

# Newfound Landing

THURSDAY, APRIL 27, 2017

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COMPLIMENTARY

## NRHS announces the Class of 2017's top two

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Newfound Regional High School Principal Paul Hoiriis was pleased to announce last week that the distinction of Valedictorian and Salutatorian for the Class of 2017 was being presented to Gretchen Dancewicz-Helmers and Molly Schilling, both from the Town of Hill, for achieving top academic achievement and earning them the honors.

Dancewicz-Helmers came to NRHS in her junior year, when her previous school, Sant Bani, ceased their high school programming.

"It turned out to be good timing because that was when Hill joined the Newfound School District," she said. "It's been an interesting experience for me since this is much bigger than Sant Bani, with AP courses,



Newfound Regional High School Principal Paul Hoiriis is proud to introduce (left to right) Gretchen Dancewicz-Helmers and Molly Schilling as Valedictorian and Salutatorian for the Class of 2017.

clubs and a lot of other activities."

She said she made the transition easily however by jumping right on board with a number

of school activities at NRHS, such as the Outdoors Club, the Art Club and the Asian Culture Club. Dancewicz-Helmers was soon inducted

into the National Honor Society and also joined

Student Council where she was named both their

Historian and leader of the Service Committee.

Over her four years in high school at both Sant Bani and NRHS she has been a member of the track and field team. Dancewicz-Helmers took part in the long jump and 100-meter race at both schools and is working on her skills in the shot put competition this year.

Besides all of that, she joined this year's new Unified Sports Soccer team at NRHS.

"That's been a lot of fun," she said. "It's a very friendly competition and I've made some really good friends."

Her senior project this year was a study of mushrooms, decomposition and how that affects

SEE TOP TWO, PAGE A12

## Selectmen reverse position on Police Chief's safety warning

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — Selectmen got behind Police Chief Michael Lewis in his decision to issue a public warning about the discovery of a hypodermic needle near Kelley Park, and Deb Naro, executive director of Communities for Alcohol and Drug-Free Youth (CADY) in Plymouth, offered to assist in getting the point across.

"This is a horrible issue that we're all dealing with," Naro told selectmen at their April 20 meeting. "One of the

most vital ways to prevent any type of problem is to raise public awareness, and I understand cryptic messages don't get the point across."

Two weeks earlier, on April 6, selectmen had reacted to the publicity that followed Chief Lewis' Facebook warning quite differently. J.P. Morrison had commented at that point, "I'm not sure it's such a great idea," saying it makes the town look bad at a time when it is trying to boost economic activity.

"My comments were based on one lit-

tle two-second flash on WMUR," Morrison explained on the 20th. "All it said was this was found in Bristol, and when the snow melts, there will be more. I'm not saying we should bury our heads in the sand; I know there's a problem, like any other community in the country. But before anyone from the police department or the fire department or anyone in this town releases something, they should put together the whole story."

Other selectmen said SEE WARNING, PAGE A12



The Gnome-ADS Team (left to right): Mabel Bureau, Mika Austin, Shayleigh Batchelder, Cailyn Richard & Evan Foster.

## New Hampton students advance to Destination Imagination global finals

NEW HAMPTON — New Hampton Community School (NHCS) will advance to the Destination Imagination Global Finals in Knoxville, Tenn., May 23-27, to compete with the best teams from 48 states and over 20 countries.

New Hampton Community School team, dubbed "Gnome-ADS,"

took first place for the elementary school level in the improvisational challenge "3-Peat." They were required to produce three spontaneous skits, each no more than three minutes long, that incorporated the same story prompt, but presented with different characters and in a different performance genre given by the judges.

The team was also named one of two DaVinci Award winners, given to a team for having a unique approach to a solution, for risk taking and/or for outstanding creativity. The judges' citation reads, "This team took their non-scored 'Box O' Stuff' and turned it into an ornate keepsake 'Box O' Beauty." We were delighted by the elaborate and rich detail on the box. The box showed workmanship and attention to detail that was well beyond our expectations of this

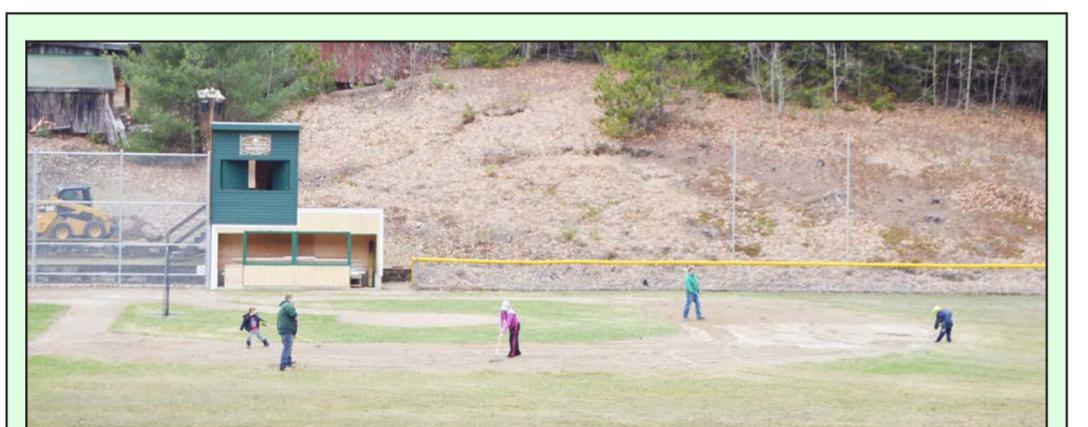
young team!" Regional competi- SEE DI TEAM, PAGE A12

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20 pages in 2 sections  
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Board members, parents, ball players and community volunteers all pitched in to rake and grade the playing field at Wells Park last weekend while members of the Bristol Rotary helped by painting the new dugouts.

## Players, coaches, and community members pitch in to clean up Wells Field

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL — Things were bustling at Wells

Field in Bristol last weekend as the Newfound Babe Ruth Board of Directors, coaches,

community volunteers, parents and even young ball players came out to ready the fields for the

upcoming baseball and softball seasons, which kick off with Opening SEE WELLS FIELD, PAGE A12

# Bristol selectmen say no to special election, yes to new cruiser

BY THOMAS P. CALDWELL  
Contributing Writer

**BRISTOL** — The Bristol Board of Selectmen joined other towns in Grafton County District 9 in deciding to leave a state representative's seat vacant until the next election cycle in the fall of 2018.

Jeff Shackett, R-Bridgewater, resigned in February, 30 days into his fourth term in the New Hampshire House of Representatives. His resignation cut in half the number of representatives from District 9 taking part in the current legislative session, which will set the state's budget for the next two years.

Although the House failed to come up with a budget proposal its members would accept, it will get another

chance to tackle the matter when it takes up the budget coming out of the State Senate. However, even if District 9 towns had called for a special election, the 2017 legislative session would essentially be finished by the time the new member could be sworn in, calling into question whether the expense of holding special primary and general elections would be justified.

Bristol had polled the other towns — Alexandria, Ashland, Bridgewater, and Grafton — to find out whether they wanted a special election, and all four declined.

Robert Hull, R-Grafton, is District 9's only representative until the next regular election in the fall of 2018.

In other business at



**Bristol Fire Chief Ben LaRoche, left, thanks Bob Patten for his 54 years of service. Although retired, Patten remains an honorary member of the department.**

TOM CALDWELL

the new cruiser, once it is equipped for police use, will be close to the \$48,300 he had requested of the town.

Instead of asking voters to pay only the price of a new cruiser, as they had in the past, selectmen on the advice of the Capital Improvement Program Committee boosted the request to \$50,000 to establish a capital reserve fund for police vehicles. Such a fund typically is used to set aside money toward large purchases in future years, but selectmen said it also would allow the town to postpone purchasing a cruiser until it could get a better price, or even hold onto the beyond for a future year's purchase.

Selectman Paul Manganiello, a fiscal conservative who had pushed for the capital reserve fund, said he was "baffled and somewhat embarrassed" to learn the money would be spent so soon without realizing any savings, and he cast the sole dissenting vote in the 4-1 decision to au-

SEE BRISTOL, PAGE A12

## Local police prepare for national drug take-back initiative

BY DONNA RHODES  
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**REGION** — The U.S. Drug Enforcement Administration has found that many drug problems begin with prescription drugs found right at home, so in 2010, it established an annual Drug Take Back Day in hopes of eliminating that source of pain medications and other prescription drugs that are no longer needed.

Saturday, April 29, has been deemed the National Drug Take Back Day for 2017, and local police departments will be available from 10 a.m. until 2 p.m. that day to collect any unwanted or expired medications in

their effort to prevent any diversion or abuse problems in the future.

Besides making homes safer with the removal of unwanted medications, proper disposal of them is another benefit to the Drug Take Back initiative. Medications that are flushed or poured down a drain can make their way into the water table and cause harm to the environment. The national program therefore provides a safe and environmentally responsible way to dispose of medications.

The collections are done anonymously, making it unnecessary to remove labels from bottles and vials; the

prescriptions are simply dropped into the special boxes provided by DEA and are then incinerated at a secure location.

This year police officers in Ashland, Bristol, New Hampton, Plymouth, Thornton and Waterville Valley will be accepting medications at their local police departments, while Alexandria Police Department will have an officer on hand at the town's Transfer Station for collections.

There is no residency requirement; people participating in this Spring's safety initiative may do so at the location most convenient for them.

ly the health officer. their April 20 meeting, the selectmen voted to purchase a new police cruiser now, rather than later, as they had planned. They changed their minds after learning of mechanical problems with the "town car" — a retired police cruiser used by town officials, primarily

ly the health officer.

Police Chief Michael Lewis proposed purchasing the new cruiser from Irwin Ford in Laconia for \$28,970, which would allow the department to turn over its 2010 Ford Expedition to replace the existing town car. Lewis said the total cost of

## Newfound Area Churches to host annual Crop Walk fundraiser

**NEW HAMPTON** — Newfound Area Churches (NAC) will be sponsoring their annual fundraiser through Church World Services (CWS). The project is "Crop Hunger Walk" to fight hunger worldwide and in our own

neighborhood. Twenty-five percent (25 percent) of all money raised will come back to the Bristol Community Services. Walkers may register through their local churches (or on line).

The walk will be held on Sunday, May 7 at 1 p.m. The location of the walk is the New Hampton Fitness Trail. The NAC churches are as fol-

lows: Alexandria United Methodist Church, Bristol Baptist Church, Bristol United Church of Christ, New Hampton Community Church, Holy Trinity Parish Our Lady of Grace Chapel, and Union Congregational Church of Hebron. The online address is [crophungerwalk.org](http://crophungerwalk.org). For more information, please call 744-3885.

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## Double feature in Danbury

**DANBURY** — It's a two for one event on Saturday, April 29 when the United Church of Danbury and the Blazing Star Grange combine an evening of Dutch Auction fun with a feast of chicken pie. Two events on one night along with the fact that it's a repeat performance for both events must mean that two is the magic number. The chicken pie menu served with vegetable, rolls, beverage and dessert has become so popular that the grange now serves chicken pie twice a year. Tickets are \$9/adults with meals

available for eating in or taking out.

Meanwhile, the members of the United Church and the community love Dutch Auctions so much that it seemed like this evening of fun and camaradery should be had in Danbury more than just the once at Grange Fair. The church has gathered some great prizes and also have a quilt to raffle. While the supper is served from 5-6:30 p.m., Dutch auction tickets will go on sale at 4:30 p.m. with the drawing of the lucky tickets following the close of the supper. Winners do not need to be present to win. Combining organization events and making strong community connections is just one of the great parts of living in a small town. Attend Danbury's dynamic duel events at the Blazing Star Grange hall, 15 North Rd. in Danbury.

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# Sally Sheffield joins Circle Program staff

PLYMOUTH — Current Circle Mentor, Sally Sheffield, is expanding her role at the Circle Program as she joins the staff in the capacity of Development & Marketing Coordinator.

Sheffield has been involved in the mentoring program since 2013, and explains, "My role as a mentor has provided me with tremendous insight into the impact of the program in the lives of the wonderful young ladies it serves, and the unique community building aspect Circle creates. I feel honored and humbled to be working with the Circle staff to fulfill the program's mission."

Sheffield's personal connection to her mentee has given her an enthusiastic understand-

ing of the organization's goals and hopes for every girl it serves.

Sheffield brings more than 20 years of professional marketing experience to the Circle Program. She was Vice President of Marketing for the Executive Enterprise Institute (EEI) in New York. EEI -- a division of SmartPros, Ltd. -- which served accounting, legal and tax professionals in the Fortune 500 companies by producing and facilitating over 100 seminars and educational training events yearly to fulfil their continuing education requirements. In her role as VP of Marketing, Sheffield was responsible for creating semi-annual marketing plans and budgets for both traditional and



Sally Sheffield

COURTESY PHOTO

web-based media sources. She developed and maintained strong relationships with co-workers, vendors and key industry associations. Her analysis of the EEI customer database and their individual needs was a key strategy that helped move EEI forward successfully. We are grateful that Sally is looking forward to applying her skills at the Circle Program as we strengthen our capacity to serve our

Circle girls and teens in future years.

Sheffield enjoys spending time with her family and her mentee, and loves to pursue activities in the great outdoors of New Hampshire. She lives in Campton with her husband Jack and her elderly mom who say they are able to share their home through the generous indulgence of their dog, Piper.

## Spring is coming... Imagine That!

BRISTOL — Spring really will get here, and we're getting ready to celebrate. On May 4 at 7 p.m., the Friends of Minot Sleeper Library will sponsor an evening of fashion and fun. All are invited to this "ladies' evening" at the library.

Nancy Spears, owner of "Imagine," the new women's specialty shop in Bristol, will entertain and educate the audience on the latest trends in fashion with an eye toward smartening up our "already in the closet" wardrobes. Her associate, Michelle Sistek, who among other things is an expert on tying and draping scarves, will add her expertise to the effort.

As you would expect from a Friends function, the décor will be festive with punch and pastries being served throughout the evening.

There is no fee for this party, but you are asked to reserve a spot by calling the library (744-3352) before April 28. Space is limited, so call soon.

# Newfound Memorial Middle School honor roll

BRISTOL — Newfound Memorial Middle School has released its honor roll for the third marking term of the 2016-2017 academic year.

### Eighth Grade

High Honors: Autumn Braley, Tiffany Doan, Cassidy Dumont, Erik Hanser, Owen Henry, Jennifer MacDonald, Tyler MacLean, Gretchen McGowan, Adele Meyer, Hunter Pease, Madison Perry, Shyann Seymour

Honors: Andrew Bird, Jacob Blouin, Haley Dukette, Sadira Dukette, Bailey Fairbank, Matthew Karkheck, Lexi Kessel-

ring, Serenity LaPage, Alyssa McDonough, Alexia McGlew, Thomas Moore, Meghan Murray, Hannah Owen, Jasmine Peterson, Hayden Reynolds, Simon Shedd, Oceanne Skoog, Marisa Stafford, Skyler Torsey, Hailey Towne, Gabriel Tyson

### Seventh Grade

High Honors: Alexia Bassett, Margaret Bednaz, Hayse Broome, Zoe Davol, Connor Downes, Ryder Downes, Noah Eckert, Julia Huckins, Mackenzie Jenkins, Lindsey Lacasse, Kaileigh LeBlanc, Elsa McCollough, Emma Sawyer, Bodhi Smith, Natalie

Susi, Cassandra-Marie Zick

Honors: Sabrina Alan, Tynan Beauchemin, George Belville, Ryan Berg, Riley Boynton, Timothy Cantwell, Cassie Coffin, Katelynn Cornell, Alana Frame, Gabriella Frasca, Logan Glidden, Evan Labonte, Emily Lower, Leaha Mitchell, Caleb Moores, Kaelyn Nadeau, Madison Patterson, Aria Peringer, Madeline Sargent, Abbey Springer, Brian Watson

### Sixth Grade

High Honors: Alexis Braley, Leah Deuso, Romeo Dokus, Paige Fischer, Ela Goucher, Emily

Harmon, Emily Huckins, Lillian Karkheck, Molly Lu McKellar, Taylor Mooney, Alexis Moore, Myles Perry, McKayla Ulwick

Honors: Malina Bohlmann, Reuben Carruth, Rebecca Dillon, Dalton Dion, Teagan Gilpatrick, Gabriel Henriksen, Jeffrey Huckins, Brady MacLean, Adelaide McGowan, Cassandra McGuirk, Andrew Murray, William Murray, Sydney Owen, Gretchen Reynolds, Colby Runnels, Samuel H. Sanborn, Samuel S. Sanborn, Brynn Sidelinger, Daniele Walker, Natalie Walker, Elizabeth Wentworth, McGowan Willey

# NANA offers scholarships

REGION — In accordance with our mission to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities, NANA (Newfound Area Nursing Association) provides Scholarships to students living in the surrounding communities. These are awarded to individuals

who are accepted into an accredited educational program in the health care field and are based on the following criteria:

a. Applicants shall be residents of communities that NANA serves. Special consideration may be granted to non-residents who are past recipients of

the scholarship monies or current NANA employees.

b. An accredited educational program is one that leads to a formal certification qualifying the individual for entry into a health care field.

c. The health care field shall be consistent with the health-related efforts of NANA.

Please submit your application and two letters of recommendation no later than Friday, April 28.

Applications are available at the NANA office, 214 Lake St., Bristol, NH 03222, or at the Newfound Regional High School Guidance Department. For more information, please call 744-2733.

# Local weight lifters to take part in benefit competition at Lisa's Personal Training

ASHLAND — Congratulations to Ronda Kilanowski, from Campton and Jeremy Hiltz, from New Hampton on their impressive performance in the annual RPS New Hampshire/Vermont State Powerlifting Championship Meet held on April 8 and 9.

Kilanowski and Hiltz, members of the LPT Powerlifting Team, have been working very hard at Lisa's Personal Training in Ashland to prepare for this competition. Kilanowski had an outstanding meet in the Women's 181 Open Raw Classic Division by squatting 175 pounds, benching 110 pounds,



COURTESY

**Congratulations to Ronda Kilanowski, from Campton and Jeremy Hiltz, from New Hampton on their impressive performance in the annual RPS New Hampshire/Vermont State Powerlifting Championship Meet held on April 8 and 9.**

and deadlifting 265 pounds to post a 550 pound total. All three lifts were personal records for her, comprising of a 55 pound PR total.

Hiltz competed in the Men's 220 Master's and Open Division. He broke the RPS Master's World Records for squat, deadlift, and total. Jeremy squatted a

huge 487.5 pounds and broke his own deadlift record with a massive 625 pound pull to put together a record total of 1392.5 pounds. Look for more great things from Lisa's Personal Training competitors in December when we will be competing in the RPS Winter Wars

SEE TRAINING, PAGE A12

# Minot-Sleeper Library announces Arts Program, seeks artists and artisans

BRISTOL — Minot-Sleeper Library will soon begin offering a variety of arts and crafts workshops to the Newfound community, all of which will be free to participants thanks to a generous donation in memory of Jeanne Litchfield Thompson.

Jeanne Litchfield Caskie Thompson grew up on the shores of Pasquaney Bay. She attended Bristol Elementary School before moving to Massachusetts for her high school years. Her father, Captain John R. Litchfield, who also grew up as part of a family devoted to Newfound Lake, ran the Pasquaney Inn until returning to naval duty during World War II, and later built a home on Whittemore Point.

In 1970, Jeanne married her childhood friend, David Bruce "Timmy" Thompson. The two became summer residents at his family cottage on the shores of Pasquaney

Bay for the rest of their lives. Their home was a way station for family, friends, and travelers. Jeanne's artistic talents were displayed through her work with the Newfound Lake Region Association.

As a graduate of the Vesper George School of Art, Jeanne was an artist of many mediums and taught art to elementary school children with enthusiasm and devotion.

It seems fitting to her family that her legacy to the area she loved be art and art education, and therefore have started a fund at the Minot-Sleeper Library to establish free Arts and Crafts classes for the Bridgewater and Bristol community. It is hoped that with the help of the Library Board and community, local artists will be given an opportunity to instruct any and all in the skills that will delight and enrich for a lifetime.

SEE ARTS, PAGE A12



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## Thoughts on the Netflix Series "13 Reasons Why" from a retired high school guidance counselor

BY NANCY E. DORNER, M.ED.,  
CAGS  
Consultant  
Helping People Connect

When I learned about this video series at a suicide prevention training, I knew I had to watch it. After all, since my "retirement" from New Hampshire's largest city as a guidance counselor, my focus, as a consultant, is suicide prevention. The issue of youth suicide is serious and real. I attend monthly meetings of the New Hampshire Youth Suicide Prevention Assembly (YSPA) that seeks to address prevention and discusses suicides of those aged 24 or younger. This year, I assisted former NH Chief Justice Broderick in his initiative Change Direction NH, (<http://www.changedirection.org/nh/>) in which his family's story seeks to bring mental illness "out of shadows" and treat it for what it is: brain disorders.

I spent several successive nights watching "13 Reasons Why." Undoubtedly, if you are touched in some way by adolescents, you have heard how this series misses the mark. I do not want to rehash its irresponsible handling of a very real issue. I want to offer hope, and what could become a positive outcome from this series. Permit me to share what I have learned from working with adolescents and their families first as a high school guidance counselor and then as a clinician.

First, suicide is a permanent solution to a temporary problem. Second, to ask for help is a strength, not a weakness. Facing oneself, in my opinion, is one of the most courageous acts a person can undertake. Third, there is no confidentiality when the safety of

a person is in question.

Young people often know before adults what is happening among their peers. Please understand that you can be a lifeline for a hurting friend. As the Screening for Mental Health Signs of Suicide (<https://mentalhealthscreening.org>) teaches: "acknowledge, care, tell a trusted adult." You are not betraying your friend; you may well be saving his or her life. If you are worried about yourself, talk with a trusted adult. Change Direction NH provides five signs of mental distress to help individuals recognize that they may need to talk with someone. The five signs are: 1) not feeling like you; 2) feeling agitated; 3) are you withdrawn; 4) are you caring for yourself; 5) are you feeling hopeless?

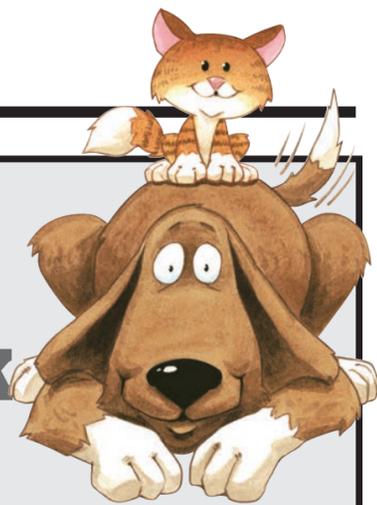
The good news is that there is help and you will not feel badly forever. Reaching out is a strength. Sharing pain eases the burden. There are many sources for help. The two listed below are available 24/7.

If you are struggling with thoughts of suicide, please reach out for help by calling the National Suicide Lifeline (24/7) at 1-800-273-TALK (8255) or text: "START" to 741741. As always dial 911 for emergencies.

Suicide is a difficult issue that needs to be talked about. My fervent hope is that "13 Reasons Why" will open the discussion of a significant issue for all ages. For more information on substance misuse or suicide prevention, visit the CADY Web site at [www.cadyinc.org](http://www.cadyinc.org) or the NAMI Connect Project at

[www.theconnect-program.org](http://www.theconnect-program.org).

## PET of the Week Sprinkles



Sprinkles is as sweet as the confection she is named after.

She was rescued off the streets of Bel-

mont while we were all coping with the winter that just wouldn't leave.

This lovely little

cat was starving and emaciated, bedraggled, barely alive. Later we diagnosed Sprinkles with feline diabetes. In

the short term we are treating her condition with a specially formulated diet. She's doing so much better already.

We'd like to place her in a foster home, a less stressful option for this adorable long haired tabby girl, giving us time to regulate her system.

Could you offer your heart and home for perhaps the most affectionate, gentle cat we have who surely deserves a second chance? She will repay your kindness with affection and purrs a plenty!

Check [www.nhhumane.org](http://www.nhhumane.org) for more details.

## Correction

GROTON — In its Conservation Matters column submitted for publication in our April 13 edition, the Newfound Lake Region As-

sociation inadvertently listed June 29 as the date of an upcoming Citizen Planner meeting in Groton scheduled for the purpose of discussing a

recently completed Conservation Focus Area (CFA) map of the area.

The meeting is, in fact, scheduled for June 28 at 7 p.m. at the town

hall in Groton.

The NLRA deeply regrets any confusion that may have resulted from this unintentional error.

## Letters to the Editor

### Thank you for your thoughts and prayers

To the Editor:

The family of Lucian E. Schofield, Sr. wishes to express their thanks and gratitude for your thoughts, prayers, flowers, cards and donations to the Ameri-

can Cancer Society.  
God bless you all!

*Ethel Schofield and family*  
New Hampton

### Community rights activists celebrate!

To the Editor:

Residents of the Alexandria remember well when lawyers representing Energias De' Portugal (EDP) Renewables showed up for a meeting with elected officials back in July of 2014. EDP was seeking the release of a building permit for a data-collecting MET tower, required for the Spruce Ridge industrial wind project that proposed 29, 500-foot tall wind turbines to a number of towns in the Newfound and Mt. Cardigan regions.

In 2013, residents adopted a resolution opposing industrial wind projects at the Alexandria Town Meeting. In 2014, residents overwhelmingly adopted a Right to a Sustainable Energy Future rights-based

ordinance (RBO). That RBO prohibits unsustainable energy projects in Alexandria which the Ordinance defines in part, as "hydroelectric power and industrial scale wind power when it is not locally or municipally owned and operated..." It is sure that EDP representatives expected opposition from residents, but it was obvious during the July 2014 meeting that EDP's lawyers were not expecting elected officials to represent the vote of the people.

Selectmen at that July 2014 meeting refused to approve the conditions of the MET tower building permit, as two of the three stood on the grounds of representing the will of the people that had consistently

SEE SANBORN, PAGE A13

### You still have to perambulate

To the Editor:

This is the 12th of my reports to the voters of Hill and Franklin on what is happening in Concord. I did not write a report last week because it was very slow with hearings on a few Senate bills in the Criminal Law Committee. We heard

SB 133, relative to body scanners in the State Prison. Last year the legislature authorized the purchase with the assumption that 100 percent of the people would be scanned. Tuned out this was a bad assumption depending on the type of scanner used. It also now is apparent that some

SEE TESTERMAN, PAGE A13

### The work of CASA volunteers has been inspiring

To the Editor:

In honor of April being National Child Abuse Prevention month and it being Volunteer Appreciation Week, I would like to acknowledge the everyday superheroes that are making a meaningful and important difference to abused and neglected children in Carroll and Belknap counties.

Due to the strict confidentiality of juvenile abuse / neglect cases, these impressive volunteers can not share the heartbreaking stories, nor can they tell you about the happy-endings that they helped create. Their incredible efforts and tireless work often goes generally unrecognized. These volunteers come from various backgrounds, but one thing they have in common is they came to CASA of NH because they wanted to use their skills and experiences to give back and to help an abused or neglected child in their com-

munity. The CASA volunteers are showing these children that there is a caring adult who wants to get to know them, and are working diligently to help get them in a safe and permanent home to grow up in. These essential volunteers are making a positive difference and I am so impressed and proud of all that they do for these children. It has been my pleasure to work with these incredible men and women. They do this work because they genuinely believe every child has the fundamental right to grow up in the nurturing embrace of a warm, loving family, and it's been inspiring to see the changes made one child at a time due to the CASA volunteers. Thank you!

*Joy Nolan*  
Program Manager, Belknap & Carroll County  
CASA of NH

## Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol,  
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and the surrounding communities.

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# Choose Your Future: A Series to Save Newfound Lake

## