

Newfound Landing

THURSDAY, MAY 31, 2018

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COMPLIMENTARY

Bristol residents pay tribute to fallen heroes on Memorial Day

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — The Memorial Day Parade in Bristol drew crowds of people out along the parade route, where they listened to patriotic music from the Newfound Regional High School/Middle School combined marching band and watched the solemn traditions of gun salutes and the laying of wreaths to honor America's fallen heroes.

VFW Post 10640 led the proceedings and was joined by local boy scouts, cub scouts and the Bristol Fire Department as they made their way from Freudenberg NOK to the middle school.

Their first stop on the route was at Homeland Cemetery for a brief cer-



Five-year-old Matthew from Hill solemnly waved the American flag as he waited for the Memorial Day parade in Bristol to get underway on Monday.

DONNA RHODES

CADY Prevention Summit focuses on link between mental illness and substance abuse

BY DONNA RHODES

drhodes@salmonpress.news

PLYMOUTH — Former Chief Justice of the New Hampshire Supreme Court John Broderick was the keynote speaker for the 18th Annual CADY Regional Prevention Summit last Friday, which drew 270 people from many walks of life, including law enforcement, the medical field, state and federal lawmakers, educators and more.

The event, held at the new Merrill Conference Center on the campus of Plymouth State University, also featured special remarks from New Hampshire Gov. Chris Sununu, U.S. Senator Maggie Hassan, Congresswoman Ann McLane Kuster and a videotaped statement from U.S. Sen. Jeanne Shaheen.

Addressing the opioid crisis in the state, Sununu said that prevention, treatment and recovery have to work synergistically in order to have real



Deb Naro, Executive Director of CADY, thanked John Broderick, former Chief Justice for the N.H. Supreme Court, who was the keynote speaker at this year's CADY Regional Prevention Summit in Plymouth.

had was to empower students to speak out in hopes of getting the message of drug and alcohol prevention across to their peers.

"I'd like to see us empowering the students to write PSA's. We can provide the funding, but let them deliver the message," he said.

Sununu also challenged those working on the issue to think outside the box, create sustainable programs and remember there are lives at stake.

"Listen to the sto-

SEE CADY, PAGE A12

emony before heading to the Richard W. Musgrave Bridge. There Rev. Wayne Toutaint offered a prayer for all who were lost at sea while serving the nation before a wreath was tossed in the Newfound River by VFW members Mike Barnett and Jonathan Ferrell. The Honor Guard presented a gun salute, which was then followed by the Playing of "Taps with Echo" by James Shokal and James Rogers.

When the contingency finally gathered on the lawn of Memorial Middle School, Post Commander Ron Preble greeted the crowd and the band performed God Bless America after Richard Nialetz of American Legion Post

26 and Dan Arseneau of VFW Post 10640. Arseneau then gave the Memorial Day address, reflecting on the true patriotism of those who are willing to put their lives on the line in defense of our freedoms and our way of life.

"Today, we pay tribute to those heroic patriots who made the ultimate sacrifice... who bravely rose up and fought for something greater than themselves, protecting a home to which they never returned. We honor their service, mourn their loss and remember the families they left behind," Arseneau said.

He went on to say that Americans have been left with a debt that can never be repaid to those brave men and women but can honor their legacy by educating those who think Memorial Day is "just another holiday" then pass that knowledge on to the next generations as well.

"We must ensure the youth of tomorrow understands the true cost of freedom. There is no greater way to honor the memory of those who have secured it," he said.

Arseneau's words had already rung true with one local family whose five-year-old son Matthew explained before the parade that morning, "There's going to be a parade for all the soldiers who died in a battle so that's why we're here."

Charitable Fund helps Newfound softball team keep score

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Newfound Regional High School's girls' softball team took a moment before last Friday's game to thank the Newfound Area Charitable Fund for their donation that helped put an electronic scoreboard up on their playing field. The scoreboard had been purchased a number of years ago, but was never set in place because there was no electricity in that area of the school campus and no money available to run the necessary wires to the field.

Garny Manganiello, Audrey Goudie and Janet Cody of NACF said they learned that the project would cost \$2,500 to complete. Their Run Your Buns Off race committee therefore told the team they would contribute \$1,250 toward the expense if the girls could



Newfound Regional High School's softball team thanked members of the Newfound Area Charitable Fund and their Run Your Buns Off race committee for helping install an electronic scoreboard on their field. Representing NACF were (center, left to right) Janet Cody, Garny Manganiello and Audrey Goudie.

match that amount.

Over the past year, the team held a variety of fundraising events to meet that challenge and were awarded with a check from NACF so the project could be completed in time for this year's softball season.

Each September

NACF holds the 4.2 mile Run Your Buns Off Race to raise money for local nonprofits. Past benefactors have been local recreation programs, home health care agencies, environmental groups and scholarship funds.

"It's wonderful to see the money," said Manganiello as she looked at the lit up scoreboard last week.

Goudie added that their group was also impressed by the fact that the girls not only worked hard to come up

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24 pages in 2 sections
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One suggestion he

Bristol Celebrates Memorial Day



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DEADPOOL 2 R
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Sun. & Mon.: 1:00, 4:00, 7:00 PM
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Local organizations, businesses invited to participate in planning Bristol's 250th anniversary

BRISTOL — The Town of Bristol is busily planning for a yearlong celebration of its 200th Birthday in 2019. A Bicentennial Committee has been formed and will be hosting two informational / networking sessions for local organizations and businesses on Wednesday, June 6.

"This is an opportunity for area organizations and businesses to come and hear about all the exciting things we are planning for Bristol's Bicentennial Celebration in 2019, and more importantly, to learn how they can be a part of this community wide celebration," states Janet Cote, Chairperson of the Bristol Bicentennial Committee. "There are so many ways to be involved, and the Committee wants to take every opportunity to include, and to promote, as many local businesses and organizations that we can."

Local organizations

and businesses are encouraged to send a representative to one – or both – of the networking sessions to learn more and to brainstorm ways that they can be involved.

To help facilitate planning and to jump-start more creative ideas to add to the yearlong celebration, attendees are being asked to bring a list of events they may have planned for 2019.

"This is going to be big!" says Cote. "We want to communicate

and include people as much as possible to avoid duplication of events and fundraisers. We want to enable organizations and businesses to create new partnerships and work together to promote Bristol and each other."

The networking sessions will be hosted at the historic Bristol Town Hall on Summer Street, and light refreshments will be served. To accommodate most schedules, there will be

two sessions – one in the morning from 8 – 9 a.m., and an evening one from 5:30 – 6:30 p.m.

While attendance is highly encouraged, if you absolutely cannot attend, please feel free to reach out to learn more and a member of the committee will contact you. Anyone with questions or comments may contact the Bristol Bicentennial Committee at bristol200@townofbris-tolnh.org or at the Town Office at 744-3354, ext. 12.

Bristol Historical Society hosting open house

BRISTOL — Located in the historic old firehouse at the intersection of So. Main Street and High Street in Bristol, you will find the Bristol Historical Society Museum. Displayed are items of interest about the Bristol

Branch Railroad, Newfound Lake, former mills and businesses, household items, clothing and much more. You will also be able to browse our large collection of photos and newspapers.

The museum will

be open on Saturday mornings, 10 a.m.-noon beginning on June 9. It will also be open on Tuesday evenings from 6-8 p.m. beginning on June 26. For more information or to schedule a visit, call 744-2751 or 744-2686.

BRISTOL — A \$3,000 grant from the New Hampshire Electric Co-op (NHEC) Foundation will help the Day Away Program continue its mission of providing a safe, loving and stimulating environment for patients with Alzheimer's and related dementias. The program gives caregivers a much needed respite and helps patients maintain their sense of independence.

Day Away is offered every Thursday from 8:30 – 3 P.M. at Our Lady of Grace church in Bristol, NH. The Day Away Program relies on the hard work of more than 45 volunteers and a 13 member steering committee that have committed to keep the program running.

The NHEC Foundation, a non-profit 501(c)(3) organization, is funded by the generosity of NHEC members who

DOT to temporarily close northbound off-ramp at Exit 23 Sunday night

NEW HAMPTON — The New Hampshire Department of Transportation (NHDOT) announces an upcoming one night off-ramp closure at Exit 23 northbound on I-93 in New Hampton to facilitate ramp paving.

On the evening of Sunday, June 3, the I-93 Exit 23 northbound off-ramp will be closed to vehicular traffic for paving the existing ramp. This temporary ramp closure will begin at 9 p.m. and continue for several hours.

Motorists seeking access to NH Route 104 will need to follow detour signs to Exit 24 in Ashland and reverse di-

rection to use the Exit 23 southbound off-ramp. Motorists may also choose to use the Exit 22 northbound off-ramp in Sanbornton and proceed on Route 127 and Route 132 to reach NH 104.

This work is part of a project that consists of pavement rehabilitation, guardrail replacement, slope drainage

replacement, pavement rehabilitation at the Canterbury rest area, and widening/reconfiguration of a portion of the Exit 23 northbound off-ramp. Continental Paving, Inc., of Londonderry is the contractor for the \$5.1 million project, which has a final completion date of Sept. 7.

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Opinion

Connections change lives!

BY DEB NARO

Contributor

We believe our youth are one of the very best investments we can make in our community. We hope you feel the same way and will consider a donation to CADY during the NH Gives 24-Hour Campaign which starts June 6 at 6 p.m. and runs through 6 p.m. on June 7!

Your donation, large or small, will help our non-profit stem the tide of addiction by preventing and reducing youth drug and alcohol use — a critical step to ending the opiate epidemic in New Hampshire and averting other serious individual and social consequences arising from substance abuse. Thank you for investing in the future and supporting our vital work of protecting New Hampshire children from the harms of substance misuse.

When you give to CADY:

1) You provide the opportunity for local teens to participate in asset-building, year-round programming through our nationally-recognized Launch Youth Entrepreneurship Program;

2) You help local youth develop high-level leadership skills through our award-winning Youth Advisory and Advocacy Council (YAAC) where these youth influence positive change with their peers, community, and state;

3) You provide opportunities for youth

to experience Alex's Story of HOPE (Heroin and Opiate Prevention Education). This significant, life-changing program has been presented to the NH Legislative Task Force on Opiate Addiction, The NH Association of Counties, the Northern New England Society of Addiction Medicine, and thousands of NH high school and middle school students; and

4) You reclaim futures by giving our region's most vulnerable youth a second chance to overcome challenges, to grow, and to turn their lives around through Restorative Justice, our region's only juvenile court diversion program. Many high-risk youth are struggling with substance use disorders—when we intervene early, we prevent entry into the addiction pipeline and save lives.

With your support, CADY will help kids learn—grow—and thrive! Together we will prevent youth substance misuse through awareness, education, mentoring and skill-building—these protective factors and connections change lives every day.

Please go to www.cady-inc.org to learn more about our innovative, award-winning programs for which we would greatly appreciate your support.

Thank you again for strengthening CADY's capacity to reach and teach—we are honored and grateful for your support!

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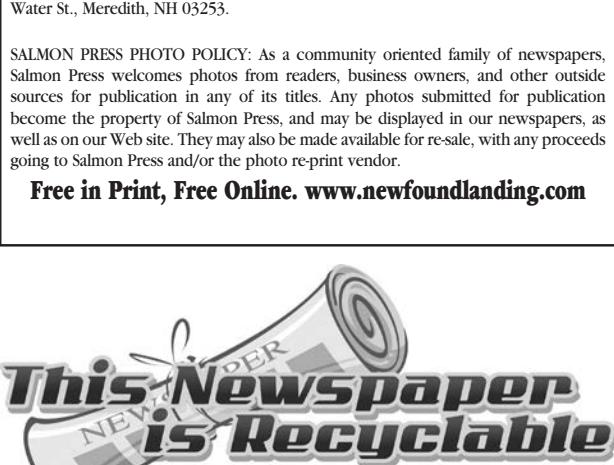
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A4

Thursday,

MAY 31, 2018

PET of the Week

Bella



Bella: she certainly is a sturdy girl, who loves to hug her humans, and while not overly enamored with the immediate presence of other dogs, has coped rather well with the hub-bub of shelter life at New Hampshire Humane Society.

Well muscled but lithe, rugged but sweet, with a pensive "I'm not sure what my next chapter in life will be" look on her lovely face, she waits for that perfect match.

Bella enjoys the outdoors. She likes to play and surely would be a wonderful companion of



active, energetic folks.

Her former life was a solitary one, kept not the best of circumstances, hence we prefer to place in an adults only, dog free home. Bella is ready to forgive and forget the ways of humans, in favour of those that know how to love and care for a dog whose heart is loyal and true.

Come see her in person, you will be smitten, we are sure!

Shelter is open on Weekends, 10-4 and every day except Mondays and Wednesdays. Check www.nhhuman.org

Strategies for Living

On a good legacy

BY LARRY SCOTT

Speaking to a group of sport's professionals, the speaker challenged the players to leave a legacy of which they could be genuinely proud. He began by asking how many

of them knew the name of their great-grandfather. Then he asked how many of them knew where he was buried. Most hands stayed down on that one, and then, "he made his point:

"Each of us is just three to four generations away from extinction." Silence gripped the room. How sobering to think that, just a few generations down the family tree, no one would even know

that I had ever existed!" (from Ravi Zacharias, "The Grand Weaver," p. 65).

It is an issue every thinking man must consider. After a life-time of

SEE STRATEGIES, PAGE A11

Letters to the Editor

Mental Health Court works!

To the Editor:

May is Mental Health Awareness Month. Our family members, friends, neighbors and colleagues with mental illness lead lives that are often unpredictable, fragile, and difficult. Even when they appear fine, there's a struggle going on for balance. When they are not doing well, their behaviors affect everyone around them.

With greater understanding of mental health, courts now offer alternative sentencing for people with mental illness who commit crimes. After rigorous assessment, offenders can be offered a 12-24 month contract with the court instead of jail. Participants must regularly see a case manager, attend therapy, take medications as prescribed, and appear in court to review their progress with the judge and mental health court team. If they fail to comply, they must serve their jail sentence.

The Grafton County Mental Health Court program (GCMHC) has accepted participants in alternative sentencing programs beginning in 2011. Since then, 111 participants entered the program, with 84 successful completions.

The value to our county is that our mental health court works. Because participants pay their debt to society while living in their communities, they

can keep their jobs, get treatment, and have support from friends and family. Results are definitely positive. GCMHC reports that graduates re-offend at significantly lower rates than non-program offenders. Moreover, Grafton County reports the cost to taxpayers is \$4,000 per GCMHC participant each year compared to \$52,000 annually for a person being kept in a jail cell.

The Advocates for Grafton County Mental Health Court, a volunteer nonprofit organization, has been supporting GCMHC participants for over five years. We raise money to provide participant incentives such as food vouchers, small gift cards, and financial help with housing and emergencies. We attend court sessions and we celebrate their successes and graduations. And best of all we see lives changed for the better, time after time. For more information, contact us at The Advocates, PO Box 303, North Haverhill, NH 03774, or our website at www.advocatesgmc.org, or www.co.grafton.nh.us/all-departments/alternative-sentencing/mental-health-court/.

Nancy C. Russell, Esq.

Chair

Advocates for Grafton County Mental Health Court

Etna

State property tax rebates should help more homeowners

To the Editor:

If you are a homeowner, your property tax bill includes a State Education Tax assessment of approximately \$2.20 per thousand. For a \$250,000 home, this tax comes to about \$550.

Fortunately, retirees and others living on a fixed income may be eligible for a state tax rebate. Eligibility is based on the adjusted gross income used for federal income taxes. (Social Security income is generally fully or partially excluded from adjusted gross income.) To qualify, adjusted gross income must be under \$20,000 for a one-person household or \$40,000 for a two-person household. Unfortunately, the rebate only applies to the first \$100,000 of property value, so the maximum rebate is about \$220.

I am running for State Representative from Plymouth, Holderness and Hebron because ever increasing property taxes are making home ownership unaffordable, especially for seniors on fixed incomes. Established in 2002, the state's Low and Moderate Income Homeowners Property Tax Relief is a worthy program, but the income and property value maximums that were reasonable in 2002 are too low for today's economy. For 2002 taxes, \$7.7 million was rebated to 24,000 homeowners. For 2015 taxes, only

\$1.3 million was rebated to fewer than 7,000.

If elected, I will introduce a bill to restore the intent of this program. I will update the income and property value caps so more homeowners will qualify for fair and reasonable property tax rebates.

Learn more about this Department of Revenue program at www.revenue.nh.gov/assistance/low-moderate.htm and www.revenue.nh.gov/forms/low-moderate.htm or call the Department at 230-5920. Application deadline for 2017 rebates is June 30.

Last year, school districts in New Hampshire spent more than \$3 billion to educate children in kindergarten through high school. Seventy-two percent of that cost was borne by local property taxpayers. That's the highest percentage in the nation!

If you are an Undeclared or registered Democratic voter in Plymouth, Holderness or Hebron and want a state representative who will fight for property tax relief and increased state funding for local schools, please vote for me in the Democratic Primary on Sept. 11. You can contact me at Fellows4NH@myfair-point.net

Sallie Fellows

Holderness

With cowslips in full bloom, my head, at least, hits the trail

To me, the Memorial Day weekend has always been a particularly poignant time of year. Many of us can remember getting scrubbed up and dressed in our finest to pay homage to veterans and lost loved ones in the Memorial Day parade.

But that particular weekend is also a seasonal marker for an entire subculture: people who go to camp. In some parts of the state--places where wild and sparsely populated wild land is still within reach--"camp" can mean anything from a lavishly appointed vacation getaway to something little better than a horse hovel.

In some regions, mine in particular, it's time to open up camp for the season. And no sane camp-opening crew travels without a chainsaw in the truck, for taking care of blown-down trees that can often bar the way.

Push or pull it aside with the truck, you think? Well, if you're very lucky. And nobody wants a carefully planned expedition into camp to be thwarted.

Edna L. Miller

BRIDGEWATER — Edna L. Miller, wife of the late Robert A. Miller, of Bridgewater, died Monday, May 28, at Lakes Region General Hospital after a period of declining health.

A memorial service will be held on Friday, June 1, at 11 a.m. at the Bristol United Church of Christ, South Main Street, Bristol. Burial will follow in Homeland Cemetery in Bristol. Family will receive visitors in the church for the hour before the service. In lieu of flowers, donations made

be made in Edna's memory to the Newfound Area Nursing Association, 214 Lake St., Bristol, NH 03222 or Bridgewater EMS, 297 Mayhew Turnpike, Bridgewater, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Edna leaves her daughter, Natalie Murphy, of Bridgewater, and many cousins, in-

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



ed by a blowdown. Thus included in the freight is a sharpened and checked-out chainsaw, ready to go.

+++++

In our case, as it is with many others, it's not a matter of whether we're ready for the road, but whether the road is ready for us.

In many cases, the road networks are primarily for logging, and the camp owner on a seldom-used skidder trail works with the landowner or the logging company to keep the road passable. Sometimes this means going fifty-fifty on a culvert. You never know. One hand washes the other.

In our case, the state owns and manages the roads, which on the face of things would seem to invite trouble. But late-season hunters, snowmobile club members, hikers and many others who use and love the back country have worked out a good relationship



JOHN HARRIGAN

"Camp" means many things to many people. In this case, it means a 16 by 20 log cabin, almost shut off from the world, there being only a long footpath in.

with road and timber managers to let them know what's going on.

This helps crews get a heads-up on problem spots--places where a plugged or buckled culvert has caused a washout, or where beavers have flooded the road, or major blowdowns have left a serious mess.

There is a Concord phone number that camp-owners can call to get the most recent update on the roads before heading off to open up camp, and (surprise!) it works. In some instances, in fact in many instances, Concord gets it right, and this is one of them.

+++++

Camp owners are indeed a breed apart. If you are out on a truck tour and just cruising by, and observe a gathering of one sort or another on the porch, they'll often wave you in. There is a built-

in camaraderie that's hard to put your finger on, the kind of thing you don't want to investigate too closely lest it disappear.

Yet owning a back-country camp may be losing some of its mystique and appeal. In past years, any spot in the Connecticut Lakes Headwaters Tract that came up for a new lease was snapped right up. This year, several went unclaimed.

In fact, some camp owners who don't have family members or friends coming up through the ranks are finding it tough sledding to secure the camp's future.

Sometimes, family members just don't care about camp or have the time and resources to keep it up.

This is a sad turn of events, given the happy times that have been had at any good camp. It's the kind of life you think will never end.

+++++

Because we leave nothing whatsoever edible in camp, we are not likely to find that we've had unwelcome visitors. Oh, the mice will have been there, for sure, mainly seeking a sheltered place to build their nests.

They are impossible

to keep out. Some people have surrounded every window and door with hardware cloth (small-gauge wire netting), and failed.

The thing about a mouse, in common with most rodents, is that if it can

get its almost flat head in, the rest of the creature, being squeezable, can follow.

It would be nice if the trail into camp was like that—if your head was there, you could be too.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguy-hooligan@gmail.com or Box 39, Colebrook, NH 03576.)

NOTICE OF PUBLIC HEARING

The Shaker Regional School Board will hold a Public Hearing relative to a withdrawal from the Facilities & Grounds Expendable Trust Fund. The hearing will be held on Tuesday, June 12, 2018 at 6:00 pm at Canterbury Elementary School.



Town of Hebron

PO Box 188

Hebron, NH 03241

Phone: 603-744-2631

adminassist@hebronnh.org

HEBRON PLANNING BOARD Notice of Hearing

APPLICATION FOR BOUNDARY LINE ADJUSTMENT

For Marc & Solveig Wolstenholme and

Hicks Logging LLC; Valley View Road

You are hereby notified that the following Application for Boundary Line Adjustment will be heard at a Public Hearing to be held on Wednesday, June 6, 2018 at 7:00 PM at the Select Board Office, 7 School Street, Hebron, NH 03241

Application for Boundary Line Adjustment: Marc & Solveig Wolstenholme & Hicks Logging LLC; Valley View Road; Tax Map# 18 HEC Lot#11 & Tax Map#21 Lot#1. The adjustment area is 4.10 Acres + 178,511 sq. feet + to be added to Lot 11.

TOWN OF HEBRON

The Supervisors of the Checklist will be in session downstairs in the Selectmen's Office Building on Tuesday, June 5, 2018, from 7:00 to 7:30 p.m. New registrations, additions and corrections will be accepted but this will be your last opportunity to change party affiliation prior to the State Primary Elections on Sept. 11, 2018.

Supervisors of the Checklist
Barbara Brooks
Judy Dodge
Audrey Johnson

NOTICE ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Tuesday, June 5, 2018 from 7:00 to 7:30 p.m. for additions and corrections to the checklist. Last day for voters already registered to change party affiliation for the State Primary to be held on September 11, 2018.

George Whittaker
Suzanne Cheney
Loretta Brouillard



It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day brushing your teeth. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN 2XDAY

Easier than getting them to eat something green.



Ad Council

Towns / Churches

A6 NEWFOUND LANDING, THURSDAY, MAY 31, 2018

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Very happy to report that mosquitos haven't carried me away this week! Don't forget to apply a generous amount of bug repellent when you go outside to ward off the tiny flying and crawling creatures.

Town

Board of Selectmen Meeting Tuesday, June 5 at 6 p.m. in the Municipal Building.

The Supervisors of the Checklist will be in session at the Alexandria Town Hall (45 Washburn Rd.) on Tuesday, June 5 from 7 to 7:30 p.m. for additions and corrections to the checklist. Last day for voters already registered to change party affiliation for the State Primary to be held on Sept. 11.

Alexandria UMC

A correction from last week. Our new Spiritual Leader will be Faith Greene. My apology for dropping the "e" on the end!

There will be Audio/Visual Training at the church on Thursday, May 31 at 7 p.m.

Community Dinner on Saturday, June 2, will be hosted by the Missions Team. On the menu are hotdogs, hamburgers, various salads, chips, dessert along with hot and cold beverages. Bring your friends, bring your appetites and plan on having lots of cheerful companionship! Cost of the dinner is by donation. Margie, your very well done hotdogs will be waiting!

Sunday, June 3, services begin at 9 a.m. No Sunday School for the summer months. Stay tuned for news of Vacation Bible School, which will be July 9-18 from 9 until 11 a.m. each day.

Sincerest condolences to Natalie Murphy on the passing of her mother, Edna Miller. A beautiful heart stopped beating but many treasured memories have been made along the way to ease the pain of her loss.

Time for me to head outside to enjoy the warm sunshine. Have a wonderful week filled with good and positive things!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

This is the weekend – Saturday, June 2, at 2 p.m. – for the Thank You Celebration for friends, neighbors, and supporters of the South Danbury Christian Church Preservation Project. Please come and help them celebrate. You'll learn how the work was accomplished, and see how it respects the history of the church. Fascinating artifacts from the original construction in 1866 and 1867 will be on display, too. They hope you will share your memories and stories about the church. There will be music and plenty of refreshments, and the drawing of the winning number for the gorgeous handmade quilt.

Sunday worship at the South Danbury Christian Church on June 3 will be at 11 a.m., with conversation and refreshments afterward. Everyone is welcome! The summer schedule of pot-luck breakfasts and informal worship will begin on Sunday, June 10.

For more information about church activities and events, follow "Friends of Danbury" and "Friends of the South Danbury Christian Church" on Facebook.

Historical Society event cancelled

The program sponsored by the Danbury Historical Society on June 2 has been cancelled due to unforeseen circumstances.

They hope to reschedule at a later date.

DES Plant Sale

There will be a plant and seed sale on Saturday, June 2 from 9 a.m. to noon at the school greenhouse.

Plants: Tomatoes, Cilantro, Sage, Cutting Celery, Mammoth Sunflowers, Marigolds, Zinnias, and Cone Flower.

They were grown by students. Seeds: Marigolds, Zinnias, Sugar Baby Watermelon, Dill and Cone flower.

The seeds were grown, dried and packaged by the students. The proceeds from the sale help sustain the program and buy shelving for the new greenhouse.

Groton

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

The Town of Groton Fishing Derby will be held at the Town Pond behind the Town Garage on North Groton Road, rain or shine, starting at 9 a.m. and ending at noon. There will be a \$50 cash prize if the tagged fish is caught. 9 to 9:45 a.m. for ages one through six with parental help, 10 to 10:45 a.m. for ages seven to 10 and 11 to 11:45 a.m. There will be trophies and a light lunch. Sponsored by the Groton Town Conservation Committee, donation will be gladly accepted and will be used for Town of Groton events.

The Conservation Committee will be sponsoring a roadside cleanup June 30 at 10 a.m. meeting at the Town Hall with a lunch to follow. Your participation will help to make our little Town look great for the summer.

Announcements from the Hebron Public Library:

New Hampshire State Park Passes are now available through the Hebron Library.

Passes provide for free admission for two adults and up to 4 dependents under the age of 17. There are specific passes for each day of the week, and

they may be reserved in advance at the library. Passes must be returned to the library within 48 hours of day of use. They may be returned in the book drop slot. Pass is not valid for camping, parking meters, or admission to Cannon Mountain Aerial Tramway, Flume Gorge, Hampton Beach or Wallis Sands.

This service is only for Hebron library card holders. If you are a Hebron or Groton resident and do not yet have a Hebron library card, please stop by and see Robin. It only takes a moment to sign up.

The Hebron Library is very grateful to the Friends of The Hebron Library for their generous contribution of these passes.

- Squam Lakes Natural Science Center Passes are available at The Hebron Library for Hebron and Groton Residents. Pass is valid for two \$5 trail admissions, plus up to four additional discounted passes at \$10 each. Reserve yours today at the Hebron Library – first come, first served.

Stop into the Library and see the newly decorated Children's area with many new books, magazines and DVD's which are available for library card holders to borrow.

Hebron Library Hours:

Monday, 4 – 7 p.m., Wednesday, 1-5 p.m., and Saturday, 9 a.m.-1 p.m.

Meetings and Closures Coming Up:

Select Board Work Sessions - May 29, June 5 and June 19 at 6 p.m. at the Town House

Select Board Meetings – June 5, and June 19 at 7 p.m. at the Town House

There will be a joint meeting of the Citizen's Planning Committee, Planning Committee, Zoning Board, Conservation Committee and the Select Board at the Town House on Tuesday, May 29 at 7 p.m.

There is a Conservation Committee meeting on June 14 at 7 p.m. at the Town House.

The Select Board Office will be closed May 30 and 31 for an off-site meeting with FEMA.

Hebron

Bob Brooks 744-3597
hebronhnews@live.com

Hebron Community Breakfast

June 2 is the next

Community Breakfast

in the Community Hall

of the Union Congregational Church of Hebron.

For \$4 we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oat-

meal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.

Due to preparations for the Hebron Church Fair, the breakfast for July, normally held on the first Saturday of the month, will be held early on Saturday, June 30.

The Breakfast Committee is looking for Community Volunteers to help with kitchen clean-up after each monthly breakfast. If you are able to volunteer, please contact Bill York at 254-7397 or email him at york-media@hotmail.com.

Supervisors of the Checklist in Session - Tuesday, June 5 at 7 p.m.

The Supervisors of the Checklist will be in session downstairs in the Selectmen's Office Building on Tuesday, June 5 from 7 to 7:30 p.m. New registrations, additions and corrections will be accepted but this will be your last opportunity to change party affiliation prior to the State Primary Elections on Sept. 11

Supervisors of the Checklist

Barbara Brooks
Judith Dodge
Audrey Johnson

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.

No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

We were impressed with the words of Presiding Bishop of the United States Episcopal Church Michael Curry at the wedding of Prince Harry and Megan Markle last Saturday. It was inspiring, and brought to everyone's mind the importance of love in our lives and a main teaching of the Episcopal Church.

The eight-o'clock Sunday Morning service at Griswold Hall in Plymouth has been reinstated. It was thought to have only one service on Sundays at St. Mark's Ashland for the summer, but this was an unpopular idea for the parishioners who regularly attend this service, thus there will continue to be a Sunday morning service at 8 a.m.

Rev. Kelly Sundberg Seaman baptized two children and one adult at the Sunday morning Pentecost service. The church was decorated for

the occasion and many friends and relatives attended.

Sunday, June 2, Sunday School children will receive their attendance pins from Director Jean Murphy in a short ceremony before the morning service. They will

celebrate a wonderful and productive year by having an ice cream social afterwards. The congregation will join in the fun after the morning service.

On Thursday evening, June 7 at 7 p.m., we will hold our long-awaited

Celebration of the New Ministry of Rev. Kelly Sundberg Seaman. This will be a worship service led by Bishop Rob Hirschfeld celebrating and honoring the mutual ministry of priest and people. The service will take place at St. Mark's with a reception to follow.

Senior Wardens Joan Bowers and Deb Holland are planning the reception and will be asking parishioners for their help.

Services for the summer are: Saturday 5 p.m. at Holderness School chapel; Sunday 8 a.m. at Griswold Hall, Plymouth; Sunday 9:30 a.m. St. Mark's Ashland. Sunday School at St. Mark's at 9:30 a.m.

Please contact both churches via the Holy Spirit office: holyspiritnh@myfairpoint.net; 536-1321; holyspiritplymouth.org.

Fridays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – noon

AA Discussion – 8 p.m.

Monthly Events: WIC (Women/Infant/Children) Clinic – 2nd Tuesday at 9 a.m.

T.E.A. (Time, Encourage, Accept) – for Women 3rd Thursday at 4 p.m. Meeting place varies.

Women's Fellowship - 2nd Thursday at 10 a.m.

Ends in June and resumes in September. All are welcome!

Ongoing: Bristol

Community Services is in need of: rice, spaghetti sauce, tuna fish, canned veggies, soups, jelly, and toilet paper.

SEE CHURCHES, PAGE A11

How to Submit Announcements & Obituaries To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

Obituaries can be sent to: obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding

the submission process.

Senior hydration: Why it's important

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Diminishing Returns

If someone ever asks you what you're made of, the appropriate response should be, "water." After all, throughout most of our lives, water makes up more than 50% of our body content – a majority of which is contained inside our cells. And while it may sound like a lot, we're not exactly great when it comes to holding onto it. Through perspiration, respiration, and urination, we experience an average loss of 70 ounces of water each day. This is, of course, why we replenish our fluids throughout the day. This may not be difficult for young or middle-age adults to do, but it can be trickier for seniors, due to certain age-related factors.

Because of this, seniors are more likely to become dehydrated, and face a greater risk of everything from falling to urinary tract infections, and even kidney failure. In this article, we'll explore the factors that influence hydration, the health consequences of dehydration, and steps seniors and caregivers can take to reduce the overall risk.

What Impacts Hydration for Seniors?

As mentioned, losing water through biological processes is normal. However, as we age, we tend to lose more than usual because the body's ability to conserve water diminishes with time. Complicating matters even further, older adults' thirst signals aren't as efficient as they once were, making it difficult to know when to drink water. Dehydration can also result from:

- Chronic urinary incontinence
- Limited mobility
- Limited access to clean water
- Difficulty swallowing
- Memory problems
- Medications, such as diuretics

If left unchecked, dehydration can lead to a number of serious problems. In fact, it continues to be noted as one of the most frequent causes of hospitalization among older adults. Immediate problems can include seizures and heat stroke, but over time, dehydration can cause a reduction in blood volume, urinary tract infections (UTIs), pneumonia, and kidney failure. Given the severity of these problems, seniors should certainly recognize the importance of proper hydration, but it's also critical for them to understand that dehydration is not inevitable.

Hydration Tips

Sixty-four ounces of water – or eight 8-ounce glasses if it's easier to remember – is generally considered the standard when it comes to proper daily intake, but more may be needed depending on prescribed medications or health conditions. Thus, seniors should talk to their physician and adjust accordingly.

The tips below will help guide them toward the daily goal:

- Eat foods high in water content, such as:
- Soup,
- Yogurt,
- Cucumbers,
- Apples, and
- Blueberries
- Make drinking water enjoyable by making popsicles, frozen juice pops, sorbets, or other hydrating treats
- Drink additional water when taking medication(s)
- Keep a water-drinking schedule so as not to rely solely on thirst

that they are following the steps above to receive the recommended amount of water each day. In addition, we provide everything from companionship to light housekeeping – all to help improve their quality of life. For more information about how Comfort Keepers can support senior health, safety, and independence, contact your nearest office today.

About
Comfort Keepers
Comfort Keepers is a leader in providing in-home care consist-

ing 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/plimouthnh for more information.

Speare Memorial Hospital now accepting applications for community health grants

PLYMOUTH — Speare Memorial Hospital is pleased to announce the availability of grants for organizations with activities and initiatives that address a community health need. Applications are available at <https://spearehospital.com/grants/> and are due by June 15.

According to Deb Naro, Executive Director of Communities for Alcohol- and Drug-Free Youth (CADY), "Education and collaboration provide the foundation for positive community change. The Community Health Grant that CADY received from Speare Memorial Hospital is strengthening our capacity to reach children and educate them on the very serious issue of substance misuse and addiction."

Speare Memorial

Hospital is committed to ensuring that the community of central New Hampshire achieves optimal health. This takes the efforts of many organizations working together toward a common vision.

Each year Speare's Board of Directors approves a pool of funds to support the Community Health Grant Program. An appointed committee reviews all grant requests that address a community health need as identified in the Central New Hampshire Health Partnership Community Needs Assessment. Grant awards will be dependent upon the size of the pool and the number of grant applications received and are awarded to groups that significantly improve the health of the citizens in our region.

Grant requests must be for a minimum of \$2,000. No applicant is assured of grant funding for any given year or from one year to the next.

Organizations eligible to apply must be:

Tax exempt under Section 501(c)(3) of the Internal Revenue Code.

Aligned closely with Speare's primary service area including the towns of Alexandria, Ashland, Bridgewater, Bristol, Campton, Ellsworth, Groton, Hebron, Holderness, Lincoln, Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth and Woodstock.

Submitting a proposal aimed at helping our communities best achieve optimal health.

The deadline for grant proposals along with the required application is end-of-busi-

ness on Monday, June 15. The funding period for Speare's Community Health Grants is Oct. 1 through Sept. 30.

For more information, contact: Cheryl Callnan, Director of Development, Speare Memorial Hospital at 238-2211 or ccallnan@spearehospital.com.

Speare Memorial Hospital — a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a HealthStrongTM Top 100 Critical Access Hospital and a Becker's Top 62 Critical Access Hospitals to know in 2017. Visit online at [and on Facebook and Twitter @ SpeareHospital.](http://www.spearehospital.com)

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A	N/A	\$30,000	McKinney Land Holdings	Brian Goodwin and Karen Demers
Ashland	Peppercorn Road (off)	Forest Use	\$37,000	Courtney C. Smith	Jeff C. and Tara L. Mudgett
Ashland	Squam River Landing Condo, Unit 2	Condominium	\$42,533	ME Latulippe Construction	Mark P. and Linda R. Wood
Ashland	Squam River Landing Condo Unit 1	Condominium	\$42,533	ME Latulippe Construction	Mark P. and Linda R. Wood
Ashland	Squam River Landing Condo Unit 74	Condominium	\$64,533	NHNY Marina Development	James J. and Brenda M. Fitzpatrick
Bridgewater	Dinardi Road	Residential Developed Land	\$27,000	David Dyer	Thomas J. Carbone
Bristol	Adams Road, Unit 16	Deeded Slip	\$36,000	Dennis Thompson	Jane Loring-Blais (for Jane Loring Blais Trust)
Camppton	41 Merrill Rd.	Single-Family Residence	\$450,000	Roger O. Babin	Kelly S. Burrage-Brammer and Jordan R. Brammer
Camppton	8 Patee Mountain Rd.	Single-Family Residence	\$325,000	Patrick Moore	William A. and Linda S. Dauer
Camppton	State Route 175	N/A	\$167,000	Carole A. Lee and Heidi H. Newberry	Ryan J. Goldsmith and Jenna B. Best
Camppton	N/A	N/A	\$32,000	William M. and lorette J. Deppe	Amanda R. and Sean P. Neri
Camppton	N/A	N/A	\$23,000	Kathryn F. Duncan and Karil A. Reibold	Walter and Debra Hills
Groton	11 Adams Lane	Multi-Family Residence	\$83,300	Lewis J. Albert (for Susan Faye Butler Estate)	Jennifer A. Keyser
Hebron	N. Shore Road	N/A	\$60,000	Suzanne Thistle (for Suzanne Thistle Fiscal Trust)	Jane Loring-Blais (for Jane Loring Blais Trust)
Plymouth	70 Eagles Nest Rd., Unit 70	Condominium	\$178,000	Louis C. and Theresa J. Montminy	William R. and Claire R. Riquier
Thornton	17 Jacobs Lane	Single-Family Residence	\$165,000	Lori A. Cagney	Diamond M. Investments NH
Waterville Valley	6 Hillside Way, Unit 2	Condominium	\$261,200	Wayne E. Smith	Keiron and Susan Matthews
Waterville Valley	28 Packards Rd., Unit 204	Condominium	\$157,000	Christine M. Wadden (for White Mountain RT)	Dale N. and Robyn M. Garth

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

It shouldn't matter!



BY MARK PATTERSON

Many of my clients receive marketing materials, typically market commentary from broker-dealers who email or mail a home office generated marketing piece that their financial advisors send to current clients and prospects. I get it, it's a fast and easy way to stay in front of your current clients or maybe those prospects that you would like to turn into clients. I do appreciate that my clients send this information to me, and yes, I do read it.

As a registered investment advisory firm that specializes in portfolio construction and management, I have

my own sources of raw data that I analyze to form my opinions that are the basis of how we create individual portfolios crafted with conviction and purpose.

So, when the market commentary created by the broker-dealers are talking about a rising interest rate environment, their clients can in fact be hurt because they are typically in bond funds. Bond funds are perpetual. In other words, there is no maturity date so as interest rates rise the value of the bond fund shrinks which affects the value of the fund and the current yield.

If that broker-dealers commentary is bullish or bearish on the equity markets, or stocks, and they offer commissioned, high fee mutual funds that you have paid the commission. You are really committed to stay in those funds. You might consider changing that strategy.

if you are proper-

ly invested, rising or falling interest rates and market volatility should not affect your portfolio to any great extent!

First, let's address bond funds. There are two types of risk with bond funds. Those are, interest rate risk and credit risk. If you are in a bond fund or ETF, you do not get the benefit of maturity dates. As interest rates rise bonds decrease in value. That is why we build our clients' portfolios with individual bonds that have laddered maturity dates, where we know at bond maturity, we will get a return of our principal to be reinvested back into the bond market depending on the yield curve. We manage bond portfolios for short duration that effects convexity. You give up total control in a bond fund! I run across bond funds in brokerage accounts that I'm analyzing, where the broker is making more than the

client!

For the stock or equity portion of the client's portfolio, MHP asset management will only use very low-cost index funds, ETF's or individual stocks.

All the market commentary generated by broker-dealers really doesn't matter if you are properly invested with good asset allocation, or in the case of many of my clients, proper income allocation!

I started with a retail brokerage firm 1994, so I can tell you that I understand why client portfolios coming out of the retail brokerage firms are constructed like they are. Many fund families that are found in most client portfolios pay a hefty commission to the "financial advisor" and broker-dealer. The fund company also pays a revenue-sharing kick-back to the broker-dealer. These transactions are disclosed by the broker-dealer, it's just that

hardly anyone reads it.

If you are interested in having your current portfolio analyzed for fees, expense, allocation or purpose, contact me by phone or email.

Mark Patterson is chief investment officer at MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.



SPRING SCHEDULE

9 June Women's Intro to Handgun

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Scoreboard

FROM PAGE A1

with the matching funds, but a number of them also took part in the Run Your Buns Off race last

Labor Day weekend.

"It was great to see them out there, helping us raise money," she said.

Applications for groups who hope to ben-

efit from this year's race were due last week and NACF said they look forward to assisting more great nonprofit organizations in the area again this year.

Strategies

FROM PAGE A4

living, raising a family, fighting for success, and, perhaps, gaining the admiration of our peers, we will each fade from the scene and leave behind a short history of our having come and gone. It is called a legacy; the question is, "What kind of legacy will it be?"

Life is such that we each cast a long shadow, we each leave an impact on the people that we have influenced – for good or for bad. Fellow workers, business contacts, and the friends we leave behind – all will have been influenced by the life we lived and the principles we lived by. Most important of all, our family will reflect our religious beliefs, our world view, and our concept of right and wrong. Character lives on! What we have told them will be overshadowed by who we were, and for good or

bad, they will model the life we lived.

A friend of mine recounted how proud his children were of him because, as one of them stated, "We are so glad you left us to determine our own religious beliefs; you permitted us to make our own choices, and we are grateful!" The gentleman was proud of that, pleased and took it as a compliment. As you can imagine, neither he nor his children have any place for God in their lives. He has trained them well for life. But eternity? That he left to them as a matter of choice!

The point here is that all the fundamental qualities of character and life are learned in the home, and they are learned not by what we say but by who we are. Honesty, patience, courage, loyalty, self-discipline, responsibility and even our faith, are all conditioned by the convictions and life-

style we inherited from our parents. We, in turn, pass our training on to the next generation, and those who follow after us will benefit or be cursed by the principles we lived by.

We have been highlighting in this column that God is committed to helping us model, here and now, the persons we are going to be "then and there," that is, in life after death. That is as true in the social as it is in the religious realm. None of us lives to ourselves. Our family, and those who have admired the convictions by which we lived will be profoundly influenced by who we have been. While there is yet time and opportunity, can we re-chart the life we are living? Absolutely ... and you know what I am going to say: it begins with God.

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

Churches

FROM PAGE A6

Coming Events: Our Dynamite Dinner Crew is taking a well-deserved summer break, but will resume on Sept. 8 with a roast turkey dinner. Always a favorite!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m. Take Out Available: 744-8132

Please note: Rev. Andrew is taking a well-deserved sabbatical for the summer.

