

Newfound Landing

THURSDAY, JULY 13, 2017

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COMPLIMENTARY

Hill Village Store closes its doors

BY DONNA RHODES
drhodes@salmonpress.news

HILL — June 30 was a sad day in the Town of Hill, when Gary Fouts, owner of the Hill Village Store, locked his doors and put up the closed sign for the very last time as he made the bittersweet decision to give up the business and move on to something else in life.

“I know I’m going to miss it. I always said I slept in Danbury (where home is), but I lived here in Hill. I just hope my wife can deal with me being home all the time now,” he said.

Fouts bought the store 17 years ago, after 30 years of employment with Freudenberg NOK. He had thought he would retire after Freudenberg,



DONNA RHODES

Before his final day in business, Gary Fouts of Hill Village Store posed beside a collection of photos of young men from Hill whom he had watched grow up over the past 17 years, then head off to serve in the military.

bonus.

“It’s the people! The people are great here and that’s what I’m going to miss, not the store itself so much,” said Fouts.

For 17 years, he even hosted a Customer Appreciation Day to let everyone know how much they all meant to him, but now those days have come to an end.

A fun aspect of stopping by the Hill Village Store was the fact that there was always something to see, whether it was his collections of trains and planes, nostalgic advertising posters or the array of photos of young men from Hill who had joined the military. Fouts explained that the tribute to them all began when his grandson joined the military and he proudly set his photo out on display.

“When I put his picture up there, though, I thought, ‘Why not get everyone’s pictures up there, too?’ and people began to bring me their photos. Now look at SEE VILLAGE STORE, PAGE A13



DONNA RHODES

Trustees and staff of the Newfound Lake Region Association held their annual meeting at the Red Barn in Hebron last week, and now invite everyone to join them for the numerous activities and events that will be part of this year’s Lake Week Celebration, July 22-29.

NLRA prepares for Lake Week at annual meeting

BY DONNA RHODES
drhodes@salmonpress.news

HEBRON — Trustees of the Newfound Lake Region Association held their annual business meeting at the Red Barn in Hebron last week, greeting longtime members and welcoming those who wish to join them in their endeavors to preserve the beauty of Newfound Lake and its surrounding watershed.

“We had a good year, and there’s a lot

going on now since we acquired Grey Rocks Conservation Area, Big and Little Sugarloaf and Goose Pond,” said NLRA Trustee President Rob Moore.

During their social gathering prior to the meeting, Executive Director Boyd Smith met Ed Van Dorn and Sally Batton, newcomers to the Town of Hebron. Batton said they recently bought a home above the lake and were very much interested in becoming a part of NLRA.

“We’re brand new residents, and I fell in love with this town the first time I saw it. We’re looking to learn more about NLRA, and Ed would really like to

become involved,” she said.

During the course of the evening, members and guests were able to listen to reports from the past year, which

SEE MEETING, PAGE A13

ordered pizzas, picked up milk and other necessary items and sent their children in with money for ice cream, soda or a snack. He said the people have been the best part of his time at the store and watching the children grow was another

berg, but soon found he was restless for a new venture so he purchased the store in Hill Village. “It doesn’t seem like that was 17 years ago, though,” Fouts said. Over those years, his establishment became a place where parents



DONNA RHODES

Fajolino the Clown posed for a photo with Becky, a member of the Kelly Miller Circus, when the circus returned to Bristol last week.

The circus comes to town

Bristol Lions bring Kelly Miller Circus back to Bristol

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — On July 5 and 6, the Kelly Miller Circus returned to

Bristol, courtesy of the Bristol Lions Club, and families from throughout the area gathered under the Big Top to

enjoy the feats and fun provided by the troupe.

Trapeze artists, a friendly clown, acro- SEE CIRCUS, PAGE A14

Danbury Historical Society offers a glimpse at life in the 19th Century

BY DONNA RHODES
drhodes@salmonpress.news

DANBURY — Last Sunday afternoon, the Danbury Historical Society offered the public a peek into the town’s early days, with a display of 1800’s fashions, sewing materials, old



DONNA RHODES

JP Hobby gave a blacksmithing demonstration with his coal-fired forge last weekend, when the Danbury Historical Society provided a look at the community in the 1800’s at the North Road Schoolhouse Museum.

world tools, and even foods from the past. The event took place

at the historic North Road Schoolhouse Museum, the perfect set-

ting in which to enjoy such items and activities. SEE DHS, PAGE A13

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20 pages in 2 sections
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New e-mail for submissions

Readers planning to submit press releases, letters to the editor, or obituaries for publication in future editions of the Newfound Landing are advised that the effective immediately, the e-mail address for submissions has been changed to brendan@salmonpress.news. The previous address, newfound@salmonpress.com, is no longer in service, and will be de-activated as of July 31.

Circus draws protests from animal rights supporters

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — While many were excited to attend the Kelly Miller Circus when it came to Bristol last week, there were more than a dozen members of the New Hampshire Animal Rights League standing outside the gate protesting the use of animals for show purposes.

Kaitlynn Garrett of Bristol was among the group and said the presence of animals in the circus were what caused her to join their protest.

“They’re not meant to be living in this type of an environment,” Garrett said. “They’re confined to trailers and spend weeks on the road traveling. I just think it’s so inhumane.”

A woman from Chester said she was disappointed the circus had come to Bristol, and wanted to make people aware of the methods used to train elephants and other wild animals for an act. Another said that even though New Hampshire has strict laws concerning public contact with elephants and other per-



While many families enjoyed a night at the circus in Bristol last week, members of the New Hampshire Animal Rights League stood outside protesting the use of animals for entertainment.

DONNA RHODES

formance animals to help protect them, she felt it is still “exploitation, whichever way you look at it.”

Kelly Miller Circus officials disputed their accusations of improper or inhumane treatment of their animals through signs about their care and treatment posted all around the circus complex. While they would

not comment outside of their brief message on those signs, the following statement can be found on their Web site.

“Six members of our company are employed strictly for the care, comfort and welfare of our animal partners. These professionals are dedicated to their care and well being, making sure they get

the most nutritious food, grooming and plenty of human interaction. Time is made for exercise, both mental and physical, and for play. Every 30 days our animals receive a veterinary exam (how many pets receive this attention?).”

They went on to say their circus exceeds all federal animal welfare standards and they are both regulated by and inspected frequently by the U.S. Department of Agriculture, state and local authorities. As members of the Outdoor Amusement Business Association, the circus stated they are also committed to the standards of animal care that organization has put forth.

Celebrate your love of Newfound at NLRA’s Third Annual Lake Week!

BRISTOL — From July 22-29, Newfound Lake Region Association (NLRA) is hosting a week of fun and adventure to celebrate Newfound’s great outdoors. Festivities start at 9 a.m. Saturday, July 22 at Grey Rocks Conservation Area in Hebron, and wrap up Saturday, July 29 at the famous Hebron Fair.

Outdoor activities for all ages are offered every day of Lake Week. Many, including discounted EcoTours, a guided paddle trip, and themed hikes have modest fees and limited space, and advance registration is required. See details and register at Newfoundlake.org/lake-week/.

Saturday, July 22 9 a.m. to 2 p.m. Bring the family to Grey Rocks Conservation Area (Grey Rocks) in Hebron for an Environmental Expo featuring NLRA, NH Lakes Association, NH Rivers Council, Newfound Audubon, the Hebron Conservation Commission, and Newfound Kayak Club. Explore Grey Rocks’ trails and test your skills in an environmental scavenger hunt. Model sailboat building, airboat demonstrations, and free mini-NLRA EcoTours on Newfound Lake provide plenty to do and see. The Bristol Rotary Club will be selling food and refreshments all day, and an Around-the-Lake sailing race is scheduled for the afternoon.

Sunday, July 23, 4 to 8 p.m. NLRA and AMC will lead a moderate hike on Mt. Cardigan, followed by campfire cooking lessons at AMC’s Mt. Cardigan Lodge in Alexandria. Space is limited and advance registration is required. Meet at Mt. Cardigan, and bring your favorite recipe to share!

Monday, July 24: Discounted Eco-Tours on Newfound Lake at 10 a.m and 1 pm on the NLRA Madelaine. These two-hour trips give passengers a chance to measure some of the cleanest water in the country and learn about the Lake and its watershed. Tours start and end at Grey Rocks. Space is limited and advance registration is required.

Tuesday, July 25, 3 to 6 p.m. Explore the Northern Newfound Water Trail on a paddle tour led by ecologist Rick Van de Pol. The tour starts and ends at Grey Rocks. Bring your own boat or rent one from Newfound Audubon Center in Hebron. Following the tour, learn more about Newfound’s plants and animals at Rick’s Red Barn presentation in Hebron, starting at 7 p.m. Advance registration is required for the paddle tour and to reserve a boat, and tour space is limited. Rick’s evening presentation at the Red Barn is free and open to the public.

Wednesday July 26, 8 a.m. to noon. Yogi Camille Bharucha, and trip leaders Roger and Jennifer Laroche and Parker Griffin will guide guests on an inspirational morning hike enriched with yoga. This excursion includes morning yoga warm-ups, a moderately strenuous hike to the summit of Mt. Oregon, and more yoga along the way to stay limber, relaxed, and reflective. Meets at 7:45 a.m., rain or shine. Space is limited and registration is required.

Thursday, July 27: Discounted Eco-Tours on Newfound Lake at 10 a.m. and 1 p.m. on the NLRA Madelaine. These two-hour trips give passengers a chance to measure some of the cleanest water in the country and

learn about the Lake and its watershed. Tours start and end at Grey Rocks. Advance registration is required.

Visit NLRA at Bristol’s Kelly Park for watershed displays and purchase some “swag” while enjoying live music. Tunes start at 7 p.m. (rain location Bristol Old Town Hall on Summer St.) - come early and bring your pals!

Friday, July 28, 9:30 to 11 a.m. Enjoy a morning walk at the Hebron Marsh Sanctuary on the gorgeous Beaver Trail while being serenaded by artists. An Audubon Naturalist will lead a guided walk at 10 a.m. and light refreshments will be provided. In the event of rain, artists will perform across the street inside Ash Cottage.

Discounted Eco-Tours on Newfound Lake at 10 am and 1 pm on the NLRA Madelaine. These two-hour trips give passengers a chance to measure some of the cleanest water in the country and learn about the Lake and its watershed. Tours start and end at Grey Rocks. Advance registration is required.

Saturday, July 29: Lake Week finishes at the fabulous Hebron Fair, held from 9 a.m. to 3 pm on the Hebron Common. Visit us at our traditional location at the east end of the common, and check out our 1955 Old Town canoe!

About the NLRA
The mission of the NLRA is to protect Newfound Lake and its watershed. Through education, programs and collaboration, NLRA promotes conservation and preservation of the region’s natural, social and economic resources. For more information, visit Newfoundlake.org, like us on Facebook, or call us at 744-8689.

65th Annual Bristol Rotary Club Penny Sale set for Aug. 10

BRISTOL — The Bristol Rotary Club will hold its Annual Penny Sale on Thursday, Aug. 10 at 6:30 p.m. at the Newfound Regional High School on Newfound Road in Bristol. Please note the change in venue this year due to the renovations at Newfound Middle School. Now in its 65th year, The Rotary Penny Sale is one of New Hampshire’s longest running annual fundraisers. Last year alone, the Bristol Rotary Club raised more than \$9000.00 for their

scholarship fund for local youths in the Newfound Area seven-town district.

The Penny Sale works as follows: there are 3 prize rounds throughout the night offering 100 (or more) prizes in each round. Rotarians sell tickets for \$1 each prior to each prize round. If a person’s ticket is drawn, they win a prize and their ticket goes back into the raffle drum to be eligible to win again and again. The more tickets a person buys, the better chances

they have being a winner. There will also be Grand Prizes at the end of the three rounds, of which anyone that purchased a ticket is eligible to win, including a Kindle Fire Bundle, Picnic Table from RP Williams, Mountain Bike from Rhino Bike Works, Scratch tickets from Shackett’s Store, Bristol Hannaford Super Gift Card, Home Heating Oil from Dead River Company, and cash!

A 50/50 raffle to benefit the Bristol Community Services, 100 sweepstakes tickets to benefit the Tapply Thompson Community Center Summer Scholarship Fund, and a Silent Auction to benefit Rotary Charities will also be held. Food & refreshments will be on sale, and this has always been a great night of fun for all. For further information, contact Les Dion at the Tapply-Thompson Community Center in Bristol, or any Bristol Rotarian.



How to Submit Announcements & Obituaries To Salmon Press Publications

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

Obituaries can be sent to:
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Wedding, engagement, and anniversary announcements are welcome at:
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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
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BARNZ's

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SPIDER-MAN HOMECOMING PG-13 Daily: 1:00, 4:00, 7:00, 10:00 PM
DESPICABLE ME 3 PG Daily: 12:25, 2:40, 4:55, 7:10, 9:25 PM

Join us for the following advance screening of:
Dunkirk
on Thursday 7/20 at 6pm

Find us online at BarnZs.com

NANA awards scholarships

REGION — Newfound Area Nursing Association (NANA) offers scholarships annually to students who are pursuing careers in the healthcare field. Both first-year and returning college students are eligible. NANA is a not-for-profit community-based home health and hospice organization, serving patients of all ages and circumstances in the Newfound Area of central New Hampshire since 1960.

This year's scholarship recipients are Molly Rose Schilling, Hill, and Reece Sharps, Bridgewater. Molly and Reece are both pursuing careers in nursing beginning their first year at Colby Sawyer College and the University of New England respectively. "We are very pleased to see such bright, energetic and motivated women entering the rewarding field of



COURTESY

Pictured from left: Patricia Wentworth, Executive Director; 2017 Scholarship Recipients: Molly Rose Schilling and Reece Sharps; and Louise Franklin, Secretary and Scholarship Committee Chair.

Enterprise Rebekah Lodge recognizes Janet Taylor for 40 years of service

Janet Taylor (left) of Plymouth, pictured with Noble Grand Gloria Rogers, was recognized by Enterprise Rebekah Lodge #46 of Bristol for her 40 years of service. The Independent Order of Odd Fellows (I.O.O.F.) and Rebekahs are a fraternal organization that strives to make the world a better place in which to live, embracing their motto of friendship, love, and truth. If you would like to know more about the organization, please contact Mary Durgin at 536-2400.



nursing and to be able to assist them in obtaining the necessary education and training," states Patricia Wentworth, RN, MBA, Executive Director of NANA.

Franklin Savings Bank awards \$13,500 in scholarships to 12 high school graduates

Awards were presented at senior awards ceremony at six area high schools

FRANKLIN — Franklin Savings Bank awarded \$13,500 in scholarships to 12 high school seniors from six area high schools, including Franklin High School, Gilford High School, Laconia High School, Newfound Regional High School, Merrimack Valley High School and Winnisquam Regional High School. The awards were presented through the FSB Scholarship Fund.

"We are proud to support the educational aspirations of graduating seniors as they embark on the next chapter of their lives," said Ron Magoon, President & CEO. "As a community bank with strong ties to the communities we serve, we are proud to offer our support to high school graduates and their families who may be faced with the challenge of paying for higher education."

Lauren Pelletier of Franklin High School received the Deborah Paquette Memorial Scholarship, an award presented annually to a graduate looking to pursue a business degree. The FSB Scholarship Fund was established in 1994 to benefit area students in their pursuit of higher education. To date, FSB has awarded \$311,000 scholarships to 420 high school graduates. The Fund represents the bank's commitment to helping families afford higher educational opportunities for their children who wish to enroll in college on a full-time basis.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank. SEE SCHOLARSHIPS, PAGE A13

Newfound Regional High School honor roll

BRISTOL — Newfound Regional High School has released its honor roll the fourth term of the 2016-2017 academic year.

Grade 12

High Honors: Cierra

Greene, Emily Wolters Honors: Samantha Akerman, Tylor Austin, Crystal Conkey, Nicholas Crosby, Gretchen Danczewicz Helmers, Maddisyn DeCormier, Richard DeLuca, Nathan Desrochers, Paige

Dostie, Evan Finnegan, Lyndsey Flanders, Megan Gebhardt, Charles Gould, Amanda Johnston, Emily Judkins, Brooke LaBraney, Phalen Leclerc, Toni Memmolo, Grace Page, Christopher Rearick

Ahne, Molly Schilling, Reece Sharps, Rebecca Simison, Andrew Sylvester

Grade 11

High Honors: Shanley Camara, Quentin Danczewicz Helmers, Emma Lagueux, Victoria Roman, Emma Woodbury

Honors: Devon Anderson, Montana Bassett, Timothy Bony, Mackenzie Brunt, Christopher Costigan, Elizabeth Croxon, Danna Duclos, Hayleigh Letourneau, Kylee MacDonald, Dacoda McGee, Collin O'Donnell, Abigail Patten, Zachary Patten, Makayla Pixley, Ethan Pruett, Mikayla Royea, Mackenzie Ryan, James Shokal, Keeyote Slover Carpenter, Madison Timmins

Grade 10

SEE NRHS, PAGE A13

Area's latest Habitat home underway in Plymouth

PLYMOUTH — How does that old cliché go that says; when the first wall goes up things are looking like it's a real home? A psychological waypoint!

That's what took place last weekend at 137 Highland St., as 20 Habitat for Humanity volunteers came together to continue work on a three-bedroom, super insulated home for a family about to be selected. Work is expected to be completed by late November, Christmas at the absolute latest.

Under the watchful eye of construction supervisor Bill Higginbotham of Rumney and local Habitat executive director Frank McClain, the 1,148-square-foot single-level residence will more than meet Energy Star requirements for heating effi-



COURTESY

One-two-three, and lift! Up goes the first wall of Plymouth's newest home being constructed by Habitat for Humanity volunteers on Highland Street last weekend. The single level, three bedroom residence will go to a family about to be chosen. It occupies the third-acre location formerly Lionel's Market which Habitat purchased in April. Construction takes place every Friday and Saturday, with late November being the targeted completion date.

ciency. It will be heavily insulated, walls and overhead cap. In all, 12 families have applied for ownership

SEE HABITAT, PAGE A13

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The adolescent brain—A work in progress

BY DEB NARO
Contributor

Guess what organ in the body is the last to develop? You guessed it: the brain. Teens may sometimes look like, and try to act like adults, however, there not there yet. We need to understand the teen brain doesn't fully mature until age 24 or 25. Okay, so why should this matter? Well, this can explain why teens are forgetful, make poor decisions, or take crazy risks. The part of the brain that controls these types of functions (the prefrontal cortex) hasn't fully developed yet. To make life a little more interesting for parents, the part of the teen brain that seeks pleasure and reward is well developed. As you can imagine, the combination of the two helps to explain why some teen actions and behaviors seem totally irrational. It's not their fault.

Here's a bit of information on adolescent brain development: The teen years are a critical period of brain development and a time when their brains are very sensitive to toxins. If drugs or alcohol are introduced into their system, the brain's development is changed. Drug use can cause physical changes in the brain, specifically in the prefrontal cortex. This is the easiest rationale parents can give their children for avoiding alcohol and drugs. It goes beyond values, religious beliefs, legal issues, and plain old good judgment; abstaining from drugs and alcohol is vital to their health and future. Parents, educators, and adults that

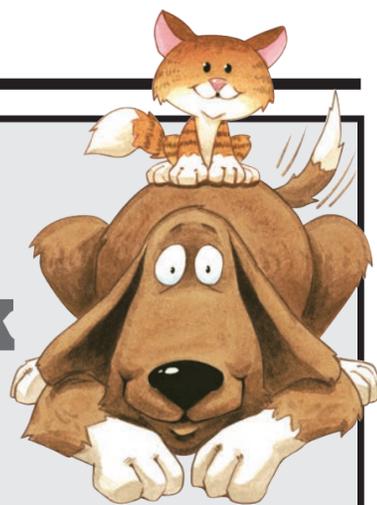
care about kids need to teach children and youth to stay drug and alcohol free to keep their brains growing and developing the way it should. The hippocampus is the part of the brain that deals with memory and mood regulation. Drug use causes cell damage and death in the hippocampus, leading to problems with memory tasks, mood behaviors, and cognitive impairment. It also causes developmental issues in the part of the brain that controls attention and the ability to understand complex ideas.

Talking with teens can be challenging so here's a few communications tips: Remember, every conversation doesn't have to be about big issues. The goal is to build the relationship and keep the channels of communication open. When you talk to teens, be sure to: keep it short and simple—don't turn everything into a lecture; be sure to listen; ask open-ended questions; criticize behavior, not the person; use "I" statements; be specific with praise; never discount feelings. Take advantage of any spontaneous conversations that pop up and look for chances to spark new conversations. My kids were more likely to share their concerns on road trips—one-on-one travel provided an especially good opportunity for our parent/child conversations—more so than structured family time.

The culture that our children are growing up in is becoming more challenging every day.

SEE CADY, PAGE A13

PET of the Week Pepper



Sometimes we call it 'unpacking the suitcase' and in Pepper's case, she did, for a long time. However, human problems invariably meant a return two years later to New Hampshire Humane Society.

Now, before we all get on our high horses, let us state, categorically for the record, we support and encourage those that cannot continue dog ownership, to bring that creature back to us. It's the right thing to do.

Pepper is perplexed, and puzzled about the turn her young life has



taken. Just 2 ½ years old, she grew up in the

company of other dogs, and children. Always

a bit of a worrier, and shy, Pepper mourns her former family. She so needs new friends to stand by her and help her realize life can be fun and enjoyable, again. She's such a good dog, having completed puppy training at the shelter when she herself was small, she is a wonderful calm, quiet companion who just needs a home to blossom and flourish in – as all good dogs deserve. Look into her wizened, melancholy brown eyes and see that glimmer of hope for a new home and a fresh start.

Letters to the Editor

On economic development: lower property taxes

To the Editor:

Where would you locate your new home or business? The central New Hampshire region is a tourist-based economy, and as such becomes more seasonally populated than not. That makes for a need to sacrifice to those who accept this way of life we call Central New Hampshire . . . or "The Lakes Region."

The demographics of our population continue to edge upward in average age, with fewer and fewer young people staying in New Hampshire (statewide) when they graduate from either high school or college. Why is that? It's primarily due to cost of workforce housing. Others assume it has to do with the lack of jobs – wrong. Perhaps the lack of a variety of jobs, but not just jobs, per se. Look around you – there are plenty of "Now Hiring" signs in all sorts of businesses. Fruedenberg-NOK, Bristol's largest employer (the school district is second), is eager to attract professional engineering talent and a variety of professional talent in many other areas of specialized expertise.

The major contributing factor to the problem that is exacerbated by many other small ones is the fundamental cost of housing. The reason our school population continues to decline is because parents of school-

age children are finding they can give themselves a raise by making the same money in a greater variety of professions in the South and Midwest by reducing their cost of housing! So, they move. Were we to find a way to lower the tax property burden on home owners, it would attract more residential buyers to the area to take advantage of that phenomenon, produce the need for more goods and services, increase the demand for businesses to support a growing economy, and broaden the tax base. This results in a smoothening of the tax burden amongst a larger local population – stabilizing the student population.

And by the way, this action, it should be noted by all, would also increase the value of current property owners! There is a solution to this problem, but it will take full-time leadership and commitment to bring it about. I have a strategic plan, and it requires far more time and space than we have in this medium to present and explain. But after 10 years of ongoing public service, I'd like the chance to voice it, and to present it. It deserves both a hearing as well as a debate.

Respectfully,

Vincent Paul Migliore
Bridgewater

To the voters of District 9

To the Editor:

Please consider voting for Vincent Migliore in the primary on July 18. I support Vinny for many reasons; here are some. Brevity over verbosity.

1. I have worked with him as budget committee chair for the school district, and he as a Board member/Chairman.

2. He is committed to public service

3. He is quick and has excellent insight into nu-

merical and language issues

4. Has excellent follow through on issues that come before him

5. Is an outstanding listener

6. Has the time to give

See you at the polls!

Archie L. Auger
Bristol

Vote for a candidate who will ensure that taxpayer money cannot be wasted on unnecessary elections

To the Editor:

My fellow residents of Grafton County Legislative District 9, you may or may not know that the towns of Alexandria, Ashland, Bridgewater, Bristol and Grafton will be holding a special election to fill a vacant House seat.

This is not being done because you are not represented. You have a second representative in District 9, as well as one from District 17 representing you. It is not because the State House cannot function with only the 399 other representatives. Your taxes will be spent because of a few political opportunists taking advantage of a poorly written RSA!

When Jeff Shackett unfortunately had to resign, the select boards of the five towns wisely came to a consensus that there was not a need to spend un-budgeted tax money on a special election. A group of politically motivated people, seeing a chance to cash in on a low voter turnout, misrepresented the facts and convinced the select board of one town to change their mind and request the state to mandate this election.

Please join me in solving this problem. If you will be voting on a Republican ballot in the July 18 primary, consider voting for Vincent Migliore. He has stated that if elected, he will make a point to correct RSA 661:8 so that one town or the State cannot force other towns to spend taxpayers' dollars. I believe he will be a very good representative for all of the people

in District 9.

Vincent, as a citizen, worked to have legislation enacted to protect "right to know" policies for homeowners' associations. He also has many years of experience on the Newfound Area School Board. I do not always agree with Vincent; however, I know he always takes the time required to be well informed on an issue. If you will be voting on the Democratic ballot, please do not support the cause of this un-budgeted expense to the towns.

Do not choose to write in a name. Vote for a candidate that is well informed enough to know the state laws and have their name officially on the ballot. Don't write in the name of a political opportunist that started a "Go Fund Me" page days after Jeff's resignation and well before convincing a town to call for a special election. Do not write in the name of someone that doesn't understand or doesn't care that this special election will divert thousands of dollars per town from legitimately budgeted line items. For the July 18 primary, and again in the election on Sept. 5, please make time to vote so that this special election will be worth the money spent. Vote your conscience, vote for the good of your town, and vote for the good of the great state of New Hampshire.

Best Regards,

Don Milbrand
Bristol

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Grafton, Hebron, Hill, New Hampton and the surrounding communities.

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A truck-tour around the territory refreshes both memory and mind

It takes at least two people to maintain a back-country camp. My partner in this venture (he calls me "JDH," I call him "Mr. Shyne") spends his winters in California, and is always chomping at the bit to get back to the right side of the continent as soon as the weather warms up. When he shows up we're likely to take off on a truck tour, just to reacquaint ourselves with the territory.

NORTH COUNTRY NOTEBOOK

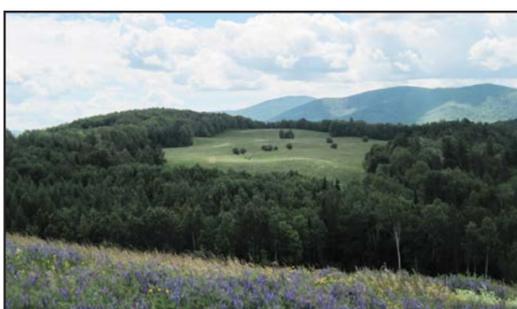
By JOHN HARRIGAN



mains of a gold mine dug, blasted and pick-axed in Civil War times by Ed Norton, an entrepreneur who tried many things that failed, including this one, which produced ore with traces of gold but never enough to pay.

Although many people don't know it, there are more than the one Monadnock so well known in southwestern New Hampshire, and of course from Thoreau's writing. The term, Wobanaki for "isolated hill" or "lone mountain," was long ago adopted for several mountains that fit the description. Hence, our Monadnock, tucked away in Vermont's Northeast Kingdom, a stone's throw from northern New Hampshire.

When I last hiked it



JOHN HARRIGAN

An old opening, still kept open in a sea of trees. Bunnell Mountain, at 3,724 feet, the highest peak in the region, is in the far background.

many years ago there was a trail of sorts up this mountain, and

I say "of sorts" because in places it was one of the worst trails



JOHN HARRIGAN

"Our Monadnock," a stone's throw across the Connecticut River in the Northeast Kingdom of Vermont, indeed dominates the surrounding countryside.

I've ever been on, and that's plenty. But of course there is a story

behind this. Like many moun-
SEE NOTEBOOK, PAGE A14

Strategies for Living

BY LARRY SCOTT

If I were to tell you I am a Muslim ... or into Buddhism or Transcendental Meditation, or if I claimed to be an atheist, you would probably say, "That OK! I accept you as you are" and I would enjoy your respect. If, however, I were to tell you I am an evangelical Christian and that I

believe the Bible to be God's written revelation of truth, red flags go up all over the place. Indeed, I would more than likely be branded by what you think I'm against rather than what I'm for. You most likely would be convinced I am judgmental rather than tolerant, narrow-minded rather than understand-

ing, convinced I have little of interest to say to your world. Wrong! And if you'll stay with me, it is an image I hope to correct.

For one thing, I have a suspicion there is much about which we agree. I believe, as a case in point, that there is something good and admirable in every reli-

gion. Even though our respective theologies may be incompatible – in some cases we can't both be right – I nevertheless have given my respect and interest to every religious faith.

I believe that every one of us has been created, to quote the Bible, "in the image of God." There
SEE STRATEGIES, PAGE A14

Letters to the Editor

Simard is the most qualified to serve District 9

To the Editor:

Paul Simard is running for District 9 Representative, and I believe is most qualified to represent our district. He has served

honorably as a representative before and has the know how to get things done.

Too long we have not had representation working in our behalf,

others talk a good game or tell stories. This is why I am supporting Paul Simard who knows how to get work done through all the committees and plain

and simple get the job done. Paul is always available and is ready to listen when you need your questions answered in a timely manner. Paul is fiscally

conservative and will make sure District 9 interests are being represented and protected. Please make Paul Simard your choice when voting in July 18 Re-

publican Primary, and again Sept. 5, when the general election takes place. Thank you for your support.

Ernie Richards
Bristol

Paul Simard for State Representative

To the Editor:

To all Alexandria, Grafton, Bristol, Bridgewater and Ashland voters: there will be a special election next Tuesday, July 18, to fill the repre-

sentative vacancy. Paul Simard is our best choice to represent us for many reasons.

Paul Simard is conservative; he will watch how the state wants to

spend your money. Paul Simard has done this job before, not once but twice. Paul Simard is up on the issues, has experience, he knows many of the people he would

be interacting with, and he understands the mechanics of the different committees/sub committees. Since there is only one of the two sessions left, I believe we need

someone with experience so we get full representation.

I hope you vote not for popularity or someone with a special slogan, but for the person that can

really be useful during this time. Paul Simard has my vote and I hope you will vote for him next Tuesday, July 18.

John Sellers
Bristol

Vote for Paul Simard

To the Editor:

On Tuesday, July 18, there will be a primary election to determine party candidates for State Representative.

I will be voting for Paul Simard; he has served responsibly as the District 9 Representative before and has the experience to serve us again. With

only one year left to this current session and with all the important questions coming before the legislature, we don't have the time to train an inex-

perienced candidate to represent us.

In the past, Paul took a stand to bury Northern Pass in the State's right of way and stood with those

who were concerned that wind turbines would ruin the natural beauty and property values of the Newfound area. He stood with us in the past,

now it's our turn to stand with him.

Please vote for Paul Simard on July 18.

Betsy Schneider
Bristol

Watch when a politician looks you in the eye

To the Editor:

This is the 20th of my reports to the voters of Hill and Franklin on what is happening in the State House in Concord. The regular sessions are over for the year. However, I will continue writing to you, but on a series of topics that I believe will interest you. This week, the topic is about something that really bothers me. That is when a politician looks you in the eye and lies sincerely because it is politically expedient.

I know that consistency in their argument has never been a requirement for the Democrats, but they are at it again. The only consistency in their actions is to obstruct anybody who might show just how two faced they behave.

For years, I have followed a woodsman who lives in Weare. His line of work takes him outdoors, and he is one of the best in his line of work, but it's his sideline that most interests me. Ed Naile will help people establish taxpayers' groups to watch what is happening financially in the local towns. In so doing, he noticed an inconsistency in how lax our New Hampshire voter laws are. He started digging, and what he found

will disturb you. For instance, several people registering to vote in November were claiming Bear Brook State Park as their residence. Fine, except that the park closes in October.

Ed has traced voters to their home state despite the fact that they are voting in New Hampshire. He provides information that enables the home state to prosecute these individuals because New Hampshire won't press charges for voter fraud. Maybe the numbers of fraudulent voters are not large, but they are canceling my vote, and I don't like it. So when President Trump asked the Secretaries of State to form a study group to look at voting irregularities, I say it's about time. I'm paraphrasing something I received from the Republicans, but it makes the point that the Democrats are two faced.

Back in May, Rep. Shurtleff, the Democrat House minority leader, issued a letter asking Secretary of State Bill Gardner to not use state taxpayer money for his travel and/or time participating as a member of the Presidential Commission on Election Integrity. That's a reasonable but unnecessary request. The letter stated, in

part, "I am hoping that you will provide the citizens of New Hampshire assurance that no state money is used for your travel or accommodations while you are working in Washington, D.C. on this commission. In addition, I would hope that your state time is not used in the pursuit of your work for the commission."

In a stark contrast to his position just a couple

of months ago, Shurtleff wrote all the legislators, myself included, a letter suggesting that thousands of taxpayer dollars be used to facilitate a special session of the legislature in an effort to thwart efforts by the Presidential Commission on Election Integrity. A session day costs the state approximately \$18,000. If the House adopts rules for the special session that require committee

work and multiple session days, the costs would rise accordingly. This is well beyond any travel expenses that Secretary Gardner will incur.

Why did Shurtleff do this? He looked us all in the eye and fed us the lie his Washington, D.C. leaders had scripted. I don't think the request for a Special Session will go far, but it has given them the air time the Democrats need since

they are completely out of power except for what they generate in the media.

Please contact me by email at dave@sanborn-hall.net or by phone at 320-9524 with your comments or if you just want to talk.

Cheers!

Dave Testerman
NH State Representative
Franklin and Hill

PLYMOUTH

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Doreen Yvonne Lynch, 69

LINCOLN — Doreen Yvonne Lynch, 69, of Lincoln passed away peacefully at home surrounded by her loving family, after a lengthy illness on Thursday, June 29, 2017.

Doreen was born in Lincoln on July 19, 1947, the daughter of Albert and Leona McAfee. She was a life-long New Hampshire resident, who was raised in Woodstock, NH and attended High School in Lincoln. She obtained her Associate and Bachelor degrees in Science from New Hampshire Vocational Technical College in Claremont and Granite State College. Doreen spent the last 35 years working as a Medical Laboratory Technologist, most recently retiring from 10 years of service to Speare Memorial Hospital. Prior to

this, she spent 25 years working in both Concord Hospital and Littleton Regional Hospital.

She is survived by her loving husband of 52 years, John W. Lynch, and by her children, Patricia Rushford and her husband Michael of Coventry, Vt., Thomas Lynch and his wife Cheryl of Bridgewater, Ann Lawrence and her husband Andrew of Charleston, Vt., and Joleen Welford and her husband Gregory of Campton. Doreen's joy in life was her family, and she was an attentive and doting grandmother to her 10 grandchildren and 6 great-grandchildren.

She will be deeply missed by her siblings Stephen McAfee and his wife Flora of North Port, Florida; Ann Smithson of Shalimar, Florida;

Phillip McAfee and his wife Cheryl of Campton; Robert McAfee and his wife Danielle of Woodstock, NH, as well as many nieces, nephews and cousins.

In addition to her parents, Doreen was predeceased by her sister, Eve Rogers; her son-in-law, Alain Durocher; and her granddaughter Patricia Durocher.

She will be fondly remembered as a loving and devoted wife, mother, grandmother, great-grandmother, sister, aunt and friend.

At the request of the deceased, there will be no services. In lieu of flowers, the family requests that a donation be made in her name to North Country Home Health and Hospice, 536 Cottage St., Littleton, NH 03561.

James Godville, 89



NEW HAMPTON — James Godville 89, died at home surrounded by his family on June 30, 2017 following a period of declining health.

He was born in Warren on Jan. 9, 1928, the son of James and Edna (Shortt) Godville. He was raised in Warren and attended High School in Orford.

He enlisted in the US Navy in 1945, serving in World War II. After serving his country, he resided in New York, moving back to Warren in 1950. He later moved to Ashland in the mid 1950's. Jim was employed at Scott and Williams in Laconia for many years. Also at Barron Machine, the Ashland Paper Mills, and for 20-plus years by the Town of Ashland, Highway Department. In addition to his regular employment, he also owned and operated a Trash Removal Business. After retirement, he worked in the Green

law Arthur Prince of Ashland; stepson David Tivey of Bridgewater; stepdaughters Kira Nick of Belmont, Crystal Stewart and husband Tom of Ashland; one sister, Louella Weeks of Florida; many grandchildren and great grandchildren, nieces and nephews.

Memorial calling hours were held from 6-8 p.m. Monday July 10, 2017 at the Dupuis Funeral Home, 11 Hill Ave. in Ashland. A graveside service with Military Honors was held at 11 a.m. on Tuesday, July 11, 2017 at Green Grove Cemetery, Main Street in Ashland. Donations may be made to the Ashland Fire Department Association Rescue Fund, PO Box 856, Ashland, NH 03217. Dupuis Funeral Home in Ashland is handling arrangements; for more information, go to dupuisfuneralhome.com.

Grove Cemetery. He was a member of Dupuis Cross Post #15, American Legion in Ashland. He enjoyed hunting, fishing, casinos, and most of all spending time with his family.

He was predeceased by his parents; son James Godville; daughter Marie Prince; and stepson Michael Conway.

He is survived by his wife, Beverley Godville of New Hampton; his son, Gerard Godville, and wife Mary-ellen of Bridgewater; daughter Julie Nichols and husband David of Holderness; son-In-

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

From the town Tuesday, July 18
Special Election Primary; Hours: 8 a.m. to 7 p.m.

This may be a new challenge for voters. Especially as this is a primary for District 9 to fill seat vacated by Jeff Shackett last Fall.

We are paying for this primary, so vote.

Wednesday, July 19
Planning Board presents Boyd Smith of NLRA, 7 p.m. Update on Newfound Lake Watershed.

Groton

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

Notice from the Groton Historical Society

The Military display planned for Saturday, July 15 at the Historical Society's Schoolhouse Museum must be postponed. The Museum will be open that day from 1-3 p.m. You may still view the Pam Yinger Exhibit; the Burly Store Safe is on display plus many old photos of the Town. Bring questions too and if no one is able to answer them that day, we'll do our best to find the answer for you.

The 2017 Groton Old Home Day will be held on Aug. 5 at the Everett Hobart Memorial Park on Sculptured Rocks Road in Groton. There is a 5 p.m. lineup time for the parade, which will start at 5:30 p.m. Cash Prizes will be awarded. 6 p.m. BBQ till all the food is gone. 6:30 - 8:30 p.m., live music from the Stolen Thunder band. There are raffles and games, food and crafters displaying their wares and I believe the Library Committee is having a book sale throughout the evening and then there will be fireworks at dusk. We hope to see you there. For any further information, please contact the town offices.

The reclaiming for North Groton Road will begin on Monday, July 17. Road closures will take place from 7 a.m. to 5 p.m. for one day only, depending on weather. Please seek an alternate route.

As some of you may already know the Town Clerk's Office is looking for a Deputy Town Clerk/Tax Collector. This is a part-time job one or two afternoons per week. Experience preferred, but there is additional and ongoing training. If you are interested, please call the Town Clerk's office 744-8849.

Meetings and Closures Coming Up:

Select Board Meetings are usually held every first and third Tuesday. The next two meetings will be July 25 and Aug. 1 at 7 p.m. at the Town House. There will be a Select Board Work Session on Tuesday, July 25 and also Aug. 1 at 5 p.m.

The Select Board Office will be closed July 18 through July 21

The Town Clerk/Tax Collector Office will be closed Aug. 18 through Aug. 23 for vacation. Please plan accordingly as the Lien/Deed date is August 25th. Remember that tax payments may be made through our Town Web site at www.gotonnh.org.

Planning Board Meeting is scheduled for July 26 at 7 p.m. at the Town House.

Conservation Commission Meeting is scheduled for July 13 at 7 p.m. at the Town House.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Gazebo Concert Saturday, July 15, 6 p.m.

This week's Gazebo Concert Performer is the Don Campbell Band, who will be playing Country and Western Music. The BBQ is by the Hebron Historical Society who will start cooking at 5 and they will be serving hot dogs, pulled-pork sandwiches, chili and a choice of drinks and desserts. Hoping it won't rain on this one! See you there!

Hebron Fair news

The 65th Annual Hebron Fair, which is always on the last Saturday in July, July 29 this year. We will accept all donations (books, rummage, white elephant,

etc.) other than large auction items beginning July 3 when the church will be open Monday-Friday from 9 a.m. - 4 p.m. The auction tent will be put up on July 13, and it will be easier to accept the larger items after that date. We do not accept mattresses, bed springs, windows & screens, skis, poles & boots (unless new), tires & wheels, televisions (unless flat screen), microwaves, LP tanks, dehumidifiers, and cassette tape players.

Items that require prior approval are: stoves, refrigerators, computers & peripherals, freezers, & stuffed furniture. We will accept donations up until Wednesday, July 26.

New Column!

The wonderful folks at Salmon Press (publishers of this paper) have allowed the town of Hebron to have a Library Column in the paper! If you have any Library News, please send it to Hebronlibrarynews@live.com.

Churches

Ashland Community Church

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

Sundays

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

9:25 a.m. — KidZone for K-grade six

Special Needs Ministry-high school-adults

11 a.m. — Contemporary Worship Service

11:15 a.m. — KidZone for K-grade 6

11:15 a.m. — Youth Sunday School

"Toddler Zone" is available at both services for infants to age five. Before the contemporary service, please join us for coffee and healthy snacks.

KidZone
Debbie Madden leads

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

Special Needs Ministry

Becky McCuin will be leading a new special needs ministry for high school students and adults at the Early Worship Service. Please let Ernie know if you know of anyone that might be interested in joining this class. We are very excited about this opportunity.

New college/career group (ages 18-25)

Monday nights, 6:30-8 p.m., at Plymouth State University. Contact Ernie Madden for more information.

Axyon Youth Ministry, for grades six through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth

and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

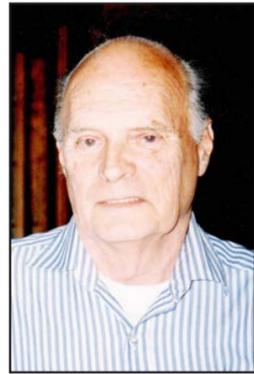
Mondays

8 p.m. — Alcoholics Anonymous Group meets in the Church dining room.

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463. You can also e-mail him at accernie@hotmail.com or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our dear Lord and Savior. Our vision is to become a church that un-churched people will

Howard Clayton Niles, 81



HOLDERNESS — Howard Clayton Niles, 81, of Holderness, died July 9, 2017 at Golden View Health Care Center, in Meredith.

Born in Meredith on July 3, 1936, he was the son of Lawton A. and Dorothy (Hackett) Niles.

Howard grew up in Meredith, and graduated from Meredith High School, class of 1954. He had been a resident of Holderness for most all his life.

Howard worked as a supervisor for the former Sprague Electric Company, in Plymouth, and that is where he met his wife, Emeline. He worked in the building trades in the Lakes Region Area, and for ten years at the former Holderness Boys School, in Holderness, in the building and grounds department. He also worked

Niles of Holderness; his daughters, Ann Emerson of Laconia, Marilyn Snow and her husband Bud of Brandon, Vt., and Tina Nialez and her husband Gerry of Bristol; his son, Clayton A. Niles of Holderness; five grandchildren; ten great grandchildren; and his brother-in-law and friend, Charles Flanigan.

A graveside service will be held in the Meredith Village Cemetery, Route #3, Meredith, on Friday, July 14 at 11 a.m. The Rev. Edward J. Charest will officiate.

The Mayhew Funeral Homes and Crematorium, in Meredith and Plymouth, are assisting the family with their arrangements. To view Howard's Book of Memories, go to www.mayhewfuneralhomes.com.

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

Real church. Real people. Real simple.

We look forward to seeing you on Sunday. And remember, just come as you are! No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

Summer is here, and we have returned to St. Mark's Church until November. Joining us is the congregation of Church of the Holy Spirit, Plymouth. Services are at 9:30 a.m. at St. Mark's and 8 a.m. at Plymouth. Celebrant is the Rev. Canon Randy Dales. Organist and Choir Director is Ash Morgan. This is the "Friendly Church" and everyone is welcome. Sunday School also meets at 9:30 a.m. The children pro-

Jim Messina set to rock the Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents Jim Messina on Friday, July 21 at 7:30 p.m. Known best for his time with Buffalo Springfield, Poco, and Loggins and Messina. Tickets for this show start at \$39.

Jim Messina's musical legacy spans five decades, three acclaimed rock super groups, a vibrant solo career, and a dizzying range of game-chang-

ing producing and engineering credits from The Doors psychedelia to jazz-pop pioneer Herb Alpert.

Over more than a half-century in the music business, Messina amassed a string of beloved and still vibrantly popular hits with partner Kenny Loggins, including "Angry Eyes," "Your Mama Don't Dance," "Danny's Song," and "House at Pooh Corner."



COURTESY (Left) The Flying Monkey Performance Center presents Jim Messina on Friday, July 21 at 7:30 p.m.

As half of Loggins & Messina, co-founder of the country-rock band Poco, member and key contributor to Buffalo Springfield, Messina has left an indelible footprint on popular music.

Audiences in New Hampshire have a rare opportunity to experience 'dinner and

a show' before seeing Messina with his new band, and hear selected hits from all three of his past bands, as well as some new material.

Tickets to see Jim Messina are \$39, and \$49 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.

Churches

FROM PAGE A6

cess in the church with their candles and crosses, listen to a children's story, then proceed to their classes in Sherrill Hall.

Sunday, July 16, both congregations will worship at Trinity Church in Holderness (Route 175 near Holderness School). Deacon Maryan Davis will be in charge of Morning Coffee and would welcome desserts and punch. If you wish to donate food, please contact Maryan at maryanee@msn.com or call 548-7994.

The Adult Formation Program "Celebrating God's Creation" a new and lively curriculum called "The Illustrated Earth" will be held at 9:30 a.m. on Tuesdays July 11, 18, 25 and Aug. 1 at Griswald Hall, Highland Street, Plymouth. This program will be led by Deacon Maryan Davis. Any questions, please contact Maryan at the above number.

Celebrate St. Anne's Day: The Sisters of St. Anne and their companions at Bethany House of Prayer in Arlington MA will celebrate St. Anne's Day on July 30. This very festive and joy-filled adventure begins at 4 p.m. with a Eucharist in the St. Anne's Chapel. Apicnic type meal will follow in their spacious gardens. Please contact Deacon Maryan Davis if interested in attending.

Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by coffee hour. Please come meet our new Interim Minister, Rev. Earl Miller.

We gather once a month to make soup for people in our local communities. Our next soup route is in August. 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, or would like to receive soup from us, please contact our Church Office using the contact information below.

The 65th Annual Hebron Fair, which is always on the last Saturday in July, is July 29 this year. We will accept all donations (books, rummage, white elephant, etc.) other than large auction items beginning July 3, when the church will be open Monday through Friday from 9 a.m. - 4 p.m. The auction tent will

be put up on July 13, and it will be easier to accept the larger items after that date. We do not accept mattresses, bed springs, windows & screens, skis, poles & boots (unless new), tires & wheels, televisions (unless flat screen), microwaves, LP tanks, dehumidifiers, and cassette tape players.

Items that require prior approval are: stoves, refrigerators, computers & peripherals, freezers, & stuffed furniture.

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. Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738, or you can make an appointment by contacting the Church Secretary, Linda Kriss using the contact information in this paragraph.

Holy Trinity (Roman Catholic)

Day Away program

Are you caring for a loved one diagnosed with Alzheimer's or Dementia? The Day Away program has openings available and offers a wonderful chance for family members with dementia to experience a day away from home with various activities to do with caring staff and volunteers (with meal included), while also giving the caregiver some much needed time off. Come by and visit between the hours of 9:00 AM and 3:00 PM every Thursday in Simard Hall underneath Our Lady of Grace Chapel. Day Away is a non-denominational program open to all qualified participants in the Lakes Region. Volunteers are always needed. Visit our Web site at www.respiteforcaregiverdayaway.wordpress.com.

Summer Mass Schedule Saturday

4 p.m. St. Matthew Church
5:45 p.m. Our Lady of Grace Chapel
Sunday
7:30 a.m. St. Matthew Church
8 a.m. Our Lady of Grace Chapel

9:30 a.m. St. Agnes Church
9:30 a.m. Our Lady of Grace Chapel
11:30 a.m. St. Matthew Church

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

If you are not a Catholic, or if you are a Catholic in need of completing your Sacraments of Initiation, (Eucharist or Confirmation), inquiry is just as it sounds. It is a time set aside for asking questions and exploring God's call in an informal setting. There are no commitments or costs, only questions answered and information shared. RCIA is a gradual process that will take place at Holy Trinity Parish beginning this October. If you or someone you know is interested in more information, call the rectory at 536-4700.

Two Opportunities to Visit Divine Mercy Shrine

The 33 Days to Merciful Life Retreat is about to finish, and one of the groups is planning two trips to the National Divine Mercy Shrine, Stockbridge, Mass.

One Day Trip
When: On a Friday to be determined.
Please call Ginny at 744-8054.

Two Day Trip (overnight at a bed and breakfast)

When: Thursday, July 20- Friday, July 21. Please call Ellie at 744-8721. Reservations will need to be made as soon as possible.

Please join us as the Bristol Knights of Columbus Council #7073 host a family movie night. We will watch "Our Lady of Fatima" as part of the parish remembrance of the 100-year anniversary of Our Lady's appearance to three Portuguese children in 1917. The movie night will take place on July 21 from 6:30 - 8 p.m. at the Marian Center. Refreshments will be served and printed information will be available to take home.

Want to Learn about Our Lady of Fatima? Please join us as the Bristol Knights of Columbus Council #7073 host a family movie night. We will watch "Our Lady of Fatima" as part of the parish remembrance of the 100-year anniversary of Our

Lady's appearance to three Portuguese children in 1917. The movie night will take place on July 21 from 6:30 - 8 p.m. at the Marian Center. Refreshments will be served and printed information will be available to take home.

If you have moved recently, or have changed your email address or phone number, we ask that you please call the Plymouth office at 536-4700 to update or email us the information at holytrinitynh@gmail.com or holytrinitybristol@gmail.com. With your updated information so we can serve you better. Also, if you have not yet registered with the parish, please do so at your earliest convenience. Registration forms are located at the back of church. Thanks!

Ushers and Greeters belong to the Holy Trinity Hospitality ministry: If you would like to be of great service to our parish family, please consider Hospitality. Greeters welcome our parishioners and guests to weekend Masses and our other liturgies. Catholics have always been known for their hospitality, and if you like people, this is the ministry for you. In addition to taking up the collections, our ushers make sure that everything runs very smoothly during our liturgies. If you feel called to this ministry, or for more information, talk to one of our greeters or ushers or call the office at 536-4700.

Weekly Meetings Thursday, July 6

Day Away Program, Simard Hall, 9 a.m.

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

Sunday, July 9 Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, July 16, 9:30 a.m. "The Hidden Life of Trees"

Nancy Chaddock, discussion leader

This fourth of our informal Sunday morning discussions is based on a book with the same title, published in 2016, by German forester Peter Wohlleben. Nancy Chaddock will explore the amazing chemistry and other connections between trees in the

woods. The emphasis will be on current accepted scientific knowledge but the discussion to follow will no doubt extend beyond that.

Social Justice Community Outreach Please bring canned or dry packaged food items for our local Community Closet collection basket in the foyer.

Wise Women in Training will continue during the summer on the second and fourth Wednesdays, 10:30 - noon, meeting in the main sanctuary.

Thursday's Bridge players will meet during the summer in the fellowship room 12:30 - 3 p.m.

Check other activities on our website.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. Summer hours for the office are Tuesday, Wednesday and Thursday mornings. The Web site is www.star-kingfellowship.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 and other activities we enjoy together.

Covering the
Newfound Lake Area &
Surrounding Communities

Newfound Landing

Alexandria • Bridgewater • Bristol • Danbury • Groton • Hebron • Hill • New Hampton

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Plymouth General Dentistry steps up as sponsor for Summer Concert Series

BRISTOL — The Bristol Community Events Committee is pleased to announce that Plymouth General Dentistry has generously stepped up to sponsor the Summer Concerts in Kelley Park for 2017.

Dr. Joan Kirschner, the sole owner of Plymouth General Dentistry, has owned the practice (located at 65 Highland St. in Plymouth) since 2012. Dr. Kirschner is very supportive of many organizations and events in the communities she serves – including: Keep the Heat On, the Educational Theater Collaborative, the Bristol Police Department, Voices Against Violence, the New Hampshire Marathon, and the White Mountain National Forest’s law enforcement officers – just to name a few.

While Plymouth General Dentistry may be located in Plymouth, a great many of her patients come from the Newfound area. Additionally, Dr. Kirschner and her family own property in Bristol and are very fond of the Newfound region.

“I’m thrilled to be supporting this popular summer concert series,” says Dr. Kirschner, “It makes sense to help with things that are good for the community. As



COURTESY

Dr. Joan Kirschner, owner of Plymouth General Dentistry, was in Bristol’s Kelley Park last week to meet with members of the Bristol Community Events Committee and to preview the new concert sponsorship banner. Plymouth General Dentistry is the proud sponsor of the 2017 Summer Concerts in the Park Series for Bristol. Thanks to Plymouth General Dentistry’s generous sponsorship, concerts are free and open to the public in Bristol’s Kelley Park on Thursday nights from 6:30 - 8 p.m. Pictured here left to right are: Lucille Keegan, Committee Member, Leslie Dion, Committee Chairperson, Dr. Joan Kirschner of Plymouth General Dentistry, and Claire Moorhead, Committee Member.

active members of the Newfound Community, we are proud to support the exceptional quality of life in the communities where we live, work, shop, dine and play. You will see us at a number of concerts this summer and we hope that everyone comes out to enjoy the music in the park!”

Leslie Dion, Chairperson of the Bristol Community Events Committee says she is very excited about the partnership with Plymouth General Dentistry.

“Their sponsorship of the concerts has allowed us to really expand our reach and to bring some new bands to the area. Also – we have been able to add a big Friday night Concert and Dance to kick off Old Home Day weekend,” says Dion.

The Town of Bristol Summer Concert Series is being held on Thursday nights in Kelley Park from 6:30 – 8 p.m. The concerts will continue every Thursday night until Aug. 17, with the final concert and dance on

Friday, Aug. 25, leading into a big finish to the summer with Old

Home Day events slated for Saturday, Aug. 26.

The Buskers to play Gordon-Nash Library

NEW HAMPTON — In what may be one of their last appearances in the area “The Buskers” will be playing at the Gordon-Nash Library on July 19 at 6:30 p.m. One of the last because soon Craig Jaster will be flying off to Germany to begin a new chapter of his life with his wife.

If you haven’t heard them before here is an excellent opportunity to hear them in an intimate setting.

Folk impurists with a smart, distinct voice and a kitchen sink repertoire of influences and instruments from jug band to jazz to roots rock.

“The Buskers tap the street music tradition for which they are named, then go much farther, with serious

musicianship, a sense of humor, and energy to burn,” wrote the Weirs Times.

“See this band if you get a chance... I’d even call them luminous. As well as versatile, passionate and funny,” writes fourth coastentertainment.com.

There will also be a reception for Jessica Fligg, who has her wonderful plein air paintings showing at the library for the

month of July.

Jessica Fligg is an award winning artist and juried member of the New Hampshire Art Association. She works primarily in oils. She studied painting at the New Hampshire Institute of Art in Manchester. She works from her studio in Ashland, and paints extensively en plein air.

Tickets are \$10, and can be bought at the door or at the library.



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Edward Jones: Financial Focus

Are You Ready to Be an Entrepreneur?

July is Independent Retailer Month. As you know, local stores bring vitality, creativity and economic growth to their communities, so it’s worth celebrating those “mom and pop” shops. But they aren’t the only entrepreneurs in the country – about 10 percent of workers in the U.S. are self-employed, according to the U.S. Bureau of Labor Statistics. If you’re thinking of joining these ranks, you may want to prepare yourself financially. For one thing, you may need to pay more in taxes, depending on your income. Self-employed individuals typically have to pay twice the amount in Social Security and Medicare taxes because they have to cover the portion that employers normally pay. Also, unless you’re fortunate enough to have a spouse who can put you on their employer-based health insurance, you’ll need to find your own, at least until you’re eligible for Medicare. Furthermore, you will need to take charge of your own retirement savings. Fortunately, several retirement plans are available to the self-employed. These plans typically offer tax-deferred growth potential and tax-deductible contributions.

Here are a few options to consider:

- **Owner-only 401(k)** — This plan, which is also known as an individual 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. For 2017, you can put in up to 25 percent of your annual income as an “employer” contribution, and you can defer up to \$18,000 (or \$24,000 if you’re 50 or older). The sum of your employer contribution and your salary deferrals cannot exceed \$54,000, or \$60,000 if you’re 50 or older.
- **SEP IRA** — If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You’ll fund the plan with tax-deductible contributions, and you must cover all eligible employees. As an employer, you can contribute the lesser of 25% of your compensation (if you’re also an employee of your own business) or \$54,000.
- **Solo defined benefit plan** — Pension plans, also known as defined benefit plans, are still around — and you can set one up for yourself if you’re self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and, as is the case with other retirement plans, your contributions are typically tax-deductible.
- **SIMPLE IRA** — A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees. Although planning for your retirement is important, you also need to prepare for unanticipated short-term expenses, such as a major car repair or a new furnace. While everyone should be ready to meet these needs, it’s especially important if you’re self-employed and have a variable income. So, work to build an emergency fund containing three to six months’ worth of living expenses, with the money kept in a liquid, low-risk account.

You may find self-employment to be quite rewarding — but you’ll likely enjoy it even more if you make the right financial moves.

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

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WHO ACTUALLY DO.

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25th Annual Pemi Valley Bluegrass Festival kicks off Aug. 2

THORNTON — The 25th Annual Pemi Valley Bluegrass Festival will be held at the Sugar Shack Campground in Thornton from Wednesday through Saturday, Aug. 2 through Aug. 5. The festival this year will feature International Bluegrass Music Association's award winning

bands including The Del McCoury Band, the Gibson Brothers, Rhonda Vincent and the Rage, Doyle Lawson and Quick Silver, The Boxcars, Danny Paisley and the Southern Grass, Special Consensus, Karl Shiflett and Big Country, The Lonely Heartstring Band, NewFound Grass,

Southern Rail, Skip Gorman and the Waddie Pals and more! There will be a total of 17 bands performing this year.

The Festival opens on Wednesday night with a band contest hosted by veteran performer, Skip Gorman. The contest is open to all performing bands and the win-

ners will receive a cash award, play a set on the Main Stage in 2017 and have a chance to perform on the Main stage in 2018, see website for details.

Thursday is also Thornton Night, with free admission for local Thornton residents with proof of residence.

This year's festival will again feature a free Pemi Valley Kids Academy. Kids of all ages can learn to play an instrument under the

guidance of well known fiddler extraordinaire, Ellen Carlson, and a cadre of qualified instructors. The class will be culminating in a main stage performance on Saturday morning. Registration is available on the website.

The Pemi Valley University is back this year. This is an onsite opportunity to improve your skills on your instrument or voice with some of New England's top musicians. For further

information, check with Mary Maguire at mary@pemivalleybluegrass.com.

Full information, including ticket pricing, is available on the Web site, www.pemivalleybluegrass.com.

The host campground, Sugar Shack Campground, is in the White Mountains, located off Exit 28, Route 93, Thornton. The festival offers free "Open Field Camping" as well as 100 paid reserved sites.



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“Roots of Realism” premieres at Fig Tree Gallery!

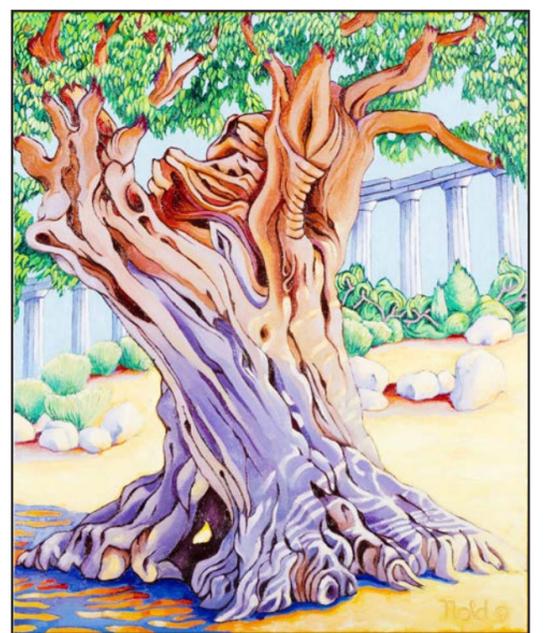
ASHLAND — Portraying bold renditions inspired by the world around him, artist Fred Nold has been dubbed an interpretive realist. Using bright colors and large canvases, his oil paintings bring details to life through his hard edges and a unique abstract style.

“I see a blank canvas as a wonderful challenge,” expresses Nold, whose work spans over the past 50 years. A graduate of Parsons School of Design and New York University, Nold’s work has been shown in countless galleries across the country. He brings his latest collection: “Roots of Realism” to Fig Tree Gallery in Ashland for the month of July.

“This show is alive with color and movement,” explains gallery owner Stacey Lucas. “It’s mesmerizing!”

“I’m looking to capture the peacefulness and tranquility of the places I have been with these paintings,” adds Nold. “I’ve taken artistic liberties to express this and want to take the viewer on a trip.”

As part of the show,



COURTESY Artist Fred Nold brings his latest collection, “Roots of Realism,” to Ashland’s Fig Tree Gallery for the month of July.

Nold invites everyone to come to the opening reception of his work on Friday, July 7 from 5-8 p.m. at Fig Tree Gallery. Come meet the artist, enjoy free refreshments, giveaways, and the debut of the gallery’s outdoor music venue, featuring live music in the garden.

“It’s going to be a magical evening,” adds Lucas. “Art, community, music, creativity...

what else could you want? This is my first art show of the season, and it’s quite a special one to me.”

Fred Nold’s show will be available to see through the month of July, at 84 Main Street in Ashland, NH. For questions or more info, visit www.figtreeNH.com. To learn more about Nold’s work, go to www.frednold.com.

Hit musical “[title of show]” comes to Little Church Theater

HOLDERNESS — With humor, perseverance and imagination, friends can accomplish anything. Just ask Jeff Bowen and Hunter Bell, creators of the hit Broadway musical “[title of show],” a comedy about two guys writing a musical about two guys writing a musical!

The New York Times calls [title of show] “a zany, irreverent and heartwarming musical

unlike anything you’ve ever seen.” “[title of show]” will be on stage at The Little Church Theater from July 13-16 and July 20-23. “[title of show]” will be directed by Little Church Theater’s award-winning Lisa Travis with musical direction by Little Church Theater award-winner Laura Belanger. The cast includes Scott Sweatt as the writer Hunter, Michael Stoddard as

composer/lyricist Jeff, Teagan Kelly as Heidi, Olivia Opal as Susan, both actor friends, with Musical Director Laura Belanger as the pianist Mary.

The title of this show, “[title of show],” is taken from the space on the festival’s application form which asks for the “[title of show].” Jeff and Hunter, two struggling writers, hear about a new musical theatre festival. However, the deadline for submissions is a mere three weeks away. With nothing to lose, the pair decides to try to create something new with the help of their friends Susan, Heidi and Mary on the piano. With the cast in place, Jeff and Hunter begin a conversation about what to write about. Eventually, Jeff suggests they write about what to write about starring themselves. They make a

Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

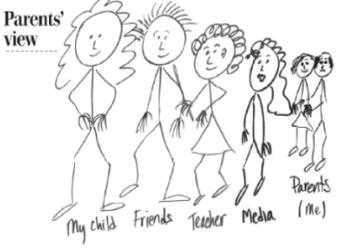
- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children’s friends
- Ensure your children’s social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.



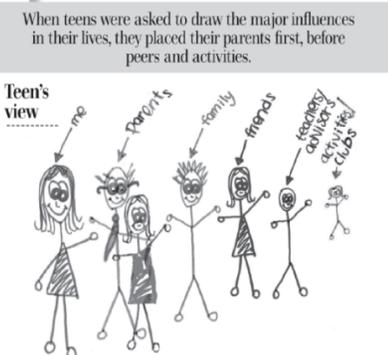
Most parents don’t realize they are the No. 1 influence in their children’s lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.



Parents' view

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.



Teen's view

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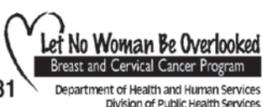
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Department of Health and Human Services
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The key to maintaining brain health late in life

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

A Complex Organ

When it comes to exploring the brain, it would seem that with each breakthrough the scientific community makes, new unprecedented questions arise. While this is certainly positive in that it allows research to become more focused, it also illuminates the fact that the brain is vastly and endlessly complex.

