



THURSDAY, JUNE 2, 2016

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COMPLIMENTARY

# Bristol pays solemn tribute to those who gave their lives for freedom

BY DONNA RHODES  
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BRISTOL — Because it is a day designated for the solemn remembrance of brave men and women who gave their lives to defend and preserve freedom, VFW Post 10640 Commander Ron Preble reminded those gathered in Bristol on Monday morning that Memorial Day is an observance, and not a “celebration.”

“It’s a day when we honor all those men and women who served in the armed forces for our nation,” Preble said.

This year’s observance began with a parade that started on Pleasant Street, paused for the laying of a wreath and brief ceremony at Homeland Cemetery then moved on to the Richard W. Musgrove Bridge.

There Rev. Wayne Toutaint delivered a prayer for those lost at sea over the past 241 years before VFW mem-

bers Ron Linde, a retired Marine, and Jonathan Ferrelli, a Navy Corpsman with the Marines, tossed a floral wreath into the Newfound River.

“As we lay this wreath, our love, prayers and respect go with it,” said Rev. Toutaint.

Mike Barnett, Dan Arseneau and Vince Rhatigan then presented a gun salute in their honor followed by “Echo Taps,” performed by Newfound Regional High School students James Shokal and Lauren Boisvert.

Stepping to the patriotic music of the middle and high school marching band, the procession finally made its way to Newfound Memorial Middle School for the official Memorial Day Ceremony conducted by VFW Post 10640 members and representatives of American Legion Post 26 and the Sons of the American Legion Squadron 26.

SEE MEMORIAL, PAGE A13



DONNA RHODES

This year’s Memorial Day parade in Bristol was led by VFW Post 10640 and representatives of American Legion Post 26 and the Sons of the American Legion Squadron 26.

## Police make arrest in Rite Aid robbery case

BY DONNA RHODES  
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BRISTOL — After an extensive investigation surrounding the armed robbery that took place on Sunday, Nov. 9, 2014, at the Bristol Rite Aid, Bristol Police announced last week that 32-year-old Keith Gale Belisle of Westmoreland was arrested and charged with the crime.

On that day, police allege that Belisle entered the Rite Aid on Summer Street where he proceeded to the pharmacy in the rear of the store, pointed a gun at the pharmacist and demanded the powerful pain medication, oxycodone. After the pharmacist complied with his demands, Belisle then fled on foot and

met an accomplice who was waiting in the nearby Dunkin Donuts parking lot and left the scene.

According to reports at the time, they made away with 1,100 tablets of the potent medication, which is known to be a frequently abused drug and quite valuable on the streets.

Bristol police said Belisle is currently incarcerated in Vermont on unrelated charges.

“The accomplice’s identity is known to police and charges against that person are pending,” they stated in their May 26 press release.

The investigation brings closure to the first of two robberies at the Bristol Rite Aid in the past two years. The second robbery, which took place last August, occurred when a man also demanded Oxycodone and claimed to have a bomb. He, too, made off with approximately 900 tablets, but later that day officers were able to track down and arrest 54-year-old Kevin Groesser of Hill and his accomplice, 25-year-old Patrick Flood, who drove the getaway car. Police were also able to recover many of the pills that had not yet been distributed and the supposed bomb was found to be fake.

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — Local volunteers have played a big role in preserving the town’s historic structures and keeping community spirit alive, while also looking to the future of the town.

Susan Duncan, a former selectman who has served as a volunteer on several study committees in the past, successfully amended an article at the 2016 Town Meeting to establish a local committee, rather than hiring outside professionals, to assess the town’s space needs. The selectmen had been looking to develop architectural drawings to meet the needs of the Bristol Police Department and other town offices, but Duncan’s amendment expanded the focus, establishing a committee of 11 “to investigate the building space needs for the operation of the Town of Bristol’s governmental services and to propose a plan to accommodate those needs for the next 25 years.”

The amount of money to be raised in the article was reduced from the original \$52,000 request to \$5,000, to cover the costs of an initial assessment.

That was in keeping with the volunteer’s perspective on spending.

“We look at things differently as volunteers,” said Hilda Bruno, a member of the Bristol Historical Society and a volunteer on the Bristol Events Committee and Downtown Decorating Committee. “We look at how to save money and

still get things done.”

Edward “Ned” Gordon, a former selectman

who serves as town and school district moderator, is heading up the new

space needs committee. “It’s not a political contest.” SEE VOLUNTEERS, PAGE A13

## Volunteers join town officials in planning Bristol’s future



COURTESY

On April 30, in honor of Arbor Day and Earth Day, and with spruce and fir tree seedlings from the N.H. State Forest Nursery, Boy Scouts from Troop 55 in Meredith, handed out nearly 300 “starter” trees to the public. Boy Scouts in the Meredith Troop have been handing out evergreen tree seedlings on an annual basis for over 20-years. Troop 55 would like to thank “The Family Tree Service,” Aubuchon Hardware in Meredith, and E.M. Heath True Value Hardware in Center Harbor, as well as all those community members who took trees and offered us support. Troop 55 includes Scouts from Meredith, Center Harbor, Gilford, New Hampton, Bristol, Alexandria, and Danbury.

## A summer tradition returns with Cruise Nights at Bristol's VHoP

BY DONNA RHODES  
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BRISTOL — Great weather is here once again, and that means some really great cars are rolling into the Newfound Region every Friday night for the fun and nostalgic Cruise Nights at the Village House of Pizza on Lake Street in Bristol.

Cruise Nights at VHoP have become a tradition in the area where owners of cars and trucks of all makes and SEE CRUISE NIGHTS, PAGE A14



DONNA RHODES

Tom Berthiaume of Northfield brought his fully restored 1960 Chevy Bel Air to Cruise Night in Bristol last Friday, which included some upgraded drive-in movie theater speakers that played old time rock and roll for crowds at the Village House of Pizza on Lake Street.

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24 pages in 2 sections  
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# Kelly - Drake Town Conservation Area — A New Hampton treasure

**NEW HAMPTON** — Almost 40 years ago, the Town of New Hampton purchased a large parcel of land referred to as the Kelly-Drake Town Conservation Area. In 2004, a stewardship-plan was written by conservationist George Fame, and he wrote, "The land is a museum of artifacts, from old saw blades, cemetery, orchard, stone piles, (cellar holes and stone walls are) are symbols of past life of our predecessors. (They) should be revered and protected where found."

The New Hampton Historical Society and the New Hampton Conservation Commission have embarked on a joint project to insure that this town owned land serves as a community resource by not only preserving the historical nature of the property, but also develop its recreational and educational potential. The town owned property of 230 acres, which also includes a 23 acre island on Pemigewasset Lake is located 2 miles east of exit #23 along the western shore of Pemigewasset Lake.

This area is one of the first areas settled in the Town of New Hampton. In 1775, Samuel Kelly (1733-1813) brought his wife and two young sons from Exeter, NH to

New Hampton and built a log cabin at the base of what is now referred to as "the Pinnacle". Over time he acquired large tracts of land in and around New Hampton. When he moved his family to the summit of "the Pinnacle" he gave his sons William and Nathaniel land at the base of the hill, a part of which is now the Kelly-Drake Town Conservation Area. Around 1820, this land was sold to Nathaniel Drake, who had settled in New Hampton in the late 1700's. Nathaniel then gave the property to his son Nathaniel Drake Jr. The Drake family farmed the land for 130 years until the house, barn, and outbuildings were destroyed by fire on Christmas Eve in 1952. Luther and Minnie Drake were the last to farm the land before the dreadful fire. In 1966, the land was purchased by J. Willcox Brown from the estate of Luther Drake. In 1978, New Hampton bought the property through funds made available by the Federal Land and Water Conservation Fund.

This year the New Hampton Conservation Commission began work to improve the property with three goals: recreation & educational use, wild life management,

and scenic beauty. Forest management and production of wood products are important secondary goals. A significant tree harvest took place to thin tree stands and create more open space. The over grown Drake farm apple orchard was thinned and apple trees will be pruned. This year, the cellar holes will be cleared, piles of refused removed, and a system of walking trails will be designed and cut. It should also be noted that the island (Kelly Island) sitting in Pemigewasset Lake is also part of the Kelly-Drake property and may also be developed for recreational use. A second tree harvest is planned for next winter to thin a large stand of pine.

The New Hampton Historical Society and Conservation Commission look forward in working together to make this town owned land a historical, cultural and recreational resource. Plans for the coming year include: surveying & marking boundaries, building and maintaining trails, increasing the recreational & educational activities by working with community groups to enhance hiking, hunting, picnicking, snowmobiling, cross-country



**Dan Moore, New Hampton Conservation Commission Chair and Peter Gulick, President of the New Hampton Historical Society discuss future plans for the Kelly Drake Conservation Property.**

skiing, and nature & heritage education. The property can be accessed off Route 104 turning onto Sinclair Hill Road and taking the first left onto Kelly Pond Rd. At

the end of the road is a gate and parking area. The public is invited to visit the property, park at the gate and walk the farm road, following the beautifully preserved

stone walls, past the farm cellar holes, the reclaimed apple orchard, meadows and woods full of wildlife, winding up at the shoreline of Pemigewasset Lake.

## Household hazardous waste: A common problem, a simple solution

There are many toxic materials which exist right inside many Lakes Region homes. These toxic materials are known as "hazardous wastes," which are substances that poison or contaminate the environment, and threaten the health of those in the local communi-

ty. They may be flammable, corrosive, or reactive, and should be disposed of properly so as not to harm people or damage the region's soil and water resources. Oftentimes we envision hazardous wastes produced by factories, contaminating the sur-

rounding soil and water. This sort of pollution can exist, though much has been done over the last several decades to clean this up. The fact is that most households use and create hazardous waste every day. Look under your

SEE WASTE, PAGE A14

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WHEN

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- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB

New Hampshire Department of Health and Human Services  
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www.dhhs.nh.gov

# Stake holders answer the "Call to Action" at CADY Prevention Summit

BY DONNA RHODES  
drhodes@salmonpress.com

PLYMOUTH — The 16th annual Communities for Drug- and Alcohol-Free Youth (CADY) Regional Prevention Summit was once again an inspiring presentation that brought stake holders from many walks of life together in the battle against addiction and substance misuse and this year's theme was "Answering the Call to Action."

Among the many who gathered at Plymouth State University on May 27 to hear progress made and challenges that still need to be faced were government leaders, representatives from law enforcement, emergency response crews, doctors, nurses, social workers, youth recreation leaders, schools and more.

This year the summit was led off by State Senator Kelly Ayotte who spoke passionately about her work in Washington, D.C. to promote legislation such as the Comprehensive Addiction and Recovery Act (CARA) to provide better services for people struggling with opioid addiction.

"This effort is going to take all of us working together though," Ayotte told the assembly.

Included in the bill is legislation to provide better treatment and recovery centers in states, like New Hampshire, that are lacking those resources.

Ayotte said that she has done ride-alongs with law enforcement and has seen first hand the problems they face every day.

"The work they're doing out there is incredible but after they bring people back to life (from an overdose), we've got to get them to treatment so they can get back on the path of leading productive lives," she said.

With New Hampshire lagging nationally at 49th in the nation in those areas, CARA, she said, will help better that initiative.

"I believe that with local efforts, combined with national efforts, we can make a real difference," said Ayotte. "We've seen too many tragedies...together we

can turn this around."

Congresswoman Ann MacLean Kuster next told the summit attendees that the CARA bill is currently being put together with 18 additional proposals from the House of Representatives. Through that two house initiative, known as CARA Plus, funding is being sought to make these goals a reality. The combined bipartisan effort, which next goes before a Committee of Conference in Washington, will move toward supporting funds for life long treatment and rehabilitation, and hopefully remove the stigma of addiction so that people will openly and willingly seek the assistance they need.

"The reality is that this (drug) epidemic is hitting literally everyone...we're trying now to change the overall approach and get past the shame, get past the stigma of addiction to help people," Kuster told the crowd.

She likened the crisis of drug misuse to diabetes. Should a diabetic be seen eating cake, Kuster said, people would not deny them treatment for the ensuing problems they would encounter. Instead they would reach out to embrace that person, assuring them they would have the support they need to no longer eat something detrimental to their health. This, she emphasized, is the same with addictions. Those who misuse drugs need the same support.

In the 1980's Kuster pointed out that New Hampshire had 1,000 treatment beds available for addiction but now, due to the lack of reimbursement from insurance companies, those numbers have dwindled to less than 300 beds.

"We're cheap. We don't reimburse hospitals to keep those beds open," Kuster said.

Therefore, included in CARA Plus, are mandates for better insurance coverage.

"Insurance companies have changed their policies and are now beginning to cover detox and if you hear of one that's not, I want to know," said Kuster.

The bills also encom-



U.S. Sen. Kelly Ayotte (left) and Congresswoman Ann McLane Kuster (right) were guest speakers at the CADY Regional Prevention Summit last Friday, which for 16 years has addressed the topics of drug and alcohol addiction. This year's theme was "Answering the Call to Action."



DONNA RHODES

pass not only coverage for treatment, but stronger support for law enforcement and drug courts, along with funding for education and prevention programs.

She and Ayotte said they hoped that within the next month CARA Plus will be brought to Pres. Obama for his signature.

Keynote speaker of the day was Eric S. Adams of the Laconia Police Department who heads the newly established Prevention Enforcement and Treatment program (PET) in his community. In his presentation, he had some good news for this year's summit.

Adams said that his program is an around the clock operation that began by identifying those in the community who were most at risk. They then reached out to offer programs and treatment resources that could save their lives.

Working with Judge James Carroll of Belknap District Court's 4th Circuit Division they have made even more progress in the addiction problems plaguing the community over the past several years.

Carroll, Adams said, prefers the term "Recovery Court" over "Drug Court" because he fully believes that those who come before him will transform into contributing members of the community if given the proper resources and support. By providing alternative methods to deal with those found guilty of a drug or alcohol related offences, he and PET have become

partners in the war on addiction.

PET, Adams went on to explain, now helps those in crisis to find the

help they need, provide them with resources and support them through the lengthy recovery process.

Through the establishment of PET Adams has been able to break down the barriers of hos-

SEE CADY, PAGE A14



COURTESY — KATHY CIPRIANI

## Fun in the sun

Before the crowds arrived at Wellington Beach for the long holiday weekend, adorable Miss Izzy had fun splashing in the cool water on an unseasonably hot Spring day. When your children are enjoying the great outdoors, we invite you to snap a photo and send it to drhodes@salmonpress.com. Include their first name, age, location and a brief description of the activity and you could see their smiling faces in this summer's Fun in the Sun photo series for the Newfound Landing.

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**PUBLIC NOTICE**

The Hebron Select Board is interested in deeming Wade Road and the discontinued upper portion of Range Road as Emergency Lanes. The Board is holding a public hearing on Thursday, June 2, 2016 at 7:00 p.m. in the Selectmen's Office at 7 School Street.

The purpose of this hearing is to determine if Wade Road (from Pike Hill Road to Hunt Road) and the discontinued portion of upper Range Road (from George Road to the gate of the property owned by Green Acre Woodlands, Inc.) should be deemed an Emergency Lane pursuant to NH RSA 231:59-a. This would enable town funds to be used for repairing the road, removing brush, the repair of washouts or culverts, or other work deemed necessary to render such way passible by firefighting equipment and rescue or other emergency vehicles.

The Board invites you to attend this hearing. Public input is encouraged and welcomed.

Hebron Select Board,

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John W. Dunklee, Vice-Chair  
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## Guest Commentary

### Victory or trickery?

*Editor's note: The following guest commentary was submitted for publication by Michelle Sanborn of Alexandria.*

There is enormous relief for the people of New Hampshire and the communities that were facing the Northeast Energy Direct (NED) pipeline: Kinder Morgan's subsidiary, Tennessee Gas Pipeline Company, has withdrawn its Certificate of Application with FERC. These communities were threatened by decreased property values, risk of explosions, and gas leaks polluting air, water, and soil, to name a few. Opposition has been almost unanimous for all of the Towns in the pipeline's proposed path. Today, there is a collective sigh of relief. The threat seems to have evaporated.

But the win achieved with Kinder Morgan's withdrawal is temporary and partial. Temporary because it lasts only until the next threat – and there will be other threats: Nestle taking our water, the spreading of sludge causing cancer clusters and contaminated drinking water, Kinder Morgan or some other pipeline company submitting a new application to transport fracked gas through our communities, industrial-scale wind and solar projects covering every ridgeline and farm across our pristine state.

And it's partial, because we're no better off than we were before the proposed pipeline. Communities of the Granite State are still resource colonies to be profited from against our will, whenever a corporation sets its sites on us. That has

not changed.

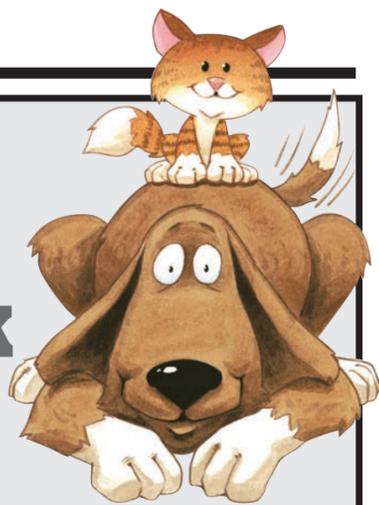
Regulatory strategies do not actually stop our communities from being resource colonies to be profited from against our will. Rather than gaining victory, regulations are a kind of trickery. It's trickery because we're often deceived into thinking we the people have gained any meaningful control over our own communities.

Regulatory efforts do not assert the right of local people to decide what happens within our local communities. These efforts do not address the fact that corporations like Kinder Morgan do what they do because they have the privilege of claimed "rights" to profit, which are elevated above our inherent and unalienable rights to the peaceful enjoyment of our homes, to access uncontaminated water, air and soil, and to protect our health, safety and welfare. In other words, our right to self-govern.

The regulations we think are protecting us continue, instead, to permit and legalize harmful activities against humans and the ecosystems of which we are a part. These regulations continue to deny people the authority to make local governing decisions that prohibit harmful activities altogether. When we participate in that regulatory scheme, we legitimize it. We lose precious time with our families, time from work to attend meetings and hearings, we lose income from that time off, and endure extreme stress while our most sacred place –

SEE GUEST, PAGE A14

## PET of the Week Thor



Giving this little puppy a big empowering, Superhero name is just the first step for young Thor as he learns a little more about the world each day at New Hampshire Humane Society.

Thor and his four littermates were found in the driveway one morning. We're glad those folks left them with us, rather than abandoning them in the woods somewhere; we ARE here to help, after all.

Thor is a handsome tan & white pup of terrier extraction, only a DNA test, yes they have them for dogs now, will tell the tale of his parentage but it's a reasonable guesstimate

he's a gentle, sweet, shy Staffordshire Terrier type. Perhaps watching the documentary, The Champions, might help those decide if they wish to open their hearts and home to little Thor, he needs some confidence building and required puppy classes available at New Hampshire Humane Society.

With kind, positive guidance Thor will surely emerge from his shell of insecurity into the sunlight of confidence that life with caring humans will imbue him with.

Best home, one with children over twelve years of age, and did we mention, he likes cats!

## North Country Notebook

### The road to Rangeley, Maine is paved with indentations



By JOHN HARRIGAN  
COLUMNIST

There is no quick way to get to Rangeley, Maine, except by floatplane or helicopter. I truly love traveling by floatplane and have done so all over the Far North. Ditto for helicopters, although I do not like riding in them so much and have always regarded them as machines designed to shake themselves to pieces.

My best friend Jeff Fair of Palmer, Alaska also is well accustomed to helicopters and floatplanes, not so much the former and very much the latter, because aviation gas is expensive as it is, and helicopters drink it like whisky. Floatplanes are a bit cheaper but not much, and by necessity are the taxis of the Far North.

Jeff comes down to the Richardson Lakes and Azischohos and Parmachenee and Umbagog regions once or twice a



JOHN HARRIGAN

Route 16 east of Rangeley offers a lot of looking at a lot of water, beckoning people who love to canoe, kayak or fish.



JOHN HARRIGAN

This fine old farmhouse in Wilsons Mills, Maine, is high and dry while getting a new lease on life in the form of a new foundation.

SEE NOTEBOOK, PAGE A14

## Newfound Landing

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ESTABLISHED SEPTEMBER 18<sup>TH</sup>, 2014

Offices at 5 Water Street, P.O. Box 729,  
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Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

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## Letters to the Editor

### A thank you to our local firefighters

To the Editor:

A month ago, a fire that started with a lawnmower engulfed my whole Hebron garage in the short time it took for the Hebron Fire Department to arrive. The garage was put out in a matter of minutes. But because of the wind and very dry conditions, fire had spread to the woods, and was moving uphill rapidly.

More and more fire-fighters, ultimately numbering around 30, raced the wind to stop the leading edge of the fire. They lugged thousands of feet of hose up the mountain, created breaks and put out hotspots with rakes and water packs, shuttled water from Newfound Lake to their pump truck so that the water flow never stopped, and monitored the whole operation from below.

After the fire was contained at sunset, a core of

Hebron fighters camped in the woods to be sure it did not spread overnight. The next morning another large group arrived to be sure all of the spots still burning were extinguished. All of this was exhausting work, and I am very grateful for the challenging hours many people put in to be sure that the fire did no more damage. I feel fortunate to have had so many respond so quickly to work so hard.

Thank you to the fighters from Hebron, Bridgewater, Bristol, Plymouth, New Hampton, Alexandria, Northfield, and Rumney (I am sure I have left out some towns, and apologize to those) and from the New Hampshire forest fire bureau, who dropped what they were doing on a pleasant Sunday afternoon to bring this fire under control.

*Vin Broderick  
Hebron*

Rita Faro, 88

BRISTOL — Rita (Tones) Faro, 88, of Shore Drive, died Saturday, May 28, 2016 at the Colonial Poplin Nursing Home in Fremont.

She was born in Sheffield, England, the daughter of Ernest and Frances (Amos) Tones. Rita graduated from school in England and shortly thereafter, met a US Soldier, Alfio Faro, whom she married and moved to Lawrence, Massachusetts to be with. They later moved to Methuen. In 1980, they moved full time to their cottage on Newfound Lake in Bristol.

Rita was a de-

voted wife, mother, grandmother and great grandmother, one who always put family first. Over the years, in addition to raising her family, she worked at many jobs, including the Charles River Breeding Labs, in Massachusetts and Mae's Place in New Hampshire. She and her husband were long time volunteers with the Bristol Community Services and Bristol Area Senior Services providing transportation to citizens for medical appointments and meals on wheels to those who were homebound.

Family members in-

clude two sons, Ricky Faro of Lawrence, Mass. and Alan Faro of Bristol; a daughter, JoAnne Frasca of Epping; nine grandchildren and 12 great grandchildren.

Friends and family were invited to call on Wednesday, June 1, 2016 from 2-4 and 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. A Funeral Mass will be celebrated on Thursday, June 2, 2016 at 9:30 a.m. at Our Lady of Grace of Holy Trinity Parish, 2 West Shore Rd., Bristol. Burial will follow in Homeland Cemetery, Bristol.

Towns

Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

Like real summer

Memorial Day weekend brought lots of visitors. That everything was green and flowering made my Florida family especially appreciative. The Ox-eye daisies and little pink English daisies came open just in time. They are flat flower heads, so the bees and butterflies can rest on them as well as gather pollen. The real marker for Summer is fireflies. The evenings will be the telling sign that we know this weather will be with us for a long time.

Pasquaney Garden Club

Saturday June 4, 8 a.m. to noon will be at the Minot-Sleeper library with plants and baked goods. Come enjoy the Butterfly garden. Bring questions for the gardeners. Bring home plants that come from our gardens as well as advice on planting. Rain or shine we will be there.

Haynes Library

Due to illness the open house did not take place as planned on May 21. Notice of new plans will be forthcoming.

Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

Community Breakfast

The next Community Breakfast is Saturday, June 4 from 7:30 - 8:45 a.m. For \$4, come and

enjoy Eggs, Bacon, Sausage, Hash, Pancakes, French Toast, Pastries, Oatmeal, Fruit, Juice & Coffee in Community Hall at the Union Congregational Church.

Hebron Historical Society

June 4 program

On Saturday evening, June 4 at 6:30 p.m., the Hebron Historical Society will sponsor a presentation by Bob Bruni and Howard Oedel entitled "Hebron WWII Veterans Recount Their Recent Honor Flight Experiences in Washington, D.C."

Recently, two of Hebron's World War II veterans were selected by Honor Flight, a non-profit organization dedicated to providing veterans with honor and closure, to visit those Washington, D.C. memorials dedicated to honor the service and sacrifices of themselves and their friends. Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation—and as a culturally diverse, free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans pass each day. Our time to express our thanks to these brave men and women is running out.

The presentation will be preceded by a potluck supper at 5:30 pm in the Hebron Com-

munity Hall located in the basement of the Union Congregation Church. The venue is located directly across North Shore Road from the Hebron Common and is fully handicap-accessible. The program is open to the public and is free. All veterans are especially welcome!

For additional information, please call 744-3335.

Hebron Union Congregational Church Theme Dinner

Join us at the "Seashore" as we celebrate all things Nautical on June 11 at 6 p.m. for our Ninth Annual Theme Dinner. The menu includes Assorted Appetizers, Shrimp Scampi, Beef Tenderloin, Rice Pilaf, Vegetable, Salad & Rolls, and Assorted Desserts. The cost is \$30 per person and proceeds will benefit the church's Kitchen Renovation Fund. Seating is limited to 56 guests. Tables of eight may be reserved through the church office by calling 744-5883 during the secretary hours (Tuesdays from 9:30 -11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m.), or by emailing staff@hebronchurchnh.org. Please provide the office with guests' names at a reserved table. Prepayment is appreciated. There will be a raffle and tickets for that are \$5 each and can be purchased at the dinner.

Esther R. Morrill, 99

BRIDGEWATER — Esther R. Morrill, 99, died Tuesday, May 24, 2016 at Golden View Health Care Center in Meredith.

She was born in Plymouth to Harry W. and Frannie (Morrison) Cass. Esther attended the one room school house in Lower Interval and graduated from Ashland High School. She had been a resident of Bridgewater most of her life.

Esther enjoyed knitting and crocheting. She was an 86 year member of the Lower Interval Grange, and a 66 year member of Enterprise Rebekah Lodge of Bristol. Esther was honored to hold the Boston Post Cane as Bridgewater's oldest resident.

Esther loved working alongside her late husband Ora making maple syrup and growing their garden. She always enjoyed traveling to Prince Edward Island and Pittsburg with her husband and their friends, Ila and the late Raymond Keniston, to go fishing.

Esther was predeceased by her husband, Ora P. Morrill; a son and daughter in law, Paul W. and Betty Jane (Thompson) Morrill, Sr.; a brother, Robert



Cass; and sisters Beatrice Cass, Francis Hill and Eda Colburn.

Survivors include grandsons and their wives Wesley & Rhonda Morrill, Paige & Becky Morrill, and granddaughter Paula and her husband Doug Glover; great grandchildren Emmett Morrill, Benjamin Morrill, Wesley Glover, Tori

Glover, Harrison Glover, step great grandchildren; great great grandson Cole; nephew and niece Peter and Barbara Cass.

A graveside service will be held Saturday, June 4, 2016 at 2 p.m. at the Homeland Cemetery in Bristol, with a reception to follow at the Bridgewater Town Hall, Mayhew Turnpike. In lieu of flowers, donations may be made in her memory to the Activities fund of Golden View Health Care Center, 19 Route 104, Meredith, NH 03253 or to the Newfound Area Senior Services, PO Box 266, Bristol, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.



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## Ashland Episcopal (St. Mark's Church)

Preparations are being made for St. Mark's parishioners to return to their church in Ashland on Sunday, June 19. They have spent the winter months in a shared ministry at Church of the Holy Spirit in Plymouth. Members of Holy Spirit are invited to worship at St. Mark's until the end of November when they will return to Plymouth. Services will be 8 a.m. at Holy Spirit in Plymouth and 9:30 a.m. at St. Mark's in Ashland.

The Sunday School will resume in Ashland on June 19, and will take part in the annual awarding of Sunday School attendance pins, followed by a special treat – ice cream sundaes for everyone.

The Concerned Christian Community group will be awarding scholarships to children for several summer camp programs.

The sewing group is making special hats for the local Brownie group to match their uniforms. They will look very smart for the 4th of July parade.

All four raised bed gardens on the church lawn have been spoken for and are ready for planting. We are waiting for the town water to be turned on, so gardeners should provide their own water for a few days if they wish to plant before.

## Family Worship Center Ply. Assembly of God

Thursday, June 2, 6:30-7:30 p.m., you are invited to join us for our regular Thursday night activities. 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, M'pact Club for girls, preschool through high school, and two Adult Seminars and Bible Studies. Pastor Glen is conducting a Study Group and Scott Gusha is also teaching a course on one of the Apostle Paul's letters. Do come for this great time of fellowship and learning.

Saturday, June 4, the Royal Rangers are raising funds to go to Camporama in Springfield, Mo., this summer, and much help is needed. They will hold a bake sale either at Wal Mart or Tractor Supply, on Tenny Mountain Highway in Plymouth. They will also have some other fund-raising projects, dates to be announced. Please help provide funds to send these boys for a life-changing experience. You may contact the church or Cmdr. Willie Gusha for information and to help.

Sunday, June 5, 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. Nursery for ages newborn to three. 5 p.m.:

Prayer meeting. You may put prayer requests in the green box marked "Prayer Requests" on the hall table. Please join us for this important time of intercession for our church, community, country, missionaries, and each other.

Monday, June 6, noon-2 p.m. – the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Sunday, June 12, the monthly fellowship luncheon will follow the morning service. Please bring food to share.

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.

Anyone desiring Church membership: please contact Pastor Yunghans at 536-1966 or 726-0254.

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.assemblyofgodplymouth-nh.org.

## Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by coffee hour.

We gather once a month to make soup for people in our local communities. Our next soup route is June 13th. While we are making soup for others, we also share a meal of soup, salad, bread and dessert. If you would like more information about Soup Route, would like to volunteer to help us, or would like to receive soup from us, please contact our church secretary using the contact information listed below.

Our Bible study meets on Thursday mornings at 9 a.m., and all are welcome.

Join us at the "Seashore" as we celebrate

all things Nautical on June 11 at 6 p.m. for our Ninth Annual Theme Dinner. The menu includes Assorted Appetizers, Shrimp Scampi, Beef Tenderloin, Rice Pilaf, Vegetable, Salad & Rolls, and Assorted Desserts. The cost is \$30 per person and proceeds will benefit the church's Kitchen Renovation Fund. Seating is limited to 56 guests and we need a minimum of 40. Tables of 8 may be reserved through the church office by calling 744-5883 during the secretary hours listed below, or by emailing staff@hebronchurchnh.org. Please provide the office with guests' names at a reserved table. Prepayment is appreciated. There will be a raffle and tickets for that are \$5 each and can be purchased at the dinner.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our church secretary's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church Web site at www.hebronchurchnh.org.

## Holy Trinity (Roman Catholic)

### From the Desk of the Pastor

The following is a reflection on last weekend's feast of the Most Holy Body and Blood of our Lord Jesus Christ. Travelers to Jerusalem and the Holy Land have the opportunity to visit the reconstructed Upper Room, believed to be located at the site where Jesus held the Last Supper. One of the pillars in the room has a carving of a mother pelican piercing her breast to provide blood for the nourishment and sustenance of her young. This ancient symbol of the Eucharist exemplifies the life-giving sacrifice of Jesus as he gave his body for crucifixion in order that we might have spiritual nourishment and sustenance. Rather than allowing us to undergo spiritual starvation and death, Jesus shed his blood that we might live. There can be no greater love than what we celebrate in the self-sacrificing love of Jesus. This very love of Jesus beckons us to be people of that same love and service towards others. As Jesus did, so are we to do.

### Liturgy Corner

Corpus Christi This weekend we celebrate the Solemnity of the Most Precious Body and Blood of Christ. We believe with great strength, that Jesus is truly present under the forms of bread and wine. "But there's another reality about the Blessed Sacrament that we perhaps have not given as much emphasis to as we should,

because if we listen carefully to the scriptures, we discover that not only are those elements of bread and wine transformed into the body and blood of Christ, but also the community of disciples -- we, who are the church -- are transformed into the body and blood of Christ. We become the living Jesus, present in our world. An extraordinary truth, isn't it, to think that all of us, the community of disciples of Jesus, are the living presence of Jesus, the son of God, in the world in which we live." Bishop Thomas Gumbleton in the National Catholic Reporter

### 5:45 Mass Begins

On Saturday, May 28, the 5:45 Mass at Our Lady of Grace was added to the Mass schedule. The complete summer schedule will begin the weekend of July 2nd and 3rd. At that time we add the 8 a.m. Sunday Mass at our Lady of Grace and the 9:30 a.m. Mass at St. Agnes.

### Got Lunch!

This summer, there are two Got Lunch! programs that could use your help. Got Lunch in Plymouth and Got Lunch in Ashland/Holderness will both start their programs Monday, June 20, offering children healthy lunches throughout the summer in their respective communities. Please consider volunteering for these programs. Both programs are in need of people to pack the lunches and deliver them. Both programs meet on the Monday morning of each week to make the lunches. Ashland/Holderness meets at St. Mark's Episcopal Church in Ashland, and the Plymouth program meets at Starr King Universalist Fellowship Hall in Plymouth on Fairgrounds Road. Packing is one from 8:30 to 9:30 a.m., and delivery starts soon after. Donations of fresh fruit and vegetables, as well as monetary donations of any amount are also appreciated. You can also sponsor a child for the summer. For more information, call: Elena Worrall (Ashland/Holderness), at 744-0105 or Mary Kietzman (Plymouth), at 536-1076.

### Blood Drive

Simard Hall, June 15, 1-6 p.m.

### Welcome Summer Parishioners!

If you are a lector or Eucharistic minister in your home parish, and would like to help us during the summer season in our Plymouth and Bristol locations, please call the appropriate office for more details. In Plymouth call 536-4700 and in Bristol, call 744-2700. We would love to have you join us in our ministry here.

### Bible Study

May 25th was the last Bible Study for this school year. We will be off for the summer. We will resume on Wed. September 14th. Enjoy the summer and try to read scripture daily!

### Bristol Campus

The Bristol campus is looking for one or two people to head up the bereavement

committee for luncheons after funerals and also for other special events. There are plenty of ways you can help! We need someone to coordinate the food and calling people to make food, someone to set up, etc. If you are interested in this very important ministry, please call Chris at 744-2700 or email her at holytrinitybristol@gmail.com. Thank you!

### Baby Bottle Blessing Drive

The Baby Bottle Blessing Drive for Haven Pregnancy Center has begun! Please remember to return your baby bottle to church on Father's Day. This includes even half full or empty bottles. (we have to pay to replace any unreturned bottles.)

A little change can make a huge difference and who doesn't have a little loose change?

- 1) Take a baby bottle.
- 2) Fill it with cash, change or check.
- 3) Return it to church.

Women and men faced with crisis pregnancies may not know where to turn for help. Can they turn to you through the life-changing, life saving work of Haven Pregnancy Services? Thank you for your compassionate support!

### Weekly Meetings

Thursday, May 19 Day Away Program, Simard Hall, 9 a.m.-3 p.m.

### Homebound Ministry

If you or someone you know is homebound and would like to receive a communion visit, please call the Plymouth office at 536-4700 and talk with Deacon Mike. He will coordinate the schedule from there. Thank you!

Day Away Program and the Minot-Sleeper Library present "Being Mortal: Living By Dying"

The Minot-Sleeper Library 35, Pleasant St., in Bristol and The Day Away Program welcome you to join Rev. Mary Francis Drake on Saturday June 11, from 10 a.m. to noon as we view and discuss the Frontline presentation of Atul Gawande's "Being Mortal". This book and video have caused a ripple in the medical community due to Dr. Gawande's frank and probing questions about the state of aging and dying in America.

The event is free and light refreshments will be served. Please contact Rebecca Herr at 744-5626 or hatsherr@aol.com if you are interested in attending.

## Star King Unitarian Universalist Fellowship

Starr 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, June 5, 9:30 a.m. Rev. Dr. Judith Smith-Volley, Preaching

Sarah Dan Jones, Music Director

Our ministerial candidate, Rev. Linda Barnes, was voted unanimously to be our third settled minister and will begin her work with us at the beginning of August.

The Annual Meeting of Starr King UU Fellowship will take place today immediately following the service, after which we will have our social coffee hour.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

### Children and Youth Religious Education, Meredith Flynn, DRE

Storytime- Our youngest children (preschool-first grade) will be reading a story called "The Mixed Up Chameleon" and discussing why it is important to be happy with who we are. They will paint a picture of themselves. This is the final class for the year.

Moral Tales- In their final class for the year, the second and third graders will be listening to the story of Olympia Brown, and female suffragist and the first female minister. They will discuss what sort of moral values Olympia exhibited.

In Our Hands- The children in grades four through six will spend their final class discussing the concept of interconnection. They will also have a closing celebration to end the year.

Coming of Age- The seventh through tenth graders are leading the service today. They have been planning their Coming of Age Affirmation Service for the last several months.

Youth Group- The Youth Group meets the second and fourth Sundays of each month from 6-7:30pm.

Social Justice Community Outreach Please bring canned or dry packaged food items for our local Community Closet collection basket in the foyer. There is also another collection basket in the foyer for this summer's "GOT LUNCH! PLYMOUTH" program. Small jars of peanut butter and jelly, and canned tuna or chicken may be placed there.

### Ongoing activities

Choir meets for rehearsal most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group will meet this month at 9 a.m. at D Acres Education Organic Farm and Homestead in Dorchester on Streeter Woods Rd. for a casual gathering of SKUUF members and friends for good food (\$12) and discussion. SEE CHURCHES, PAGE A7

# Acclaimed songstress Rita Coolidge performs in Plymouth

PLYMOUTH — Recording artist, songwriter and two-time Grammy Award winner Rita Coolidge will perform at The Flying Monkey Performance Center on Saturday, June 18 at 7:30 p.m. Known as one of the most versatile singers of the rock generation, Coolidge has collaborated with everyone from Joe Cocker and Jimi Hendrix to Eric Clapton and Bob Dylan. Tickets for this concert start at \$29.

