



Newfound Landing

THURSDAY, AUGUST 11, 2016

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COMPLIMENTARY

Local craftsmen, entrepreneurs showcase their wares at Making It In Bristol

BY DONNA RHODES
drhodes@salmonpress.com

BRISTOL — Local craftsmen, artisans and other business owners who run their operations from home or outside the downtown business district were invited to bring their goods to the town square last Saturday for the third annual Making It In Bristol community event.

Organized by Bristol's Events Committee, sunshine and live music filled the square as shoppers strolled among the booths and purchased all sorts of locally made products. Many of the downtown businesses also enjoyed an increased number of customers in their stores as residents and visitors alike took the time to shop all around scenic Central Square.

Mill Fudge Factory celebrates 10 years of being in business in 2016 so they brought their fudge outdoors, handing out samples

and proving photo ops for little ones with their pal Thomas the Bear.

Walker Farm Sugar Shack came to town for the day as well. Their booth was filled their many maple products, such as syrup, maple candies, granulated maple sugar, maple mustards and other popular treats.

Other booths had beautiful handbags and children's hand knit wool sweaters, local photography, note cards and art, wood and metal crafts, and jewelry, including some truly unique porcupine quill earrings from Regina Gilpatric.

"I went on a field trip to an Indian museum with the fourth graders and saw pretty porcupine quill earrings that Indians had made. I told my husband he had to find some quills for me and when he did, this is what I've made with them," Gilpatric said.

SEE MIB, PAGE A14



DONNA RHODES

Emma Caldwell, age 12, and Julia Long, age 10, brought their own arts and crafts business to Making It in Bristol last weekend, and all proceeds from their sales went to a dog rescue center.

Man drowns in Pemi while trying to rescue dog

BY DONNA RHODES
drhodes@salmonpress.com

NEW HAMPTON — New Hampton Fire Rescue, Bristol Fire Department, New Hampshire Fish and Game officers and members of the New Hampshire State Marine Patrol responded to the report of a missing boater on the Pemigewasset River in New Hampton at 6:35 p.m. on Saturday, Aug. 7, where they underwent an intense but unsuccessful search to rescue the missing man, who was later identified as 54-year-old Jacques C. Savoie of Hudson.

Savoie and his wife were out on the river in a 14-foot aluminum

motorboat with their four beagles last Saturday afternoon when the accident occurred. Marine Patrol said that one of the dogs apparently exited the boat and, after several attempts to retrieve him, Jacques then

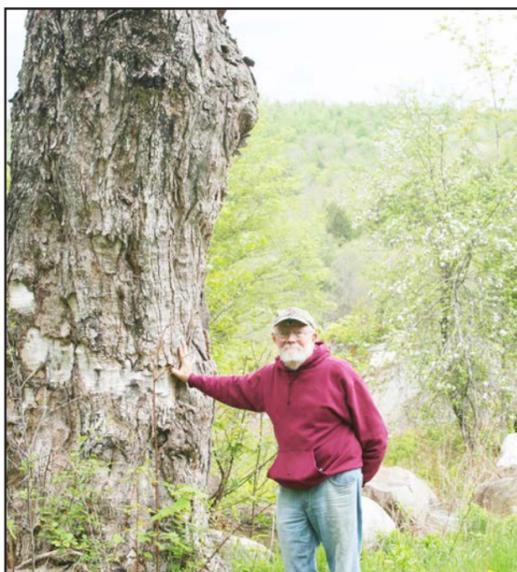
SEE DROWNING, PAGE A15

A win for wildlife

Landowner conserves Cockermouth Headwaters land in Groton

GROTON — Jim Cross, a former Groton selectman who now lives in Moultonborough, has spent decades enhancing the wildlife habitat on his 72-acre property near the Cockermouth River's headwaters. Now he's protected that natural resource investment and a family legacy by donating a conservation easement on the land to the Society for the Protection of New Hampshire Forests (Forest Society).

Under a conservation easement, a landowner retains ownership of a property while donating or selling development rights to a land trust or other entity to hold. The easement ensures that



COURTESY

Landowner Jim Cross stands near the maple tree that once held a swing greatly enjoyed by Cross and his siblings when they were kids. Photo courtesy Forest Society.

no matter who may own a property in the future, the land remains conserved.

Cross has spent 35 years working with foresters and the Natural Resource Conservation Service to increase the habitat diversity on the land, located upriver from the Sculptured Rocks Natural Area.

"Through Jim's incredible generosity, some stellar wildlife habitat is now conserved for moose, bear, beaver, native brook trout and scores of bird species, not to mention the frogs, salamanders and other species attracted by the three streams that converge on

SEE HEADWATERS, PAGE A15

Garden and Farm Days offer a chance to experience Danbury's agricultural heritage

BY DONNA RHODES
drhodes@salmonpress.com

DANBURY — This

Saturday and Sunday, Aug. 13-14, will be an interesting and infor-

mative weekend in Danbury, with lots of great discussions, demonstra-

tions and tours of local farming operations as the Danbury Historical Society presents Danbury Garden and Farm Days.

The weekend will kick off at 9 a.m. on Saturday at the George Gamble Library with a one-hour discussion by Ann Jule on permaculture and the Danbury Grows initiative.

At 10 a.m., Stanley and Samantha Phelps will open their farm, sugar shack, greenhouse and gardens up to visitors where they can tour their facilities, visit their cows and learn more about their special gardens that include garlic, vegetables and other herbs. The Phelps' Farm is located at 53 Ragged Mountain Road.

The tour route then

moves to Haunting Whisper Vineyards at 77 Oak Ridge Rd. in Danbury, where Eric and Erin Wiswall will present a guided tour of the vineyard and wine tasting rooms from noon until 1 p.m.

From 1:30-2:30 p.m., Janet Hillsgrove will provide useful tips on growing rhubarb, asparagus and other perennial vegetables. The discussion will take place at the Danbury Community Center.

Immediately following Hillsgrove's talk, Ken Cook will lead another session that will focus on heirloom tomatoes and his "Cross-Hemisphere Dwarf Tomato Project, and from 4-5 p.m. at the community center Amy Papineau of the UNH

SEE FARM DAYS, PAGE A15

INDEX

Volume 3 • Number 33

Opinion.....	A4
Obituaries.....	A6
Schools.....	NONE
Towns.....	A6,A7
Churches.....	A7,A15
Arts & Ent.....	A9,A10
Health.....	A11
Business.....	A12
Sports.....	B1-B4 & B8
Classifieds.....	B6-B7

24 pages in 2 sections

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COURTESY

The Hannaford Supermarket in Bristol was the proud sponsor of the 2016 Bristol Summer Concert Series. Helping to promote these free music events are Michael Daughen (left) and Larry Poliquin, Store Manager (right) from Bristol Hannaford. There are still two big concerts left for the summer season and Hannaford invites anyone living/vacationing in the Newfound region to come on out to enjoy some great local live music. Join us on Thursday, Aug. 18 from 6:30 - 8 p.m. at Kelley Park for Annie & the Orphans, and on Friday, Aug. 26 at Bristol Old Town Hall from 7 - 9 p.m. for music and dancing with Club Soda band. For more details, contact the TTCC at 744-2713.

Bristol Rotary Club hosting annual Penny Sale tonight

BY DONNA RHODES

dhrhodes@salmopress.com

BRISTOL — It's time once again for the annual Bristol Rotary Club Penny Sale, held at Newfound Memorial Middle School, and everyone is encouraged to come out this Thursday, Aug. 11, to take a chance on winning any of the hundreds of items being made available by local merchants in support of the Rotary's Scholarship programs.

The evening will contain three "color rounds" where people can purchase special raffle tickets for one, two, or all three of the rounds as they become available. Numbers will then be drawn for the prizes in each category before

moving on to the next color round and new tickets.

Don't discard those tickets though, whether they were drawn for a prize or not, because they just might be drawn again.

"At the end of the night, all three ticket colors are thrown in a bin to draw for the Grand Prizes. One ticket can actually win multiple times throughout the night," said Bristol Rotary member Leslie Dion.

Among the Grand Prizes for 2016 will be a Kindle Fire, \$100 in cash, a picnic table and a bicycle. There is also 125 gallons of fuel oil, 100 scratch tickets and even more that lucky ticket holders could go home with that

night.

The chances to win don't end there however. There will also be a 50/50 raffle to benefit Bristol Community Services and another raffle for 50 Powerball tickets that will benefit the Tapply

Thompson Community Center's Summer Program Scholarship Fund.

One other chance to win will be through a Silent Auction that will have more than 40 additional great prizes up for bid throughout the

night.

There will also be food available for purchase.

Dion said the Bristol Rotary Club Penny Sale, now in its 64th year, raises approximately \$9,000 toward scholarships awarded to graduating

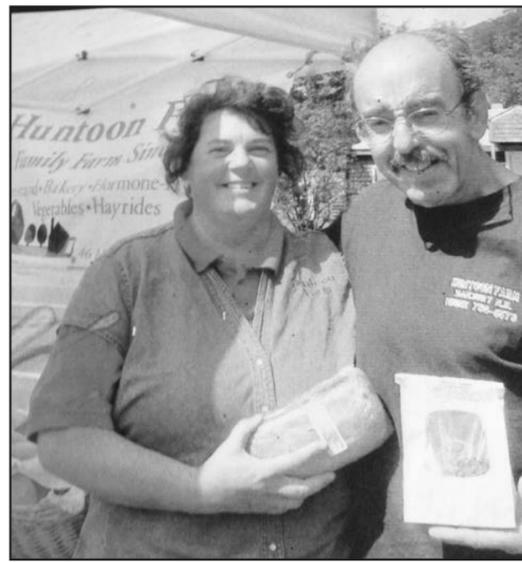
seniors of Newfound Regional High School.

The auction will begin at 6:30 p.m. and run until approximately 10:30 p.m.. Newfound Memorial Middle School is located at 155 N. Main St. in downtown Bristol.

Huntoon Farm owners join Wilmot Farmers' Market Aug. 20

DANBURY — Where will you find Huntoon Farm owners, Phil and Donna Sprague from Danbury on Aug. 20 and every Saturday through September? They will be vendors selling their farm products at the Wilmot Farmers' Market, where they, or at least one of them, have been on every market Saturday, as long as there has been a Wilmot Farmers market. That is a tradition of which they are proud, but they do add that they left early on one day... to attend the wedding of Donna's brother. And even that wedding was a great farm deal as his bride is also now an integral part of the farm's operations.

And on the 20th of



Phil and Donna Sprague

August, in the midst of maintaining the market camaraderie formed from selling their baked goods, prepared foods, meats and

eggs, the couple will also celebrate their 28th wedding anniversary. They feel the Wilmot Farmers Market is the place to mark the occasion, a special place where committed vendors selling an array of foods, crafts and agricultural products meet the warmth and support of Wilmot and the surrounding

communities. Farm couples are married to each other as well as the land on which they make living and to their businesses which sustain them both. Between customers, they love to discuss the special legacy of Huntoon Farm; 160 years and 6 generations strong. Visit the market every Saturday morning between 9 a.m. and noon, at 9 Kearsarge Valley Rd., a.k.a. the town green, in Wilmot. Have breakfast, peruse vendor tents and become a wedded member of the Wilmot Farmers Market Community. The market runs every Saturday from the last week in June through September. For more information about the market visit wilmotfarmersmarket.com or for information on Huntoon farm, including their upcoming 160th anniversary celebrations, visit huntoonfarm.com.

Groton Historical Society welcomes a visit from Mary Todd Lincoln Sept. 11

GROTON — If you had to go to work the morning of Aug. 11 and therefore missed the arrival of Mary Todd Lincoln to Plymouth, you'll be happy to learn that she'll be returning to this area on Sept. 11. The Groton Historical Society has invited her to tell about both her joyous life with Abe and her tragic life after his assassination.

Sally Mummey, well known "living historian," skillfully becomes Mrs. Lincoln before our eyes. Mary Todd Lincoln was First Lady during the Civil War. Booth's presence at Ford's Theater not only changed the course of our nation, but destroyed Mary's life as well.

Thanks to a grant from New Hampshire Humanities, Mrs. Lin-

coln (Sally Mummey) will meet you at Groton's Town House, 754 North Groton Rd., at 2 p.m. Sunday, Sept. 11. She will share information, much of which never made it to the pages of our high school history books. The program is free and refreshments will be served.

NH Humanities does a fine job of finding people who have researched lesser known topics, then financially helping to bring these discovered talented people into New Hampshire towns to share what they have learned. For more about the many speakers and topics available, go to www.nhhumanities.org. Questions about the Groton program can be answered by Sherry Nelson, 744-9744.



COURTESY

Miss Aberdine Donaldson of Meredith and Boston, Mass., the daughter of Virginia Donaldson of Meredith and Roderick Donaldson of Moultonborough and granddaughter of Robert and Carol Huber of Bristol, will be continuing her education this September at Northeastern University in the school's Psychology Doctorate Program. Aberdine graduated from Boston University in 2014 Magna Cum Laude with a Bachelor's degree in Psychology, and has been working in her field at the Judge Baker Children's Research & Development Center in Boston. Aberdine has received stipend graduate assistantship and tuition remission.

Correction

BRISTOL — In last week's front page article on the most recent meeting of Bristol's Board of Selectmen, it was reported that the board had turned down a request from a disabled resident to access the Avery-Crouse Town Beach by kayak on the grounds that to grant his request would be to set a precedent that might infringe on others' enjoyment of the beach. It was subsequently

brought to our attention, however, that although the gentleman who filed the request had included a doctor's note in an effort to bolster his case, there was no explicit mention made during the meeting of his being physically disabled.

The Newfound Landing deeply regrets any confusion that may have resulted from this unfortunate but unintentional error.



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Walking tour brings the history of downtown Plymouth to life

BY JULIA BLANK
Contributing Writer

PLYMOUTH — History is all around us, and retired Plymouth State University Professor Louise McCormack drove this point home as she led a walking tour of downtown Plymouth last Saturday morning. A group of residents and visitors gathered at the Plymouth Historical Society museum in the Old Webster Court House to tour the town of Plymouth and see how it has grown from its pre-colonial days.

The tour started off with a short walk to the University campus, where visitors saw the house used by Pulitzer prize-winning poet Robert Frost. Members of the tour group posed for pictures with his statue.

McCormack told the group about the former teaching college located in Plymouth. It was predominantly female and highly uncommon for its time.

Amy Zoler, a visitor on the tour from New York City, said, "The history of the schools and women's education in Plymouth was fascinating. I was surprised to learn that they had a women's tennis court way before they had a men's one. These kinds of facts are what

makes local history so interesting."

The tour then continued to the old Draper and Maynard sporting goods company building. Although this is now a classroom building for Plymouth State University, it also has displays of old Draper and Maynard artifacts and information about them. Draper and Maynard was the first company to make different baseball mitts for each position.

As the unofficial curator of these displays, Dr. McCormack said "I enjoy seeing people's reaction to the displays we have created, each is a snippet into the past."