In spite of all of its mysteries, one thing we do know is that the brain – like all of our organs – does indeed age. As we get older, the brain's overall volume gradually decreases (at approximately 5% per decade after the age of 40), causing nerve cells to lose certain connections. Reduction in blood flow and certain cardiovascular conditions can add to this as well.

For seniors, these factors may lead to occasional forgetfulness or lapses in memory. Significant memory loss, however, is not a normal part of aging and may be indicative of Alzheimer's disease or other forms of dementia. If your aging loved ones are experiencing memory loss or have had problems with language skills, percep-

tion, or other mental functions, it's imperative that you address these concerns with a physician.

Ways to Keep the Brain Healthy

Research has indicated that there are several ways that older adults (and those of all ages) can help reduce the risk of cognitive decline – many of which are beneficial for other aspects of the body. Encourage your aging loved ones to incorporate the following best practices into their lifestyle. Be sure that, prior to beginning any new exercise regimen or diet, your loved ones consult with a physician and dietician.

Stimulation: In the last few years, there have been numerous research studies in the area of neurological plasticity, which refers to the brain's ability to structurally modify in response to new experiences. This "re-wiring" of nerve cells is actually what is at the center of most cognitive and physical rehabilitation practices. However, it essentially serves the same function for those looking to keep their brains healthy, and it can be done simply by learning new skills or keeping the brain regularly "exercised" through puzzles or

games. Many suggest that seniors enroll in a class or other form of organized learning – which will help not only in developing new skills but also with cultivating socialization.

Exercise Regularly: While it's not exactly news that exercise is good for the body, it may come as a surprise to some that regular exercise also has quite an impact on mental health. Physical activity improves cardiovascular health, which in turn helps supply the brain with blood. It also helps in developing new/increasing existing neural connections (see neurological plasticity above), allowing the brain to be more adaptive. Research suggests that regular exercise can also significantly reduce mental stress. Some seniors may choose to join a class with close friends for exercise, but it can just as easily be done at home. The key is to ensure that the heart rate is elevated through moderate activity, for at least 20-30 minutes every day.

Watch Your Diet: The food we consume has a direct effect on our mental wellbeing and health. In order to operate at its optimum level, the brain requires fuel in the form of vitamins,

minerals, and other essential nutrients. If your current diet consists primarily of salt, sugar, fat, and refined/processed foods, consider switching things around. Studies show that diets consisting of fruits, vegetables, whole grains, sources of B vitamins, and lean meats can significantly reduce anxiety levels and even the risk of depression.

Stay Social: Although it's not entirely understood how socialization bolsters brain health, studies show that a correlation between having strong social connections and longer life expectancy does exist. Interaction, whether it be with friends, family members, or next-door neighbors, appears to reduce the risk of cognitive decline and improve overall mental wellbeing. This is especially evident in those who volunteer their time to help others. Try reaching out through organizations, community centers, or schools to see how you can help make a positive impact on others – and the health of your brain.

What unifies all of these best practices for maintaining brain health? The key, as countless scientific studies would suggest, is engagement. In this case, it means getting

out and meeting new people versus staying inside and watching TV, choosing to find healthy alternatives to cheap fast food, and finding ways to help not only yourself but those in your community as well.

Comfort Keepers® Can Help

If your loved ones are working to improve their mental wellbeing and want to incorporate the aforementioned best practices into their lifestyle, we can help. In addition to companionship services, our caregivers can provide safe, reliable transportation to your loved ones' destinations. Whether they need to get to the community center to visit friends or to the grocery store for the week's supply of nutritious food, we can help them get there safely. To learn more about Comfort Keepers® caregiving services, call your local office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep

seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

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Title

FROM PAGE A10

compact to write up until the festival's deadline and dream about the show changing their lives. In the span of 90 minutes they write and perform their show at the festival. [title of show] won two Obie Awards and was To-

ny-honored as a Best Book of a Musical nominee after the Broadway premiere that became an unlikely but well-deserved hit.

Tickets for [title of show] are \$30 for reserved seats in rows 1-4, \$20 for general admission. Show times are at 7:30 p.m. for

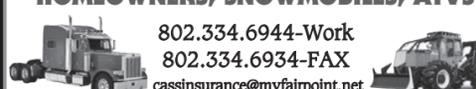
evening performances and at 2 p.m. for the Sunday matinees. [title of show] occasionally contains strong language which makes it most suitable for an 18-plus audience. Tickets can be purchased online at littlechurchtheater.com.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Pattee Hill Road (ws)	N/A	\$270,000	Raymond E. and Carol A. Wojcik	Gregory A. Geden
Bristol	7 Belmore Court Rd., Unit 7	Condominium	\$164,933	Alan C. Waring	Frank S. and Darcy E. Little
Bristol	100 Green St.	Multi-Family Residential	\$167,000	Megan L. and Marc J. Hewitt	Abigail R. and Michael B. Dahlen
Bristol	30 Mount Celo Rd.	Single-Family Residential	\$390,000	Kelly J. Barber	Steven R. and Deana K. Powell
Bristol	111 Prospect St.	Single-Family Residential	\$152,000	Kathleen M. Holmstrom	Michelle Nadeau
Bristol	W. Shore Road, Lot 35	N/A	\$186,000	Taylor RET	Boandi LT
Dorchester	28 Cummins Pond Rd.	Single-Family Residential	\$450,000	Arthur L. and Diane L. Burdette	Joseph J. Mandarino
Holderness	13 Muirfield Land, Unit 23	Condominium	\$164,933	Stephen E. and Barbara W. Lambert	David B. and Suzanne R. Dewey
New Hampton	745 Old Bristol Rd.	Single-Family Residential	\$140,000	Beneficial NH Inc.	Shaun A. Kennett
Plymouth	Chaddarin Lane	N/A	\$66,533	Summit at Mount Frontenac	Diamond M. Investments LLC
Plymouth	Point of View Drive (Lot)	Residential Developed Land	\$47,533	Salvatore Mistretta	Diamond M. Investments LLC
Thornton	3187-3189 US Route 3	Single-Family Residential	\$162,000	Robertha W. Britton and Michael P. Corcoran	Timothy J. and Rachael L. Kirwin
Thornton	280 Upper Mad River Rd.	Single-Family Residential	\$249,933	Tara A. Disalvo	Scott M. and Mary J. Stephens
Thornton	N/A	N/A	\$70,000	Valeria L. and Howard J. Frisbey	Richard A. Johnson
Warren	1415 NH Route 25	Single-Family Residential	\$150,000	Renkert One FT	James M. Kerrigan and Jennifer M. Kuntz
Waterville Valley	N/A	N/A	\$184,000	Waterville Co. Inc.	Pamela L. Jones and Felicia A. Smith

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS



BY MARK PATTERSON

The process of reviewing a client's existing 401k, 403b or other retirement plans that

they have accumulated during their working time, have revealed some commonality as far as allocations between stock and bond funds. Most clients tell me that they had heard that they should have some bond funds for safety and that they really do not have a plan or ever received help with these allocations. The re-

Invest like a pro

turn that their portfolio and the fees are often not realized as well. Many times the "growth" in the portfolio was attributed to their own investment and employer match, not fund performance. During the accumulation phase of investing it may be best to keep plowing money into your retirement fund without overthinking the whole process, but as you approach the distribution phase of life (retirement), risk, reward and sustainable cash-flow are key to a

solid income plan. First off, you can't afford to screw up here. When we are no longer working, our income becomes fixed. Sure, we can work a part time job, but let's plan so that the young people can have those jobs and we can be altruistic with our time. A retirement income plan is really a statement of cash-flows. Some have pensions, or maybe Social Security, these are sustainable cash flows guaranteed by the Government or an insurance company.

Then we have our 401k, 403b, IRA's known as qualified plans. This is where we need to derive sustainable income if our Social Security and pensions do not allow for sufficient cash flow. It may make sense to defer our Social security payments for the 8% growth from the government, and take income from our qualified plan in the interim. All this can be calculated for the best plan for you.

Insurance companies invest in investment grade bonds and mortgage backed securities that are considered safe and stable. Why don't you? What I often see are mutual funds, stock or bond funds with no rhyme or reason. It is really not possible to invest in individual bonds in most retirement plans. That is why bond funds exist. What I show my clients is how to invest like the professionals and institutions, not retail clients. Mutual funds were really a means of diversification for

small amounts of money. Attach a commission to them and you have something that registered reps can sell you. By the time most people are approaching retirement, they may have enough assets in order to own their own portfolio of fixed income, like bonds and mortgage backed securities. You, the client then maintains control, has a sustainable and steady cash flow just like the insurance companies, banks and pension plans. The use of exchange traded funds or even mutual funds may be useful to invest in obscure or specialized sectors of the market. There are ways to convert retirement assets to self-directed IRA's that opens the door to open architecture investing.

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

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

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Village Store

FROM PAGE A1

them all," he said.

Besides watching those young boys turn into brave soldiers, he also watched other boys and girls grow, graduate high school and college, then marry and have children of their own.

"It's the cycle of life," said Fouts. "I've enjoyed watching it all."

His customers were sad to hear he was closing up the shop. It had

become a routine for many in the town to stop in for a lottery ticket or to grab something to eat or drink on their way to and from work. Among those were Al Brown of the town's highway department.

"It's a shame. We've always counted on Gary and this store. In the winter, when we were out plowing all night, we would wait for him to open so we could get a hot cup of coffee and take

a break. We're really going to miss it," Brown said.

Fouts said he will miss them as well.

When asked about future plans, he said he would take a few months off to relax but felt certain he would find something else to do in time.

"I never know what I'm going to do. I'll have to wait and see what happened next, but this ain't been a bad gig," Fouts said.

DHS

FROM PAGE A1

ties.

Included in the day was a presentation on the history of Danbury by Tom Curren and blacksmithing demonstrations by JP Hobby.

Hobby has been blacksmithing for more than 30 years and his coal fired forge drew a lot of attention as he fanned the flames and prepared to show everyone how to make an iron hook. In the early days of Danbury, blacksmiths were heavily relied upon to make numerous items for the home and farm, such as horse shoes, shovels, chisels, hoes, hinges and door handles.

"I can teach you everything you want to know about blacksmithing," he told one interested young boy.

At their food booth, DHS President Bonnie Fletcher said that recipes used for foods the historical society had available that day were typical items that Danbury residents in the 1800's might have found on their dinner

table. Among those treats were bread pudding, corn bread, meat pies, maple beans and apple slump.

"Apple slump was kind of like apple crisp back then," Fletcher explained.

Evelyn Pagella had a booth set up as well, filled with antique clothing, lace, needles and other tools of the textile industry used more than 100 years ago. There were even old fashion magazines and directions on how to make different types of clothing.

"I collect antique clothes and sewing items so I decided to bring them out for others to see today," she said.

The day was just one in a monthly series of events the historical society has scheduled for this year. On Aug. 12-13 they will once again present Danbury Garden & Farm Days, featuring a series of guest speakers and demonstrations. There will also be farm and gardens tours, displays of tools from the 1800's and 1900's, and educational presenta-

tions with useful tips on growing vegetable and flower gardens at home. Schedules and locations for the week-end's activities will be posted throughout the town.

On September 10 from 2-5 p.m. the historical society will host Community Talk: Past & Present. Folklore and oral histories of the town will be the focus of that event and everyone will also be encouraged to share their own memories as well.

Finally, on Oct. 6 from 7-8 p.m., Gary Ford will give a presentation on schools in the 1800's. Included in his talk will be old photos and historical facts about Danbury as well as information on the community's oldest homes.

The Danbury Historical Society meets from 7-8 p.m. at the North Road Schoolhouse Museum on the first Thursdays in the months of May through October. They invite all to stop by and become involved in their endeavors to preserve the town's rich and historic past.

Habitat

FROM PAGE A3

consideration, agreeing to take on a mortgage that includes the cost of materials, sweat equity labor, local taxes, insurance and, fol-

lowing Habitat's long history, no interest charges. Families are vetted as to their needs and ability to meet periodic payments into Habitat's Fund for Humanity founded in 1968.

There is a special connection between Habitat and Plymouth for in the early 1970s the organization's founder, Millard Fuller, visited Plymouth Congregational Church to help estab-

Meeting

FROM PAGE A1

Smith said are then translated into things people can do to help protect the watershed.

The organization is also gearing up for their annual Lake Week celebration, which will take place from July 22-29 at venues all around the Newfound Region.

On Saturday, July 22, the week kicks off at Grey Rocks with an Environmental Expo and Scavenger Hunt from 9 a.m. until 12:30 p.m. At that time, there will be plenty to see, learn and do. Joining NLRA in the event will be their partners from New Hampshire Lakes Association, New Hampshire Rivers Council, New Hampshire Audubon, the Hebron Conservation Commission and the Newfound Kay-

ak Club. Throughout the morning, people can walk the trails at the conservation area, enjoy food sales to benefit the Bristol Rotary Club, and participate in a family scavenger hunt, which, the NLRA said, will include a surprise for those who finish. Children can build a model boat and sail it on the lake, and New Hampshire Fish and Game will also be on hand to give an airboat demonstration.

A mini-Eco Tour will also be available that morning, and at 1:30 p.m., there will be an Around the Lake Sailing Race.

