event will benefit the Kelley Park Improvement Fund for the new scoreboards and future improvements.

Area residents are advised to enjoy a fun-filled night of music, food, drinks and raffle prizes that include 100 gallons of heating oil from Dead River, a kayak from Dick's Sporting Goods, Fisher Cats tickets and more.

The ticket price includes full dinner and

dessert, two raffle tickets, entertainment and free childcare provided by the Tapply-Thompson Teen Council.

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Newfound alum takes helm of Bear softball team

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound softball team will see a new coach taking the helm, but she is a familiar face to Bear softball fans.

Kelly Meegan is a 2011 Newfound graduate, where she played three years of varsity softball and went on to play softball at Rochester Institute of Technology, serving as a captain for two years.

“While it’s my first year at the varsity level, I’m not new to coaching,” Meegan said. She served as Newfound’s JV coach last year and this summer she coached the 16U Babe Ruth team and also has coached 12U softball teams. She also helped to run clinics for young players during her high school years.

“Softball has always been a very influential part of my life and my goal is to pass along all it has to offer to the next generation of players,” Meegan added.

The team will be led by a pair of captains in senior Kylee MacDonald and junior Kasey Basford. MacDonald is recovering from an injury but Meegan expects she will be a threat at the plate and a vacuum in the field when she returns. Basford will be leading the charge in the pitcher’s circle and will also provide a power bat for the Bears.

Senior Bethany Basford is expected to be a solid outfielder, while classmate Victoria Roman is a consistent contact hitter who can get on base and move runners. She is expected to compete in the infield.

There are a pair of sophomores who are



Kylee MacDonald is one of the captains for this year’s Newfound softball team.

returning to the team after serving as swing players last year. Caroline Marchand will be the second part of the battery, working behind the plate, where she will be counted on to control the game and the pitch-

ing staff. Hayleigh Pabst will see some time in the pitching circle and will also be expected to be a wall at shortstop and a power bat in the order.

Madison Hanley is a sophomore newcomer who is expected to be

solid in the infield and strong at the plate after missing last year with an injury.

There are four freshmen who will be seeing time in their first year on the varsity squad. Skyler Torsey is con-

sistent with the potential for power at the plate and expected to compete for an infield spot. Bailey Fairbank is a consistent and aggressive hitter and will compete for a spot in the infield and outfield. Madison Perry is expected to work at first base or the outfield and will be a dependable player both at the plate and in the field. Tiffany Doan shows plenty of range and will be a good contact hitter.

“Overall, I think we have a strong team,” Meegan said. “Our skill range is very concentrated within a small spectrum, so we have quite a few options as far as lineup goes.

“Every day is a competition to see who will take the starting spots, it makes my job really tough,” the Bear coach continued. “I believe that if we show up ev-

ery game with respect for our opponents and a desire to give our 100 percent best physical and mental efforts, then we have an opportunity to be a contender come postseason.”

Meegan also said that the team culture has been good so far as well and she expects that to play a part in the team’s success.

“I’m excited to see how our season plays out,” she said. “I am confident in every single player’s ability to succeed and grow.”

The Bears will open the season on Friday, April 13, with a game at Inter-Lakes. They host Kearsarge on Monday, April 16, and visit Laconia on Wednesday, April 18.

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

Bobcat baseball boys bring back lots of experience

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth baseball team returns a lot of experience and coach Mike Boyle is hopeful that experience will help the team take a step forward this season.

“We were very young last year, so I will expect an extra year of experience for these guys to help significantly,” Boyle said.

The Bobcats finished at 9-7 last year and made the Division II tournament, falling to St. Thomas in the opening round.

This season they will be led by a trio of senior captains in Dan Carey, Mike Hogan and Ben

Olmstead, all of whom bring back a wealth of experience to the squad.

“We will be led by our three senior captains and look to our other seniors to step up into a leadership role so we can get to where we want to be,” Boyle noted. “Every year we look to improve game by game and have our sights set on making the tournament.”

Carey will likely start in leftfield for the Bobcats and will provide a key bat in the lineup, while Hogan brings a solid bat back to the lineup coming off his All-State First Team selection last year. He hit over .500 last year and Boyle is looking



Mike Hogan is one of three senior captains for the Plymouth baseball team.

for him to do the same while providing quality innings on the mound and otherwise serving as a utility guy.

Olmstead is a four-year starter at catcher and will be counted on to lead the team with those four years of experience behind the plate.

Also returning for their senior seasons are AJ Colgate, Ryan Finkle and Colby Moore. Colgate saw limited innings on the hill last year and Boyle is looking for him to give the team more innings this season. Finkle will be in the starting rotation and is expected to provide some quality frames. Moore will compete for an outfield spot and also brings good speed on the base paths and a solid bat in the lineup.

The team has five returning juniors, all expected to play a significant role in the team’s success.

Owen Brickley was Third Team All-State last year as a pitcher and will be again counted on as a key cog in the rotation. He is also a strong bat at the top of the lineup who can steal bases and produce runs. In addition to his pitching duties, he is an infield utility player.

Devlin Costa is a three-year starter in the outfield and will shore up the defense with his speed in center field. Boyle notes

he can be devastating on the base paths with that speed.

Garrett Demas was a Second Team All-State selection last year, hitting over .400 for the season. He will be counted on to produce runs on the offensive side while also providing key innings on the hill.

Nick Qualey was the team’s first baseman last year and returns there, though he can also play outfield if needed. He provides a steady bat that can produce timely hitting in clutch situations and will also be asked to pitch some innings in relief for the Bobcats.

Patrick Malm is the final returning junior and he is coming back from a shoulder injury suffered in football season and will compete for a spot in the outfield and on the mound as he recovers.

Newcomers include juniors Jack Corbeil, Kenny Maddocks, Tony Velez and Zack McGlone and sophomore Henry Green. Corbeil and Maddocks are primarily pitchers, while Corbeil also plays first base. Velez can play anywhere on the field and will compete for a starting role. McGlone will compete for a spot in the outfield. Green was a late season call-up last year as a freshman and will add depth to the infield and could provide a solid contact

bat near the top of the order.

“Like everyone else, we have been battling the elements and having practice in whatever open gym or parking lot we can find,” Boyle said. “We hope that our field will be thawed out by our first home game.”

“The kids have been incredibly patient and resilient when it comes to that,” the Bobcat coach said. “Everyone has shown up to practice ready to work and without excuses.”

He noted that the Bobcats want to break out of the middle of the Division II pack.

“Division II is one of the most competitive divisions from top to bottom, but we would like to emerge from the middle of the pack and start to compete on a regular basis with the teams that have been at the top of the division for years,” Boyle said, citing Portsmouth, Goffstown, Windham and Souhegan.

The Bobcats were slated to open the season after deadline on Wednesday and are scheduled to host Pembroke at 4 p.m. on Friday, April 13 and Sanborn on Monday, April 16, at 4:30 p.m. before traveling to Kingswood on Wednesday, April 18, for a 4:30 p.m. game.

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Baseball Bears bring back experience

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound baseball team lost eight seniors to graduation, but coach John Larsen noted that many of the players on this year's team were able to see time last year in preparation for their expanded roles this year.

"We graduated eight last year, so we brought them up last year to see," Larsen said. "The kids that have worked in the offseason, you can see."

The Bears will have a roster that includes seven players who were with the varsity for at least part of last season.

Mike Doan and Logan Rouille will lead that group, as both are expected to shoulder some of the heavier loads on the pitching mound for Newfound.

Also returning to the Bears are Nate Tucker, Nick Lynch and Colby Miles, all of whom saw significant time last year and should be able to contribute to this year's squad. Larsen singled out Lynch for his improvement over the offseason and said he looks good so far in the preseason.