The group then walked to the Silver Center at Plymouth University. Today, residents know this building as a performing arts center; but the tour focused on the cornerstone from the home of Nathaniel Peabody Rogers who was a lawyer and leading abolitionist.

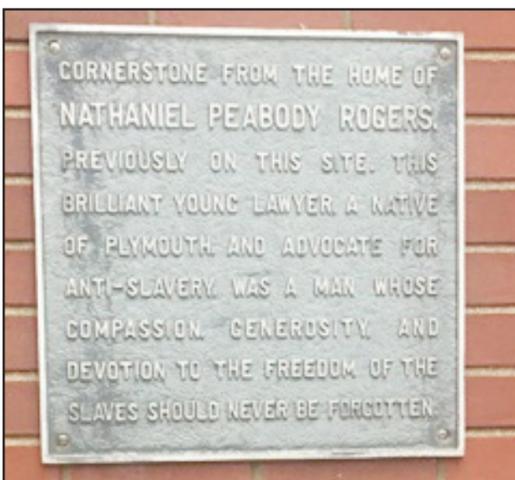
The tour stopped on the Town Commons to view the Nathaniel Hawthorne plaque and learn how Hawthorne's writings were inspired by the Plymouth community. The tour then finished back at the Plymouth Historical society, a building lined with



Amy Zoler of NYC, looking at the Robert Frost Statue.



Louise McCormack, tour guide from Plymouth, explaining the Robert Frost statue.



The Nathaniel Peabody Rogers Cornerstone Plaque.



Louise McCormack Showing one of the displays inside the old Draper and Maynard building.

NH Community Rights Network to screen "We The People 2.0" in Plymouth

PLYMOUTH — New Hampshire Community Rights Network (NHCRN) is hosting a sneak preview of the documentary "We The People 2.0" at the Pease Public Library on Thursday, Aug. 18, at 6 p.m. in partnership with Alexandria Rights Effort, Rights and De-

mocracy and Open Democracy NH.

"We The People 2.0," presented by Tree Media and the Community Environmental Legal Defense Fund (CELDF), is the story of people across the United States who have faced decades of environmental assaults and what

they are doing about it. These communities, like a growing number of communities in New Hampshire, recognize ecosystems at home and around the globe are collapsing under inherently unsustainable governing structures, what many have called a "corporate state."

Projects such as Northern Pass, industrial wind projects, corporate water extraction, and fracked gas infrastructure threaten Granite State communities. The film shares how people are working with CELDF and organizing to stop these assaults in their own communities through rights-based laws which ban the environmental harms as a violation of rights. New Hampshire communities are joining together to lay the foundation for the sustainable future they envision.

Due to limited seating, the event requires an RSVP through Eventbrite at <https://wtp2-peaselibrary-plymouthnh.eventbrite.com>.

This event is free to the public, but tax deductible donations will be accepted. The film will be followed by a Q&A panel discussion. For additional information, email NHCRN at info@nhcommunitiesrights.org.

books filled with the history of the town from its very beginning.

McCormack had run the tour previously as a way to introduce new faculty to the town of Plymouth. This was the first time the hour-long tour was being conducted for local residents.

The tour showed that

even though it might not be well known, all towns have a story. Dr. McCormack said it is very important whether the story is big or not that, "these stories should be preserved within an historical society, family ledger or sometimes a book to be shared with all."

Whole Village celebrates 20 years with community-wide open house

PLYMOUTH — Whole Village Family Resource Center, an initiative of Granite United Way, in Plymouth has been strengthening families for 20 years this year and they are inviting the community over for an ice cream celebration!

Community member are invited to join in the fun on Thursday, Aug. 11 from 4 – 6 p.m. at Whole Village Family Resource Center, 258 Highland St., Plymouth. Guests will enjoy some cool treats and entertainment.

"During the past 20 years, Whole Village Family Resource Center has been working with families in the Plymouth area and we're proud of the partnerships we have built in that time," said Susan Amburg, Director of Whole Village Family Resource Center. "Currently, we have 13 non-profit programs housed in our facility and we work together in unique and innovative ways every day. We have a lot to celebrate as we turn 20!"

For planning pur-

poses, kindly RSVP for the ice cream social by emailing info@graniteuw.org.

Special thanks to event sponsor Bank of New Hampshire and for the donation of ice cream by Hannafords in Plymouth.

For more information on Granite United Way, visit www.graniteuw.org.

Granite United Way

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. Granite United Way is committed to improving the lives of individuals and families by supporting programs in the areas of education, income and health. Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to make our communities a better place.

Granite United Way serves the Southern (Manchester/Derry/Salem), Merrimack County, North Country, Central NH, Northern and Upper Valley Regions of New Hampshire and Vermont, as well as Windsor County, Vt. For more information, visit www.graniteuw.org.



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PET of the Week



Cats are not disposable but all too often at New Hampshire Humane Society, we witness the results of a thrown away companion, lost in the shuffle of human lives upended.

Killian was abandoned with six others, rescued by Animal Control and transported to our shelter in April of this year.

Handsomely rugged, stocky and self-assured, don't let his tough guy demeanor fool you. His wizened furry face tells you, if you listen, that life hasn't treated him well, crunched down ears is proof Killian has

experienced much in his four plus years.

He is a love actually, very willing to bask in a sunny spot, rather than being outdoors. Cuddling with people who can see what a sweetheart he is really is all he wishes for these days. Not terribly fond of dogs, perhaps he's had some bad experiences, he deserves to be king, in his own kingdom, spoiled and cosseted forever

Join us at Church Landing Meredith, August 11 at the Paws For a Cause Auction. To view a selection of items available and to purchase your tickets go to www.nhhumane.org or call 524-3252

From the Capital Steps

BY SEN. JEANIE FORRESTER
District 2

Last week, I had the opportunity to stop in at a new restaurant in Plymouth, a place high on a little hill called "The Last Chair." Great food, great environment and a great story of home-grown success here in the Granite State. This unique establishment was the dream of Matt and Dave, two local guys. I got to hear their story—the genesis of their dream and the hard work they put into making their dream a reality. Their story confirmed to me that in this last legislative session, we were on the right path to making New Hampshire a more business friendly state by the laws we enacted this session and in past sessions.

As a former Main Street director working with small businesses (and being a small business owner myself), I know how hard our restaurants, retail shops, and other businesses work to survive. I also know how much our local businesses support our communities.

So it is frustrating when it seems like we have to constantly defend our efforts to help businesses. For example, in the process

of building our state budget, we brought forward language that would reduce the business profits tax and business enterprise tax over the next three budgets (from 8.5 percent to 7.9 percent on the business profits tax, and by 10 percent for the business enterprise tax). You may recall that the Governor vetoed our budget, saying that our proposed cuts would blow an \$80 million hole in the state budget. But we knew that was not correct, and here we are today, with an estimated \$100 million-plus over revenue projections. The Governor had proposed more than \$129 million in new fees and taxes; but we found a way to build a budget without adding an unnecessary financial burden onto our hardworking citizens and still provide relief to our hardworking businesses.

We sent a signal to the business community that we were serious about bringing back the New Hampshire Advantage and being a state that can lead New England economically.

Other business-friendly legislation included expanding the research and development tax credit. In 2016, almost 200 New Hampshire busi-

nesses received tax credits. The research and development tax credit program benefits all businesses – small, medium, and large throughout the Granite State. According to the Commissioner of the Department of Revenue Administration, "This year, more companies than ever before received grants, proving that businesses, especially small businesses, continue to see the advantage of this important tax credit in helping them grow, create jobs, and thrive in the Granite State."

We also enacted legislation that protects New Hampshire businesses from unfair tax treatment when they go public or acquire new investment capital.

We approved reforms to workers' compensation, enabling employers to contest unreasonable health care changes.

We updated and reformed New Hampshire's securities laws.

And, we lowered the business profits tax for the first time in 20 years and the business enterprise tax for the first time ever, enabling New Hampshire to start to regain its competitiveness over neighboring states.

Our focus has been

to get New Hampshire's economy moving forward and these business-friendly laws and modest cuts in the state's business taxes sends a message to our job creators in New Hampshire and those looking to move here that we're open for business. New Hampshire had the 3rd highest business tax rates in the country and these reductions starts us on the path to a competitive business environment.

So when I left "The Last Chair" that evening, I thought about all the good things we've done in the last six years and more specifically in this last session to help the businesses in the Granite State. There is more to do to help New Hampshire become the state that leads the pack in attracting new businesses and working to retain the businesses we have now. And I am confident that our success will breed more success in the years to come.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271-4980) or email at Jeanie@jeanieforrester.com.

Letters to the Editor

Why is Bristol losing so many town employees?

To the Editor:

Why is Bristol losing so many talented town employees? What I am talking about is, in just a little over a year, the town has lost the town administrator, three finance officers, human resource, several police officers, Land Use, assistant tax collector, highway/water department personnel, part time maintenance person, and of course, the fire chief, who just resigned after being on paid administrative leave for three and one half months. Bristol has lost almost all the executive staff with all those years of knowledge. By my count, there are at least 15 employees that left our employment. That is about an 18 percent turn-over rate, which is not very good, and cost us a lot to replace.

So, why is Bristol losing so many employees? Is it the pay, benefits, working conditions, management, other? I am not sure why, but do not believe it is pay or benefits because many of the employees were here for years. Working conditions? Maybe, with the mass exodus I am sure in some cases the working conditions have been stressful. In my opinion this screams of a management problem and the select board are the managers. If we could only be a flies on the wall at all the non-pub-

lic meetings they had during this time we would really learn the truth.

It should make you wonder what in the world is going on with our select board. Why the mass exodus? What are they doing wrong, or not doing at all? Again, I wish I could have heard some of those non-public meetings. But when it comes down to it, it is the select board's responsibility to manage the employees and the town. It should not be left up to the town administrator and department heads to do this work. Each select board member gets \$3,200 a year. I am starting to wonder for what.

You the voters need to decide what you want and vote in March. By having a high turn-over, cost us in knowledge, expertise and money. We can fix this by electing new select board members and getting Bristol back in balance with its employees! The people of Bristol can make the difference by voting and coming to town meeting in March. Help stop the mass exodus and disorder in our town.

John Sellers
Bristol

Newfound Landing

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Offices at 5 Water Street, P.O. Box 729,

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Phone: 603-279-4516 • Fax: 603-279-3331

Frank Chilinski, President & Publisher

Ryan Corneau, Information Manager

Brendan Berube, Editor

E-mail: newfound@salmonpress.com

Joshua Spaulding, Sports Editor

Donna Rhodes, Reporter

Advertising Sales: Tracy Lewis

Distribution Manager: Jim Hinckley

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North Country Notebook



By JOHN HARRIGAN
COLUMNIST

They call this far-flung place Boundary Pond for good reason

It was a good day for a trip into Boundary Pond--not a good day for fishing, because the sun was high and hot, but a good day to travel and to think about nothing in particular and many things in general. So my camp partner Shyne and I hit the road.

I live in Colebrook, considered by many people to be near the end of the road, in fact well beyond it.

But Pittsburg, the largest township in acreage east of the Mississippi, is 20 minutes north of me via Route 145, one of my favorite roads anywhere, and Boundary Pond is a good hour north of that--shorter by air-miles, to be sure, but much longer in time because the road's horrendous condition keeps a truck to a crawl, unless you want to bash up a big piece of very expensive machinery.

This is not to complain in the least. You are on old logging roads here, with no grading for a very long time and badly damaged or missing culverts marked with various orange-flagged posts and sticks.

But this is part of the 171,000-acre public-easement Connecticut Lakes Headwaters Tract, and the ever-better maps beckon an adventurous public from south of the notches who want to get a look at a previously mysterious, privately controlled landscape. Pretty soon now, the state of New Hampshire is going to have to invest in one whale of a project to get these and other roads in at least passable shape for the general public, albeit at a slow speed.

+++++

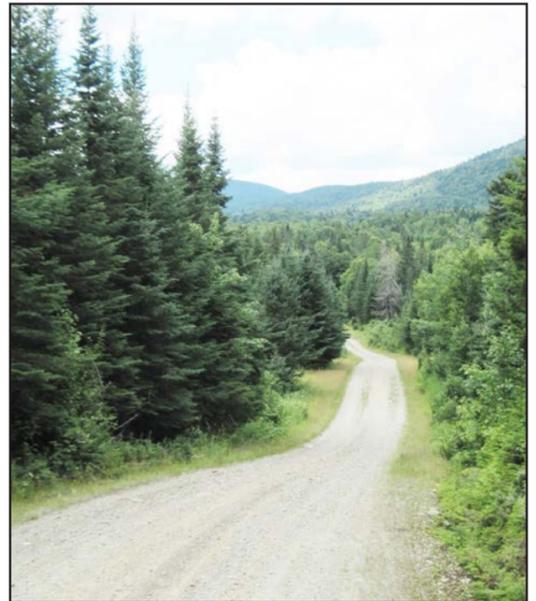
Boundary Pond sits in a saddle between two mountains, just shy of the Canadian border. It is one of the state's higher ponds and, I guess, is technically a remote pond, in that (a) you have to drive one heck of a distance to get there, and (b) the final quarter of a mile is on shank's mare.

In the old days, some of which I remember, which I guess makes me a relic, Boundary was best reached by an old road and then an old trail from Chartierville, on the Quebec



JOHN HARRIGAN

At Boundary Pond the sky's the limit, and if you wonder what's just beyond the northern shore, it's Canada.



JOHN HARRIGAN

One road in, the same road out, and it looks a lot smoother than it is.

a jumble of seldom-visited mountains, ridges and valleys.

+++++

It was a bright day, the worst kind of day to fish, the best time being when the weather is lowery, but then too that is precisely when the wind is likely to be blowing a gale at Boundary and trying to blow a boat off to Rangeley. Still, camp partner Shyne rolled a fish over, enough to say he had done so, and we called it a day. We sat on the rough-sawn plank bench for a few minutes to contemplate the scene before heading back up the trail.

Back years ago when I was fishing the pond with Dave Cook, I told Shyne, I'd got tired of fighting the wind and had Cookie put me ashore so I could climb the western flank of the mountain that forms Boundary's eastern shore. I'd noticed rough and jumbled rocky and craggy terrain there, and wanted to explore.

It took me about an hour to get about

three-quarters of the way up the slope, and there I found a huge field of boulders the size of small vehicles, many of them not round but oddly flat-edged, at both square and odd angles, and they were jumbled as if dropped from aloft, like a bucket of ice cubes.

As a result there were numerous caves, some of them quite deep, and at the entrances of some of these were well-trodden areas of hauled-out dirt, and numerous bones of all size and description.

On another day, with flashlight in hand, I might have gone in, but it was a good excuse not to, and head for the truck.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)



JOHN HARRIGAN

Just another worn-out beaver pond alongside the road, but not long ago, before it "went sour" as all beaver ponds do, it held some nice and very wild trout.

side of the line. New Hampshire's conservation officers, then commonly called fish cops or, at best, game wardens, went in from the Canadian side to stock trout fingerlings, using forest fire spray-tanks mounted on main-frame backpacks to haul their sloshing loads up the steep path to the pond. Colebrook's Jim Berry and Pittsburg's Tom "Sarge" Carlson were making this annual trek when I was a kid.