Other events slated for the week are hikes in the watershed with activities such as Trail and Camp cooking or Yoga in the Mountains, paddling and sailing events along both the

lake and the Cocker-mouth River, as well as full, guided Eco-Tours at a discounted price. On July 28, NLRA, Newfound Audubon and the N.H. Music Festival will present "Music in the Mountains" from 9:30 a.m. until noon. The public is invited to stop by the Newfound Audubon headquarters on North Shore Road in Hebron where they can "savor the combination of music and the great outdoors."

The week will then wrap up with the annual Hebron Fair, which begins at 9 a.m. on the Hebron Town Common.

Several of the events are limited in size and advanced registration is requested. For more information or to register for an event, please visit www.newfound-lake.org.

Scholarships

FROM PAGE A3

nity bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Sav-

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NRHS

FROM PAGE A3

High Honors: Jillian Buchanan, Hannah Eastman, Madison Gould, Alexander Kniskern, Matthew Libby, Deanna Martin, Lo-

gan Rouille, Cameron Smith

Honors: Jonathan Blake, Cian Connor, Erika Crooker, Mackenzie Davis, Kathryn Drapeau, Elliot Economides, Cole Frye, Nicholas Green, Spencer Lacasse, Madison Martin, Josiah Page, Madison Paige, Kimberly Payne, Aryn Prescott, Leslie Shattuck, Faith Smith, Megan Stafford, Trinity Taylor, Naomi Wade, Cheyenne Weisberg, Reid Wilkins

Maura Geldermann, Ashlynn Hatch, Anna Watson

Honors: Aidon Anderson, Madison Avery, Leah Bunnell, Lillian Colby, Emma Desmond, Danielle Duclos, Duncan Farmer, Madison Hanley, Lily Hewitt, Madeline LeClerc, Caroline Marchand, Brandon Marcoux, Kasandra McClay, Stephanie Norton, Sophia Pettit, Alexis Raimondi, Ezekial Richardson, Kyle Rosendahl, Madison Royea, Keegan Sanborn, Wil Taylor

CADY

FROM PAGE A4

In New Hampshire, we are facing addiction is stealing the lives of our young people with opioid overdoses. Adolescent anxiety and depression are at an all-time high and our kids are saturated by technology and social media—they have more "voices" than ever vying for their attention.

With these negative influences do you wonder if we can still raise healthy, well adjusted, drug-free youth? The answer is yes—absolutely. CADY helps parents navigate the teen years by increasing awareness on substance use issues, offering opportunities

for prevention education, and science-based tools and information to guide good choices. If the early red flags are missed and your child is dealing with a substance use disorder, you are not alone; we are here to listen and help by making referrals to appropriate

professional help. The key is to stay informed and stay involved in your child's life regardless of their age. For more information on substance misuse prevention and resources, visit our Web site at cadyinc.org or call our office at 536-9793—we're here to help!



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Memories Last Forever

Circus

FROM PAGE A1

bats, dancing horses, an appaloosa mule, and zebras were just a few of the acts that amazed the crowds for three performances in Kelley Park. The fun wasn't just limited to the ring though. Outside the tent children could take a pony ride, feed an elephant and even experience a ride on a camel.

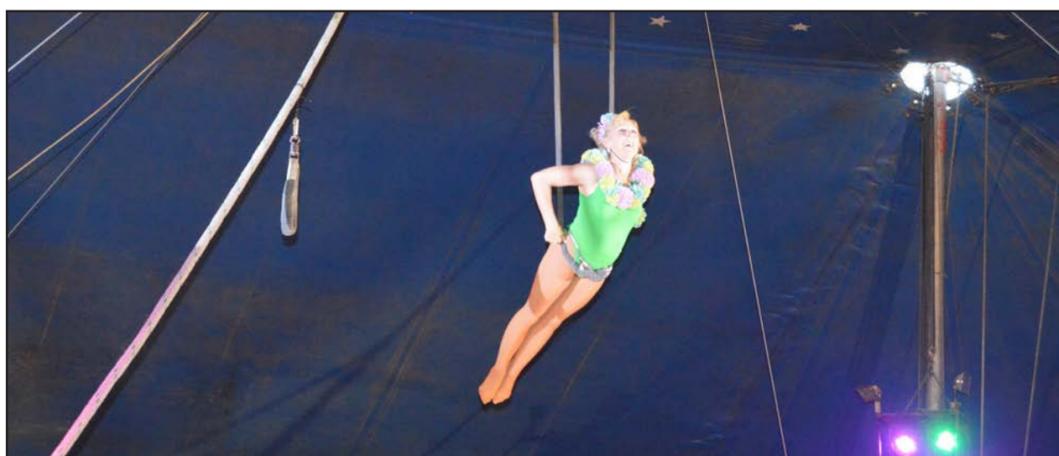
"It was funny. It was a bumpy ride, but it was worth it," said one happy youngster as he climbed down from a camel.

There was lots of popcorn, cotton candy, ice cream and other treats to enjoy as well.

Absent since the circus's last visit to Bristol in 2015 were lion and tiger acts. Representatives of Kelly Miller Circus said that's because they change their acts each



DONNA RHODES
(Left) Kendrick and A.J. of Ashland were one of many boys and girls who enjoyed a bumpy ride on a camel outside the Big Top at the Kelly Miller Circus in Bristol last Wednesday evening.



year to keep the show new and interesting for their audiences.

Kelly Miller Circus began in 1938 and is billed as the "One Ring Wonder" of the circus world. In 2007, it was purchased by John Ringling North II, the great-nephew of the famed Ringling Brothers, and continues its mission today in bringing family fun and entertainment to cities and towns across the United States and Canada.

DONNA RHODES
(Left) Daring acts on the flying trapeze were met with loud cheers and applause when the Bristol Lions Club brought the Kelly Miller Circus back to town last week.

Notebook

FROM PAGE A5

tains of such dominance, our Monadnock long ago was selected as a prime site for a forest fire lookout tower. Its latest iteration was a so-called "kit tower," a standard design of rust-proofed steel created by the U.S. Forest Service and made available before and after World War II to state and timber company associations all across the country.

Although most have long since been abandoned, many of these incredibly strong towers are still standing, Monadnock's among them. And although most of the wooden steps had rotted away when I was last there, the tower was still sturdy, and a group of equally sturdy volunteers fixed it up so the stairs are once again safe to climb.

But ah, the trail. In the early years, the steepest part of the ascent was a classic switchback trail,

zig-zagging its way up and eventually becoming a gently winding path through virgin softwoods and then beautiful, if stunted, hardwood forest.

Shortly after World War II, a telephone line was run up to the tower, and therein lies the story. It became part of the lookout's job to maintain the line, keeping it clear and repairing breaks caused by falling trees and limbs and wandering wildlife. And it wasn't long, of course, before the so-called Wire Trail became the preferred route up the steepest part of the mountain, the switchback trail nearby quickly becoming overgrown. Here and there the discerning eye can still see its remains.

From our promontory above Colebrook we could see, off to the southeast, a huge clearing that was once the site of a large farm but is now invisible to most of the traveling public, reachable only by a rough one-lane road originally laid out

for ox-carts.

I wondered what I always wonder when I see such openings in a vast sea of trees, no longer grazed or hayed, and kept open only by committed owners who bear the expense of bush-hogging. How long will these openings stay open? In many instances, they are the only means by which we can view our views.

We eventually fetched up at Lake Gloriette, at the foot of Dixville Notch, where we discovered nothing much new at the Balsams, except a new (and fairly large) landslide on the cliffs behind, which are home to peregrine falcons.

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Strategies

FROM PAGE A5

is, indeed, a spark of the divine in each one of us. And, yes, that includes pedophiles, prostitutes, and perverts. The Bible may not sanction every life-style but God's Himself has granted each one of us the freedom of will to choose our path through life.

I believe in life after death. Eternity, in my view, is but an extension of life. If we choose to live without a personal relationship with God through Jesus Christ,

we are going into eternity without God – and that is hell – whatever that means. Conversely, however, if we walk with God here on earth we are going to spend eternity in His presence and that is heaven – whatever that means. I don't propose to understand all I would like about life after death but of this I am convinced: God is as good as His Word! I expect to spend eternity in His presence!

I also believe that each of us is on a spiritual journey and have been given the opportunity to model character, honesty, and integrity before our respective families. We each cast a long shadow and the life we live is going to have a significant impact on those who know us and are

influenced by our example. In truth, our family is, to a significant extent, a reflection of who we are. And to our credit or to our shame, the life we live and the principles we live by will be exemplified in the generations to follow.

This column, then, is dedicated to encouraging a serious consideration of those principles that will enable us to be the men and women God created us to be. Many of these principles come to us from the Bible, the book that is not so much about eternity as it is about life. We will explore them together and it promises to be an exciting journey.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.



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Fall sports paperwork available for Newfound athletes

BRISTOL — Student athletes at Newfound Regional High School participating in fall sports must fill out the eligibility paperwork on the NRHS web page, before they will be permitted to participate in a tryout/practice. All paperwork should be filled out seven days before the first tryout/practice. The first practice for football will be Wednesday, Aug. 9, with cross country, field hockey, soccer and volleyball beginning on Monday, Aug. 14. Unified soccer will begin once school starts. Any questions should be directed to Pete Cofran, Athletic Director at pcofran@sau4.org or 744-6006, ext. 1507.

Wild things reign on the Cohos Trail

BY JODY HOULE

Contributing writer

COOS COUNTY — What started as an idea in 1978 has become more than 170 miles of remote hiking in more than a million acres of wilderness, mountains and lakes. The Cohos Trail network runs from southern Crawford Notch to Pittsburg in the White Mountains National Forest and through the Great North Woods and connects to Canada.

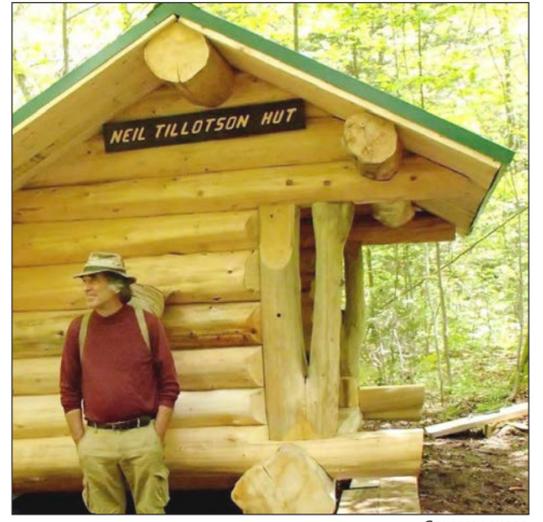
"It utilizes new trail, moose paths, existing trails, old ways, old rail beds and it gets you where you have to go I guess," said Kim Robert Nilsen who envisioned



COURTESY PHOTO

The Cohos Trail began as an idea in 1978 and is now trail system, more than 170 miles of trails, that run from Crawford Notch to the tip of Pittsburg at the Canadian border.

the trail system in 1978 Trail Association and "Certainly in the New England region, this is



COURTESY PHOTO

Kim Roger Nilsen, founder of the Cohos Trail, stands with the newly built Neil Tillotson Hut — a lean-to shelter built by volunteers with donated cedar located in the township of Pittsburg between Deer Mountain Campground and Lake Francis Campground. It will allow hikers to camp legally within the Connecticut Lakes State Park.

the longest trail in generations. It's also one of the most remote trails in the state -- and of course a lot of woods walking. It is a woods trail by and large. People want to be in the woods in a wild area that is not frequented by much of anything -- where humans don't reign -- where the wild things reign."

Nilsen's goal to develop the long-distance hiking trail system from southern Crawford Notch to the Canadian border is a success story for the ages.

Nilson, now 69, of Spofford, was a reporter for the Coos County Democrat back in 1978 and he began to conceptualize his vision of a long distance trail system in Coos County. He wrote an editorial about it that year. Without much response, the idea lingered for 20 years until plans to create the trail roots developed. In 1998, things moved forward -- volunteers, including people of all ages from all over the Northeast and beyond with the help of the North Country Trailmaster program, land owners, state officials, federal employees, local businesses, students, Eagle Scouts, AmeriCorps workers, camp owners, town officers, highly skilled local cutters and several others contributed to making the trail system a reality. By 2000, the trail was yellow-blazed. The final section of the trail was completed in 2011. The trail is rutted and solid and there are five shelters and a guidebook written by Nilson is available for hikers.

Nilsen is the board chair. Much of what he does is raise money, oversee publications, help maintain trails and write grants. He also plays a major role in developing and building shelters on the trail system.

Today, the trail presidency is presided over by Ken Vallery of Lancaster, who has made major efforts to improve the Cohos Trail and the fiscal soundness of the association.

The trail boasts more than 30 picturesque mountain peaks with spectacular views as well as many mountain notches and meadows, cliffs and ledges, several waterfalls and streams, ice gulches and caves, arctic tundra above tree line, tree stands, bogs, marshes and wildlife reserves, a blueberry barren, glacial kettle ponds and lakes, state and federal campgrounds, lean-tos, a summit cabin and much more. It is moody and remote and it has been said that you are more likely to encounter moose than humans.