Ryan Lyford and Than Nguyen were both brought up late last year and will be thrust into bigger roles this year for the Bears.

In addition to Rouille and Doan, Lynch is expected to chip in on the mound, as is freshman lefty Matt Costigan.

Senior Tyler Haskell returns to the team after taking last year off and he swings a good bat that could be key in the Newfound offensive attack.



JOSHUA SPAULDING
(Left) Mike Doan will be a key player for the Newfound baseball team this spring.

Stine Williams has also looked good in the outfield in the preseason, as the transfer from Plymouth makes his Newfound baseball debut.

Freshman Eric Hanser has also impressed in the preseason and Larsen said that he is likely to make the varsity team.

Nguyen will be the team's catcher this year and Larsen said that it will be a test for him as he makes the jump to the varsity catching position.

"Than is going to have to carry a lot of the weight behind the plate," Larsen said. "He's got some big shoes to fill."

Larsen noted that the varsity team is carrying

12 guys and the JV is carrying 11, but they just welcomed one transfer student in the past week and were expecting another one in the coming week.

"It's always been a problem with hitting, but defensively I think we'll be all right," Larsen stated. "We've got a pretty good lineup and a lot of guys who can move around the diamond and play multiple positions."

He noted that the bench will be a strong point for the Bears, with a lot of solid kids throughout the lineup leading to a good group on the bench.

"We don't have any weak links, per se," Larsen said. "Coming off last year, they've set the expectations for Newfound baseball."

The Bears finished

last year at 10-6 and earned a home playoff game, beating Prospect Mountain in the opening round.

This year, the Bears will feature two games each with Inter-Lakes, Kearsarge, Belmont, Stevens, Berlin and Mascoma and one game each with Newport, Raymond, Hillsboro-Deering and Somersworth.

The season was slated to kick off after deadline on Monday against Newport (that game was postponed) and will be continuing on Friday, April 13, at Inter-Lakes at 4:30 p.m. and hosting Kearsarge at 4:30 p.m. on Monday, April 16.

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

Bobcat tennis teams both win season openers

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth tennis teams both opened the season on Thursday, April 5, with the boys playing at home and the girls on the road.

In the home match, the boys defeated Trinity by a 6-3 score to kick off their season.

The Plymouth girls traveled to Manchester and came away with an 8-1 win in what coaches Diane and Tony DiNardo referred to as "very challenging conditions."

Freshman Kaylie Sampson played in the top spot in the lineup and came away with an 8-2 win in her Plymouth debut.

Hannah Bellerose played at number two and got an 8-1 win and Lydia Mardin was next at number three, getting an 8-3 win.

Christina Furgal picked up an 8-3 win in the fourth spot in the lineup and Jocelyn LaClair finished win an 8-2 win at number five.

Khalilah Abdul-Jabbar rounded out the sweep of the singles matches with an 8-2 win at number six.

It was the first varsity win for Sampson, Abdul-Jabbar and LaClair.



Lucas Johnstone returns a shot during Plymouth's 6-3 win over Trinity last week.

"We're very proud of everyone," the Bobcat coaches pointed out. "For Kaylie, Jocelyn and Khalilah, their first time

on the varsity stage in those conditions, they played very well."

In doubles, Bellerose and Sampson played at

number one and dropped an 8-5 decision.

At number two, Furgal and Bri Custance played to an 8-3 win and

Mardin and Abdul-Jabbar got an 8-4 win in the third spot to round out the scoring.

The DiNardos pointed out that Mia Sullivan Ciara O'Brien and Kiah Newton all got in exhibition matches as well.

"That builds us up for the future," the Bobcat coaches noted. "It's experience and they keep working at it."

The Bobcat girls will be hosting Coe-Brown on Friday, April 13 and Kearsarge on Tuesday, April 17, before visiting Kingswood on Wednesday, April 18, all at 4 p.m.

The Bobcat boys will be at Kearsarge on Tuesday, April 17, and hosting Kingswood on Wednesday, April 18, both at 4 p.m.

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



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Summer hoops offered in Gilford

GILFORD — The Lakes Region Elite Basketball League will take place this summer at the Gilford Youth Center.

The league is seeking skilled players, boys and girls, ages 8-11. There will be tryouts for the league on Saturday, May 26 and June 3. It is free to try out,

but you must be pre-registered.

The league will run for 10 weeks beginning mid-June. Each week, teams will have a practice during the week, followed by a game on Friday or Saturday. The season will end with a three-day tournament/championship.

All players who make the league will receive a reversible game jersey. Weekly highlights/stats will be posted on the LRE web site. For more information about the league, including tryout information and fees, visit www.lrelibasketball.com.

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Edward Jones: Financial Focus

Strategies for Your Investment "Garden"

If you're a gardener, your busy season is at hand, as April has been designated National Garden Month. But could the skills you deploy at gardening be transferred to other areas of your life — such as investing?

Here are a few ideas for doing just that:

Establish a timeline. As a gardener, you typically follow a well-defined timeline. You need to get the soil ready a few months before you want to plant, and you need to plant at different times, depending

on what plants you choose. You even need to set up a schedule for watering, feeding, weeding and other garden care. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some — though certainly not all — of your investment dollars from growth-oriented vehicles into more income-producing ones. And

once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your investment portfolio.

Choose "healthy" investments. Gardeners like to choose plants they know will really last. That's why they look for things such as green leaves, as opposed to brown or yellow ones, and thick stems, which usually indicate a plant is strong, healthy and capable of surviving a transition from the pot to the ground. And when you invest, you, too,

should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the financial strength of the issuer.

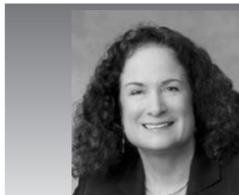
Feed your investments properly. Things like fertilizer and plant food can

be valuable, but the most important element in plant nutrition is water. Under-watered plants will not survive, but overwatering your plants can certainly damage them severely. When you invest, you also need to know the right amount of "food," or "nutrients," to apply. If you don't put enough money into investments, they may not grow as much as you'd like. On the other hand, it is possible to "overwater" certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding

out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

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.



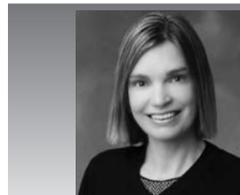
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NEWFOUND REGIONAL HIGH SCHOOL Spring 2018 Sports Schedules

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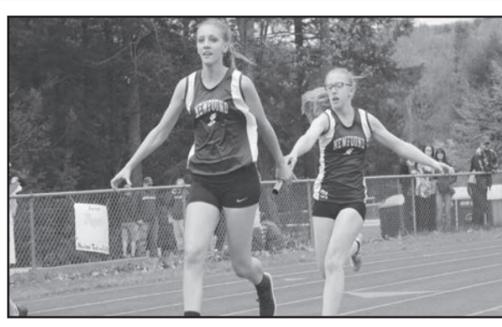
DATE ... TEAM..... PLACE	TIME
4/9 Newport	H 4:00
4/13 Inter-Lakes	A 4:00
4/16 Kearsarge.....	A 4:30
4/20 Belmont.....	H 4:00
4/23 Raymond.....	H 4:00
4/25 Stevens.....	H 4:00
4/30 Mascoma.....	A 4:00
5/2 Kearsarge.....	H 4:00
5/7 Belmont.....	A 4:00
5/9 Berlin.....	H 4:00
5/11 Hillsborough.....	A 4:00
5/14 Somersworth.....	A 4:00
5/15 Mascoma.....	H 4:00
Operation Hat Trick	
5/21 Berlin.....	A
5/23 Stevens.....	A 4:00
5/25 Inter-Lakes.....	H 4:00

TRACK & FIELD

DATE ... TEAM..... PLACE	TIME
4/10 Winnisquam.....	A 4:00
4/17 Gilford.....	A 4:00
5/3 TBA.....	A 4:00
5/8 Berlin.....	A 4:00
5/10 Newfound Invite.....	H 4:00
5/12 Gilford.....	A 10am
5/15 Gilford.....	A 4:00
5/19 Wilderness.....	A 9:30
5/26 Division III.....	A 9:30

SOFTBALL

DATE ... TEAM..... PLACE	TIME
4/13 Inter-Lakes	A 4:00
4/16 Kearsarge.....	A 4:00
4/18 Laconia.....	A 4:00
4/20 Belmont.....	H 4:00
4/23 Raymond.....	H 4:00
4/25 Stevens.....	H 4:00
4/30 Mascoma.....	A 4:00
5/2 Kearsarge.....	H 4:00
5/7 Belmont.....	A 4:00
5/9 Berlin.....	H 4:00
5/11 Laconia.....	H 4:00
5/14 Somersworth.....	A 4:00
5/15 Mascoma.....	H 4:00
Operation Hat Trick	
5/21 Berlin.....	A
5/23 Stevens.....	A 4:00
5/25 Inter-Lakes.....	H 4:00



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JV SOFTBALL

DATE	TEAM	PLACE	TIME
4/13	Inter-Lakes	H	4:30
4/16	Kearsarge	H	4:30
4/18	Laconia	H	4:30
4/23	Raymond	A	4:30
4/25	Stevens	A	4:30
4/30	Mascoma	H	4:30
5/2	Kearsarge	A	4:30
5/7	Belmont	H	4:30
5/9	Berlin	A	4:30
5/11	Laconia	A	4:30
5/12	Belmont	H	4:30
5/14	Somersworth	H	4:30
5/15	Mascoma	A	4:30
5/21	Berlin	H	4:30
5/23	Stevens	H	4:30
5/25	Inter-Lakes	A	4:30

JV BASEBALL

DATE	TEAM	PLACE	TIME
4/9	Newport	A	4:30
4/13	Inter-Lakes	H	4:30
4/16	Kearsarge	H	4:30
4/20	Belmont	A	4:30
4/23	Raymond	A	4:30
4/25	Stevens	A	4:30
4/30	Mascoma	H	4:30
5/2	Kearsarge	A	4:30
5/7	Belmont	H	4:30
5/9	Berlin	A	4:30
5/11	Hillsborough	H	4:30
5/14	Somersworth	H	4:30
5/15	Mascoma	A	4:30
5/21	Berlin	H	4:30
5/23	Stevens	H	4:30
5/25	Inter-Lakes	A	4:30



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PLYMOUTH REGIONAL HIGH SCHOOL Spring 2018 Sports Schedules

VARSITY BASEBALL

DATE ... TEAM	PLACE	TIME
4/11 ... Bow	A	4:00 pm
4/13 ... Pembroke	H	4:00 pm
4/16 ... Sanborn	H	4:30 pm
4/18 ... Kingswood	A	4:30 pm
4/23 ... Goffstown	H	4:00 pm
4/25 ... John Stark	A	4:00 pm
4/30 ... Lebanon	H	4:00 pm
5/2 ... Sanborn	A	4:30 pm
5/4 ... Kennett	H	4:00 pm
5/7 ... Coe-Brown	A	4:00 pm
5/9 ... Bow	H	4:00 pm
5/14 ... Kennett	A	4:30 pm
5/16 ... Kingswood	H	4:00 pm
5/18 ... St. Thomas	H	4:30 pm
5/21 ... Con-Val	A	4:30 pm
5/23 ... Hanover	A	4:30 pm