One of the most versatile singers of the rock generation. Rita Coolidge's impact is undiminished—her voice as pure, sweet and powerful as ever and her ability to get inside a song honed by experience and overview.

Coolidge's credentials are the stuff of legend. After estab-

lishing her dominance as a backing vocalist with artists like Ray Charles and The Temptations, Coolidge was asked to join the ensemble band Delaney and Bonnie, and toured with Joe Cocker and Leon Russell on the "Mad Dogs and Englishmen" tour in 1970. Coolidge would go on to work with high profile rock artists including tours and recordings with Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

Coolidge began her solo career with her self-titled debut album in 1971. Since then, she has released 15 albums and charted several hit songs, including "Fever," "We're All Alone," "One Fine Day," "(Your Love Has Lifted Me) Higher & Higher," "The Way You Do The Things

You Do," "All Time High" and "Superstar."

With a career that has spanned over 45 years— The "Delta Lady" celebrates 2016 with new projects and a clear new direction. She has just completed writing her memoirs and her book Delta Lady will be published by Harper Collins. The autobiography will offer readers an intimate and fascinating journey into her personal story of survival as well as her professional emergence as an influential force amid the iconic music and musicians that built the foundation of the '60's-'70's pop/rock universe in American culture.

"I guess the fact that I'm still here means I must be doing something right," Coolidge says, laughing. "It's



COURTESY

Recording artist, songwriter and two-time Grammy Award winner Rita Coolidge will perform at The Flying Monkey Performance Center on Saturday, June 18 at 7:30 p.m.

good to know that people who've liked what I do for all these years still like what I do, and at the same time it sounds good to people

who weren't even born when I started out."

Tickets to see Rita Coolidge are \$29, and \$39 for premier seating. For more information on upcoming

shows or to purchase tickets call the box office at 536-2551 or go online at [www.flying-monkeyNH.com](http://www.flying-monkeyNH.com).

## The New Hampshire Boat Museum visits Taylor Community

LACONIA — The New Hampshire Boat Museum in Wolfeboro is an educational organization focusing on the boating heritage and life on the lakes and rivers of our beautiful state.

Join us Monday, June 6 at 2 p.m. in Taylor Community's Woodside Building as Executive

Director Lisa Simpson explains how the museum serves the local community and visitors through its exhibits, outreach programs, events and publications.

The event is free and open to the public. Please call 524-5600 to reserve your seat!

Taylor Community is a not-for-profit Con-

tinuing Care Retirement Community whose mission is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. Visit [www.taylorcommunity.org](http://www.taylorcommunity.org) or like us on Facebook to keep up with all our events.

## The Pontine Theatre presents "Evangeline: A Tale of Acadie" at Taylor Community

LACONIA — "Evangeline" is an epic tale of love and exile set amid the swirl of the British expulsion of the Acadians from Nova Scotia in 1766. The Pontine Theatre will perform this play Wednesday, June 8 at 6:30 p.m. in Taylor

Community's Woodside Building.

The event is free and open to the public. Please call 524-5600 to reserve your seat.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose

mission is to provide the highest quality retirement living options to support the independence, health and dignity of community residents. Visit [www.taylorcommunity.org](http://www.taylorcommunity.org) or like us on Facebook to keep up with all our events.

## Churches

FROM PAGE A6

sion. A walking tour of the farm will follow. See D Acres website for directions. Contact Deedie at [cdkriebel@gmail.com](mailto:cdkriebel@gmail.com) for information.

Starr King Men's Group meets the every first and third Sunday, from 6-8 p.m. in the Conference Room.

Second Sunday Hike — Here is your chance to give back to the hiking community. The upper part of the Fauver Trail to Plymouth Mountain needs refreshing. Mitch will take a look to see what needs to be done. If you would like to join him for this intergenerational hike to help maintain it (with simple yard tools), please contact Mitch. We leave from the SKUUF lower parking lot at noon. All are welcome. Contact [foundfarm.org to register and receive updates.](mailto:mitch@new-</a></p>
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Uncommittee Gatherings will meet every third Sunday at 11 a.m. downstairs. Bring your own crafting supplies. Contact Gigi Estes, or Virginia Miller [seabeans@roadrunner.com](mailto: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](mailto:batrought@gmail.com) or just come and meet with 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 information, contact Darlene Nadeau at 493-1478.

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

Line Dancing — last Sunday of the month, 6:30 — 8:30 p.m. through June. For information, contact George Maloof at [maloof@mail.plymouth.edu](mailto:maloof@mail.plymouth.edu).

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is [www.starrkingfellowship.org](http://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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# Want to avoid an unnecessary hospital readmission? Here's how

BY JENNIFER HARVEY, RN, BSN, CDP  
Clinical Director  
Live Free Home Health Care

An unexpected hospitalization and a planned surgery have one thing in common: when coming home, it's hard to know at what level someone will function. For example, recovery from joint replacement surgery, stroke, or managing a chronic illness following a hospital

stay is a delicate time for a patient. The challenge becomes how to successfully manage the transition from hospital to home in order to avoid a subsequent hospitalization.

Following a discharge from the hospital or other care facility, patients move through the spectrum of care options continually, transferring from home health to private home care and

back again as care needs change, and a growing body of research suggests that older adults coping with multiple chronic conditions and complex therapies are particularly vulnerable to breakdowns in that care continuum that can lead to a rehospitalization. Some of the major factors contributing to slow recovery and rehospitalization are a lack of communi-

cation between health care providers, inadequate patient and caregiver education, and poor continuity of care. This is where transitional care management can help.

Transitional care closes the care gaps that many patients experience upon returning home, and promotes improved healing. Consider that when transitioning home from a hospital, rehab or nursing facility, there are an overwhelming array of details to digest and tasks to accomplish for the safest and most comfortable recovery. Oftentimes these details are overlooked or forgotten by patients and family members in the mad rush of information and instructions given to them. A professional home care agency, such as Live Free Home Health Care, can provide experienced caregivers and care managers who will serve as a care advocate for the person who is returning home from the care facility, meeting needs such as:

- Picking up prescriptions
- Medication reminders and monitoring for undesired medication reactions
- Bathing, dressing, and ambulation assistance
- Preparing healthy, diet-specific meals
- Scheduling appointments
- Transportation to and from follow up appointments

And, a professional home care agency will also help educate patients and family to ensure that they:

- Better understand the care plan, including medications and side effects,
- Better understand how to manage a loved one's chronic conditions, and
- Recognize the first warning signs of problematic symptoms.

Studies show that enlisting help for care transitions decreases hospital readmissions. If you would like to learn more about how Live Free Home Health Care can provide smooth care transitions for you or your loved one, give us a call at (603) 217-0149. We will help provide a safe and comfortable recovery at home.

## 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](http://www.LiveFreeHomeHealthCare.com) and follow us on Facebook.

## Winnepesaukee Wellness Center to host open house on June 10

LACONIA — Please join us for an Open House at the Winnepesaukee Wellness Center (WWC) on Friday, June 10 (12:30-3 p.m.) where you will meet current members, learn about the equipment, and enjoy some refreshments with new friends. In addition, a Rite Aid Wellness Ambassador will be on-hand to answer questions and provide information.

The WWC is located just beyond the Center Harbor town docks, offers people in the Northern Lakes Region a medically-supervised exercise program in a very supportive, no-intimidation gym environment.

A regular exercise program provides the

positive benefits of burning calories to decrease body fat, improving strength and increasing energy levels, keeping bones strong and minds alert, and improving cholesterol and blood pressure numbers. The WWC is the perfect place to accomplish these goals, while socializing with friends who encourage sticking with the program.

For more information about the Winnepesaukee Wellness Center or the June 10 Open House, please call 253-1839 today!

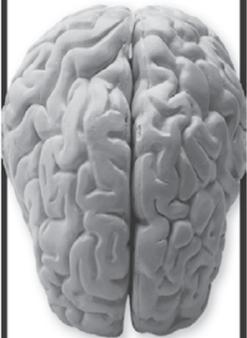
The Winnepesaukee Wellness Center is a self-supporting department of LRG-Healthcare located at 78 Whittier Highway in Moultonborough (less than a quarter

mile from the Center Harbor Town Docks, same side of road). This wellness program is especially beneficial to those with cardiac, pulmonary, arthritis, diabetes, and obesity issues, as well as a multitude of other medical challenges. A physician referral is required, but WWC staff will be happy to contact your provider for a referral.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

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## Home sales rise, inventory shrinks, prices stable



BY RANDY HILMAN

Regional homes sales through May were up a healthy 19 percent year over year despite a downturn in new listings and nearly flat pending sales, figures show.

In the midst of a robust sales environment statewide and especially in Belknap, Carroll and Grafton counties, home buyers also benefitted as the median home price remained fairly stable, rising slightly above 5 percent statewide over 12 months and less than 1 percent locally through May of this year, according to statistical data from the New England Real Estate Network Multiple Listing Service.

The New Hampshire Association of REALTORS® described the state of the residential real estate market as “predictable.”

“The housing market is being predictable, and that’s a good thing,” NHAR wrote in its most recent April housing report. “At the beginning of the year, it was anticipated that the prevailing trends of the past year would continue into and through 2016 and that has largely been the case.”

NHAR reported new listings statewide up nearly 19 percent for the month and 22 percent year-to-date. In the three-county Lakes Region, 1,272 homes sold through May, up 19.2 percent from the 1,067 sales in the same period a year ago, according to NEREN.

Dollar volume rose as well, up 24.5 percent year over year to \$329.4 million.

Pending sales, meanwhile, up nearly 19 per-

cent statewide, rose a marginal 2.3% in the Lakes Region with May pending sales down nearly 11 percent from the year ago, NEREN data shows.

New listings, too, were down locally, falling 25 percent in May, year over year, and 7 percent YTD. New listings statewide were up just above 5 percent YTD, figures show. Fewer listings and rising sales suggest a reduction of available inventory. NHAR reported an inventory drop of 21 percent in April to 7.1 months supply and a 12-month average of 8.6 months.

Housing supply in the Lakes Region was at 9.3 months through May based on average monthly sales of 261 units, NEREN reported. Housing inventory last year remained above 10-months.

“There have been no striking changes to curtail what should be a decent run of home sales over the next several months,” NHAR reported. “Mortgage rates have remained stubbornly and wonderfully low, the unemployment rate has remained at or near (5 percent) for eight straight months and wages have increased for a great many people.

“New construction has been slow, and that may be a damper on sales, but the general outlook remains strong”.

Area builders remain optimistic that a housing market characterized by fewer choices will spur new home construction, which has dwindled dramatically since the nation’s financial collapse in 2008. In the Lakes Region, many say, existing homes can still be purchased for less money than the cost to construct new homes. With the median home price rising a fractional .27% through May to \$185,000, significant numbers of new housing starts may be years in the making.

Once again this year Belknap County led the three-county region in YTD sales with 438 closed transactions, up 41.7 percent, according to NEREN. Pending sales through May were up 11.7 percent to 257 units while new listings were down 9.8 percent YTD on the heels of a 27 percent decline in May, NEREN figures show.

The dollar volume of sold homes in Belknap County increased 35.5 percent to \$117.7 million, more than doubling the volume of \$57 million reported at the end of the first quarter this year. Housing inventory also declined by two months from the end of Q1 to an 8.2 months supply in May. And, unlike many areas of the state that witnessed rising median home prices, Belknap County saw its median home price fall nearly 6% to \$183,450, according to NEREN.

Carroll County YTD sales rose 19% to 397 closed transactions. Pending sales were up 7 percent to 269 units against a 7.8 percent decline in new listings, also on the heels of 27.4% drop in May, according to NEREN data.

Transacted dollar volume rose 42% to \$111.1 million and housing inventory shrunk 25 percent to a 9.5-month supply. The median price of a Carroll County home, meanwhile, rose 4.3% to \$195,000, according to NEREN.

In Grafton County, comparison sales figures painted a misleading picture of the current market’s brisk pace that began there more than 18 months ago and continued through May. YTD sales totaled 437 units, up only 2.8 percent, compared to 2015, while pending and new listings were down 8.7 percent and 3 percent respectively. Dollar volume increased a very modest 1.2 percent to \$100.5 million for the period, according

to NEREN.

The comparisons, however, do not reflect Grafton County’s strong sales performance in 2015. A telling glimpse into the hidden successes of that market are the facts that homes on average there have sold 12.5 percent faster this year than last and for nearly 2 percent more money, figures show. Yet, the median price of a Grafton County home remained steady at \$179,000, up just 2.3 percent through May year over year.

These details, coupled with a current housing inventory that has declined 37 percent this

year to a 9.9-month supply, suggest the state of Grafton County’s housing market continues to be strong.

Do you have specific questions pertaining to real estate activity in your neck of the woods? Are you thinking of selling your home or do you know someone who may be planning to buy or sell a home in the near future? Either way, I can help. The real estate market is ever changing. What you don’t know about it could cost you time and money. Contact me today by email or phone to schedule a free, no-strings consulta-

tion or home valuation. Meanwhile, thank you for reading The Winnepesaukee Talkie.

*The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 569-HOME or by email at rhilman@randyhilmanhomes.com.*

## MARK ON THE MARKETS

### Invest like the wealthy



BY MARK PATTERSON

There’s a big disconnect between the wealthy and the not so wealthy. The disconnect that I’m referring to is how they invest their money. Many high net worth investors are risk adverse when it comes to investable assets. Much of the wealth in this country is tied to real estate holdings and fixed income portfolios made up primarily of municipal and corporate bonds and mortgage-backed securities. The wealthy may also use whole or indexed life insurance for tax-free income, legacy planning and dealing with potential estate taxes. Those wealthy people who have made their money from a business venture or even inherited typically have taken all the risk in obtaining

that money and have no intentions of losing it in the stock market. The use of municipal bonds or life insurance may provide tax-free income because typically, their tax rates tend to be much higher than the non-wealthy. Wealthy people who have large real estate holdings typically invest their other money with liquidity in mind. Real estate is typically not considered a liquid asset so you often see a muni-bond portfolio that provides tax-free income but may be sold and liquidated quickly. The use of tax-free bonds vs. corporate taxable bonds is an easy calculation based on the client’s tax rate, but either will provide liquidity, growth and low volatility provided you stick with investment-grade bonds. Alternative investments dealing with commodities or currency or even stocks may be a part of the mix but to a much lesser degree than what I typically see in the not so wealthy’s asset mix. Wealthy people may have a family office

that is comprised of asset managers specific to the makeup of their portfolio. They may also work with a financial planner or an estate attorney and CPA firm to consult to the management of their assets in the most tax efficient means possible.

The not so wealthy may not need a family office, estate attorney or maybe even a CPA firm, however there is no reason to not manage your investable assets along the same lines as the wealthy. Your tax issues may not be as great, so corporate bonds or taxable may be better than municipal bonds. The lack of liquidity in variable annuities and the expense of loaded mutual funds and the risks of the equity the markets seem to be common to the retail brokerage client, however.

In general, the retail brokerage client portfolios are typically made up of stock-based mutual funds, bond funds that are perpetual or stocks that lack

SEE MARKETS, PAGE A11

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# NH Electric Co-op Board Chair wins Aiken Award

PLYMOUTH — Earl Hansen, Chairman of the New Hampshire Electric Cooperative Board of Directors (NHEC), has won the 2016 George D. Aiken Award for his achievements in the rural electric power industry.

Presented annually by the Northeast Association of Electric Cooperatives (NEAEC), the Aiken Award recognizes individuals who exemplify the ideals and practices of George D. Aiken, a Vermont native, governor and US Senator for 34 years. His vision and action were instrumental in the conception and implementation of the Rural Electrification Administration which President Franklin D. Roosevelt signed into law in 1935.

Hansen was a NHEC employee for 20 years before retiring and being elected to the NHEC Board of Directors. His fellow Board members have nominated him as Chair for the past 13 years. In his employment career, Hansen gained a broad knowledge of the industry by serving NHEC in a variety of capacities, including cost accounting, right of way, easements, line extensions, wind generator siting, inventory, joint use facilitation (telephone & cable pole attachments), economic development and member relations. Before his retirement, Hansen spent a number of years focusing on legislative issues and lobbied for NHEC on the local, state and federal levels.

"During his time on the Board, Earl has helped our members achieve their renewable energy goals by supporting incentive programs and posi-

tioning NHEC as a leader in the development of alternative energy," said NHEC President/CEO Steve Camerino. "At the same time, he's balanced the need to improve the reliability of our distribution system while keeping rates affordable."

Hansen, who will retire from the NHEC Board in June, is a U.S. Navy veteran whose eight years of submarine experience provided hands-on experience with many types of electric generation including diesel, nuclear, steam and gas turbines. He is very active in his community, serving the Town of Holderness as a member of the Board of Selectmen, the Planning Board (34 years, 24 as Chair), Deputy Chief of the Fire Department (38 years as volunteer Firefighter, 20 as Deputy), Conservation Commissioner (four years as Chair), a Boy Scout Master and Director of Emergency Management. Hansen's contributions to the Cooperative community include serving as Director on the National Renewables Cooperative Organization (NRCO), Board Member of the NHEC Foundation and as a member of the National Rural Electric Cooperative Association's Legislative Committee and the Cooperative Finance Corporation Nominating Committee. He is a Credentialed Cooperative Director and has earned his Board Leadership Certificate from NRECA.

NHEC is a member-owned electric distribution cooperative serving 84,000 homes and businesses in 115 New Hampshire communities.



NHEC Board Chair Earl Hansen, right, was presented the 2016 Aiken Award for his contributions to the electric cooperative industry. Joining Hansen was NHEC President/CEO Steve Camerino and NHEC Vice President of Corporate & Member Services/CFO Dena Lee DeLuca.

COURTESY

# Deb Engelhardt joins Peabody & Smith Realty

PLYMOUTH — A familiar name in the Central New Hampshire ski business retail arena has joined the team at Peabody & Smith Realty.

The firm is pleased to announce that Deb Engelhardt has joined the team at Peabody & Smith Realty as a Sales Associate and will be working out of their Plymouth office on Tenney Mountain Highway.

Engelhardt comes to the real estate career field after 30 years in the retail ski business. She has lived in the Campton/Thornton area since 1984, and in 1987, she helped start her own family ski shop, Ski Fanatics, to serve the needs of the hard core skier. Ski Fanatics grew to become a successful year round "outdoor fun store" with a passion for helping everyone enjoy the great outdoors of the White Mountains. Deb had shared her love of the business and the outdoors with loyal customers for more than 30 years and in 2014, sold the business.

Engelhardt said, "As a business owner, my primary concern was for my customers – getting them into gear that was appropriate to their needs. That attention to detail brought not only return customers, but generations of return customers." She added, "I knew I was getting old when I was fitting ski boots to the children of a child I had fit 30 years ago! Now, it is my goal to provide the same level of service to my real estate customers!"

Andy Smith, Broker/Owner of Peabody & Smith Realty, said, "We had the pleasure of meeting Deb and knew right away that her attention to details would be a great resource for our clients and customers and she would be a great addition to our tremendous team of agents. We are pleased to welcome Deb to the Peabody & Smith Realty team."

Engelhardt grew up in upstate New York in the small town of Cobleskill. She attended SUNY Plattsburgh and graduated with a de-



COURTESY PHOTO

Deb Engelhardt

gree in Business Management. She obtained her NH Real Estate license in 2016. In her spare time, she enjoys spending time with her adult children, kayaking, hiking, and of course skiing.

Peabody & Smith Realty has over 27 full time real estate agents, and a support staff of

eight, with offices in Littleton, Franconia, Bretton Woods, Plymouth & Holderness. They are one of only 500 firms chosen as part of The Leading Real Estate Companies of the World and Luxury Portfolio. To learn more, you can visit them online at [www.peabodysmith.com](http://www.peabodysmith.com).

## Markets

FROM PAGE A10

asset class diversification, carry high expense ratios and are composed of funds that the brokerage firm receives revenue-sharing from the fund companies. The typical brokerage firm is primarily a sales organization where the brokers are kept in check as to what can be sold and typically given very little latitude for the type of investment offered to the clients. Some of the larger firms do

have a good fixed income desk that may provide a good bond portfolio but from the brokers perspective it is not as profitable as selling mutual funds or variable annuities.

You must decide as the client, do I want to be treated as a retail brokerage client or do I deserve the same treatment as the wealthy investor?

*Mark Patterson is an advisor at MHP asset management, and can be reached at 4471979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

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# Granite United Way announces community investments, delivers more than \$1.08 million in support to Central Region

Granite United Way's annual campaign mobilizes more than 20,000 donors and corporate supporters to raise more than \$8.22 million across the state of New Hampshire. The campaign benefits more than 750 nonprofit agencies and programs providing services to more than 350,000 individuals. By mobilizing volunteers from each local region in its footprint to review and vet proposals and make funding decisions based upon strict criteria that ensures investments are held to the highest standards and are producing the greatest, most cost-efficient impact. In addition to the volunteer-led grant investment process and donor designation program, initiatives like Volunteer Income Tax Assistance (VITA), the 2-1-1NH information & referral line and FamilyWise, a prescription

drug discount program deliver a combined total of nearly \$14 million in support to residents across New Hampshire.

Local volunteers on Granite United Way's Community Impact Committee dedicated the last few months to evaluating program proposals and determining their investment decisions for the Central Region. Together, with the volunteer Board of Directors and Community Impact Committees, they announced that the 2015 Campaign would deliver more than \$1.08 Million in support this year to the Central Region. This year marks the final year of a three year funding cycle in the Central Region. The Central Region has served as a model of collaboration with the Financial Stability Partnership (FSP), a collective of many local nonprofits – including

the Boys & Girls Clubs of Central New Hampshire, Belknap Economic Development Council, Carey House/Salvation Army, Laconia Area Community Land Trust, Appalachian Mountain Teen Project, Health First Family Care Center, Lakes Region Child Care Services, Family Resource Center/Lakes Region Community Services and Mike Persson of Lawson Persson & Weldon-Francke - focused on addressing poverty in Belknap County. These organizations and individuals will be recognized for their efforts during the Central Region's annual Campaign Celebration this year. In the Central Region, the Whole Village Family Resource Center continues to be a primary resource in the region for programs focused on quality child care, developing strong parent-

ing skills and achieving financial stability. This year the center celebrates its 20th Anniversary of serving the community. In addition Granite United Way's work with Carroll County Coalition for Public Health is building strong relationships and convening key partners in addressing the critical issue of substance misuse in the region. "Our volunteers are working alongside us to forging new partnerships and developing new solutions to old problems," said Patrick Tufts, President and CEO of Granite United Way. "We are mobilizing our agency partners and leveraging our donor dollars in ways that even five years ago may not have seemed possible." "We know that it is impossible for any one organization to address all of the issues in our community. It's critical that we work together with local nonprofits, community leaders and corporate partners to address difficult problems together in more effective ways," said Tufts. Partners like Linda L. Harvey, Executive Director of Laconia Area Community Land Trust, Inc. couldn't agree more with that statement.

"We are proud to collaborate with Granite United Way to improve conditions in our community. It's essential we work together with nonprofits, community leaders, and corporate entities to address some of our community's greatest needs," said Harvey. "Even addressing the most basic of needs - like housing, employment, and childcare - requires a collective approach because it affects so many aspects of creating a healthy, strong community." Funded programs will receive notification this week. For more information about Granite United Way, visit [www.graniteuw.org](http://www.graniteuw.org).

dren with the tools they need to read at grade level, putting them on the path to becoming successful, contributing members of our community. Offering free assistance from trained tax professionals to ensure that low income individuals and families file their taxes properly and timely, and utilize qualified tax credits to begin to build their own capital, Administering a statewide, comprehensive 24 hour a day/ 365 days a year help hot-line called 2-1-1 that quickly delivers help to any resident in New Hampshire

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 is highly rated by both GuideStar and Charity Navigator, two of the nation's largest nonprofit rating sources. Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit [www.graniteuw.org](http://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. United Way's purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. These issues include, but are not limited to: Providing chil-

## New attorney joins Wescott Law

LACONIA — Wescott Law is pleased to announce Brett Allard has joined the firm as an associate attorney. A May 2016 graduate and Daniel Webster Scholar from the University of New Hampshire School of Law, Allard clerked for the firm for over a year prior to joining as an attorney. He is licensed to practice in all New Hampshire State Courts, as well as the United States District Court for the District of New Hampshire.

A graduate of Plymouth State University, Allard earned a Bachelor of Science degree in social sciences, with concentrations in history and political science, and was recognized as a member of Pi Gamma Mu, an International Honor Society in social sciences. While attending law school, Allard served as an extern to the Honorable Charles S. Temple of the Carroll County Superior Court. He also worked as a legal intern with the Land Resources Management Bureau at the New Hampshire Department of Environmental Services where he focused on shore land and wetland protection and compli-



COURTESY PHOTO

**Brett Allard**  
ance matters.

A resident of Derry, Allard is eager to relocate to the Lakes Region and become involved in the community.

"Everyone here at Wescott Law is thrilled that Brett has joined the firm," states Attorney Allison Ambrose, Managing Partner. "During the year he interned for us, we gained appreciation for Brett's experience in varied practice areas, as well as his strong sense of ethics and civic mindedness. He is a perfect fit for the firm and will be a great benefit to the

Lakes Region community as a whole."