The pond was formed by two huge pieces

of ledge whose edges barely met, with a narrow enough opening so that groundwater and rainwater backed up to form a little gem of pond there in the middle of nowhere. Beavers did their dammest to back the water up a little higher, and eventually fishing adventurers found the place and built a camp on a northwestern point just out of sight from the dam. Fish and Game rebuilt the dam a couple of years ago, gated the construction road about

the same distance shy of the pond as was the original logging road, and built a little picnic area there overlooking this wild and beautiful place. Stand at the dam and look southeast, and you're looking far off into the heart and soul of northwestern Maine,

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Barbara Ward Shaw, 98

NEW HAMPTON — Barbara Ward Shaw of New Hampton died peacefully at home on July 30, 2016. She was 98.

Barbara Ward was born in North Sebago, Maine, on Dec. 10, 1917 to Bertha and Clarence Ward. As a child, Barbara was known for her intelligence, strength and spirited sense of humor. She recalled the small rural community with nostalgia and gratitude; the warm memories of good times she shared with family were tempered by the hard-won wisdom gleaned from inevitable difficulties of farm life. Barbara was a beauty and a catch, and after graduating at the top of her high school class, local boy Erwin Shaw caught her. They were married in 1936, and in 1945, Barbara gave birth to their son, Ward.

The Shaws settled in New Hampton in 1953. Erwin joined the kitchen staff at the New Hampton School and Barbara found employment at the Gordon Nash Library where she was eventually named Library Director. She served as president of the New Hampshire Library Council, overseeing the nascent group's first annual conference in 1970.



Recently, Barbara described two great challenges she faced during her decades at the library: To maintain a broad and varied collection of material, and to encourage readers to explore unexpected titles. The first challenge required diligence, the second, persistence. She wasn't always successful.

"The books are good," she said. "Well-chosen. But still someone will come along and say, 'I'm not reading that. That's not for me.' And you just have to shrug your shoulders and say, 'Well, I guess it's for somebody else then.'"

Barbara likened library work to match-making, believing that success comes from getting the right book in front of the right reader. Her favorite patrons were children. Generations of New Hampton kids, and students at the New Hampton School, were touched by her patience, generosity, and reliable counsel.

The Shaws were ar-

dent travelers. They journeyed extensively, from California to Hawaii to the United Kingdom, but they were particularly passionate about exploring the hidden corners of New England and eastern Canada. The next fork or hillcrest promised adventure and they were eager to see what—or who—they'd find beyond it. People they met along the way became close friends. Barbara was also an accomplished visual artist who created hundreds of paintings; nature was her greatest inspiration.

Erwin died in 1996. Barbara is survived by her son, Ward, and his wife Heather; three grandsons, Eric, Tucker and Geoffrey; Eric's wife Connie; and three great-grandchildren, Will, Lewis, and Ruby. These are the family members she left behind, but Barbara's idea of family extended well beyond bloodlines and she will be deeply missed and remembered by many friends, neighbors, and caretakers, in particular Kristin Royea, a devoted friend.

Memorial donations may be made in Barbara Shaw's name to the Children's Literacy Foundation (clifonline.org) or the World Wildlife Fund.

HEBRON — Michael V. Vermouth, 69, of Hebron passed away peacefully on Monday, Aug. 1, 2016, following a long and courageous battle with Leukemia.

Michael was born in Lawrence, Kan. to Vernon and Evelyn Vermouth.

For over 30 years, he has resided in Hebron. He was the owner and founder of Newfound Woodworks in Bristol. He took pride in his beautiful cedar strip canoe and kayak business, and was well known throughout the small craft industry.

Michael enjoyed his dog Brady, and spent many hours training in agility.

He also had a passion for his Harley Davidson motorcycles and in re-



cent years discovered the fun of mini coopers.

Michael is survived by his wife of 45 years, Sandra Hamilton Vermouth; his mother, Evelyn Vermouth; daughters Kerin Miller, Danielle Donovan, JoAnne Fields and Brenda Perron; 10 grandchildren; six great grandchildren; and three brothers, Peter, Thomas and Terry.

He was predeceased by his father, Vernon Vermouth.

The family received

visitors on Friday, Aug. 5 from 6-8 p.m. at Emmons

Funeral Home, 115 South Main St., Bristol.

A Funeral service was held at Saturday, Aug. 6 at noon at the Union Congregational Church of Hebron. Interment will be private and held at a later date.

The family wishes to extend their deepest gratitude to the staff of the

Dartmouth Hitchcock Hematology/Oncology department.

In lieu of flowers, donations can be made to The Norris Cotton Cancer Center at Dartmouth Hitchcock Hospital, One Medical Center Drive, Lebanon, NH 03756, please note leukemia research in the memo.

Pamela Kaye Yinger, 77

GROTON — Pamela (Pam) Yinger, daughter of the late Rev. and Mrs. Clement B. and Aileen Yinger, passed in peace on Saturday, March 13, 2016 after a courageous battle with cancer. She was 77 years of age. She is survived by four nieces and nephews, and many cousins throughout the country.

Pam taught bilingual education in the Rochester, N.Y. school system for 35 years. Upon retiring, she moved to her family

farm in Groton, where she spent the last years of her life.

The Hebron Union Congregational Church was a big part of Pam's life, where she served as a Deacon since 2003. Her father, Clement, served the same church as Pastor many years ago.

In her home town of Groton, Pam served as Librarian, Trustee and Supervisor of the Checklist. She was a published author of numerous children's books, and a much

sought after story teller. Pamela will be missed by all who knew her and were touched by her love and kindness.

Her family is planning a Memorial Service on Saturday, Aug. 20, 2016 at 10 a.m. at the Hebron Union Congregational Church, 16 Church Lane, Hebron.

In lieu of flowers, at Pam's request, please make donations to the Speare Memorial Hospital Oncology Department, 16 Hospital Rd., Plymouth, NH 03264.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Summer pests

My tomatoes have been doing so well. This morning something looked odd. Stripped leaves: Hornworm. They were hard to see in the bright sun, but six little green worms are now demised. I guess we will be checking every day.

Church Fair

Saturday, Aug. 13, Visit Alexandria Village.

The church, Historical Society, and Library will be open for tours. There will be many things for sale, food, music, old time fun on the village green.

From the town

Select board minutes, Aug. 2

The minutes from July 19 were approved.

Items Reviewed and Signed

Letter: Lakes Region Conservation Trust denying application for tax exemption

Building Permit: Farrer (922 West Shore Road)

Abatement: Avery
Intent to Cut: Austin
Map 413 Lot 88

PA-16 Application for Reimbursement to Towns in which Federal & State Land is Situated 2016

Letter: Appointing Fran Skiffington as Municipal Agent

Letter: DOT regarding improving West Shore Road

Deed: Map 410 Lot 54

Business

The Selectmen reviewed a letter from Bruce Webster regarding a road abandonment

notice posting for a road in Maine with the suggestion that the Town look into that possibility for Cole Hill Road; Mr. Tuthill said that the laws in Maine are different in New Hampshire and that they would not want to abandon a section of Cole Hill Road as it can be used for emergency purposes in the event of other road closures.

The Selectmen reviewed a letter from the Lakes Region Planning Commission regarding needing commissioners appointed from Alexandria; the letter will be provided to the Planning Board.

The Selectmen reviewed a letter from Kim Sharp requesting appointment as alternate member of conservation commission; Mr. Sharp was appointed as an alternate member of the conservation commission.

Ian Jessen, MIT Lincoln Laboratory, requested the use of the field behind the town hall for a drone demonstration as part of a presentation they are doing with the AMC lodge between Aug. 23 and 25; the Selectmen approved using the field for this purpose.

There was discussion regarding whether the state owned bridge on Washburn Road was going to be repaired this year; Jeff Cantara, Road Agent, said that he believes the project is currently on hold.

Mr. Cantara said that he received an email from DOT saying that a misleading sign at the intersection of Washburn Road and Cass Mill Road is going to be removed.

Bill Bolton was present to introduce himself as a candidate for Coun-

ty Commissioner.

Debra Devine and her mother Beverly were present to discuss concerns they have with their house construction and a complaint that the builder did not use materials up to state building codes; the Selectmen informed them that Alexandria has no building code and suggested contacting the State Fire Marshall. Ms. Devine mentioned that she had spoken to the State Fire Marshall and he would require something from the Town stating that we have no building codes; a letter will be provided to Ms. Devine.

Appointments/ Department Heads

Jeff Cantara, Road Agent: Mr. Cantara provided an update on highway department activities.

Paving has been completed.

Double yellow lines have been painted at the intersections of Plumer Hill Road and Bristol Hill Road, Plumer Hill Road and Thissell Road, and Thissell Road and Town Pound Road.

Mowing is in progress and work on drainage is being done.

A Highway Advisory Committee will be scheduled to discuss planning of future road projects.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South

Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, Aug. 14. All are welcome to attend.

The church is very grateful to everyone who contributed to the success of its Annual Church Fair on July 30 and the Town-Wide Yard Sale on August 6. Your interest and support is appreciated.

DCC

The town wide yard sale boasted 37 yard sales on the map. DCC director Becky Huntoon said that was the largest number since her involvement with the DCC.

On Aug. 13, the center will hold their 2nd Coffee and Canvas night. Registration is required and space is limited. Attendees from the first event were pleasantly surprised with the painting that they created and the fun they had doing so. Beginning at 6 p.m.—its this Saturday. Call to see if there is room left. 768-3424.

Friends of the Food Pantry

During the month of August for Non-perishable drive month, you will receive a free dessert or \$1 off your meal at the Thursday night meal. The meal is held form 6-7 p.m., with the menu being posted on Facebook.

Danbury Garden and Farm Days

The Danbury Historical Society will host two days, Aug. 13 and Aug. 14, of guest speakers, demonstrations and stops and some of Danbury gardens and homes. Maps and schedules can be picked up at the North Road Schoolhouse during the event or

the Danbury Country Store.

Celebration Day

The Danbury Country Store will host customer appreciation day on Sunday, Aug. 21, beginning midday while Huntoon Farm hosts a 160 anniversary celebration from 9-noon. The store included lunch; the farm includes breakfast. Take in both events and spend the day—the Danbury way.

Groton

Jo O'Connor 217-9002
grotonnews@yahoo.com

There was a Select Board Meeting on Aug. 2.

The first business of the day aside from signing minutes and other paperwork was to welcome our new part-time Police Officer, Jonathan Killam, who was sworn in at the meeting. We welcome Officer Killam and hope his tenure here will be a good and prosperous one.

Some other new business was done with two Building Permits were signed. One for Map 6, Lot 45 and another for Map 1, Lot 48-9. There was discussion concerning the Painting of the ramp in front of the Town House and it was decided that the floor parts should be stained and the railings painted white to match the rest of the structure. The steps do get a lot of use and with the sand on the parking lot paint would scuff easily. Disposal agreements were signed for 33 Old Rumney Rd., 84 Bailey

Hill Rd., and 51 Fletcher Rd. There are some older disposal agreements that will be honored before these other locations.

Christina read an email the office received concerning Everett Hobart Memorial Park. There was a gathering at the park and the folks who were using the park were so pleased with the facilities they were prompted to write the Town Offices and let us know. We would like to express a big thank you for those who maintain the park and let folks know that it is available for use. Our family has had friendly games of whiffle ball and kick ball and I've taken the grand boys there to use the playground. It's a great place for a picnic and to have a fun family day. We encourage people to make use of it.

Announcements:

There will be a memorial service for Pam Yinger on Aug. 20 at 10 a.m. at the Union Congregational Church in Hebron.

Select Board Work Sessions at the Town House – Aug. 16 at 6.30 p.m. and Aug. 30 at 5 p.m.

Conservation Commission Meeting at the Town House has been cancelled.

Planning Board meeting at the Town House Wednesday, Aug. 31 at 7 p.m.

Visit from Bob Giuda on Aug. 30 at 7 p.m.

Family Worship Center Ply. Assembly of God

Thursday, Aug. 11, 6:30-7:30 p.m., please join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpack Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Sunday, Aug. 14, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9:00: Bible Education for all age groups pre-school through Adult Bible Studies. 10:00: Sunday morning service with Contemporary Music and Biblical Teaching. Rev. Dennis Marquardt, Assembly of God District Superintendent and Director of Missions, will be guest speaker. The monthly fellowship luncheon will follow the morning service. Please bring food to share. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Aug. 15, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held

and free clothing will be available.

Saturday, Aug. 27, 10 a.m., Men's brunch at the church. All men are invited. Please contact Pastor Glen or Willie Gusha for information and reservations.

Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith. Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for

the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgodplymouthnh.org.

Holy Trinity (Roman Catholic)

Day Away program

Happy Summer from the Day Away program! We would love to have you volunteer with us! All training is provided and you can pick either a morning or afternoon shift. The Day Away program allows caregivers of patients with dementia a day away while our staff (including a registered nurse) provides a fun filled day away complete with lunch and plenty of activities like crafts, music, exercise and wonderful people who give their time to make the day so special. The Day Away program meets on Thursdays in Simard Hall from 9 a.m. to 3 p.m. If you would like more information, please call Fran Olson at 744-6828.

Weekly Meetings
Thursday, July 7
Day Away Program, Simard Hall, 9 a.m.-3

p.m.

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

Hard Hat Crew

It has come to our attention here at the parish office that many of our elderly, disabled and homebound parishioners cannot take care of some much needed repairs to their homes. We are asking men and women of the parish who have skills in the building trades to consider helping as an act of service to someone in the parish. We would like to put together a Hard Hat Crew. If you are interested please call Deacon Mike at 536-4700, or at 744-2700 on Thursdays.

Do you have a few hours to spare to help with Red Cross Blood Drive events?

Holy Trinity Parish has partnered with the Red Cross to host blood drives every few months at Our Lady of Grace Chapel in Simard Hall. Volunteers are needed to staff the registration and refreshment tables for a few hours during each event. These events are typically scheduled on a Tuesday or Wednesday afternoon. If you have an interest in joining the crew that makes these events possible, please contact Kathleen Haskell at 744-2862.

Blood Drive: Our Lady of Grace Chapel Simard Hall Aug. 10, 1-6 p.m.

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship 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, Aug. 14, 9:30 a.m. "Civil Rights, Civil Justice"

Our eighth informal Sunday summer pre-

sentation and discussion will be led by Paul Phillips, a member of the Fellowship. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the Fellowship.

Our regular schedule of services with our new settled minister, Rev. Linda Barnes, children's religious education, and other activities will begin in September.

Children and Youth Religious Education, Meredith Flynn, DRE

We are very excited to offer five wonderful classes next year for kids of all ages in Religious Education. Please don't hesitate to contact me over the summer to discuss the upcoming fall classes. Classes will begin Sunday, Sept. 17.