VARSITY SOFTBALL

DATE . TEAM	PLACE	TIME
4/9 ... Merrimack Valley	H	4:00 pm
4/11 ... Lebanon	A	4:00 pm
4/13 ... Pembroke	H	4:00 pm
4/16 ... Sanborn	H	4:30 pm
4/18 ... Kingswood	A	4:30 pm
4/23 ... Goffstown	H	4:00 pm
4/25 ... John Stark	A	4:00 pm
4/30 ... Lebanon	H	4:00 pm
5/2 ... Sanborn	A	4:30 pm
5/4 ... Kennett	H	4:00 pm
5/7 ... Coe-Brown	A	4:00 pm
5/9 ... Bow	H	4:00 pm
5/14 ... Kennett	A	4:30 pm
5/16 ... Kingswood	H	4:00 pm
5/21 ... Con-Val	A	4:30 pm
5/23 ... Trinity	A	4:00 pm

BOYS LACROSSE

DATE . TEAM	PLACE	TIME
4/10 ... Belmont	A	4:00 pm
4/13 ... Stevens	A	4:00 pm
4/16 ... Laconia	H	4:00 pm
4/20 ... Bishop Brady	H	4:00 pm
4/24 ... Monadnock	A	4:00 pm
4/30 ... Pelham	A	4:00 pm
5/2 ... Campbell	H	4:00 pm
5/4 ... Con-Val (JV First)	A	5:00 pm
5/7 ... Gilford	H	4:00 pm
5/9 ... Milford	H	4:00 pm
5/14 ... Coe-Brown	A	4:00 pm
5/18 ... Kearsarge	H	4:00 pm
5/21 ... Kennett	H	4:00 pm
5/22 ... Lebanon	A	4:30 pm
5/25 ... I-Lakes/Moultonborough	H	4:30 pm

GIRLS LACROSSE

DATE ... TEAM	PLACE	TIME
4/10 ... Belmont	H	4:00 pm
4/13 ... Bow	H	4:00 pm
4/16 ... Laconia	A	4:00 pm
4/20 ... Bishop Brady	A	4:00 pm
4/24 ... Derryfield	H	4:00 pm
4/30 ... Pelham	H	4:00 pm
5/2 ... Campbell	A	4:00 pm
5/4 ... Con-Val	H	4:00 pm
5/7 ... Gilford	A	4:00 pm
5/9 ... St. Thomas	A	4:00 pm
5/14 ... Coe-Brown	H	4:00 pm
5/18 ... Kearsarge (JV First)	A	4:30 pm
5/22 ... Lebanon	H	4:00 pm
5/25 ... I-Lakes/Moultonborough	A	4:30 pm



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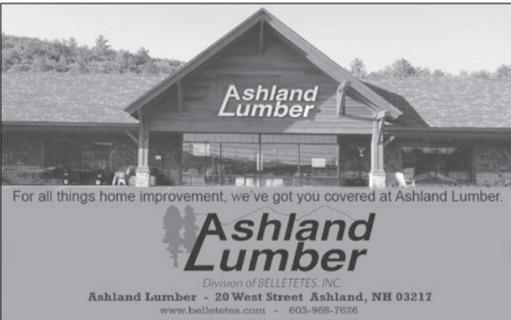
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PLYMOUTH REGIONAL HIGH SCHOOL Spring 2018 Sports Schedules

BOYS TENNIS

DATE ... TEAM	PLACE	TIME
4/6 Trinity.....	H	4:00 pm
4/9 Pembroke.....	A	4:00 pm
4/11 Goffstown.....	H	4:00 pm
4/12 Bishop Brady.....	A	4:00 pm
4/17 Kearsarge.....	A	4:00 pm
4/18 Kingswood.....	H	4:00 pm
4/30 Milford.....	A	4:30 pm
5/1 Windham.....	H	4:00 pm
5/3 Kennett.....	A	4:30 pm
5/10 Trinity.....	A	4:00 pm
5/11 Kearsarge.....	H	4:00 pm
5/14 Kingswood.....	A	4:30 pm
5/17 Oyster River.....	H	4:30 pm
5/18 Kennett.....	H	4:00 pm