Volunteers recently built a new lean-to shelter, called the Neil Tillotson Hut, in northern Pittsburg township, halfway between Deer Mountain Campground and Lake Francis Campground. It will allow hikers to camp legally within the Connecticut Lakes State Park. The new shelter is a cedar log building, much of it donated.

The Cohos Trail Association, an all-volunteer association, also opened 4.4 miles of new trail last year in the Nash Stream Forest to enable hikers to get off two miles of Nash Stream Road altogether. The new Trio Trail and

SEE TRAIL PAGE B4

Plymouth Babe Ruth hosting 14U state tournament

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Plymouth Area Babe Ruth program will be hosting the 14U state tournament at Plymouth Regional High School this coming weekend.

In addition to Plymouth, teams competing will be Nashua, Keene, Hampton, Londonderry, Derry and Goffstown.

Games will take place starting today, Thursday, July 13 and continue through Monday, July 17.

Today's action has Nashua and Keene facing off at 11 a.m., followed by Hampton and Londonderry at 2 p.m. and Plymouth vs. Derry at 5 p.m.

Action on Friday, July 14, has Goffstown

playing in the first game against the winner of the Nashua-Keene matchup at 11 a.m., followed by the second winners' bracket game at 2 p.m. The losers from games two and three will play at 5 p.m. on Friday.

There will be two losers' bracket games on Saturday, one at 2 p.m. and one at 5 p.m. The schedule will also have

three games on Sunday, with a winners' bracket game at 11 a.m. and followed by a pair of losers' bracket contests at 2 p.m. and 5 p.m.

The finals will be taking place at 2 p.m. on Monday, July 17. If a second game is needed in the double-elimination format, it will be played at 5 p.m. on Monday.

The road for Plymouth will start at 5 p.m. today. If they win the first game, they play at 2 p.m. on Friday and if they lose the first game, they play at 5 p.m. on Friday. Their winners' bracket road would continue on Sunday at 11 a.m. while their losers' bracket road would play at 5 p.m. on Saturday and then 2 p.m. and 5 p.m. on Sunday, as long as they continue to win.

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

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Events/Entertainment

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FUNDRAISING EVENT
The Awareness for Adalyn is hosting a Murder Mystery Dinner Theater. Catered. Cash bar. Silent Auction. August 5, 6:30, Franklin Elks. \$25/pp. Contact awarenessforadalyn@gmail.com or 603-513-8635 for tickets.

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Locals earn titles at Granite State Track state championships

BY JOSHUA SPAULDING

Sports Editor

PELHAM — The Granite State Track and Field state championships were held at Pelham High School on June 23.

Athletes qualified for the state championship with their performances earlier in the season and there were a number of local athletes earning spots in the championships.

In the girls' 9-10 age group, Kylie Rapoza of New Durham had a great day, capped off with a championship in the long jump at six feet, 9.25 inches.

She also finished second in the 50-meter dash in 8.09 seconds and was second in the 100-meter dash in 15.92 seconds. In the 50 meters, Alexandra Mooney of Newfound finished sixth in 8.94 seconds and in the 100 meters, Katherine Haley of Wolfboro finished third in 16.06 seconds.

For the 200 meters, Katherine Haley was second in 34.19 seconds and Keira Haley of Wolfboro was eighth in 36.35 seconds.

In the hammer throw, Molly Hunewill of Newfound was seventh at 65 feet, three inches and teammate Isadora Robert was eighth at 62 feet, eight inches.

In the 4X100-meter relay, Wolfboro ran to fourth place in 1:08.61 and Newfound took sixth place in 1:11.57.

For the girls in the 11-12 age group, Wolfboro's Lauren MacPhee had a good showing, winning two championships.

In the 100 meters, MacPhee took top honors in 13.87 seconds and in the 200 meters, she also grabbed first place in 28.55 seconds. MacPhee added a sixth place in the long jump with a distance of six feet, 10 inches.

Lydia Marunowski of Plymouth ran to fourth place in the 400 meters with a time of 1:12.72.

In the 13-14 age group, there were a couple of championships won by local athletes.

Julia Ahern of Plymouth won the long jump with a distance of 13 feet, 6.25 inches, with Katherine Luehrs of Plymouth in fourth place at 13 feet, 5.75 inches.

Luehrs also won a championship, finishing first in the 100 meters in 13.18 seconds, with Carolyn Day of Wolfboro in seventh in 15.17 seconds.

Luehrs came home second in the 200 meters in a time of 28.29, with Day in eighth place in 31.77 seconds.

Samantha O'Brien

of Wakefield took second place in the hammer throw with a toss of 120 feet, three inches, followed closely by MollyLu McKellar of Newfound at 116 feet, two inches.

Rosemary Carpenter of Wolfboro took second in the 800 meters in a time of 2:46.08, with Alexis Copp of New Durham in fourth in 2:58.16, Lilly Stinchfield of Wakefield in fifth in 3:16.44 and Natasha Bamford of New Durham in 3:17.78 for sixth place.

Carpenter also took third in the 400 meters in 1:09.72, with teammate Sarah Carpenter in fourth in 1:10.36 and Copp in sixth in 1:16.4. In the 1,600 meters, Marcella DeNitto of Wolfboro took third place in 6:24.36, with Corrina Flynn of Plymouth in fourth place in 6:28.

Wolfboro took sec-

ond in the 4X100-meter relay in 58.4 seconds, with Plymouth in third in 1:00.35 and Wakefield in sixth in 1:04.51.

Tyrone Belyea of Newfound won the championship for the 9-10 boys in the hammer throw at 128 feet, five inches, with Grady Marunowski of Plymouth in sixth at 98 feet, three inches. Mack Carpenter of Wolfboro finished fifth in the long jump at five feet, 11.5 inches.

In the 50-meter dash, Brendan MacPhee of Wolfboro was sixth in 8.62 seconds while in the 100 meters, Belyea finished fifth in 16.1 and MacPhee was eighth in 16.98.

Belyea was also fourth in the 200 meters in 33.52 and Timothy Bennett of Wakefield was sixth in 33.88. Tucker Barnaby of Plymouth finished seventh in the 400 meters in

1:20.12.

Newfound finished eighth in the 4X100-meter relay in a time of 1:14.03.

For the 11-12 age group, Keats Corson of Wolfboro won the state title in the 400 meters in 1:04.27. Emerson DeNitto of Wolfboro placed fifth in 1:14.74, followed by Brayden Rapoza of New Durham in 1:14.91 in sixth and Keegan Russo of Wolfboro in eighth in 1:22.49.

Orion Browne of Plymouth placed second in the 100 meters in 14.13 and was also second in the 200 meters in 29.15 seconds. In the 800 meters, Rapoza was fifth in 2:55.44, Russo was sev-

enth in 2:59.86 and Cabot Henley of Madison was eighth in 3:05.4.

Dominic Alberto of New Durham was sixth in the long jump at six feet, 9.75 inches, with DeNitto in seventh at six feet, 7.25 inches and Tayten Lamson of Plymouth in eighth in six feet, 6.25 inches. Russo was also fourth in the hammer throw at 138 feet, nine inches and Gavin Copp of Ossipee was sixth at 129 feet, 10 inches.

In the 4X100-meter relay, Wolfboro finished in fourth in 1:02.24 and Plymouth was sixth in 1:03.01.

In the 13-14 age group for boys, Tyler MacLean of Newfound finished

in third place in 1:17.98 and Alexander Marks of New Durham was fifth in 1:25.18. Marks also placed second in the hammer throw at 140 feet, five inches and Nicholas Ahern of Plymouth was eighth at 117 feet, four inches.

Zach Eagan of Wakefield finished in second place in the 800 meters in 2:37.58, with Newfound's Hunter Coleman in third in 2:42.11. Eagan also placed third in the 1,600 meters in 5:29.64 and Coleman was fourth in 5:49.89.

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

Trainer sought at Newfound

BRISTOL — Newfound Regional High School is looking to hire a Certified Athletic Trainer for the academic year. Interested individuals should send a letter of intent, resume and two letters of reference to Supt. Stacy Buckley, SAU420 N. Main St., Bristol, NH. 03222. Position starts Aug. 9.

Youth football camp is Aug. 7-11

PLYMOUTH — The Plymouth Area no-contact football camp will be taking place from Monday, Aug. 7, through Friday, Aug. 11, from 4 to 7 p.m. each day.

The camp is open to all youth entering third through eighth grade this fall and will be held at the Plymouth Elementary School practice field. The camp is designed to introduce the elements of the game of football and teach the proper techniques

before moving on to a full-contact season.

The fee of \$50 will include a camp t-shirt at the end of camp and is payable to Plymouth Elementary School.

The camp will provide individualized instruction covering offensive and defensive techniques, instruction on the proper form of blocking and tackling, specialized quarterback and receiver instruction and drills, punting and placekicking instruc-

tion and drills and running back dos and don'ts whether with the ball or without.

Each daily session will end with a scrimmage where skills will be worked on and applied to in-game situations. Each camper should provide their own water bottle, workout clothes and cleats or appropriate footwear.

For more information, contact John Ramsey at jramsey@pemibaker.org.

The curtain opens on one giant leap

Frank Sinatra once sang, "and now, the end is near, and I face my final curtain."

As this goes to press on Thursday, July 13, I am just one day away from facing a pretty big curtain of my own, one that I've been simultaneously dreading and anticipating for the past two months. And while the Friday, July 14, curtain will not be my final curtain, it will mark a big leap into the unknown, which in my mind, is what the Chairman of the Board was singing about, at least in some ways.

For the past two months, I've spent three nights a week in the Village Players Theater in Wolfboro. This is not a new thing, as for the past four or five years I've been involved in every show in one way or another and was at the theater two or three times a week to help build sets or get pictures for publicity articles or for rehearsals.

But, as I am sure many people are aware, this summer has been a bit different on my end, as I'm not working behind the scenes as a producer, stage manager or assistant director as in

SPORTING CHANCE



BY JOSHUA SPAULDING

years past. Instead, I'll be on the stage, trying to look like I know what I'm doing while all the while stressing out that I'm going to screw it up.

Last summer, after serving as assistant director for the VP summer show, I thought it was important that I audition for a show so I can see the stage from another angle. I figured it would help any future directing, producing or stage managing I wanted to do. Since summer is my slowest time of the year, I made the decision to audition for the summer show, which in years past has been a comedy of some sort, but not a musical.

But when this year's shows were chosen, the summer show was a musical, The 25th Annual Putnam County Spelling Bee. My initial reaction was to put aside my auditioning thoughts for next summer, but upon some convincing from a few people (you know who you are), I decid-

ed to go through with it and at the end of April I auditioned for the show, figuring I would get one of the non-singing parts, a small role somewhere.

The director, Kathleen Hill, had other ideas (or few other options, whatever the case may be), and I got a fairly significant role in Spelling Bee. At first, there was excitement and curiosity, wondering if this was something I could do. But the singing came along relatively easily and I felt some confidence. However, adding the dancing in made it another story. With the words committed to memory, I started learning dance moves. But when I put them together, I concentrated on getting the dance moves and the song lyrics just escaped my brain.

I am extremely grateful to our choreographer, Kaylin Dean, who had the utmost patience with me and my unique learning style, as well as our music director, Bobby Burns, who spent time after rehearsals helping me find my voice.

And I am incredibly thankful for the guiding hands of our director, Kathleen, and assistant director, Christian

Boudman, in this entire process. This is all new to me, at least from this side of things, and their patience was appreciated.

That being said, my cast mates are incredibly talented, from VP veterans Bob Tuttle, Christine Muelhausen, Gwen Collins, Paul Stewart and Becca Connelly to newcomers Garrison Barron, Connor Nelson and Sammi Smith, and together I think we've made a good show. I can guarantee you a few laughs, if for no other reason than seeing me dancing a ballet. Yes, you read that right.

Shows are July 14, 15, 21 and 22 at 7:30 p.m. and Sunday, July 23, at 2 p.m. Tickets are at village-players.com. Come enjoy a fun evening.

As Sinatra said later in the same song, "Yes,

there were times, I'm sure you knew, When I bit off more than I could chew. But through it all, when there was doubt, I ate it up and spit it out, I faced it all and I stood tall, And did it my way." Here's hoping that's exactly how I'm feeling in a couple of weeks.

Finally, have a great day Bobby Burns.

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, Wolfboro Falls, NH 03896.

Trail

FROM PAGE B1

Pond Brook Falls Trail were brushed out by a North Woods Stewardship Center crew from E. Charleston, Vt., under contract with the association.

A new bypass trail on North Sanguinary Ridge north of Dixville Notch was completed and opened last year, as well, enabling hikers to

reach the true summit of Mt. Sanguinary for the first time and to bypass a section of trail that was in poor condition.

The Cohos Trail begins near Crawford Notch State Park at Notchland and runs through a chain of trails to the village of Fabyans, then through Cherry Mountain to Jefferson up-and-over Mount Wambek, following the Kilkenny Ridge Trail

to Stark, along Nash Stream Forrest to Dixville Notch and into the Connecticut Lakes and ends at the Canadian border in south Quebec. From there, hikers can bring their passport and continue in Canada from Sentier Frontalier's Trail to Mount Megantic and Mount Gosford. The whole network is considered to be the only international trail system in New Hampshire

and the second international pathway in the east.

You can hike your own hike with thru-hiking, day hiking, or section hiking.

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