Allard maintains a general practice, but focuses on residential and commercial development, real estate transactions and land use matters, including planning and zoning. While he primarily works from Wescott Law's Laconia office, Allard also sees clients at the new Meredith location by appointment, which may be arranged by emailing him directly at [ballard@wescottlawnh.com](mailto:ballard@wescottlawnh.com) or calling the firm's main line of 524-2166. For more information on the firm, please go to [wescottlawnh.com](http://wescottlawnh.com).

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**EPA**



During Memorial Day observances on Monday, VFW Post 10640 members Ron Linde and Jonathan Ferrelli tossed a wreath of flowers into the Newfound River to honor veterans who died at sea.



Boy Scout Troop 50 were among those who marched in the Memorial Day parade in Bristol on Monday morning.



Megan Gilpatric sang the National Anthem as a Memorial Day ceremony at Newfound Memorial Middle School got underway on Monday.

## Memorial

FROM PAGE A1

Megan Gilpatric opened the proceedings with the singing of the National Anthem and after Preble oversaw the laying of one final wreath, he introduced his fellow post member, Dan Arseneau who read the VFW's national address.

"Each year, in towns, cities and villages across our great land nation, thankful citizens set aside a small portion of this day to publicly honor the best and noblest of us all, those who no longer walk among us," he read.

On Memorial Day, Arseneau continued, people share a common sorrow but are united in thanks to those "who gave their last full measure of devotion to a cause much greater than themselves."

People were encouraged to be grateful to



James Shokal and Lauren Boisvert performed "Taps" with the traditional echo during Memorial Day observances at the Richard W. Musgrove Bridge in Bristol.

all who serve the nation, honor those returning from service, care for the wounded and be guided by the memory of those whose lives were lost in the process.

"Your being here today is a testament to the true ideals of Memorial Day," Arseneau said and he asked that they continue to educate the next generations on its importance.

The band also performed one final song for the day honoring the nation's armed forces.

In closing, Preble also thanked those who took time out of their day to pay respect to all who selflessly gave of their lives so others could be free.

"As you enjoy the rest of the day, please remember a veteran who is no longer with us," he asked.

## Volunteers

FROM PAGE A1

and it doesn't have a predisposed outcome. We are looking to come up with an outcome which fits the community."

Duncan cited the Minot-Sleeper Library as an example of how to approach building plans. The town had proposed two building projects to increase space at the library, but voters had rejected both of them as being too expensive and not in keeping with the aesthetics of the original library. For the third try, library trustees turned to local experts to design an addition that was affordable and in keeping with the original structure, while also meeting the needs of a modern library.

"These groups, when they get together, with a blend of different voices and different interests, get to what's best for Bristol," Duncan said. "I'm a believer in compromise."

The new committee has representatives from town government — Town Administrator Nik Coates, Selectman Paul Manganiello, Ben LaRoche representing the Bristol Fire Department, and Michael Lewis representing the Bristol Police Department — along with residents David Carr, Barbara Greenwood, Sandra Heaney, Burt Williams, Duncan, and Gordon, with former selectman Jeff Shackett, who now lives out of town but still maintains business connections in Bristol, as the 11th member.

Gordon likened the new committee to the study committee responsible for convincing voters to build the "new" high school that opened in 1989: "It has met the towns' needs since then," he said. "The composition of this committee is similar. There are community people, with a variety of different interests. There's a likelihood of coming up with a recommendation that meets the character of the town and in the end having something the town can be proud of."

Addressing the expanded charge of the committee, Duncan said, "This is a good time to see what we have, where we're going, and what the needs will be in 25 years, but keeping in mind what people are willing to pay."

Although selectmen have expressed a fear that the group will lose its focus, Gordon said it is essential to look at all of the town's facilities before making a recommendation. While agreeing that the police department and town offices are facing the most immediate need, he said the committee needs to put thought into "who we are, where we want to be, and how to get there."

That includes thinking about the buildings the town already has.

"We need to think about how best to utilize the facilities we have," said Gordon. "Look at the existing buildings and get a sense of what's available, and what renovations might be needed."

The committee will be touring each of the buildings, as well as meeting with the Lakes Region Planning Commission and the Office of State Planning to get a better idea of what the town may face in the next 25 years.

It began with a tour of the "new" Bristol Fire Station, built by fire department volunteers in the 1970s. Gordon said the building has been well-maintained by members of the fire department, but it is aging and needs a new roof, and it's crowded with equipment.

Duncan said the fire station is too small to accommodate today's trucks, and the new ambulance won't fit in the building. Because it is so close to the Newfound River, there is no room to expand the facility.

"We can't look at just one thing in a vacuum," Gordon said. "We need to look at the town's needs as a whole. If the fire department has expand-

ing needs, can those be combined with others' needs? ... Are we going to be like the rest of the state with an aging population? With increased building, will there be increased need for fire protection? What will the population demand of the ambulance and emergency services? All those questions we need to attempt to answer as best we can."

Gordon described the committee's work as a two-year process. At Town Meeting next year, the committee "will present a view of what we think is in the best interest of the town, and see if they agree to give us funding. If they don't, we can look at other alternatives."

Both Gordon and Duncan feel strongly that members of the community need to be kept abreast of the committee's work, and that they should have multiple options to consider. Recent practice has been for the town to bring a single completed plan to the voters for an up or down vote.

"This committee is focused on getting a public buy-in, rather than saying take it or leave it," said Gordon.

He added, "We'll also be putting together some way of financing it that's appropriate and have the town live within its means."

Gordon said the town has been moving forward over the past four years, and he praised its decision to purchase the former Mill Stream Restaurant property and develop a multi-use trail. He said he is pleased to see the volunteers expressing pride in the town with their decorations and watering of flowers.

"It's great to see that type of town spirit. It's the added value of a community, more than just the people who live there."

He summed up by saying, "My experience is that our town makes good decisions, and if they see something that's worthwhile, they'll fund it."

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## Cruise Nights

FROM PAGE A1

models gather to show off their unique vehicles to the public, meet with fellow car enthusiasts, and enjoy a fun night out in the fresh air.

"It's just a friendly neighborhood we create for saying 'Hi and How Ya Doing' with car lovers from all over," said organizer and founder Gordon Adams of Bristol.

The 2016 gatherings began two weeks ago and have already picked up in momentum. Last week more than 70 vehicles were parked on the lawn beside VHoP, but Adams said they have had as many as 100 participants in the past and expect to see those numbers again this year.

From classic Mustangs and Camaros to vintage Fords, Buicks, Oldsmobiles, Chevrolets and even a few Model T's and other antique vehicles, there is always something for people of all ages to admire and appreciate.

Participation and admission to Cruise Night is free but Adams said there are also 50/50 raffles each week that everyone is able to take part in.

"Just come down and join us," he said.

New in the past two years are the Thursday night Bike Nights, which Adams and Gary Chafee organized in conjunction with Village House of Pizza, which sponsors the event. Each Thursday from now until fall, motorcycle riders are invited to bring their new, custom, classic or vintage wheels to join with other bike enthusiasts, and all who cruise in on two wheels to take part in the night receive a discount on any of the great meals at VHoP. The public is also invited to come admire all the motorcycles on hand and enjoy a dinner as well.

Weather permitting, Cruise Nights typically begin informally around 5 p.m. and last until 8 p.m., or whenever the last vehicle heads back down the road.

## Waste

FROM PAGE A2

kitchen or bathroom sink, at the basement workbench, in the garage or garden shed – wherever you store cleaning products, home and vehicle maintenance items, or garden chemicals. If a product label says "danger," "warning," "poison," or "caution," the product contains ingredients that are flammable, poisonous, will burn the skin and eyes, or react violently with other chemicals. These items, if disposed of improperly, are a very real threat to the health of the community, and the natural ecosystem. Municipal treatment plants and leachfields are incapable of processing these chemicals. In other words, these chemicals can remain in the water supply. Even the chemicals you use on a daily bases around your

home, can easily reach the local water system as the chemicals are used and washed down the drain. Landfill disposal poses similar risks, and the result is the eventual contamination of our groundwater, upon which our environment and economy are dependent.

The Lakes Region Planning Commission understands this problem, and in 1986 pioneered a regional program to prevent injury and environmental pollution from household hazardous waste. Every year since then, the LRPC has coordinated annual household hazardous waste collections for communities throughout the region interested in participating in the shared collection program saving towns both time and additional cost. This program employs a U.S. Environmental Protection

Agency approved waste transporter which collects and safely disposes of household hazardous waste.

On Saturday, July 30 and Saturday, Aug. 6, 24 communities will participate in one of the longest running and most successful household hazardous waste collection programs in New England. Four collection sites will be open each day from 8:30 a.m. to noon (Belmont, Franklin, Gilford, and Meredith on July 30 and Bristol, Laconia, Moultonborough, and Ossipee on August 6). Residents and residential property owners in the 24 participating communities may bring up to ten gallons or 50 pounds of household hazardous products in for safe disposal. The participating communities for the collection consist of: Alexandria, Andover, Belmont, Bridgewater,

Bristol, Center Harbor, Effingham, Franklin, Freedom, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Northfield, Ossipee, Sanbornton, Sandwich, Tamworth, and Tilton. Information on collection sites and accepted materials can be found at [http://www.lakesrpc.org/services\\_hhw.asp](http://www.lakesrpc.org/services_hhw.asp) or by calling LRPC at 279-8171. Donations for this event are encouraged and can be made at the Web page above.

It is never too early to start gathering waste for the collection; when opening up a summer camp, preparing to move to a new house, or just cleaning out the garage. This is a small but important step that everyone can do for their families and their community to prevent contamination of water, our most valuable resource.

## Guest

FROM PAGE A4

our homes and communities – are threatened. All the while developers hire lobbyists, lawyers, and offers bribes of jobs and revenue – simply a tax write-off for them.

We are unable to create the kind of communities we want to live in because "our" state governing agencies still wield preemptive power over our communities, preventing us from adopting local laws that provide greater protections than state law.

Let's not mistake trickery for victory. If the withdrawal of the NED application to FERC had really been in response to local governing authority, the application would have been withdrawn immediately after Town Meetings.

Until we assert our

right of local community self-government, and protect our communities from corporate harms by exercising that right, the best we will get are respites between assaults. Let's keep our sleeves rolled up. Let's move forward in solidarity to fight for our community rights: our right to collectively decide what happens where we live. Did we experience relief with the NED withdrawal? Yes. Victory? No.

Learn more about how we can advocate for our right to decide what happens in the places where we live by attending a free New Hampshire Community Rights Network (NHCRN) Community Rights Awareness Workshop. You can visit NHCRN on their website at [www.nhcommunityrights.org](http://www.nhcommunityrights.org), or contact them by email at [info@nhcommunityrights.org](mailto:info@nhcommunityrights.org).

## CADY

FROM PAGE A3

pitals that handle overdoses but had not reached out to him due to privacy regulations. That in itself, he said, has resulted in a dramatic drop in the number of overdose rates in the Lakes Region.

While maintaining patient confidentiality, they now contact Adams so he can encourage treatment

and prevent future medical emergencies from an overdose.

Since the program began, Adams reported he has connected with 128 local individuals and 83 have entered PET. Of those, 72 have gone on to receive treatment and 41 are now in recovery.

"Of my 128, I have yet to lose even one to another overdose," Adams said.

His latest strategic plan is to take PET a step further by developing a training program for other state law enforcement agencies to follow.

"It's a 24/7 job and I'm tired, but it's extremely worth it," said Adams.

The remainder of the morning-long conference included Alex's Story, a real life presentation about a New Hampshire teen who became addict-

ed to opioids. There were also a number of awards presented to those who have gone above and beyond in advocating for a healthier community, and special recognition for members of CADY's Youth in Action program who dedicate themselves to spreading the word about drug and alcohol addiction through their Youth Advocacy and Advisory Council.

## Notebook

FROM PAGE A4

Route 142 between Rumford and Route 4, and discovered what I already knew, that if you try to make time the permanent frost-heaves will make an astronaut out of you. There's no cell signal for most of the trip, but at the apogee of one of the major frost-heaves, atop some ridge, I actually got Jeff and he heard the word "late," and that was good enough, because when I got to Sarge's it had bothered him not at all and he was into a second or third pitcher with his crew of fellow misfits, who help him spot wildlife and fix loon nesting barges and stuff like that.

On the way home the next morning I saw a moose in a moose wallow and a fox going pell-mell for Canada, and then an old house jacked up on timbers awaiting a new cellar. Not a bad list for a short visit.

The ATVs have hit

the Stratford-Colebrook-Pittsburg-Errol trail circuit in earnest. The main trail goes right by my front lawn, my town road being an experimental link in the trail system, so I'm in a good position to see who's riding what, and how.