GIRLS TENNIS

DATE ... TEAM	PLACE	TIME
4/4 Manchester West.....	H	4:00 pm
4/6 Trinity.....	A	4:00 pm
4/9 Pembroke.....	H	4:00 pm
4/11 Goffstown.....	A	4:00 pm
4/13 Coe-Brown.....	H	4:00 pm
4/17 Kearsarge.....	H	4:00 pm
4/18 Kingswood.....	A	4:00 pm
4/30 Milford.....	H	4:30 pm
5/1 Windham.....	A	4:00 pm
5/4 Kennett.....	H	4:00 pm
5/7 Manchester West.....	A	4:00 pm
5/11 Kearsarge.....	A	4:00 pm
5/14 Kingswood.....	H	4:00 pm
5/18 Kennett.....	A	4:30 pm

GIRLS & BOYS TRACK

DATE....TEAM	PLACE	TIME
4/14..... Cornelius Relays	A ..	10:00 AM
4/17..... Kingswood, Kennett & Sanborn.....	A ...	4:00 PM
4/21..... Merrimack Valley Invitational	A ..	10:00 AM
4/28..... Coe-Brown Invitational	A	9:00 AM
5/1..... Hanover, John Stark & Lebanon	A	4:00 PM
5/8..... Pembroke & Oyster River	A	4:00 PM
5/12..... Bristol Lions	A ..	10:00 AM
5/15..... Moultonborough	A ...	4:00 PM
5/19..... Wilderness League Meet	A	9:00 AM
5/26..... Division II State Meet	A ..	10:00 AM
6 2..... Meet of Champions.....	A	2:30 PM



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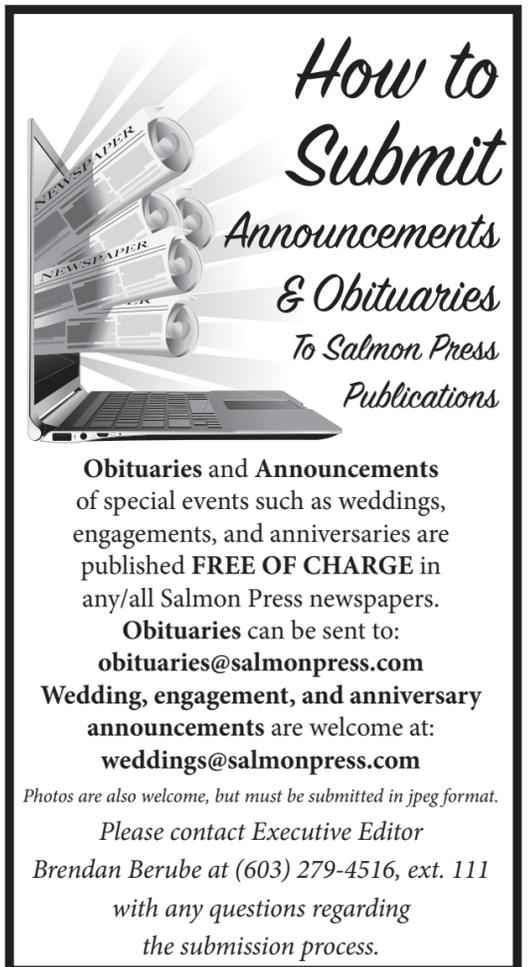
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Please contact Executive Editor **Brendan Berube** at (603) 279-4516, ext. 111 with any questions regarding the submission process.