We are fortunate to have our spiritual and pastoral needs in the capable hands of Rev. Mike Carrier for the months of June, July, and August.

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

Plymouth and Ashland Episcopal (Church of the Holy Spirit and St. Mark's)

International Spotlight for our Presiding Bishop!

Did Bishop Michael Curry catch your attention during the Royal Wedding, or in the media recently? We're proud that he's our presiding bishop... and his message about the liberating and life-giving love of God is the same one you'll encounter in the company of the Episcopal Church here in the Pemi-Baker Valley. We welcome you to the Episcopal Branch of the Jesus Movement. Come and see!

Summer Schedule

As we enter the season of Pentecost, our own transitions as the Episcopal Church in this part of New Hampshire continue as well.

Our Saturday ser-

vice at the Holderness School chapel reaches a milestone this weekend. Launched as an eight-week experiment for the Great 50 Days between Easter and Pentecost, it has drawn a steady and varied group of worshippers, and has provided a chance for worship and fellowship to folks who are hungry for those things and yet cannot (for diverse reasons) connect with a Sunday assembly.

So, going forward from Memorial Day Weekend, our weekend worship schedule will once again include three services. We will worship at 5 pm Saturday at Holderness, and on Sunday at Griswold Hall in Plymouth at 8 a.m. and at St. Mark's in Ashland at 9:30 a.m. Weekday Eucharists continue at 11 a.m. on Tuesdays (CLC chapel) and Thursdays (St Mark's).

Got Lunch Summer Program

The Got Lunch Summer Program begins very soon. The following are needed foods and sizes: peanut butter (15-18 ounce jars), tuna in water (five-ounce cans), jelly or jam (15-18 ounce jars), chicken (five-ounce cans), and mayonnaise (30 ounces). Monetary gifts are welcome. The anticipated cost per child for the 2018 season is \$12 a week or \$120 for the duration of the summer. All food and gifts may be placed in the baskets at the church entry.

ECW Meeting

The next meeting will be on Thursday, June 7. The location is yet to be determined, so stay tuned! All are welcome to join the group for a pleasant lunch and discussion.

Book Sales

The next Book, CD, and Record Sale will be Thursday, May 31, from 2-5 p.m. at Griswold Hall, 263 Highland St., Plymouth. This is a great opportunity to find a new and enticing book for your summer reading relaxation!

Restoration Church, Plymouth (Assemblies of God)

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

Sunday:

10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Rev. Doug Wilson, Guest Worship Leader

Sarah Dan Jones, Music Director

Summer Services -

Summer is nearly upon us; time to put together our more casual summer services. On Sunday mornings, from 10-11 a.m., June 24 through Aug. 26, we are seeking members and friends to present topics, reflections, and/or personal journeys for our summer Sunday mornings.

Worship associates will be available to help each Sunday with setup and audio/video assistance. No Coffee Hour. No Childcare,

but attended children are welcome and a play area and toys will be on hand. If you are interested in providing a service, please contact Stew Weldon at weldonstew@gmail.com for more information and/or to sign up.

Visit our Web site
www.starrkingfellowship.org

536-8908

Lunch time concert
— Friday, June 1 at noon

Interns

FROM PAGE A3

yer within professional sports.

Both students played for their perspective lacrosse teams at PSU. Cooney has been an exceptional student-athlete throughout his college career by being named Presidents list five times, and earning All-Conference honors for his play. Zaccaro played an active role in the Plymouth community by dedicating her time to playing on the Lacrosse Field and working for the PSU Athletic Department. Zaccaro is a member of the PSU Women's Lacrosse Team that won the Little East Conference (LEC) Championship that went onto the NCAA Tournament. She was selected LEC "Midfielder of the Year" for 2018.

Both students got a close up view of the New Hampshire Executive Council and its important role within the Executive Branch of state government. The Council has been around since 1679 and co-administrates the



COURTESY

Left to Right: Michael Cooney, Executive Councilor Joseph D. Kenney and Kimberly Zaccaro.

Executive Branch with the Governor of New Hampshire, Chris Sununu. There are five Executive Councilors and the District 1 seat covers the largest geographic area of the state with over a hundred towns and four cities in it.

Cooney and Zaccaro had many responsibilities to include: constituent service, scheduling, letter writing, outreach and meet-

ings. Each intern got a great understanding of the contracting process, the level of work within government, current issues and diversity of state agencies. Cooney stated, "I not only learned about the functions of state government, but how to truly implement the Plymouth State University Motto "Ut Prosim (That I May Serve)." Zaccaro got the chance to attend a Cottage Hospital legislative breakfast meeting in Woodsville to review firsthand how budgets impact health care in the state of New Hampshire. Cooney participated in a North Country Library Tour during National Library Week to see how rural libraries operate in the North Country.

Kenney stated, "It was a pleasure to have Michael and Kimberly participate in our Executive Councilor internship program, they brought a lot of youthfulness and new ideas to the office and I know they got a new found appreciation for all the hard work that state employees and elected officials do for the State of New Hampshire."

The Executive Councilor Internship Program is open to any college student who is enrolled in a two-year or four-year program. It's a great opportunity to learn about state government, public service and expand one's network. Many past interns have gone on to pursue public service or private sector careers. For any additional inquiries to learn more about the Executive Council District 1 internship program, please call 271-3632.

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The Rest of the Story

A12 NEWFOUND LANDING, THURSDAY, MAY 31, 2018



DONNA RHODES

Among those who shared remarks at the 18th Annual Cady Prevention Summit in Plymouth last week were Sen. Maggie Hassan (left), Gov. Chris Sununu (center) and Congresswoman Ann McLane Kuster (right).

CADY

FROM PAGE A1

ries, learn where the barriers are. I challenge you to keep us (government) all on our toes," said Sununu.

In her video, Shaheen said she felt the key to recovery, the key to prevention, is a caring community and she congratulated CADY and all others in the room who provide that each and every day.

Hassan thanked law enforcement for all they have done in dealing with the crisis, stating that it takes a special kind of person to deal with families time and again as they struggle with a loved one battling addiction. She went on to say that this crisis is impacting the next generation,

too, causing strains within families as they deal with behavioral and financial issues, hospitalizations, and even death. Hassan recalled an encounter she had with a nine-year-old girl who reached out to her in hopes that she could do something to stop the substance misuse after she lost one of her favorite uncles.

"I was devastated that a nine-year-old in my state has to seek out a U.S. Senator for something like that, but I'm proud she could," Hassan said.

She vowed to keep fighting for a solution to the state's problems with substance misuse, saying she would do all she can to bring help to those who need it.

In her address, Kuster said substance

misuse is one of the rare topics that brings bipartisan support and felt New Hampshire could help lead the way for other states facing such problems. The state has already impacted others by establishing programs like the Safe Stations where people can walk into fire departments and seek help, an idea she brought back to Washington.

In the meantime, Kuster revealed that the problem has also impacted her family. She has a brother who is in a 28-day treatment program to overcome his issues with addiction.

"Having this experience has helped me be a better legislator," she said.

That personal impact of addiction

is what Broderick brought to the summit in his captivating talk, titled "Change Direction NH." He spoke of his son who suffered from depression as a teen, something he didn't see then but he sees now.

"Mental illness," he said, "came to my house. It took up residency in my 13-year-old son."

At that age, his son began to spend hours in his room drawing, or "withdrawing" as Broderick later came to see. He reflected on how his son's high school yearbook had only his senior photo in it - there were no candid shots of him at school activities, clubs, sports or even dances.

While his son was in college, Broderick and his wife went to visit him one weekend. They heard from his roommate that he drank all the time, but his son denied the problem, stating he didn't drink more than anyone else.

He went on to graduate school and came back to live at the family home where he drank every day. When he began to work, he lost job after job but it was never his fault, he said.

When they sought advice from experts on how to deal with the problem, he and his wife were told to put him out of their house where he could hit bot-

tom and perhaps confront the issue, or take him in and watch him drink himself to death.

They sent him off to rehab instead but found him going in and out of one treatment center after another all along the east coast.

On a return from rehab in Florida, he even got on the plane to come home, drinking while on the flight. They finally put him out on the streets for a time.

"He was going backwards at 100 miles per hour, though," Broderick told the crowd, "so we brought him home again."

Soon, the severity of his illness became evident when his son made national news after severely attacking Broderick, sending him to the hospital in such bad shape that he didn't even remember what had happened.

As a judge, Broderick watched as his son went from Valley Street Jail to the N.H. State Prison to serve a sentence of seven-and-a-half to 15 years.

"I hope you never have that experience. I hope you never have that day," he said quietly.

Psychologists working with his son at the prison told Broderick he was "seriously depressed. He was self-medicating. I thought it was hopeless. I didn't know."

He finally got the

help no one realized he needed until then, and even married his wife while he was incarcerated; Broderick performed the ceremony. His son was then paroled after three years behind bars.

"He's a good person. He's now well. He's taught me a lot," said Broderick.