--I love to see riders with machines packed with duffle on racks front and back. They are obviously making a trip of it, dining and lodging in local towns, and are dollar signs on wheels. Plus, they go slow enough to be able to actually see something, like the scenery, and always wave back, and often pull over to visit.

--The 20- and 30-somethings often seem bored with the road sections and just want to get them out of their way to get back onto the rough-riding trails. They hardly look left or right and barely notice or acknowledge a wave. As a group they go way

above the speed limit.

--Families are always fun to see. Usually it's Mom, Dad, two or three kids, and often a dog. The dog rides on the rear rack, looking ahead, its ears streaming behind. Sometimes the dog rides up on the front rack, the driver peering around it. Kids and adults wave back like mad, and often I'll try to wave them over so the dog can make a pit stop and galumph around with my dog, after the usual butt-sniffing ceremonies.

--The absolute worst riders are local teenagers, who seem to have been taught no trail manners at all, let alone respect for the other vehicles or the law. They are going by my house at 50 or 60, and no exaggeration. If I were crossing my road with a tractor I could never get out of the way, and they'd either hit me or have to panic-swerve and crash.

The dandelions are in full bloom and absolutely beautiful. In Vermont's nearby Northeast Kingdom the Dandelion Run is held in late May "on dirt roads through the dandelion fields of Morgan, Holland and Derby," as the story in the local paper enticingly put it. Not only do we enjoy seeing dandelions, we actually dig and wash-wash and then wash again and eat them, while people far to the south persecute them in pursuit of the Perfect Lawn.

*(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](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)*

## What's On Tap

With a new month comes a full slate of high school playoff games on the local docket for the teams that qualify.

The Division II baseball playoffs kick off today, Thursday, June 2, and continue on Saturday, June 4, both at the home of the higher seed at 4 p.m. The semifinals are Thursday, June 9, at Southern New Hampshire University at 4 and 7 p.m.

The Division III baseball tournament continues with second round action today, June 2 and continues on Saturday, June 4, both at 4 p.m. at the home of the higher seeds. The semifinals are Tuesday, June 7, at 4 and 7 p.m. at Southern New Hampshire University.

The Division II softball tournament continues on Saturday, June 4, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, June 6, at 5 and 7 p.m. at Southern New Hampshire University.

The Division III softball tournament continues today, June 2, and Monday, June 6, both at 4 p.m. at the home of the higher seed. The semifinals are Wednesday, June 8, at Plymouth State University at 5 and 7 p.m.

The Division II boys' lacrosse tournament continues on Saturday, June 4, at the home of the higher seed at 5 p.m. and the semifinals are Wednesday, June 8, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

The Division III boys' lacrosse tournament begins on Friday, June 3, at 5 p.m. at the home of the higher seed and continues with semifinal action on Tuesday, June 7, at 5 and 7 p.m. at Laco-nia High School.

The Division II girls' lacrosse tournament continues with semi-final action on Saturday, June 4, at Bill Ball Stadium in Exeter at 3 and 5 p.m. and the finals are Tuesday, June 7, at 5 p.m. at Bill Ball Stadium.

The Division III girls' lacrosse tournament opens today, June 2, at the home of the higher seed at 4 p.m. The semifinals are Saturday, June 4, at 3 and 5 p.m. at Bedford High School and the finals are Wednesday, June 8, at Bedford High School.

The track Meet of Champions takes place on Saturday, June 4, at Winnacunnet High School in Hampton at 2:30 p.m.

The unified volleyball tournament opens on Tuesday, June 7 and continues on Thursday, June 9, both at the home of the higher seed at 4 p.m.

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# Bear boys finish fifth at State Meet

## Peterson, Fogg earn Meet of Champions automatic bids

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound track boys got their strongest performance in many years at the Division III State Meet.

And it was fitting that the strong showing came on the Bears' home track.

Newfound played host to the Division III State Meet on Saturday afternoon, May 28.

"That's an incredible accomplishment," Newfound coach Charlie Therriault said. "That's the best we've finished in a long time."

The Bears were led by a freshman and a senior in the state championship meet, with freshman Marcus Peterson earning points in two different events and senior Noah Fogg doing his part with a second place finish as well.

In the triple jump, Peterson finished with a distance of 42 feet, four inches, which placed him in second overall and also set a school record in the process. The previous record of 42 feet, three inches, was held by Brad Taylor and had been in existence for more than 30 years, Therriault noted.

Peterson also picked up points for the Knights in the long jump, as he finished in fourth place overall with a distance of 19 feet, 9.5 inches.

Fogg, who entered as the two-time defending champion in the javelin, came up just a bit short in his attempt for a third title, as he threw 155 feet, nine inches, which placed him second overall.

The Bears also picked up points in two other events.

Senior Dustin Bucklin cleared 10 feet, six inches in the pole vault to finish in fourth place overall.

Leo Ntourntourekas also nabbed a fourth place finish, as he finished with a distance of 39 feet, five inches in the shot put. Fogg just missed out on scoring in that event, finishing seventh with a toss of 38 feet, one inch.

Tiellar Mitchell also just missed out on scoring points in the 300-meter hurdles, finishing in seventh place with a time of 43.76 seconds, with Matt Libby in 13th place in 47.03 seconds. Cody McGee finished 12th in the 110-meter hurdles with a time of 19.3 seconds.

The Newfound 4X100-meter relay team of Justin Shokal, Libby, Mitchell and Shawn Huckins finished in



JEFF LAJOIE - MEREDITH NEWS  
Marcus Peterson jumps to second in the triple jump, setting a new school record in the process.



JEFF LAJOIE - MEREDITH NEWS  
Molly Schilling runs in the 1,600 meters during Saturday's Division III championships.



JEFF LAJOIE - MEREDITH NEWS  
Noah Fogg fires the javelin during the Division III State Meet Saturday afternoon.



JOSHUA SPAULDING  
Leslie Shattuck and Megan Stafford exchange the baton in 4X400-meter relay action on Saturday.

was able to put up points. Senior Jasmine Patten finished in fourth place overall in the discus with a toss of 100 feet, four inches.

The Bears had four girls in the shot put, led by Patten, who placed ninth at 29 feet, 3.5 inches. Mackenzie Brunt was 12th at 27 feet, seven inches and Megan Geb-

hardt was 18th at 24 feet, five inches.

In the 800 meters, Andrea Markiewicz ran to 13th place in a time of 2:41.15.

Molly Schilling finished in ninth place in the 1,600 with a time of 6:00.21.

In the 4X400-meter relay, the team of Schilling, Leslie Shattuck, Megan Stafford and

SEE TRACK, PAGE B6

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# Bears drop final three games

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound baseball team wrapped up the regular season with a tough loss to Berlin after falling to Inter-Lakes and White Mountains earlier in the week.

The Bears traveled to Whitefield on Monday, May 23, and dropped an 8-1 decision to the Spartans of White Mountains Regional.

The hosts plated two runs in the bottom of the second inning and added one in the third inning for a 3-0 lead before the Bears got on the board in the top of the fourth. Tate Miller started the inning with a triple and he scored on a groundout to third by Logan Rouille, cutting the lead to 3-1.

However, the Spartans answered with two more runs in the bottom of the fourth to push the lead to 5-1 and they added three in the fifth inning to make it 8-1 and Newfound was unable to add any more runs to the board.

Nate Desrochers had a double and two walks on the afternoon, while Jarrod Fairbank also had a hit for the Bears.

Newfound traveled to Inter-Lakes on Wednesday, May 25, and the Lakers got a bit of revenge for a Newfound win a few weeks earlier, besting the Bears by an 8-2 score.

Newfound closed out the week with a trip north to Berlin and dropped a 3-2 decision to the Mountaineers.

Newfound finished the season at 1-15 in Division III play.

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



Tate Miller slides into third base during his team's game at White Mountains Regional on May 23.

TARA GILES - COOS COUNTY DEMOCRAT

## Ebner moves on to Meet of Champions

*4X800 boys, Angel Jandoc also earn points for Bobcat track team*

BY JOSHUA SPAULDING

Sports Editor

PORTSMOUTH — The Plymouth Regional track team brought a solid crew of athletes to the Division II State Meet on Saturday in Portsmouth.

And while only one athlete automatically qualified to move on to the Meet of Champions, coach Chris Inman noted that he was pleased with the number of kids who qualified to compete on Saturday.

The lone Bobcat earning an automatic bid for

the Meet of Champions was Sam Ebner, who finished third in the high jump with a leap of five feet, 10 inches.

The Bobcats finished 15th overall as a team, also picking up points in one of the three relays on the day.

The day got started in fine fashion for the Bobcats, as the boys finished fourth in the first event of the day, the 4X800-meter relay. The team of Griffin Smith, Nick Kulig, Liam Riehs and Andrew Chabot finished



JOSHUA SPAULDING

Sam Ebner clears the high jump bar on his way to third place on Saturday at the Division II State Meet.



JOSHUA SPAULDING

Angel Jandoc fires the shot put during the Division II State Meet on Saturday.

in a time of 8:24.65.

In the 800 meters, Chabot had a top-10 fin-

ish in the 800 meters, finishing in 10th place in 2:05.11 while Riehs was

16th overall in a time of 2:14.62.

Nick Kulig ran to 14th place overall in the 400 meters with a time of 55.01 seconds.

In the 4X100-meter relay, the Bobcat team of Gordon Hoyt, Ebner, Isaiah Crane and Dan Ambrose ran to 16th place overall in a time of 48.35 seconds.

The team of Chabot, Riehs, Ambrose and Kulig ran to 18th place in a time of 3:51.69.

Angel Jandoc got the lone points of the day for the Plymouth girls, as she finished in fifth place in the shot put with a toss of 30 feet, 10 inches. Sophie Johnson was 10th overall at 29 feet, 10 inches and Rebecka Crane finished in 13th place at 26 feet, 4.5

SEE PLYMOUTH PAGE B3

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### Identity Theft

Identity theft is a big problem. How big? Consider this: In 2015, about 13 million Americans were victimized, with a total fraud amount of \$15 billion, according to Javelin Strategy & Research. That's a lot of victims, and a lot of money. How can you protect yourself from becoming a statistic?

Here are a few suggestions:

- Secure your Social Security number. Identity thieves eagerly seek Social Security numbers — so don't give out yours to anyone who asks for it. In fact, as a general rule, be reluctant to give it out at all. Always ask whomever you're dealing with if he or she will accept another form of identification, or at the very least will take just the last four digits of your number. And never carry your Social Security card with you.
- Shred credit card offers and bank statements. If you're not going to apply for the credit cards offered to you, shred the offers. Identity thieves have been known to go through garbage, fill out credit card offers and take advantage of them. At the same time, shred your bank and brokerage statements — and any other statement

containing personal or financial information.

- Study your credit card bills and checking account statements. Question any credit card charge or checking account activity you don't recognize as your own.
- Don't give out your credit card number unless you're initiating a purchase. Many of us shop online. As long as you're dealing with a reputable merchant who uses a secure site — i.e., one that has "https" in the web address — you should be fairly confident that your credit card information will be protected. Never give out your credit card number to people or businesses who, unsolicited, try to sell you something over the phone or Internet.
- Protect your passwords. Do you use a password to log onto your computer? If so, don't share it with anyone, outside perhaps your most trusted family members. And use a strong password — one that doesn't contain your real name or even a complete word that could be used to identify you. Also, it doesn't hurt to periodically change your password, whether it's for

your computer logon or for entry to any of your financial or consumer accounts.

Even after taking these steps, you could still run into identity theft. That's why you need to watch for certain signs, such as the arrival of unexpected credit cards or account statements, denials of credit for no clear reason, or calls or letters regarding purchases you didn't make. If any of these things happen to you, you may want to place a "fraud alert" on your credit reports and review them carefully. Three national credit-reporting companies — Equifax, Experian and TransUnion — keep records of your credit history. If someone has misused your personal or financial information, contact one of the companies and ask for an initial fraud alert on your credit report. A fraud alert is free, but you must provide proof of your identity. And the company you call must tell the other companies about your alert. (For more information on placing a fraud alert, visit the website of any of the three companies.)

You can help preserve your good name from those who want to misuse it — so, stay vigilant.

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.

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# Bears snag a win in final week of regular season

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound softball team wrapped up its most successful regular season in years, picking up another win in the final week to 5-11.

The week began with a trip north to Whitefield to take on White Mountains and the Spartans emerged with a 12-0 win over the Bears.

Amanda Johnston got the start in the pitcher's circle and worked her way out of a jam in the first inning. The Spartans loaded the bases with two outs and the next batter lined a shot off the Bear junior's foot, which she was able to gather up and throw home to force the runner and end the inning.

However, defense proved to be an issue in the second inning with two outs, as the Spartans plated five unearned runs in the frame for a 5-0 lead.

Defense was an issue in the fourth as well, as three more unearned runs crossed the plate.