The Youth Group for students in eighth to twelfth grades meets on the second and fourth Sundays of the month from 6-7:30 p.m. In 2016/2017, they will be raising money for, and planning a service trip to Nicaragua. The trip will be in early spring 2017. Bob Clay and Jane Clay are the Youth Group leaders.

Contact Meredith for more information by calling the Fellowship and leaving a message at 536-8908.

Social Justice Community Outreach "GOT LUNCH! PLYMOUTH" program.

Every Monday morning a group from SKUUF, other local congregations and friends from the Plymouth community gather downstairs to put together bags of food suitable for families that need extra help with a week of nourishing lunches for children. This will help to keep their bodies strong and ready for the next school year. Drivers and navigators then deliver the bags throughout the Plymouth community to families who have signed up for these lunches. Do-

nations can be made at any time to SKUUF with Got Lunch! Plymouth noted on the memo line of a check.

Also items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the basket in the foyer for the "GOT LUNCH! PLYMOUTH" program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

Yard Sale

SKUUF will participate in the Plymouth town-wide yard sales on Saturday, September 10th.

Do a dig through your house & bring a box - or two, or ten - to SKUUF with your cast off treasures. Drop off your items any time SKUUF is open, in the designated areas- look for the signs! The downstairs door will be open Tuesday through Thursday mornings and Sunday morning. We don't sell: clothing, computers / monitors / parts, stuff that's broken or has missing parts, sets of encyclopedias or musty books or large appliances.

Questions? Got something big to transport? We have folks who can help!

Kathy Hillier, 536-1572, ednkath@gmail.com or Nancy Dowey, 801-1845 nancydowey@gmail.com

Ongoing activities

Choir will meet again in September on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall for a casual gathering of SKUUF members and friends for good food and discussion followed by an occasional discovery outing. Contact Deedie at cdkriebel@gmail.com for information.

Starr King Men's Group will not meet during the summer but will resume in September.

Summer hikes, biking SEE CHURCHES, PAGE A15

Towns

FROM PAGE A6

All Town offices will be closed Thursday, Aug. 11 from 9 a.m. to 3 p.m. and Wednesday, Aug. 17 from 9 to 11 a.m. for two trainings.

The Groton Old Home Day will be Aug. 20 at the Everett Hobart Memorial Park. More details to follow. Please contact Christina Goodwin if you have some time you could donate for preparations for this event. We are still looking for new committee members.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Family Fun Day Hebron Gazebo Concert events

Aug. 13 is Family Fun Day, our traditional wrap up to the Gazebo Program Concert Series starts out with the annual Hebron Conservation Commission Hike with details below. Following that, at 2 p.m., there are many events happening one of which is the annual Cribbage Contest held next to the Gazebo. Also at 2 p.m., The Friends of the Hebron Library will be holding a book sale in front of the Library. The Dessert Contest Entries are also due at that time at the Church, and new performer RhuMcBee will be doing a puppet show. If you enjoy unique vintage cars there will be a car show from 2-4 p.m. At 3 p.m., be sure to come out and see the Uncle

Steve Band as they will be playing their Farewell Tour. Thanks to the USB for their many awesome concerts over the years! Be sure to bring the kids at 4 p.m. for the kids' games, and at 4:30 p.m., the Friends of the Hebron Library will be doing a Musical Chairs event. At 5 p.m., Swing Rocket will be playing while everyone enjoys the Fire Department barbecue which also starts at 5 p.m. At 7 p.m., new performers The Reminisants will be performing oldies and the fireworks will be starting at around 8:30 p.m. and end the day with a bang. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron and donations from individuals and organizations. All barbecues are sponsored by Hebron Village Store. Free Popcorn thanks to Bill White Realty. If you would like a notice of this years programs and any changes as the summer moves on send us your email address to hebrongazebo@gmail.com, and we will add you to our list. If

you have any questions or comments, please call 744-3335.

Conservation Commission Hike for Family Fun Day

Join the Hebron Conservation Commission for a hike in the Hebron Town Forest as part of Hebron's Annual Family Fun Day. Learn more about our Town Forest and the trails which the Conservation Commission has been building and restoring. We will either hike to Spectacle Pond or hike the Cockermouth Ledge Trail (hikers' choice!) and enjoy lunch on ledges overlooking Newfound Lake and the village. Meet us at the Town Forest parking lot on Groton Road (one mile west of the village) at 11 a.m. Saturday, Aug. 13. Bring lunch and a beverage for picnicking. This hike would be rated "easy" by White Mountain standards—no steep climbing and no boulder hopping. For more information, contact Suzanne Smith, zanne719@gmail.com or 715-0086.

Newfound Area School District Part time Food Service Salad Bar/Kitchen Help Newfound Regional High School

Newfound Nutrition is seeking a reliable individual who is a self-starter, able to lift 40lbs, and possess excellent sanitation habits. The ideal candidate enjoys and is comfortable working with children. They should be willing to be a certified member of the School Nutrition Association by attending workshops provided by the New Hampshire School Association. Interested candidates should send a letter of interest and experience to:

Stacy Buckley - Superintendent
Newfound area School District
20 North Main Street
Bristol, NH 03222

Dr. Joan Eversole



**2 South Main Street
Plymouth, NH 03264
536-1445**

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Wizard of Wash

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Hebron Town Hall
Hebron Village Store

HILL:

Hill General Store

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Guitar virtuoso Leo Kottke to play the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents and evening with Leo Kottke on Friday, Aug. 12. Seven time Grammy winner Kottke is known to draw on not just folk, but also blues and jazz (and oh the funny stories!) in his original, finger-picking acoustic style. Tickets for this concert start at \$29.

For nearly 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 7 Grammy Awards in the process.

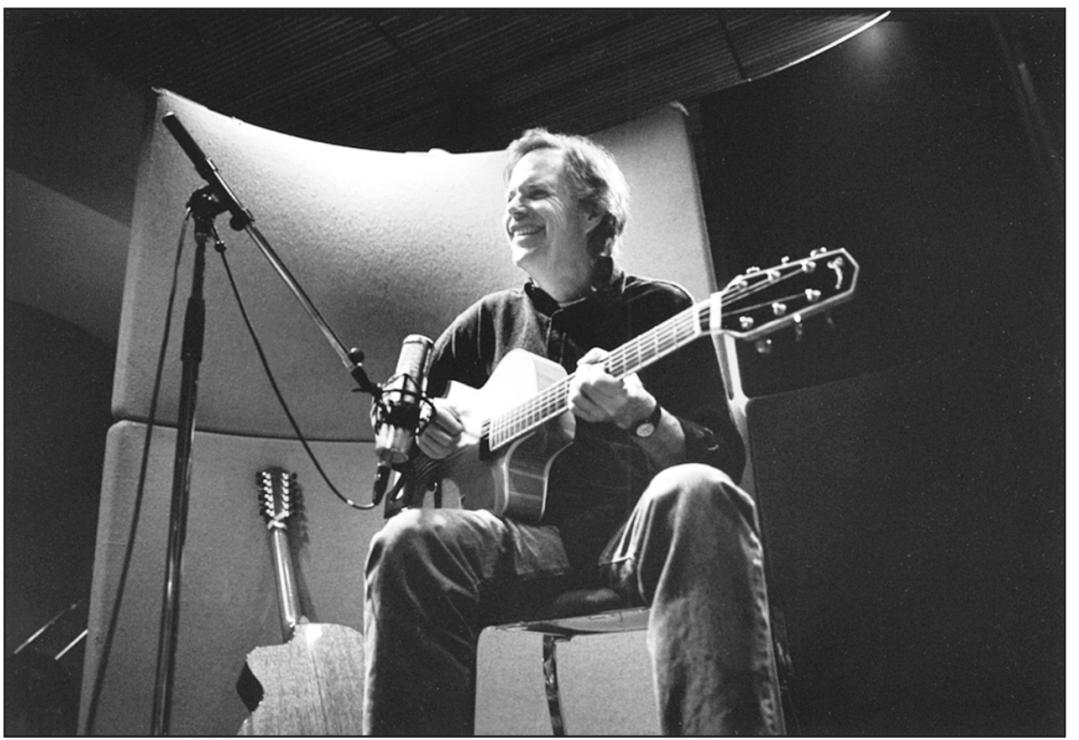
The Los Angeles Times notes "Kottke has an uncanny ability to make folk music sound like capital-A

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 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



COURTESY

The Flying Monkey Performance Center presents and evening with Leo Kottke on Friday, Aug. 12. Seven time Grammy winner Kottke is known to draw on not just folk, but also blues and jazz (and oh the funny stories!) in his original, finger-picking acoustic style.

devotees have learned to expect the unexpected. Kottke's ability to embrace folk idioms and pop melodies as readily as he assim-

lates jazz and classical influences makes him unique among guitar virtuosos.

As the Melbourne Review attests, "At

any given moment you could close your eyes and imagine three guitarists in the place of Kottke ..." 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, Leo Kottke's musical per-

formance defies traditional categories and is, simply put, a delight to hear.

Tickets for the Leo Kottke concert are \$29, and \$39 for premium seats. For tickets and more information on concerts and the Flying Monkey Performance Center, visit www.flyingmonkeynh.com or call 536-2551.

Three generations reunite in "Summer of Faith"

Original play written by Monique Devine at Little Church Theater

HOLDERNESS — What happens when three generations reunite? In the dramedy of "Summer of Faith," plenty of mishaps, misfortunes and unfinished business as Eve, paralyzed by the recent loss of her husband, and Faith, an adored but bewildering granddaughter spend a summer together on Cape Cod.

According to playwright, Monique Devine, "The blend of comedy and drama in the show is a reflection of real life as families navigate through their ever changing relationships. This is a truly intergenerational piece and will be fun for all ages to see together."

Tickets are \$30 for reserved seats in the first four rows and \$25 for general admission and can be purchased online at littlechurchtheater.com or by calling 968-2250.

The cast includes Monique Devine (Eve), Rodney Martell (Jerry), Annie Doyle (Sharon), Rebecca Kelly (Faith), Suzanne Banister (Lisa Marie), Lisa Lovett (Mil), Mack Doyle (Jeff), Dan Mitchell (Police Of-



COURTESY

The Cast of "Summer of Faith" (back row l to r) Rodney Martel, Annie Doyle, Lisa Lovett, James Gocha, Director Joe Sampson; (front row l to r) Mack Doyle, Monique Devine, Rebecca Kelly, Suzanne Banister.

ficer) and James Gocha (Sylvio). Joe Sampson, Theater Director at New Hampton School is the Director. Technical Director is Clay Harbert.

Author of "Summer of Faith" Monique Devine is the Visual and Performing Arts Department Chair at Holderness School, and a regular director, producer and actor at The Little Church Theater. Previous credits include "The Goldfish Girl" (2014) and "Rites of Reunion" (2010), which was co-authored with Jessica Hoffman Davis.

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<p>MONDAY:</p> <p>3:30-4:15 Ages 4-8 Tap & Ballet Combo 4:15-5:00 Ages 5-10 Jazz/Hip-hop 5:00-5:45 Ages 7-13 Tap & Ballet Combo 5:45-6:30 Ages 8-13+ Jazz/Hip-hop 6:30-7:15 Musical Theatre Movement 7:15-8:00 Zumba/Fitness</p> <p>TUESDAY:</p> <p>9:00-9:30 Ages 2-4 Pre-Ballet 9:30-10:15 Ages 4-8 Tap & Ballet Combo 4:00-4:45 Ages 7-13+ Tap & Ballet Combo 4:45-5:30 Ages 4-8 Tap & Ballet Combo 5:30-6:15 Ages 7-13+ Tap & Ballet Combo 6:30-7:30 Adult tap 7:30-8:30 Adult Jazz</p>	<p>WEDNESDAY:</p> <p>3:30-5:00 Teen Tap, Ballet and Jazz/Hip-hop 5:00-5:30 Ages 3-5 Pre-Ballet 5:30-6:15 Ages 4-8 Tap & Ballet Combo 6:30-7:15 Adult Stretch & Tone Barre Conditioning</p> <p>THURSDAY:</p> <p>3:30-4:00 Ages 3-5 Pre-Ballet 4:00-4:45 Ages 4-8 Tap & Ballet Combo 4:45-5:30 Ages 5-12 Jazz/Hip-hop</p> <p>FRIDAY:</p> <p>9:15-10:00 Ages 4-6 Tap & Ballet Combo 10:00-10:30 Ages 2-4 Pre-Ballet 10:30-11:15 Ages 4-6 Tap & Ballet Combo</p> <p>SATURDAY:</p> <p>9:00-9:45 Ages 4-7 Tap & Ballet Combo 9:45-10:15 Ages 2-4 Pre-Ballet 10:15-11:00 Ages 5-9 Tap & Ballet Combo 11:00-11:45 Ages 7-12 Tap & Ballet Combo</p>
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37th Annual Lakes Region Fine Arts & Crafts Festival to be held in Meredith

MEREDITH—Plans are now complete for the Lakes Region 37th Annual Fine Arts and Crafts Festival to be held in Meredith on Saturday and Sunday, Aug. 27 and 28. The Festival, originally organized by local artists, has been sponsored by the Meredith Area Chamber of Commerce for the past 35 years, and is held on the Main Street and amid the shops at the Mill Falls Marketplace.

From the beginning, the show has attracted high quality artists and craftsmen, and as a result of the support of Meredith Village Savings Bank, the Festival continues to be one of the most respected arts and crafts events in the Lakes Region.

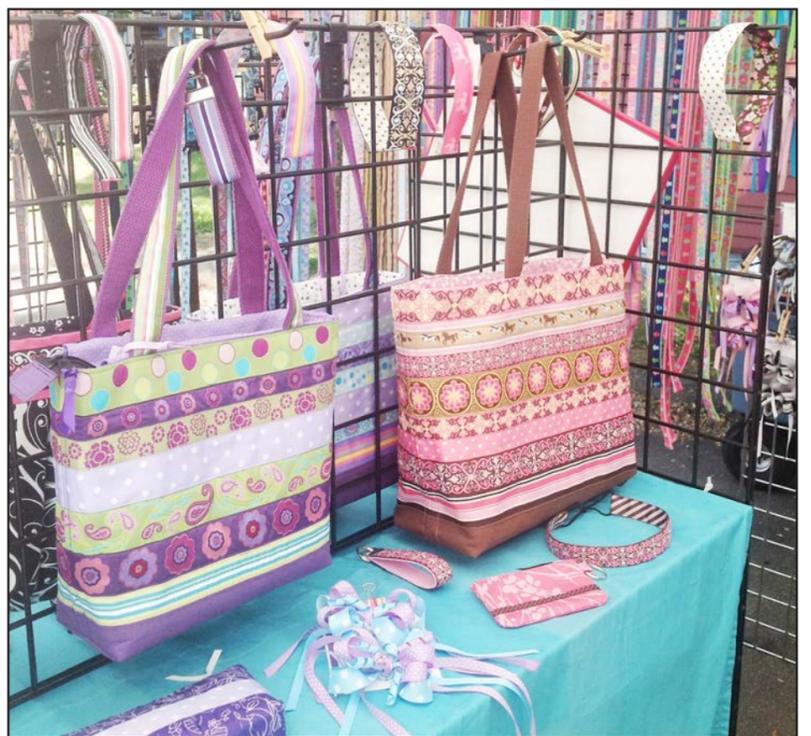
The 80 juried artists and craftsmen will present high quality merchandise. Featured in the craft cat-

egory will be pottery, leather, wood products, weaving, quilting, metal sculpture, jewelry, baskets, dolls, and toys. Art work will include watercolor, oil paintings, pen and ink drawings, photography, and theorem paintings. Several artists will be demonstrating at the booths.