Having gone through that life-altering ordeal, Broderick said he became better educated on the topic of mental health its connection to substance abuse. The stigma of mental illness has to change, he said, so people can get the help they need.

Prompted by Broderick, Dartmouth-Hitchcock recently partnered with state educators to present the Five Signs of Mental Illness that can be found on their Website, changedirection.org. They also developed R.E.A.C.T. to help people Recognize, Express concern, Act now, Care and Text signs to 741-741 or call 448-4400 (available 24/7) to get help for themselves or a loved one.

Stressing the connection between mental illness and substance misuse Broderick finished by saying, "We can do this. Open your heart, open your minds and you can help others."

Lupine

FROM PAGE A10

dance tunes on Saturday. Later that day, sing along with Woody Pringle and Marek Bennet as you explore lyrics of camp songs, parlor music, hymns, battlefield rallying cries, and fiddle tunes of the American Civil War. Local favorite, Parker Hill Road Band closes the market on Sunday with their unique mix of Blue-

grass to Modern Pop music.

For a relaxing break on June 9-10, stop over to The Adair Country Inn & Restaurant at 11 a.m. for Lemonade and Lupines. Afterwards, stroll their landscaped gardens and walking trails.

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Section **B**
Thursday,
Thursday, May 31, 2018



BOB MARTIN - WINNISQUAM ECHO
Matt Libby is off and running after taking the baton from Justin Shokal in the 4X100-meter relay on Saturday.



BOB MARTIN - WINNISQUAM ECHO
Matt Libby runs in the hurdles on Saturday at Winnisquam.

Peterson wins D3 javelin title

Pruett, Skoog, 4X100 boys all earn automatic MOC bids

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Newfound track team had a

What's On Tap

As the month of May ends and June sets in, all that's left on the docket for the local high school teams is postseason action.

The Division II and III baseball tournaments start today, May 31, and continue on Saturday, June 2, both at the home of the higher seed at 4 p.m. The Division III semifinals take place on Tuesday, June 5, at 4 and 7 p.m. and the Division II semifinals are Thursday, June 7, at 4 and 7 p.m., both at Southern New Hampshire University.

The Division II and III softball tournaments continue with quarterfinal action at the home of the higher seed on Saturday, June 2, at 4 p.m. The Division II and III semifinals are both on Wednesday, June 6, with Division II at Southern New Hampshire University at 4:30 and 7 p.m.

SEE ON TAP PAGE B6

number of strong performances in the Division III State Meet, held on Saturday at Winnisquam Regional High School in Tilton.

The lone championship for the Bears came from freshman Jasmine Peterson, who came through with a distance

of 121 feet, nine inches in the javelin, which took first place and bettered her own school record by more than five feet.

That first place performance paced the Bears to 11th place overall, with White Mountains and Gilford taking the top two spots.

The other points for the Bears came in the shot put, where freshman Oceanne Skoog made a toss of 33 feet, eight inches, which put her in second place overall.

In the 100 meters, Amy Combs finished in 12th place in 13.93 sec-

onds and in the 200 meters she finished in 11th place in 28.95 seconds. In the 4X100-meter relay, the team of Shyann Seymour, Megan Stafford, Julia Rose and Combs finished in 10th place in a time of 55.17 seconds. Lilly Wright cleared six feet in the pole vault to

finish in eighth place.

Ethan Pruett was the top performer for the Newfound boys. In the shot put, Pruett made a toss of 43 feet, 1.5 inches to finish in third place, with Mason Dalphonse finishing in fourth place with a throw of 42 feet,

SEE TRACK PAGE B6



RC GREENWOOD

Closing win

Matt Costigan takes a throw at first base during Newfound's 8-4 win over Inter-Lakes on Friday afternoon. The win put the Bears at 3-13 to finish off the season. They also dropped an 11-6 decision to Stevens and a 4-2 decision to Berlin earlier in the week.

Coaching openings at Newfound

BRISTOL — Newfound Regional High School has the following coach openings for 2018-19: Varsity field hockey, JV field hockey, JV volleyball, unified soccer and unified basketball. If interested, please send letter of interest and resume to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x1507 or pcofran@sau4.org.

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See further up here.



JOSHUA SPAULDING

Alexis Stonis breaks from the blocks in the 100 meters on Saturday at Kennett.



JOSHUA SPAULDING

Sam Van DeMoere runs in the 4X400-meter relay at the close of the State Meet on Saturday.

Twice as nice for Ebner Plymouth senior wins pair of Division II championships

BY JOSHUA SPAULDING

Sports Editor

NORTH CONWAY — The saying goes that two is better than one.

That was certainly the case for Plymouth senior Sam Ebner, as he leaped his way to a pair of Division II championships at the Division II State Meet at Kennett High School in North Conway on Saturday.

Ebner competed in four different events, earning points in three of those events and coming out on top in two of them to lead the way for the Bobcats, who finished in eighth place on the day. Portsmouth and Windham took the top two spots.

In the triple jump, which ended up being Ebner's final competition of the day, he leaped 42 feet, .75 inches to take the top spot.

In the high jump, Ebner cleared five feet, 10 inches to tie for the top spot, but based on the tiebreaker, Ebner was the Division II champion.

The first event of the day for Ebner also



JOSHUA SPAULDING

Sam Ebner leaps to the Division II triple jump title on Saturday in North Conway.

provided points for his team, as he finished in fourth place in the long jump with a leap of 19 feet, 9.25 inches.

Cale Swanson had a strong performance in the javelin, tossing a distance of 155 feet,

three inches, which placed him second overall.

The Bobcat 4X100-meter relay team of Thomas Carpenter, Charlie Carpenter, William Golden and Remy Beaujouan finished in fourth place overall with a time of 46.43 seconds.

The 4X400-meter relay team of Logan Hillger, Thomas Carpenter, Beaujouan and Griffin Smith finished in ninth place overall in 3:41.43, while in the 200 meters, Beaujouan finished in 11th place in a time of 23.92 sec-



JOSHUA SPAULDING

Cale Swanson threw his way to second place in the javelin on Saturday at the Division II State Meet.

onds. Ebner took 12th place in the discus with a toss of 109 feet, three inches and Ryan Hardy took 10th place overall in the shot put with a toss of 37 feet, 8.5 inches.

For the Plymouth girls, the lone points on the day came in the javelin, where Saman-

tha Meier finished in third place with a toss of 108 feet, 10 inches to place the Bobcats 16th, with Portsmouth and Milford grabbing top honors for the day.

Rebekah Crane just missed out on scoring in a pair of events. In the discus, she finished in seventh place at 98

feet, nine inches and in the shot put, she threw 31 feet, 8.25 inches to take eighth place overall.

In the 4X400-meter relay, the team of Sam Van DeMoere, Ashley Ulricson, Maisy Mure and Towers finished in 13th place in a time of 4:32.66 and Smoker finished in 10th place in the 200 meters in 27.09 seconds. Van DeMoere finished in 14th place in the 400 meters in a time of 64 seconds and Ainsley Towers was eighth in the 1,600 meters in a time of 528.1. In the 100-meter preliminaries, Alexis Stonis was fifth in 13.07 seconds and Smoker was 10th in 13.39 seconds. Julia Ahern finished in 12th place in the high jump with a leap of four feet, eight inches.

With their top-three finishes, Meier, Swanson and Ebner all earned automatic bids to the Meet of Champions, which takes place on Saturday, June 2, at Merrimack High School at 2 p.m.

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

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Edward Jones: Financial Focus

What Should You Look for in an Annual Financial Review?

Given the complexities of the investment world, you might consider working with a financial professional to help you move toward your goals, such as a comfortable retirement. You'll want to establish good communication with whomever you choose, and you should meet in person at least once a year to discuss your situation. At these annual reviews, you'll want to cover a variety of topics, including these:

Your portfolio's progress — Obviously, you will want to discuss how well your investments are doing. Of

course, you can follow their performance from month to month, or even day to day, by reviewing your investment statements and online information, but at your annual meeting, your financial professional can sum up the past year's results, highlight areas that have done well or lagged, and show you how closely your portfolio is tracking the results you need to achieve your long-term goals.

Your investment mix — Your mix of investments — stocks, bonds, government securities and so on — helps determine your success as an in-

vestor. But in looking at the various investments in your portfolio, you'll want to go beyond individual gains and losses to see if your overall mix is still appropriate for your needs. For example, is the ratio of stocks to bonds still suitable for your risk tolerance? Over time, and sometimes without you taking any action, this ratio can shift, as often happens when stocks appreciate so much that they now take up a larger percentage of your portfolio than you intended — with a correspondingly higher risk level. If these unexpected movements occur, your financial professional may recommend you rebalance your port-

folio to align it more closely with your goals and risk tolerance.

Changes in your family situation

— A lot can happen in a single year. You could have gotten married, divorced or remarried, added a child to your family or moved to a new, more expensive house — the list can go on and on. And some, if not all, of these moves could certainly involve your financial and investment pictures, so it's important to discuss them with your financial professional.