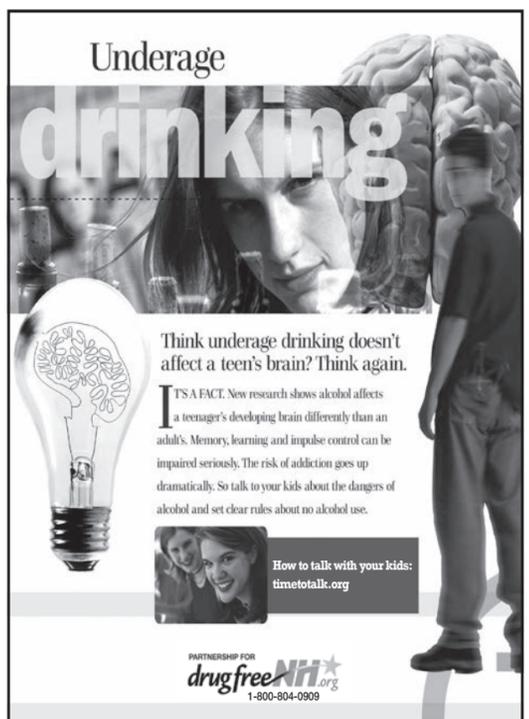
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Spring sports and weather collide again

It only makes sense that the first week of games in the spring sports season is marred by snow and rain. Because it's spring in New Hampshire.

Last week was supposed to be the start of the spring sports season for many local teams, with all the local tennis teams and one of the local track teams scheduled

SPORTING CHANCE



By JOSHUA SPAULDING

to kick off the season. And it started out pretty well, as the Prospect Mountain girls' tennis team opened the season as scheduled on Monday afternoon in Alton. The

Timber Wolves came away with a nice 9-0 win to start the season but didn't get to play again the rest of the week, as Mother Nature cancelled the other games on the weekly schedule.

Tuesday afternoon didn't look too promising, as the forecast called for snow and rain, but that didn't stop the Prospect Mountain track

team from traveling to Meredith for a meet hosted by Inter-Lakes. The forecasted snow and rain came just as the meet was set to begin. Because of the wet conditions, the high jump and pole vault were called off and the decision was made to not run the 3,200 meters as well. I stayed for much of the meet before heading off to rehearsal for Crimes of the Heart, which was in production week at Village Players Theater in Wolfeboro. I am serving as producer for the spring show.

Wednesday was a complete washout as far as games go, as all the games scheduled for that day were postponed, many were postponed to Thursday, which gave me something to do on Thursday. However, as it turned out, the wind on Thursday led to another postponement, as the Prospect Mountain tennis boys were called off. However, the Kennett

tennis boys did play their game rescheduled from the previous day. And it was about as windy as I've ever experienced at a tennis match. The Kennett boys handled it nicely, since they are pretty used to the conditions. They walked off the courts with a 9-0 win to kick off their season.

Friday was another wash out, as all the teams that were scheduled to play were postponed due to the rain and snow.

So, a week after spending a few days in Florida in the 80-degree sun, I was standing on the infield of the Inter-Lakes track with the snow falling all around me and just a few days later I was on the bench of the Kennett tennis courts with the wind whipping through my jacket.

Needless to say it was quite the introduction back to the New England weather.

On an unrelated note, as mentioned I am serv-

ing as the producer for Crimes of the Heart at the Village Players Theater in Wolfeboro. The cast and crew has been working hard and the Pulitzer Prize winning show looks great. If you have some time this weekend (April 13, 14 at 8 p.m., April 15 at 2 p.m.) stop by the theater and see the work being done by the Village Players.

Finally, have a great day Michaela Andruzzi.

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.

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On Tap

FROM PAGE B1

and will visit Laconia at 4 p.m. on Monday, April 16.

The Bobcat girls' tennis team will be hosting Coe-Brown at 4 p.m. on

Friday, April 13, will be hosting Kearsarge at 4 p.m. on Tuesday, April 17, and will be at Kingswood for a 4 p.m. match on Wednesday, April 18.

The Plymouth tennis boys will be at Kearsarge at 4 p.m. on Tuesday,

April 17, and will be hosting Kingswood at 4 p.m. on Wednesday, April 18.

The track Bobcats will be at Pelham at 10 a.m. on Saturday, April 14, and will be at Kingswood at 4 p.m. on Tuesday, April 17.

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