Live music will fill the air for those walking through the Festival. Performing at this year's event on both Saturday and Sunday will be Marc Elbaum and Christine Chaisson, who will play jazz, classic rock and great American songs from the '50's, '60's and '70's. At 11 a.m. on Saturday, Simplicity The Clown will entertain the younger fairgoers as well as adults with comedy magic and balloon entertainment. The afternoon entertainment both days will feature and Ray

Porcell, Phil and Janet Sanguedolce, and Jarrod Taylor playing and singing Classic Folk and Rock music.

Several Meredith organizations including the Kiwanis Club, the Sno Streakers Snowmobile Club and the Meredith Masons will be offering a variety of culinary delights. Included will be sandwiches, hot dogs, popcorn, homemade pies, and snow cones. A shuttle van sponsored by Lakes Region Airport Shuttle will provide transportation to and from the Main Street from both the north and the south sides of Route 3. Chamber organizers report that the event will be held rain or shine and further information may be obtained by contacting the Meredith Area Chamber of Commerce at 279-6121 or www.meredithareachamber.com.



Plans are now complete for the Lakes Region 37th Annual Fine Arts and Crafts Festival to be held in Meredith on Saturday and Sunday, Aug. 27 and 28. COURTESY

See a young Joan Crawford in "Rain" this weekend on LRPA

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (August 12 & 13) for our "LRPA After Dark" presentation of 1932's melodrama "Rain," starring Joan Crawford and Walter Huston.

"Rain" opens in idyllic Pago Pago, located on the Pacific island of Tutuila. Life goes on there as it always has. One day, a boat arrives with various passengers, including the puritanical and moralistic missionaries Alfred and Martha Davidson (Huston and Beulah Bondi), as well as Sadie Thompson (Crawford), a "woman of ill repute" who has traveled from Honolulu looking for adventure and good times. A suspected cholera outbreak forces the passengers to remain quarantined ashore. There's only one cramped hotel on Pago Pago, so all of the ship's passengers must stay there together. One of the shipmates introduces Sadie to some Marines stationed on the island, and they welcome her with open arms. Sadie has brought along her Victrola and plays jazz day and night, dancing and carrying on with the Marines, one in particular who begins to fall in love with her. The nonstop festivities are more than the Davidsons can stand. Alfred intervenes, attempting to con-

vert Sadie and save her mortal soul from eternal damnation. At first, he is unsuccessful, and conflict ensues. Will Sadie change her wicked ways? And what happens to the lives of those around her if she does?

"Rain" was both a critical and box office flop in its day. Crawford took the role hoping that it would prove her acting skills, but it seemed that no one wanted to see her cast against type. At that early point in her career, Crawford played women who were honest, virtuous and hardworking.

She herself later wrote about this role, "I hope they burn every print that's in existence!"

But eight decades later, critics and fans agree that the film and its performances are quite powerful, particularly for their time. "Rain" was an adaptation of a play by W. Somerset Maugham. It was first performed in London and then later on Broadway and created quite the scandal in its day. The story was made into two other films: 1928's silent "Sadie Thompson," with Gloria Swanson and Lionel Barrymore, and 1953's highly sanitized "Miss Sadie Thompson," with Rita Hayworth and José Ferrer. The 1932 version is the closest to Maugham's play, and the one that was made during that brief period of time known as

Hollywood's "Pre-Code" years, between 1929 (the advent of talking pictures) and 1934 (the strict enforcement of the Motion Picture Production Code). "Rain" has a frank sensuality that is lacking in the other adaptations, and portrays Sadie Thompson as exactly what she was: a prostitute with an unsavory past. So is "Rain" a gem or a flop? You be the judge! Grab your popcorn and meet us after dark for this tropical Pre-Code drama.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on MetroCast Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member towns and cities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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- Complete copies of the Request for Proposal are available from the Newfound Area School District main office at 20 North Main Street, Bristol, NH 03222 or on-line at <http://www.sau4org/centraloffice/e-commerce>.
- All proposals received will be considered confidential and not available for public review until after a Supplier has been selected.
- LATE PROPOSALS/BIDS: Any bids received after specified date and time will not be considered, nor will late bids be opened.

Live Free Home Health Care's Marketing and Press Coordinator earns Certified Dementia Practitioner status

NEW HAMPTON —Live Free Home Health Care is proud to announce that their Marketing and Press Coordinator, Bill York, has obtained a Certified Dementia Practitioner (CDP) certification from the National Council of Certified Dementia Practitioners (NCCDP). During the CDP certification process, York was required to pass a comprehensive education and specialized training program in Alzheimer's care that will benefit Live Free Home Health Care's caregivers, clients, and client family members.

In addition to his marketing work, York has been involved in the health care industry for a number of years and is a frequent speaker on health care issues throughout central New Hampshire and the Lakes Region. He is the facilitator of a caregiver group at a local hospital, and co-facilitator of a cutting edge support group that works with caregivers and those in the early stages of Alzheimer's/Other Dementia's in one-on-one and group sessions. York also works with a seasonal caregivers support group at Live Free

Home Health Care in New Hampton, and is a former president of the New Hampshire Press Association. York joins Live Free's Director of Care Management, Tammy Miller, and founder Jennifer Harvey as the third staff member to achieve a CDP certification.

"We have always valued Bill's hard work and dedication to our team and our clients," said Live Free Home Health Care founder Jennifer Harvey. "This certification further illustrates Bill's commitment to enhancing the quality of care we provide to our

clients who are living with dementia."

The NCCDP was founded in 2001 to promote standards of excellence in Alzheimer's disease education for caregivers and other health care professionals who provide services to clients with dementia. Certification is awarded to certain professionals working within the field of dementia care who complete required training and meet other specifications. The NCCDP is recognized internationally as a leader in standards for dementia care.

According to the Alzheimer's Association, 5.3 million Americans are living with Alzheimer's disease, and those numbers could reach 7.1 million in the next ten years. As rates of Alzheimer's and dementia continue to rise, home care providers must learn more about the disease and how to best care for those affected by it. All

Live Free Home Health Care caregivers are specially trained to care for clients with Alzheimer's disease by Certified Dementia Practitioners. Through thoughtful and thorough training, Live Free's caregivers learn the unique approach required to gently encourage someone with Alzheimer's, using patience, specific activities, diversion and some shared laughter. Learn more about Live Free Home Health Care's dementia caregiving services at <http://live-freehomehealthcare.com/services/alzheimers-care/>.

About Live Free Home Health Care

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Locally operated by

its founders, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise. For further information, contact 217-0149 or visit www.LiveFreeHomeHealthCare.com and follow us on Facebook.

Nine steps that can help with cancer prevention

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The most significant risk factor for the development of cancer is aging; however, the risk of many types of cancer can be drastically reduced by focusing on prevention steps. Several factors play a role in cancer development, such as heredity, but many can be voluntarily avoided.

1. Don't smoke and avoid exposure to smoke. Smoking is the most significant cancer risk factor. It is to blame for lung, and many other types of cancer. The best way to help prevent cancer is to quit smoking or never start. As soon as you quit, the body positively responds so it's never too late.

Avoiding secondhand smoke also helps to prevent cancer, because this smoke contains more than 60 known carcinogens. These carcinogens interrupt normal cell development, a catalyst for cancer development.

2. Stay safe in the sun and watch for skin changes. Each year, over one million Americans are diagnosed with skin cancer. It is the most common cancer and accounts for about half of all cancer diagnoses, yet it's one of the most preventable types of cancer. Reduce UV ray exposure by wearing sunscreen and protective clothing, and avoiding the mid-day sun and tanning beds.

3. Eat plenty of fruits and vegetables. A diet rich in fruits and vegetables greatly reduces the risk of developing cancer and many other conditions. Fruits and vegetables contain antioxidants, which help repair our damaged cells. Green, orange, and yellow fruits and vegetables are your best bet to help prevent cancer. Studies also show that dark fruits, like blueberries and grapes, may also have anti-cancer properties. Cruciferous vegetables such as broccoli, cauliflower, bok choy, Brussels sprouts, and cabbage are particularly

helpful, according to numerous studies.

4. Limit red meat and animal fat. A diet high in animal fat increases the risk for several types of cancer, particularly colon cancer. Red meat contains much more fat than poultry and fish, so reducing the amount of red meat in your diet may help to prevent cancer. A diet high in fat also is a major cause of obesity, which is another risk factor for many types of cancer.

5. Limit alcohol intake. Drinking excessive amounts of alcohol regularly increases the risk for many kinds of cancer. Studies suggest that men who consume two alcoholic drinks per day and women who have one alcoholic drink per day can significantly increase their risk factors for certain types of cancer.

6. Exercise. When you exercise, you are reducing your risk for many types of cancer. The American Cancer Society recommends exercis-

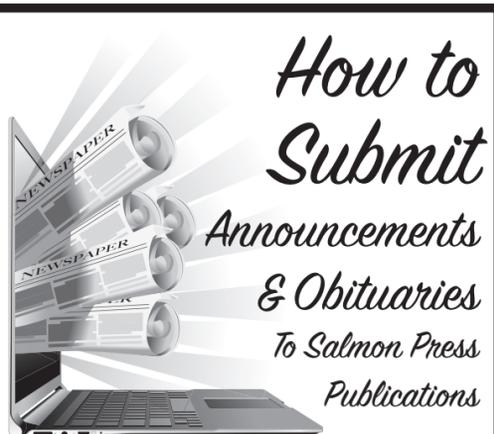
ing 30 or more minutes, at least five days a week
SEE **CANCER**, PAGE A15



COURTESY

Mid-State bids farewell to founder, welcomes next generation of leadership

As Mid-State Health Center's founding Chief Medical Director, Dr. Kelsey's patient-centered leadership has kept us at the forefront of primary care innovation for almost two decades. Now, as he steps into retirement, we welcome incoming Chief Medical Officer Claire H. Reed, MD, FAAFP. Dr. Reed is a family medicine practitioner with more than 30 years of experience in primary care.



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

*Please contact Executive Editor
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	Green Street	N/A	\$950,000	Wells Fargo Bank NA	Destefano FT and Alan D. Destefano
Bristol	320 N. Main St.	Single-Family Residential	\$125,000	Gary Baker	Donald E. Sharon
Bristol	56 Pikes Point Rd.	Single-Family Residential	\$1,025,000	Sarah Fitting-Hopkins	Dylan S. and Jamie L. Welsh
Campton	Bog Road	N/A	\$155,000	Jonathan L. Scharf	Sally P. Sheffield RET and Sally P. Sheffield
Campton	9 Champagne Circle	Single-Family Residential	\$213,533	David J. Bartholomew	William H. and Sherry M. Hackett
Campton	44 Partridge Knoll Rd.	Single-Family Residential	\$239,000	George D. and Cynthia A. Short	Nicholas J. Coates and Sarah C. Jordan
Groton	N. Groton Road	Residential Open Land	\$91,000	Patricia A. Whiteneck T and Margaret Rose	Janet R. Savage
Hebron	7 James Lane	Single-Family Residential	\$68,000	Karen E. Luther	William E. Luther
Hebron	54 Sarah Lane	Single-Family Residential	\$260,000	Gloria T. Mooney T and Curtis R. Mooney	Robert A. Crawford
New Hampton	156 Carter Mountain Rd.	Single-Family Residential	\$158,933	David M. and Sherry J. Boynton	Knut Rolf-Ingemundsen and Erin B. Ingemundsen
Plymouth	341 Loon Lake Rd.	Single-Family Residential	\$190,000	Scott L. Ferrzzani	Mark R. and Christa T. Dansiewicz
Plymouth	Reservoir Hts. (Lot)	Residential Developed Land	\$50,000	Eric Bouchard	Stephanie L. Peters
Plymouth	31 River Ridge Rd.	Single-Family Residential	\$188,000	Mark A. Rano and Leo J. Brennan	Timothy E. and Megan E. Hayman
Plymouth	392 Texas Hill Rd.	Mxu Res + Frst	\$80,800	Wassett Investment Fund	Leblanc FT and Norman S. Leblanc
Rumney	2218 Stinson Lake Rd.	Single-Family Residential	\$360,000	Heidi M. Ferrell	Richard J. and Wendy L. Solari
Rumney	N/A	N/A	\$75,000	Melody A. Wendell	Gerald J. Steeves and Jacqueline A. Hood
Thornton	151 High Brook Rd.	Single-Family Residential	\$189,933	Janet M. Woolfenden	Tijuna L. Robinson and Trey Aldridge
Thornton	52 Orris Rd., Unit 5	Condominium	\$90,000	Giusanna T. and Antineta Ryan	Mad River Properties LLC
Thornton	3478 US Route 3	Single-Family Residential	\$142,000	Matthew N. and Judith T. Goodier	Anthony Delucia and Joy Pasquariello
Warren	81 Lake Tarleton Rd.	Single-Family Residential	\$30,000	Margo E. Dearbhail and Franklin Savings Bank	Franklin Savings Bank
Waterville Valley	21 Davos Way, Unit 50	Condominium	\$210,000	Dome Realty LLC	John J. and Erin M. Hellmuth
Wentworth	8 Lookaway Lane	Residential Open Land	\$23,933	William L. and Tinawati P. Boddy	Donald and Donna Holzworth

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

Risk and you



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or up market. Current research states that up

to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the

most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is really not discussed as much as it should be which is sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your assets per year to live on has now become the

1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set

up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk. For an honest and maybe enlightening risk assessment go to my website, www.MHP-asset.com, go to tools and then risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the

least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

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

Planning income for retirement? How to navigate the 2016 Social Security changes

PLYMOUTH—Have you heard what recent changes were made to Social Security and what they will mean to you? What are you able to do to strategically maximize your benefits? If you would like to learn the answer to these questions and more, then you need to attend the Sept. 7 presentation at 6:30 p.m., being held at the Enterprise Center in Plymouth.

On Nov. 2, 2015, Social Security was reformed and your ability to utilize little known filing strategies to obtain additional money has now been limited. Married couples who have not yet filed for benefits will gain the most from this program. There is a window of opportunity to still qualify for options that have been eliminated and it's imperative you know about them now!

Join us for a complimentary event designed to help you un-

derstand the color of your money and maximize your retirement income. At the event, we will discuss:

- How the recent changes will affect your planning.
- Why maximizing Social Security is as important as your 401(k) and IRA.
- What options does my spouse have and are we choosing the one that will provide the most income?
- How does earning additional income affect my Social Security benefit?
- Up to 85 percent of your Social Security can be taxed, so find out what you can do to lower your taxation.
- How best to fill the income gap between your Social Security benefits and your income needs.
- How to allocate investment assets with appropriate risk/safety.

All attendees will receive a personalized social security max-

imization analysis. Married couples who have not yet filed for benefits but are planning to will gain the most from this program. Seating is limited, please RSVP at http://bit.ly/SSECP_Sept.

This event on Wednesday, Sept. 7, at 6:30 p.m. is free and open to the public, and is presented by Brandon Archibald, founder of the Registered Investment Advisory Firm The Ivy League Advisory Group, based in Tilton. He is also the author of two books which center on the subject of you keeping more of your money.

This event is at the Enterprise Center at Plymouth, 1 Bridge St., Plymouth, NH 03264. The building is handicap accessible. For parking information, please visit bit.ly/SSParking online.

For information please call the The Ivy League Advisory Group at 866-360-2724.

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White Mountain National Forest Requests Input on Proposed Fee Changes

CAMPTON-- The White Mountain National Forest has long been loved for its outstanding recreation opportunities. The draw for many visitors are the easily accessible

day use sites and scenic areas with higher amenity facilities.

The Forest is seeking public comments on their proposal to realign fees to be more consistent with other

sites offering the same services and facilities and to enable more of the revenue to be used at recreation sites. This includes the proposed elimination of fees at nine trailheads

including, 19 1/2 Mile Brook Trailhead, East Pond Trailhead, Greeley Pond Trailhead, Hale Brook Trailhead, Hancock Notch Trailhead, Sugarloaf Trailhead, Downes Brook Trailhead, Oliverian Brook Trailhead and Sawyer Pond Trailhead.

The Forest Service is proposing to increase the cost of a daily recreation pass to \$5, an annual pass to \$30, and eliminating the weekly and household passes. Over 90 percent of the Forest passes sold are daily passes. Realigning the White Mountain Pass lowers overhead and operating expenses freeing up more funds to support recreation facilities. Zealand Picnic Area is also being proposed to be added to the Forest Fee Program and would be covered by the White Mountain Pass, which covers 27 day use sites on the Forest.

Other changes include raising Dolly Copp Pavilion and Russell Colbath Barn rental fees to \$100. Overnight fees for Crocker Pond campground will change to \$18, 4th Iron campsites to \$15, Black Mountain and Doublehead cabins to \$40 and Radeke Cabin will increase to \$65.

Ninety five percent of the revenue collected at recreation fee sites remains on the Forest to operate, maintain and improve the facilities and recreation programs. Fees are used to maintain day-use sites including trash pickup, septic pumping, painting, and cleaning, and to address the backlog of deferred maintenance, conduct patrols and maintain highly used trails, shelters, and campsites, and to assist visitors with information and education services such as Leave No Trace and hikeSafe. Visitors who purchase a pass are investing in the public land they come here to enjoy.

Comments are being accepted on the fee proposals until September 30, 2016. Please send your comments to Marianne Leberman, Recreation & Wilderness Program Leader at: Marianne Leberman, White Mountain National Forest, 71 White Mountain Drive, Campton, NH 03223-4272.

All new fee proposals will be presented before the Eastern Region Recreation Resource Advisory Committee (RRAC). Committee members represent a broad array of recreation in-

terest groups to help ensure that the Forest Service is proposing reasonable and publicly acceptable fee changes. The exact meeting time, location and agenda will be announced and the public is welcome to attend.

The Eastern Region Recreation Resource Advisory Committee (RRAC) will review the proposals for fee changes during their winter, 2017 meeting. If approved, fee increases will be implemented in the spring of 2017.

In 2004, Congress passed the Federal Lands Recreation Enhancement Act which allows the Forest Service to retain funds collected at certain recreation sites and use these funds locally to operate and maintain and improve these sites. Before the Forest Service received the authority to retain funds locally, all fees collected by the Forest Service went to the national treasury.

For more specific information, questions or comments about the new fee proposals, please visit the White Mountain National Forest website at <http://www.fs.usda.gov/whitemountain> or contact Marianne Leberman at (603) 536-6236.

CADY, Common Man collaborate to help area teens develop entrepreneurial skills

BY DONNA RHODES
dhrhodes@salmonpress.com

PLYMOUTH—Frosty Scoops Ice Cream is part of the CADY Launch program, which is now in the midst of its 12th year of helping local youth develop entrepreneurial and interpersonal skills that will play an important role in adulthood.

Since the inception of the Launch program, which began with the Rise and Shine Café for the first two years, more than 250 young teens have participated. Over the years, they have not only operated their own business but learned many things along the way. For some it has been such a positive experience that they keep coming back year after year, even after they have “graduated” from Launch.

“Kristi Zwald started with us as a freshman at Plymouth High School and worked for four years with the program,” said CADY’s Executive Director Deb Naro. “She came back as a supervisor in the summers while she was in college and last year she stepped in as our manager.”

Kristi, she added, is one of the “shining stars” of Launch, who now helps mentor other local youth who will soon become part of tomorrow’s workforce and leaders.

Alex Ray owns and operates The Common Man Family of Restaurants and is a big part of the success of Launch.

“The original idea was that I was going to have an actual boat launch here along the river so people could paddle down to the Italian Farmhouse, but that didn’t work out. I got involved with CADY to start something for the kids instead and we just kept the name ‘Launch’ for the program,” Ray said.

His goal in providing the location for Frosty Scoops was and still is to help young people develop communication skills, teamwork and



Donna Rhodes
Alex Ray, Liz Brochu, and Deb Naro look on as Frosty Scoops supervisor and Launch program alumni Kristi Zwald serves up a dish of delicious Common Man ice cream to a happy golden retriever who stopped by on a recent hot summer day.

accountability for what they do in the work place and beyond.

“This is really the first practical experience most of these kids get outside the home,” he said.

Besides providing the location and more than 40 flavors of Common Man ice cream, Ray has also created a great family atmosphere, bringing real pride to the teens as they welcome customers to their business.

Once customers make their selections, they can then relax beneath a shaded pergola or head out back to the picnic tables scattered about on the lawn. There, boys and girls can also have fun with outdoor games like Tree Ring Toss and Corn Hole, or play on the slide or fire engine.

“I’m hoping to put even more games out here for families in the near future,” said Ray.

A big dish of water is available for any dogs that stop by and their owners can order a special doggie dish of ice cream for them to enjoy, too.

Liz Brochu is the Youth Services Coordinator for CADY, overseeing both the summer operations of the ice cream stand and the winter academic portion of the program when students learn more about business and public interactions in a classroom setting.

“Liz really helped grow the Launch program, and now kids are

lining up to join,” said Naro.

There are currently 20 teens involved in Launch, and Brochu couldn’t be more pleased with them.

“They’re working their tails off, making good choices and exceeding all expectations. I’m so proud of them,” she said. “Our motto is ‘heavy portions of product, friendliness and smiles.’”

The business they generate is testimony to all that friendliness and hard work as people flock to the stand each and every day. Brochu said she even received a phone call from a parent this summer who asked permission to hold a birthday party at Frosty Scoops.

“This little place is hopping! It’s just a great destination for families who live and visit here,” she said. “What better place is there to bring the kids, have some fabulous ice cream and enjoy a great day?”

The business, currently situated in a trailer, has become such a success that Ray hopes to expand on it in the future with a permanent structure that will offer more conveniences for the workers and customers alike.

Frosty Scoops is located at 231 Main St. in Plymouth, at the entrance to The Common Man Inn and Spa, and serving ice cream from 1-10 p.m., seven days a week from now until Labor Day.

Peter Arsenault graduates from UAlbany

ALBANY, N.Y. — The University at Albany congratulates the more than 2,800 students who graduated in May 2016.

Peter Arsenault of Bristol graduated with a degree in Public Administration and Policy.

About the University at Albany

Educationally and culturally, the University at Albany-SUNY puts the world with-

in reach for its more than 17,300 students. A comprehensive public research university, UAlbany offers more than 120 undergraduate majors and minors and 125 master’s, doctoral, and graduate certificate programs. UAlbany is a leader among all New York State colleges and universities in such diverse fields as atmospheric and environmental sciences, business, criminal justice,

emergency preparedness, engineering and applied sciences, informatics, public administration, social welfare, and sociology taught by an extensive roster of faculty experts. It also offers expanded academic and research opportunities for students through an affiliation with Albany Law School. With a curriculum enhanced by 600 study-abroad opportunities, UAlbany launches great careers

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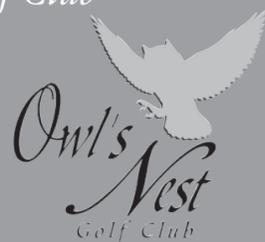
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Buy Local

The Rest of the Story

A14 NEWFOUND LANDING, THURSDAY, AUGUST 11, 2016

MIB

FROM PAGE A1

"It's just something I do at home so I thought I'd come down here to sell some today."

Paul Sodano and Sue Columbus of P&S Country Crafts on Peaked Hill Road had many beautiful bird-houses, wine caddies and other handcrafted wooden items for sale. Among the most popular though were their bat houses, for which they have become widely known.

"We've done really well here today. I sell a lot of my bat houses online but today alone I sold six of them here. It seems like this event is getting better every year," said Sodano.

Two other young entrepreneurs also had a good day. Emma Caldwell, age 12, and her 10-year-old friend Julia Long are the owners of Newfound Lake Girls Art Shop, which they proclaim to be "serving Bristol with amazing arts." For the past three years the girls have been bring-



Nine-year-old Kaiya sold lemonade at Making It In Bristol last Saturday and donated all the money she raised to the SPCA.



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From Weirs Beach, 7-10 PM
From Meredith, 7:30-10:30

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ing their crafts to Making It In Bristol where they sell them to young and old alike then donate their profits to a charity.

"We're giving all our money this year to a dog rescue where Julia got her dog," said Caldwell.

Among the items

they made were bead necklaces, small and large clay figurines, cat toys, tie dye pictures and decorated pencils, along with doggy treats and pet rocks.

"I think it's awesome what these girls are doing so I bought myself a necklace," said one

adult shopper. "They're the future business leaders of Bristol."

Another young lady, nine-year-old Kaiya, also had a most popular lemonade stand set up on the square and all of her proceeds were to benefit the SPCA.

Barbara Greenwood

of the Events Committee was pleased with the turnout of vendors and shoppers alike for the annual Making It In Bristol.

"This event gives folks like these here today a spread the word about their business and it brings people

into our downtown stores as well. With gas prices down right now, people are getting out more. They're feeling less stressed and spending a little more money, which is great for all of our businesses here in Bristol," Greenwood said.

Welcome

The Providers and Staff of New Hampton Family Practice and Belknap Family Health-Meredith are pleased to welcome Dr. Kyle Baron to their practices!

Dr. Baron will be seeing patients at both locations and is now accepting patients!

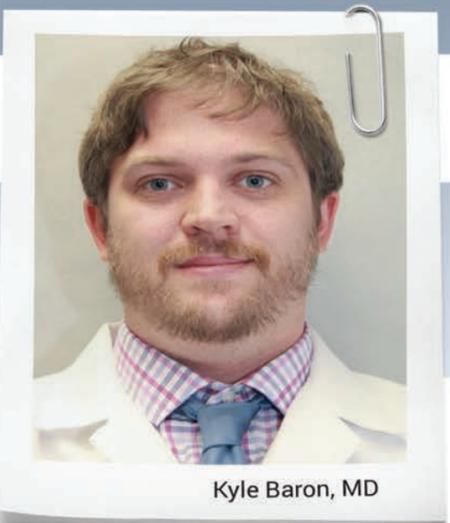
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Dept's of Lakes
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Kyle Baron, MD

Family Practice physicians are doctors who provide comprehensive and continuing healthcare for individuals and families. These providers care for men, women, and children of all ages, and the scope of their care covers all systems of the body and diseases or conditions.

Drowning

FROM PAGE A1

went in the water to bring him back to the boat.

"It is reported that the subject (Savoie) began to struggle and life jackets were thrown to him but he was not able to reach them. He was seen with the dog on his chest before he slipped under the water," a Marine Patrol spokesperson said in their press release.

Others were out on the river at that time on Saturday and some

kayakers were able to help his wife Debbie to the shore where she was met by members of New Hampton Fire Rescue. The dog was also successfully retrieved and reunited with her at that time.

New Hampton's first responders began an immediate search for Savoie. Bristol Fire Department arrived on scene to assist them until New Hampshire Fish and Game officials arrived and took over the rescue operation until nightfall.

The following morn-

ing, rescuers went back on the river and were soon able to locate the missing boat-er.

"At approximately 8:45 a.m. (on Monday, Aug. 8), the body of Jacques C. Savoie of Hudson was recovered by divers from the N.H. Fish and Game Department. (His) body was found in approximately 10-feet of water in the area he was last seen by his wife Debbie," the press release stated.

His death was ruled a drowning accident.

Farm Days

FROM PAGE A1

Cooperative Extension will discuss bees and their role in gardening. She will also have tips on how to attract more pollinating bees to home gardens and landscapes.

The day will then wrap up with a trip to Double Z Blueberry Ranch, located at 77 Brad Chase Rd., where owner Stephen Polizzi will open the fields for picking from the thousands of cultivated high-bush blueberries found on his property.

On Sunday morning Janet Hillsgrove will be at the North Road Schoolhouse Museum from 10-10:30 a.m. to discuss herb gardening and the medicinal use of herbs through history.

At 10:30 the museum will unveil a collection of historical tools and more discussions on honey and honey bees will begin at 11 a.m., also at the museum.

Master Gardener Jim Ramanek will then take the helm from 12:30-1:30 p.m. for a free workshop on cultivating shiitake mushrooms as well as other easy-to-grow mushrooms varieties.

For the final presentation at the Schoolhouse Museum, Sophie Didicoi Viandier will address permaculture methods for home gardens and landscaping from 1:30-2:30 p.m..

Everyone is then invited to drop by Hope Farm at 86 Walker Brook Road where Mariah Haley and her team of oxen

will give live demonstrations on the usefulness of oxen in agriculture from 3-4 p.m. Tom Curren and Kathy Neustadt will follow the demonstration with a tour of Hope Farm. Among the features of the tour will be the historic homestead, orchards, vegetable gardens, hay fields and pasturelands, and a visit with their Hereford cows and New Hampshire Red chickens.

The public is welcome to take part in all or as many of the presentations as they wish. Copies of the schedule can be obtained at North Road Schoolhouse Museum, 440 North Rd., or at the Danbury Country Store, located on the corner of Routes 4 and 104 in Danbury village.

Cancer

FROM PAGE A11

for cancer prevention. Always check with your physician before embarking on any exercise program.

7. Know your environment. Exposure to chemicals may increase the risk of developing many types of cancer, including kidney cancer and bladder cancer. If you are exposed to fumes, dust, chemicals, and the like, you may want to look into ways to reduce or eliminate your exposure. Gasoline, diesel exhaust, arsenic, beryllium, vinyl chloride, nickel chromates, coal products, mustard gas, and chloromethyl ethers are all dangerous carcinogens.

8. Be familiar with your personal and family medical history. Cancers such as breast, colon, ovarian, and other types can be hereditary. If certain cancers run in your family, tell your doctor so that he or she can recommend the right screenings and assess your true risk. Genetic testing and counseling may be encouraged based on a family's medical history.

9. Get regular cancer screens. Cancer screening tests can be useful in detecting cancer and preventing it. The colonoscopy and Pap smear can detect abnormal cellular changes before they turn cancerous.

The key to their effectiveness is that they are done regularly. Other tests may be useful for early detection, but not necessarily cancer prevention. It is common to have prostate cancer screening through digital rectal exams, and prostate specific antigen (PSA) tests can help detect prostate cancer early. Mammograms and other imaging tools are also recommended to detect breast cancer, and the survival rate continues to grow.

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pendent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Churches

FROM PAGE A7

and kayaking/canoeing All are welcome. Check our Web site for information. Contact mitch@newfoundfarm.org or cdkriebel@gmail.com to register and receive updates.

Uncommittee Gatherings will meet again in the fall. Contact Gigi Estes, or Virginia Miller at seabeans@roadrunner.com for information and any changes. Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with

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Headwaters

FROM PAGE A1

the property," said Ryan Young, the Forest Society land agent who worked with Cross on the easement.

For Cross, it means he's acted on one of his ideals, spelled out in a Family Mission Statement that he and his wife Sharon have posted just above the handle of their refrigerator.

"We put it there because it's a place we both visit many time a day. Seeing it so often keeps our core values fresh in our minds. One of those values is treating the environment with reverence," Cross said.

Cross, a semi-retired business consultant, lives in Moultonborough but has strong ties to Groton. His parents, James and Dorothy Cross, bought the Groton property in 1950 when they lived in Melrose, Mass., and James Sr. worked at MIT. To them, it was the perfect wild place to give their kids (Jim is the oldest of six) a place to play in the great outdoors.

They propped up the old farmhouse then on the property and spent weekends and summer vacations there. This continued after the family moved to Pennsylvania, though the trips were necessarily less frequent. They fished in the river, hurled themselves down the hills on makeshift toboggans and sailed across the sky on a swing in the huge maple tree that still stands sentinel over the highest pasture.

Cross returned to New

Hampshire from Pennsylvania as soon as he was old enough to drive, "springing back like a rubber band," he said. He lived in Groton for a time, serving as a selectman and helping to write the town's first master plan. His work in business consulting for Fortune 500 companies took him to far-flung parts of both North and South America but Groton has remained close in heart for him and his family.

"My siblings are all completely on board with the conservation easement," Cross said. "Even though they're spread out from Germany to California, this place is special to all of them."

The old farmhouse is gone now, but the family still uses the land for annual get-togethers and camp-outs, and the habitat enhancements continue.

Several old pastures are mowed regularly. They are each bounded by stone walls or free flowing streams, protected by brushy, uncut borders. Since the early 1980s, a series of small timber harvests called patch cuts have been carried out in the forested part of the property. These create sunny openings to encourage diversity in the plant community, providing the saplings and shrubby thickets of a regenerating forest required by species like ruffed grouse and woodcock.

A large beaver dam across the main stem of the Cocker mouth River has created a forest of standing dead trees providing nesting sites for

birds. Blue herons have recently moved in, Cross said, perhaps attracted by the growing population of native brook trout behind the dam. Below the dam, two unnamed streams join the Cocker mouth on the property as it flows down toward the Sculptured Rocks Natural Area and into Newfound Lake.

During a recent visit to see the wildlife habitat enhancements, Cross stopped at a rounded bedrock outcropping near the site of the old farmhouse. The view from the top of the outcropping included the four cleared pastures, the streams, and part of the wetlands behind the beaver dam.

"We call this the Big Rock" Cross said. "We all spent a good part of our childhoods playing up here. Ask any one of my sisters and brother, and they will tell you that this is the geographic center of our family."

That center is protected into perpetuity, thanks to Cross's generous donation of a conservation easement.

Founded in 1901, the Society for the Protection of New Hampshire Forests is the state's oldest and largest non-profit land conservation organization. Supported by 10,000 families and businesses, the Forest Society's mission is to perpetuate the state's forests by promoting land conservation and sustainable forestry. The organization owns 54,500 conserved acres of land in New Hampshire and holds conservation easements on another 130,000 acres.

this welcoming group. Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For infor-

mation, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Conference Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site

is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

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Left to right: Attorneys Joe Driscoll, Lissa Mascio, Kristin Fields and David Osman



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Hill Old Home Day

Saturday, August 20, 2016
Rain or Shine



Schedule

<p>7-9am: Pancake Breakfast</p> <p>8am: Family Kickball</p> <p>8:30am: Pie Bake-off Registration with Judging at 1pm</p> <p>9am: Hill Historical Society Scavenger Hunt</p> <p>9am: Raffles, Craft Fair, and Silent Auction</p> <p>10:45am: Parade "Hill On The Move"</p>	<p>12pm: Music by Katie Rose Lombardi</p> <p>1 & 3pm: Magician George Saterial</p> <p>2pm: Horseshoe Tournament</p> <p>3pm: Hill Village Bible Church Open House</p> <p>5pm: Chicken/Pork BBQ</p> <p>7pm: Street Dance, Music by The Cable Guys</p> <p>9:30pm: Fireworks</p>
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Miscellaneous activities and events throughout the day:

Library Book Sale, Petting Zoo, Classic Car Show, National Guard Static Display, Hill Historical Society Exhibit, Children's Activities, Music, Street Vendors

Come see the "Isaac Hill" Bear display

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Highlighting the Newfound Hall of Fame inductees

Chet Wells and Kammi Williams to be inducted on Oct. 1

BRISTOL — Newfound Regional High School will be celebrating its first Athletic Hall of Fame class on Oct. 1 during the annual Homecoming festivities. This issue will highlight two of the eight individual inductees.

Kammi (Reynolds) Williams graduated from Newfound Memorial High School in 1987, where she starred in field hockey, basketball and softball. She was the first female basketball player to hit the milestone of 1,000 points in her career. She led the team in points, rebounds and assists her junior and senior years. She was selected to the All-State Second Team in basketball her senior year.

In field hockey, she scored 48 goals, which was the school standard for a number of years. She led her team to the semifinals her senior year, and was selected to the All-State team for field hockey and played in the NH/VT All-State

game. When softball season came around, she was the leading pitcher on the team and again was named to the All-State team.

She went to UNH and after her first year transferred to SUNY Brockport in New York to continue her education and field hockey experience. She was a three-year starter setting scoring records that still stand today. These include most goals in a career (33), fourth most assists (11) and second most points in a career (77), only one behind first place.

Reynolds came back home to Bristol, and from 1998 to 2005, she was the Newfound Memorial Middle School Athletic Director. During this time, she was also the varsity field hockey and softball coach at NRHS. From 2005 to 2007, she was the first athletic director at Prospect Mountain High School in Alton.

She coached JV field hockey at NRHS for the 2014 season. She was in-



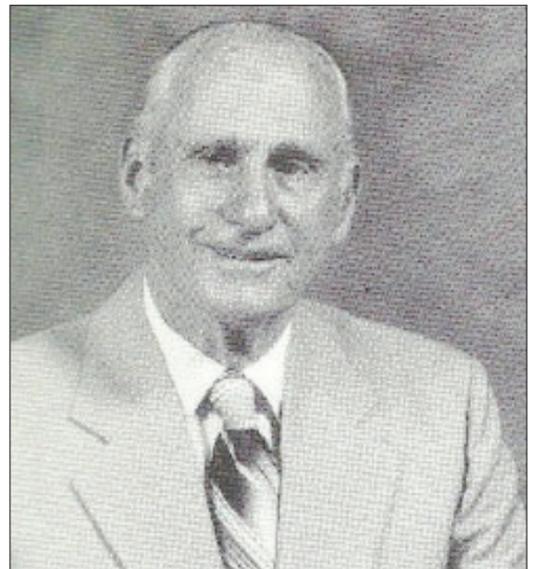
COURTESY PHOTO
Kammi (Reynolds) Williams will be inducted into the Newfound Hall of Fame on Oct. 1.

ducted into the SUNY Brockport Athletic Hall of Fame in 2014.

Chet Wells was born in New Hampton and was very active in

sports. He was a great pitcher and could hit the ball a mile.

He went into business with Luther Mitchell and they founded



COURTESY PHOTO
Chet Wells made a name for himself in the New Hampshire sports world.

Cardigan Sports Store, Inc., around 1951. Wells was responsible for the wholesale sporting goods part of the store. They were the store farthest north in New Hampshire carrying the Louisville Slugger for a number of years and were the largest Rawlings Sporting Goods dealer in New Hampshire at one time.

In those days, it was

common to see Wells load up the station wagon with soccer shoes, basketball sneakers, baseballs and bats and head off north to Colebrook and then work his way back to Bristol. One year, the majority of teams in the state basketball tournament wore uniforms from Cardigan Sports. He was well-known for never letting a boy walk away from a sport because he couldn't afford the necessary equipment.

Wells was a member of the Bristol School Board from 1946 to 1963. He was a baseball and basketball official for more than 25 years and President of the Baseball Officials in 1969. In 1982, the NHIAA Basketball Tournament program was dedicated to Wells "as a living example of the highest ideals that sports and its student athletes should exemplify."

Wells Field was dedicated on May 12, 1990.

At the Oct. 1 event, there will be a reception for the inductees in the cafeteria from 2 to 3 p.m., with the induction starting at 3 p.m. For more specifics or ticket information, please contact Peter Cofran at 744-6006, x1507 or pcofr@saun4.org. Tickets are \$25.

Rest of fall sports kick off Monday

BY JOSHUA SPAULDING
Sports Editor

REGION — The fall sports season at Plymouth Regional High School and Newfound Regional High School is right around the corner and in the coming week, official practices will be getting under way.

Football teams were the first squads to get on the practice field, as both the Newfound and Plymouth football teams kicked off prac-

tice on Wednesday, Aug. 10.

The Plymouth spirit team will be holding its first practice today, Thursday, Aug. 11, at 2 p.m. at the high school.

The remainder of the local high school teams will kick off the new season on Monday, Aug. 15.

At Plymouth, coach Ashley Laufenberg returns to the field hockey sidelines and will be holding the first practice from 3 to 6 p.m.

The first volleyball practice under coach Mary Boyle will take place from 3 to 6 p.m.

For girls' soccer, coach Chris Inman will lead the first practice of the new season from 3 to 5 p.m.

Coach Ken Wheeler returns to lead the Plymouth boys' soccer team and will be holding the first practice of the season from 5 to 7:30 p.m.

The Plymouth boys'

and girls' cross country teams will be doing morning practice, meeting from 9 to 11 a.m.

The Bobcat golf team, under the direction of new coaches Charlie Wheeler and Jeff Park, will be meeting at Owl's Nest Golf Course in Campton from 9 to 11 a.m.

At Newfound, the soccer team, under the direction of new head coach Jesse Mitchell, will be meeting at the

soccer field from 3 to 6 p.m.

The Bear cross country kids will be meeting at Kelley Park in Bristol from 4 to 5:30 p.m.

The Newfound volleyball team will be meeting in the gym from 5 to 7:30 p.m.

Veteran field hockey coach Karri Peterson will lead the first practice of the new season from 5:30 to 8:15 p.m.

The newest team on the block, the Newfound unified soccer team, will start practice during the week of Aug. 22, with a time to be announced soon.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Early sports deadlines next week

WOLFEBORO — The deadlines for the sports sections of all Salmon Press newspa-

pers for the editions of Aug. 18 have been moved up due to staff vacations.

Therefore, all press releases and photos for inclusion in the Aug. 18 edition need to be

received by Sunday, Aug. 14, at noon. Items submitted after that deadline may not be included in that week's paper.

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COURTESY PHOTO

Bean Pot

The town of Holderness and Rockywold Deephaven Camps held their annual Bean Pot softball game last Wednesday evening. RDC won and will hold the famed Bean Pot in a place of honor for another year.

Fit for a Cure 5K is Oct. 2

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Granite State Credit Union, will host the eighth annual Fit for a Cure 5K Run/Walk presented by Under Armour on Sunday, Oct. 2, at 8:30 a.m. This is a USA Track and Field certified (NH13018TY) timed 5K (3.1-mile) course sponsored by AutoServ that will take place at the Tanger Outlets. The first 1,000 registrants will receive an Under Armour race t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and female winners along with division winners in each age category. Runners and walkers can register and view the course at www.tangeroutlets.com/race. The registration fee is \$25 for adults and \$15 for children under 17 years of age or \$30 beginning Sept. 30 through race day. If a business or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information. Tanger's Fit for a Cure 5K Run/Walk will benefit the LRGHealthcare Celebrate Hope. Celebrate You. Fund. The race has grown in size each year with the largest field at 1,002 participants and has raised more than \$75,000 in the first seven years. This year they hope to reach 1,100 participants before race registration deadline.

Nor'Easter tryouts Saturday in Belmont

BELMONT — The Nor'Easter ASA Junior Olympic fastpitch softball program will

be holding 2017 summer-season tryouts on Saturday, Aug. 13, at Belmont High School softball field: 14U and 16U will try out from 10 a.m. until noon. Rain date is Sunday, Aug. 14. For more information, contact Fern Beaudet at fbeaudet@feltoninc.com or 867-8080 or Rob Bolduc at Ducati1996@live.com or 630-0796.



COURTESY PHOTO

Sunrise ascent

The annual Adaptive Sunrise Ascent to Mt. Washington was moved to Great Glen due to inclement weather at the summit of Washington. Each year a team of "mules" helps an adaptive athlete reach the summit. This happy group is part of Team Bella, who participated in the event on Aug. 7.

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This time around, a much different Olympic experience

Two and a half years ago, I stood in an airport in Moscow, admittedly a bit nervous but also very much excited about what the next two weeks were to hold.

I was on my way to Sochi for the 2014 Winter Olympics and those opening ceremonies were happening on the television right in front of me in that Moscow airport. I couldn't understand anything that the announcers were saying, but it was cool to just watch the ceremonies and know I was going to be there in a few hours.

Flash forward to Friday night and I was sitting in my living

room with the television tuned to NBC as the Olympics returned, this time the Olympics of the summer variety, kicking off in Rio de Janeiro in Brazil. I was much less nervous but still a bit excited about what is coming, mainly because I am a big fan of the Olympics and enjoy the numerous competitions throughout the two weeks of action.

However, there was no doubt that this year's Olympic experience was going to be a bit different than my most recent Olympic experience. This one was going to be completely through my television.

But, there were also a

SPORTING CHANCE



By JOSHUA SPAULDING

lot of similarities to the two experiences.

As I prepared to leave back in February of 2014, I saw many articles and news pieces about how Sochi was not ready for the Olympics, that athletes and media members were arriving to find that their rooms weren't done, among other issues. While that was in my head while I was traveling and was a concern, when I arrived in Sochi I found that my room was ready and during my two weeks in Sochi I had just one room issue (no hot water one morning). So I had no complaints at all.

Rio has been experiencing some of the same problems, reportedly anyway. There are buildings that aren't complete yet and some athletes are finding the experience a bit unique.

The similarities don't really end there either. As evident by the sweeping views NBC has been showing viewers each night, Rio is a beautiful city and so was Sochi. However, both were surrounded by areas of poverty that made the shining new facilities of the Olympics stand out even more against the habits of many of the people of the city.

While Sochi had its dog problem, with many

loose dogs running around the city, Rio seems to have a trash problem, as the waters used for open water swimming and sailing have traditionally been very polluted, raising concerns from athletes about their safety. And of course, there's also Zika, which was not a concern in Sochi.

That being said, I was excited to turn on my television on Friday night and watch as the greatest athletes in the world came together for a night of celebration. For a moment, there was no fighting, no war and no bad blood, there was just athletes representing their countries with pride.

While I decided against a Rio trip (not much on the local connections front), I did submit my application for credentials for the 2018 Winter Olympics. So who knows, maybe I'll be back.

Finally, have a great day Mark and Theresa Evans.

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 Bay Sider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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Kailie French (4) goes around off the bumper of Kyle LaBounty (80).

COURTESY PHOTO



Bunker Hodgdon celebrates in victory lane.

COURTESY PHOTO

Crowningshield goes out on top at Speedway 51

GROVETON — Doug Crowningshield of Barre, Vt. ended a long racing career as only he could hope for, with a trip to victory lane. Crowningshield had known going in that Saturday was going to be his final race as he had agreed to sell his number 14 Tiger to Speedway 51 Street Stock driver Jaden Perry. It was a three-segment race for the Sign Depot Tiger Sportsman and Crowningshield was the model of consistency finishing third, fourth, and fifth respectively. In the third segment Mike Giroux finished inches behind Brendan Moodie, which gave the win to Crowningshield by one point and dropped Giroux to third overall behind Moodie. After officially announcing his retirement in victory lane, he said of winning his last race, "Everyone would

want to go out there, knowing it's their last ride and win. I couldn't be happier to end this way, yes it is tough to let that car go, but it's going to a good kid and a good driver."

When asked what's next he simply said, "I'm going fishing."

Hardwick, Vt.'s Bunker Hodgdon cashed in for his third Schweppes Street Stock event of the season. The point leader bounced back from a hard wreck earlier in the week to finish third and second in the two segments for the victory. Hodgdon thanked his crew for working tirelessly to get his car back together in time for Saturday's race. Peyton Lanphear got her best finish of the season, finishing second, including a dominant win in the first segment. Cody Smith, who had a substitute driver last week after having his



Doug Crowningshield celebrate the win in his final race.

COURTESY PHOTO

wisdom teeth out, was back in the driver's seat and drove his way to a third place finish. Brandon Gray and Jered Plumley rounded out the top five.

It was two wins in a row for Cambridge, Vt.'s Brad Bushey in the North Country Ford Late Model division and pulling in \$2,000 in winnings in those two weeks. Bushey, Shawn Swallow and Derek Ming all came into the final segment tied for the overall win. Halfway through the final segment, Ming got into

the back of Swallow racing for the win, sending both drivers to the back and giving Bushey the clear path to victory lane. Ming would end up second followed by Swallow, Kevin Boutin and Doug Laleme.

Reigning track champion Kasey Beattie was back in victory lane for the first time in a month for his division leading

fourth win of the season. The St. Johnsbury, Vt. driver also pulled himself back into a tie with Garrett LaBounty for the point lead in the A.B. Excavating Dave Devil division. Evan Hallstrom (finished second and LaBounty third. Kailie French was fourth while Josh Plumley completed the top five.

Tennis jamboree, tournament Saturday

WOLFEBORO — Come join the fun at the Wolfboro Tennis Club this Saturday, Aug. 13, from 4 to 6 p.m. for a free jamboree and member guest tournament.

Teens and adults are

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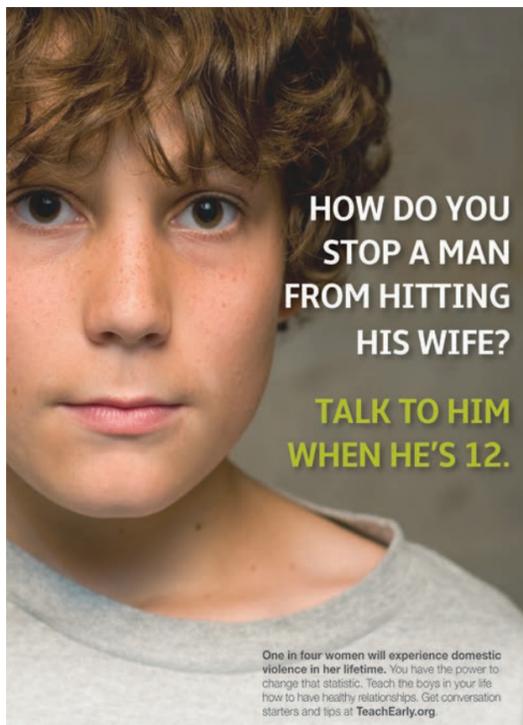
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Diversification Is Still Important for Retirees

During your working years, your primary investment goal is generally growth – you need your money to grow so that you can eventually afford the comfortable retirement lifestyle you've envisioned. But when you retire, should you change course and adjust your investment strategy from "offense" to "defense"?

Actually, it's not quite that simple. To begin with, even while you are working, you don't want your portfolio to be completely filled with growth-oriented investments, such as stocks. If it were, you would likely be taking on a degree of investment risk that's too high, because, as you may know, stocks will fluctuate in price – sometimes significantly. And if you only own stocks, you could take a big hit during a market downturn. That's why you need to have an array of investments – stocks, bonds, certificates of deposit (CDs) and so on. By spreading your investment dollars this way, you can give yourself more opportunities for success while reducing the impact of volatility on your portfolio. (Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against all losses.)

Now, let's fast-forward to your retirement date. Once you retire, you may need to look at your investment portfolio somewhat differently – instead of "building it up," you may now want to think of "making it last." So, your first impression might be that instead of maintaining the diversified portfolio you had when you were working, you need to switch to predominantly "safe" investments, such as CDs and Treasury bonds, to reduce the risk of losing principal.

And such a strategy might indeed be effective – if your retirement were only going to last a year or so. But the chances are reasonably good that you could be retired for two, or possibly even three, decades. If that's the case, then you will have to deal with a threat to your lifestyle that you might not have considered: inflation. We've had low inflation for several years, but that could change in the future. Consider this: Even at a relatively low 3% inflation rate, prices double roughly every 25 years. And depending on your personal needs and spending patterns, your personal inflation rate might be even higher.

To protect yourself against inflation, you will find that investments such as CDs and Treasury bonds are typically not much help. In fact, in a low-rate environment, your returns on these investments may not even keep up with inflation, much less keep you ahead of it. That's not to say they have no value – they can provide you with an income stream and help lower your overall investment risk.

But to defend your purchasing power, you will still need some growth potential in your investment portfolio during your retirement years. Your exact percentage of stocks and other growth-oriented investments will depend on a variety of factors – your projected longevity, other sources of income, family situation, risk tolerance and so on. You may want to consult with a financial professional to ensure that your portfolio mix is suitable for your needs.

Many things may change in your life when you retire – but the need for investment diversification is not one of them.

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 **Jacqueline Taylor**, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith.

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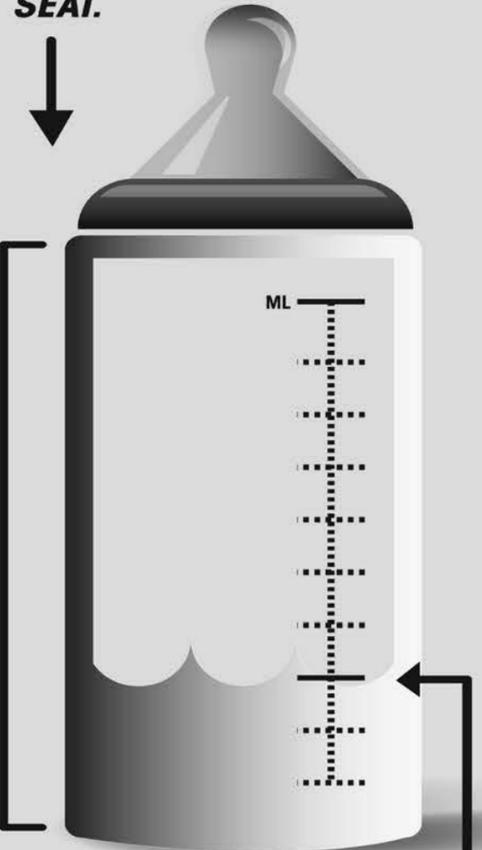


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Campton Elementary School
1110 NH Rt. 175
Campton, NH 03223
jeccleston@pemibaker.org

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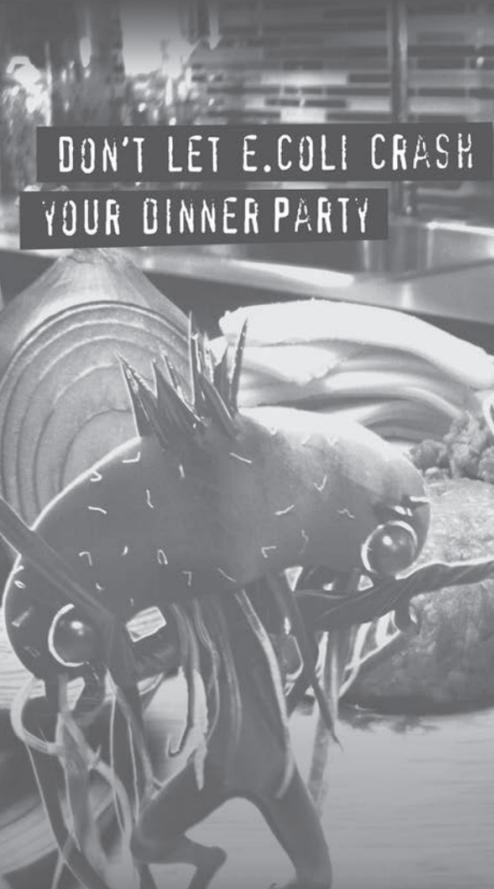
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JOSHUA SPAULDING
ALLIE SKELLEY has a kiss for his son after paddling from Meredith to Wolfeboro on July 31.



JOSHUA SPAULDING
ALLIE SKELLEY gives the thumbs-up as he heads out from the Meredith docks on his paddleboard journey to Wolfeboro.

Paddling for a cause

Allie Skelley paddleboards Lake Winnepesaukee to raise funds for Travis Roy Foundation

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Most people hope for sunny, warm weather on the weekend.

On Sunday, July 31, Kingswood graduate Allie Skelley was not one of those people.

Skelley, who is a former coach at Holderness and now works at Portsmouth Abbey School in Rhode Island, has a long history with the Travis Roy Foundation and was looking for a way to raise money for the foundation.

In the past, he ran the Boston Marathon to benefit the foundation and this year he sought out something a little different.

“It’s something that’s unique, something that hasn’t been done,” Skelley said of his plan to paddle from Meredith to Wolfeboro on a paddleboard. “Paddleboarding is a new, fun thing to do.”

With an overcast sky and threats of rain, Skelley set out from the town docks in Meredith at about 6:20 a.m. on July 31, with a goal of reaching Wolfeboro some time after noon. He more than accomplished that, as he pulled into the Wolfeboro town docks at 11:50, four and a half hours after starting out.

Skelley’s involvement with the Travis Roy Foundation goes back a long way, back to his own injury that could very



JOSHUA SPAULDING
ALLIE SKELLEY (front row with hat, holding his son) was greeted by a large group of friends and family after finishing his paddleboard journey from Meredith to Wolfeboro on July 31.

well have left him unable to accomplish what he did on July 31.

Roy was a Boston University hockey player who was injured in his first shift in a college game and was paralyzed. Since then he has worked to raise money for spinal injury research.

In 2002, five years after Roy was paralyzed, Skelley found himself in a very similar situation, as he fractured his neck during a hockey game for St. Lawrence University. However, Skelley counts himself lucky that he was able to overcome his injury and has moved on to coaching and continuing to raise money for the cause that’s dear to him.

“Travis is in a wheelchair, I was very close to having a life like that,” Skelley said. “At the end of the day, it’s not about me, it’s about him (Roy) and his foundation and trying to raise as much money as possible.”

Skelley noted he got an e-mail from Roy offering words of encouragement for his journey.

The Travis Roy Foundation’s annual wiffle ball tournament will be held this weekend, Aug. 12-14 in Essex, Vt. and Skelley plans to present Roy with the funds raised from his trip at the annual tournament, which he plays in every year.

Skelley said that he and his wife, Steph, received paddleboards

from his parents as wedding gifts and have been paddling for about four years, but admitted that the 18 miles from Meredith to Wolfeboro was way beyond what he had ever done before.

Friends Randy Houseman and Nick Laurence accompanied Skelley on the journey, riding along in a boat the entire way.

As he headed out, Skelley noted that the broads were his biggest concern.

“The broads, you never know what you’re going to get out there,” he said. “It’s been a long time since I’ve been out on Lake Winnepesaukee.”

And the sun that had beat down on the area the

entire week stayed away and Skelley was able to paddle under cloudy skies with only a little bit of wind. And with the dreary weather, the boats weren’t prevalent on the lake either.

“Until we got to the broads, it was smooth,” Skelley said. “Halfway through the broads it got a little rough.”

“But it was like the lake was closed,” he added. “We absolutely lucked out as far as the weather and lake traffic.”

Skelley noted that in addition to the calm water and cooler weather, he was also aided in his journey by a different paddleboard that was loaned to him by a family friend.

“They offered up their board and it’s a little quicker,” Skelley said.

Even so, Skelley was still surprised by how quickly he made the journey.

As he paddled into the docks in Wolfeboro, he was greeted by a large group of family and friends, including his parents, his wife and son. They cheered him on as he made his way across Wolfeboro Bay and into the docks, where his uncle had docked a boat.

Skelley noted that those interested in donating to his journey in support of the Travis Roy Foundation can still do so up through this weekend, when he plans on presenting Roy with a check. Skelley’s personal fundraising page can be found at www.kintera.org/faf/donorReg/donorPledge.asp?ievent=1147309&supId=437613261. More information on the Travis Roy Foundation can be found at travisroyfoundation.org.

And Skelley continues to count his blessings that he is able to do events like this in support of the case.

“With my injury, I was very close to not being able to do anything close to this,” Skelley said.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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