Changes in your goals — Since your last annual review, you may have decided to change some of your long-term

goals. Perhaps you no longer want to retire early, or you've ruled out that vacation home. In any case, these choices may well affect your investment strategies, so it's wise to discuss them.

Changes in the investment environment

— Generally speaking, it's a good idea to establish a long-term investment strategy based on your individual goals, risk tolerance and time horizon, and stick with this basic strategy regardless of the movements of the financial markets or changes in the economy.

Still, this doesn't mean you should never adjust your

portfolio in response to external forces. For instance, if interest rates were to rise steadily over a year's time, you might want to consider some changes to your fixed-income investments, such as bonds, whose value will be affected by rising rates.

In any case, it's another thing to talk about during your annual review.

These aren't the only elements you may want to bring up in your yearly review with your financial professional — but they can prove to be quite helpful as you chart your course toward the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Shaker Regional School District is seeking a Temporary Administrative Assistant for up to 40 hours per week from early-July to early November. Chosen candidate will possess strong computer skills to provide primary secretarial support to the Superintendent of Schools including maintaining appointment calendar, scheduling meetings, as well as collect and organize data and prepare board packets. Additional duties include screening visitors, answering telephone calls and processing mail. Must be able to establish and maintain working relationships with staff in district schools and perform other duties as assigned. Must be able to work independently. Contacts are frequently made at all levels within and outside the SAU Office, often requiring handling of sensitive and/or confidential information. Salary range is \$18.00 - \$21.00 per hour. There are no benefits associated with this position.

Application must be made through SchoolSpring.com. The application link can be found on the Human Resources tab of the district website, www.sau80.org. Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.

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Bobcat baseball boys grab two wins in final week

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth baseball team closed out an impressive regular season with a pair of wins over Con-Val and Hanover to close out the regular season with 13 wins and a top-four seed in Division II.

The Bobcats started the week with a 15-5 win over Con-Val, paced by an impressive pitching performance from Garrett Demas, who went five innings, allowing four runs on eight hits, striking out three and walking one.



JOSHUA SPAULDING

Colby Moore hit a homer in his team's win over Con-Val last week.

New Hampton Trail Challenge 5K is June 9

NEW HAMPTON —

Area runners, walkers and families are invited to the first New Hampton Trail Challenge 5K walk/run on Saturday, June 9. The event, held at the New Hampton Fitness Trail at 24 Intervale Drive (next door to the New Hampton Public Safety Building), will include a 5K walk/run for all ages and a kids' half-mile dash for children ages 12 and under. The event is hosted by the New Hampton Community School Parent Teacher Organization (NHCS PTO).

ductible registration fee is \$10 for all participants and \$30 for families of four or more. All proceeds go to support PTO-sponsored programs and a new outdoor classroom at the elementary school.

"We're excited to host a fundraiser the entire community can enjoy, and to help create awareness of this amazing fitness trail," commented NHCS PTO President Nora Foster.

The 5K challenge includes both packed and unpacked surfaces and changes in elevation, while the kids' dash will be on flat, packed surface. A cash prize will be awarded to the 5K male and female winners. First place certificates and gift

bags will be given to children male and female categories in the five and under, 6-9 and 10-12 age groups for the half-mile dash. All participants will receive finisher awards.

The New Hampton Trail Challenge would not be possible without the generous sponsorship of local organizations and businesses. This year's sponsors include Gold Sponsor Meredith Village Savings Bank, Silver Sponsor Newfound Teachers' Union Local 6557, Bronze Sponsors New Hampton's Dunkin' Donuts and Subway stores.

To pre-register online, visit <https://raceentry.com/race-reviews/new-hampton-trail-challenge>. Runners and walkers can also register by mail with a check payable to NHCS PTO. For a registration form, contact Nora Foster at thenhcpto@gmail.com or call 677-6281.

The NHCS PTO is a 501(c)(3) non-profit group of dedicated parents whose mission is to support the New Hampton Community School, its teachers, and students through volunteer and fundraising efforts. The group annually funds a school Spelling Bee, hosts educational events, and last year, organized the purchase and installation of a new playground for the school and community.

Nick Qualey closed out the game on the hill with two innings of relief.

Colby Moore led the offensive attack with a home run in the second inning, one of 17 Plymouth hits on the afternoon. Moore was joined by Devlin Costa, Henry Green, Qualey, Demas and Owen Brickley with multiple hits for the game. Mike Hogan and Moore each drove in three runs.

The Bobcats finished up the regular season with a 15-10 win over Hanover. Brickley got the start on the hill, going four innings while Qualey finished out the game, pitching the final three innings.

The Bobcats were up 3-0 going into the bottom of the third inning, but the Marauders scored six runs to take the lead. Plymouth answered back with four runs in the top of the fourth inning, paced by a bases-clearing double by Hogan. Plymouth scored two more runs in the top of the fifth to take a 9-6 lead only

to see the Marauders come back and score four runs in the bottom of the fifth for the 10-9 lead.

In the top of the seventh, Costa led off with a walk and Green followed with his own walk. Brickley beat out a bunt to load the bases and then a Hogan sacrifice fly tied the game at 10. The Bobcats then manufactured five more runs in the inning on a couple of

hits, some perfectly-executed suicide squeeze bunts that turned into hits and a sacrifice fly by Moore.

"Overall we came through with some very timely hitting when our backs were against the wall," said coach Mike Boyle. "The guys stuck together and pulled out our 13th win against a very good Hanover team."

The Bobcat coach noted that the six unearned runs given up will need to be improved as the team moves into the playoffs.

"Unofficially, I believe we will be the third seed in the tournament," Boyle added.

The Division II playoffs begin today, May 31, with the Bobcats at home for the first round. The tournament continues on Saturday, June 2, at the home of the higher seed.

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



RC GREENWOOD

Stretching

Victoria Roman reaches to pull down a throw during her team's game with Inter-Lakes on Thursday afternoon. Newfound dropped a 14-10 decision to the Lakers and also fell 13-1 to Stevens to close out the regular season at 5-11.

On Tap

FROM PAGE B1

and Division III at Plymouth State University at 5 and 7 p.m.

The Division II boys' lacrosse quarterfinals are Saturday, June 2, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, June 6, at 5 and 7:15 p.m. at Stellos Stadium in Nashua.

The Division III boys' lacrosse quarterfinals are Friday, June 1, at the home of the higher seed at 5 p.m. and the semifinals are Wednesday, June 6, at 5 and 7:15 p.m. at Laconia High School.

The Division II girls' lacrosse semifinals are Saturday, June 2, at Stellos Stadium at 5 and 7 p.m. and the finals are Tuesday, June 5, at Manchester Memorial at 7 p.m.

The track Meet of Champions takes place on Saturday, June 2, at Merrimack High School at 2:30 p.m.

The individual tennis singles tournament starts on Saturday, June 2, with the boys at Derryfield and Southern New Hampshire University and the girls at Pinkerton Academy, with the semifinals and finals at Derryfield School on Tuesday, June 5, at 3 p.m. The doubles tournament starts on Sundays, June 3, with boys at Derryfield and SNHU and girls at Pinkerton Academy, with the semifinals and finals on Thursday, June 7, at the Derryfield School at 3 p.m.

Unified volleyball playoffs open on Tuesday, June 5, and continue on Thursday, June 7, both at 4 p.m. at the home of the higher seed.

Registration starts at 8:30 a.m. and kicks off with the kids' dash at 9:30 a.m., followed by the 5K at 10 a.m., rain or shine. The tax-de-

re seed, continues on Saturday, June 2, at Laconia High School at 5 and 7 p.m. and the finals are Tuesday, June 5, at Manchester Memorial at 7 p.m.

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Track

FROM PAGE B1

9.5 inches.

Pruett then finished in second place in the discus with a throw of 135 feet, four inches.

Pruett's two top-three

finishes led the Bear boys to sixth place overall, with Campbell and Inter-Lakes taking the top two spots.

Matt Libby took fourth place in the 100-meter hurdle preliminaries in a time of 16.48 seconds and then

finished in fifth place in the finals with a time of 16.94 seconds. Libby also added a seventh place in the 300-meter hurdles, just missing out on a point with a time of 43.82 seconds.

The Newfound 4X100-meter relay team of Justin Shokal, Libby, Aidon Anderson and Came Anderson finished in third place overall in 46.34 seconds.

Reid Wilkins grabbed four points in the high jump, clearing six feet, two inches for fourth place, while Quentin Dancewicz-Helmers finished in eighth place at five feet, four inches.

In the 100 meters,

Shokal finished in 12th place in 12.18 seconds, Dylan Perkins cleared 10 feet in the pole vault to finish in eighth place and Shawn Huckins finished 15th in the javelin with a toss of 111 feet.

Peterson, Skoog, Pruet and the 4X100-meter boys all automatically qualify for the Meet of Champions with their top-three performances. The Meet of Champions is set for Saturday, June 2, at 2 p.m. at Merrimack High School.

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

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