Johnston pitched into the fifth inning, allowing one earned run and striking out five, while Mackenzie Ryan came in to finish the game out, giving up three runs, two of which were unearned.

Ryan led the way for the Bears at the plate, as she had two of Newfound's four hits on the day. Johnston and Victoria Roman had the other hits.

The Bears journeyed to Meredith on Wednesday, May 25, for a game



Kylee MacDonald hauls in a fly ball during her team's game at White Mountains last week. TARA GILES — COOS COUNTY DEMOCRAT

under the lights at Prescott Park against Inter-Lakes.

Newfound got on the board with two runs in the first inning, as Johnston had an RBI groundout and Juliann Marchand had an infield hit that drove in a run.

The Lakers came up with three in the bottom of the third inning to take the 3-2 lead but the Bears had a big top of the fourth, putting eight runs on the board to take control of the game.

A Paige Dostie sacrifice fly tied the game at three and Kylee MacDonald had a two-run single to give the Bears

the lead. Hayleigh Letourneau, Ashlee Dukette and Marchand all had RBI singles and Hannah Pilling drove in two runs with a base hit, pushing the lead to 10-3.

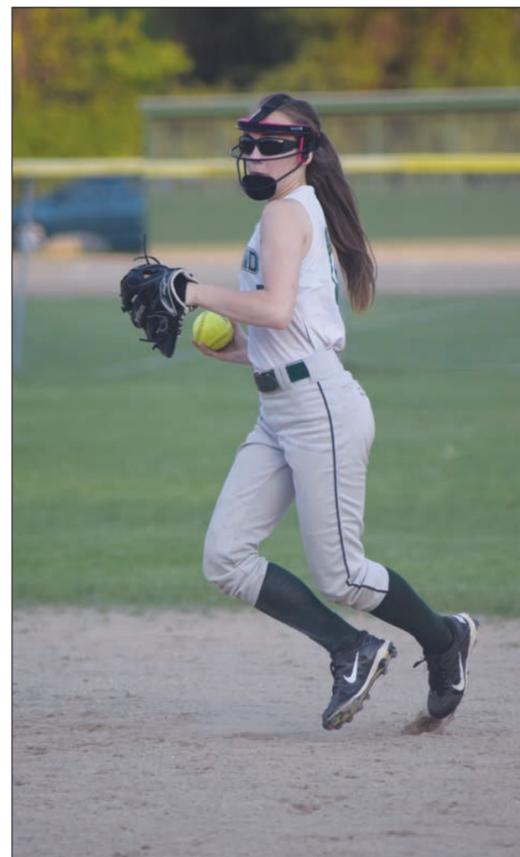
The Lakers were able to come back with three in the bottom of the fifth inning, cutting the lead to 10-6 but Newfound added one in the top of the seventh inning. Pilling reached on an error and scored when Letourneau grounded out for the 11-6 final.

Ryan got the start in the circle for the Bears and she went the distance, striking out five and giving up five hits.

She pitched out of trouble in the seventh inning after a leadoff walk. She got the next batter with a strikeout and Dukette gunned down the runner stealing second for the double play and then Dostie threw out the final runner on a groundner to third to end the game.

Newfound traveled to Berlin on Friday, May 27, and dropped a 10-0 decision to the Mountaineers.

The teams played scoreless softball for the first two innings but the Mounties got a run in the third and another in the fourth. Newfound



JEFF LAJOIE — MEREDITH NEWS

Hayleigh Letourneau looks to make a throw during a game in Meredith on May 25.

left the bases loaded in the top of the fourth and Berlin had the 2-0 lead.

The hosts scored eight unearned runs in the bottom of the fifth inning, chasing Johnston from the pitcher's circle. She finished with four strikeouts and gave up two earned runs. Ryan finished the game.

Johnston and Dukette had the only hits of the day and Ryan was robbed of a hit by the Berlin centerfielder.

Coach Corey Johnston praised the work of freshman Kasey Basford, who got the start at shortstop and played well.

The Division III tournament started after deadline Tuesday and will continue today, June 2, at 4 p.m. at the home of the higher seed. The quarterfinals are Monday, June 6, at the home of the higher seed at 4 p.m. and the semifinals are at 5 and 7 p.m. at Plymouth State on Wednesday, June 8.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

## Plymouth

FROM PAGE B2

inches.

In the 100 meters, Jordan Meier finished fifth in the preliminaries in a time of 12.93 and qualified for the finals. However, a false start took her out of contention in the finals. Inman noted he would be trying to take advantage of the new rules that allow times from throughout the season to be used to get athletes into the Meet of Champions. The rules allow coaches to submit athletes' times from throughout the year to earn them a spot in the Meet of Champions. The top three athletes from each event in each division automatically qualify for the elite competition, while the rest of the field is filled by the best times, either from the state meets or other meets earlier in the season.

Janessa Terry finished in 17th place in the



JOSHUA SPAULDING  
Liam Riehs floats on air during the 4X800-meter relay on Saturday.

100 meters in a time of 14.04 seconds.

Samantha Van DeMoere qualified in a pair of individual events, finishing 16th in the 400 meters in 70.33 seconds and taking 16th in the 800 meters in 2:53.01.

The Bobcat team of Margaret Gocha, Terry, Emma Campbell and Meier finished in eighth place overall in a time of 53.14 seconds.

In the 4X400-meter relay, the team of Van DeMoere, Courtney Szymczak, Nora Healey

and Meier finished in 12th place in a time of 4:32.15 in the final event of the grueling hot day.

The opening track event of the day was the 4X800-meter relay and the team of Samantha and Libby VanDeMoere, Aurora Desmarais and Kelsie Lewis finished in 11th place in a time of 11:07.07.

Jandoc also finished with a 17th place finish in the discus with a toss of 71 feet. Szymczak qualified in the high jump but was unable to

clear the opening height of five feet, eight inches.

The Meet of Champions will take place at Winnacunnet High School in Hampton on Saturday, June 4, at 2:30 p.m.

Joshua Spaulding can be reached at 569-3126 or [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com).

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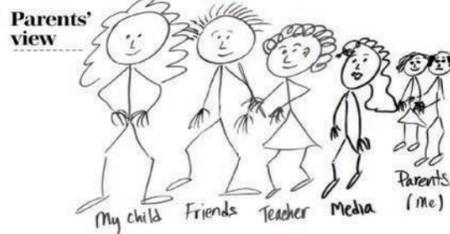
- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

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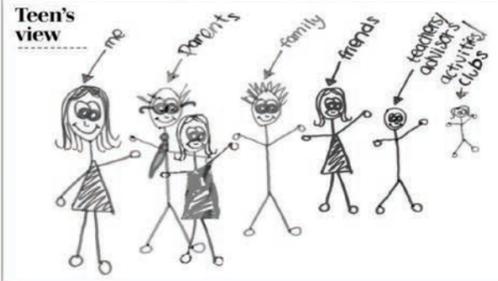


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# A chance to meet Boston Rob? Worth a quick trip to Reno

Over the past few years I've made a few trips around the country following my Survivor obsession to different events hosted by Rob Cesternino, a two-time Survivor and host of the award-winning Rob Has a Podcast.

I spend most of my time in the gym listening to RHAP shows and often listen in my office while I'm formatting or preparing pages.

I've ventured twice to Los Angeles, the first time for a Survivor roast of Rob after the podcast won a major award. Then this past spring I headed out for a live broadcast of the Survivor Know It Alls, which Rob hosts with fellow two-time Survivor Stephen Fishbach immediately following the episode of Survivor on Wednesday nights.

The most recent trip to Los Angeles was a pretty quick trip, going in and out on the same day but it was fairly inexpensive, as the flight to LAX was pretty cheap, relatively speaking.

I've also gone to New York City for four differ-

## SPORTING CHANCE

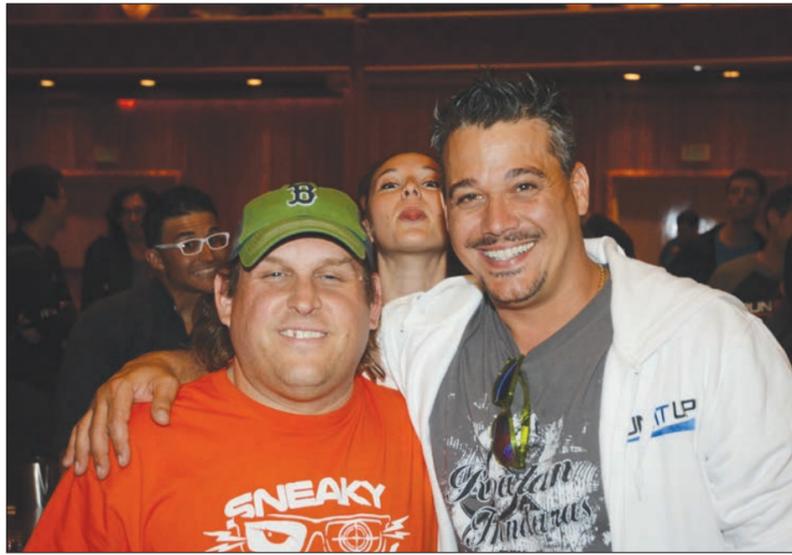


By JOSHUA SPAULDING

ent Know It All events, taking the train south for the events, which usually include some great after-parties.

Last week was a bit different, in some regards anyway. First and foremost, the Survivor season is technically over, with the finale airing the previous week. But Rob announced that he would be attending Run It Up Reno, a poker tournament hosted by poker pro Jason Somerville, who also happens to be a big Survivor fan. And it was announced that there would be a live RHAP broadcast on Wednesday night.

I was hesitant about making the trip, mainly because flights to Reno were not cheap, but no tickets were needed for the event so I knew I could save a little money that way. So I bit the bullet and bought my tickets. Since it was the final week of the local high



ANNA KHAT of the most recent Survivor season, photobombs my photo with the one and only "Boston" Rob Mariano at Run It Up Reno last Wednesday.

COURTESY PHOTO

school seasons, I knew I'd miss a few games, but I wanted to make sure I missed as little as possible. So I booked my return flight as a red-eye and was able to get back in time for Thursday games.

The big draw of the event in Reno for me was not just the RHAP show, which was fantastic, but it was made more appealing by the fact that probably my favorite Survivor of

all time, "Boston" Rob Mariano was going to be in attendance. The Run It Up Reno event was a weeklong event and Rob is a big poker player, so there wasn't much surprise he would be there.

I left my apartment at 12:15 a.m. on Wednesday morning, caught the bus at 1:30 a.m. in Dover and got to Logan at about 3:30 a.m. After a pretty quick trip through security, I caught a 6 a.m. flight to San Francisco and then caught a short flight to Reno, getting in before noon, local time. I spent some time hang-

ing around the casino (it was weird to be in a place where smoking indoors is legal) and spent some time in the poker room where Boston Rob, season 27 winner Tyson Apostol (who I had met at an earlier RHAP event), Stephen and Anna Khat (from the most recent season) were playing. I met up with a few RHAP friends before heading up to the show.

As expected, Boston Rob was incredible on the podcast, offering some amazing analysis of the season that had just concluded. I always

enjoy when he makes an appearance on the podcast because he has a great handle on the game. Anna was absolutely wonderful as well, proving to be friendly and outgoing with fans and also offered some great analysis of what went on during her season.

But, there was no after-party for me, as my flight took off just before midnight. I made it back to New York City by 8:30 a.m. and flew into Boston to catch the bus back to Dover and my car.

And by 4 p.m. I was on the sidelines of the Plymouth boys' lacrosse game, like I never even left.

Finally, have a great day Jennifer Smith.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.*

## Ultimate Frisbee tournament is June 17

WOLFEBORO — June 17, starting at 3 p.m. the Kingswood Regional High School class of 2017 will be hosting an ultimate frisbee tournament on the football field (Alumni Field) at the high school. Cost is \$5 a player and each team can have up

to 12 players. All money raised goes to class 2017. To register your team you can sign up on the sheet in cafeteria or you can register by e-mailing Tyler Runnals or Jack Saunders at tyler.runnals@student.govwentworth.k12.nh.us or jack.saun-

ders@student.govwentworth.k12.nh.us. When e-mailing, please let us know the name of your team and how many players will be on your team. Feel free to come down and root on the teams. Food and beverages will be sold at the games.

## Track

FROM PAGE B1

Markiewicz finished in 16th place with a time of 5:00.96.

Peterson in the triple jump and Fogg in the javelin both automatically qualified for the Meet of Champions, which will take place at Winna-

cunnet High School in Hampton on Saturday, June 4, at 2:30 p.m.

This year, the top three finishers in each event in each division automatically qualify, while the other spots in each event will be filled by the best times not just from at the division championships, but also from throughout

the season.

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

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**BEFORE**

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

**DURING**

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

**AFTER**

- Throw out unsafe food

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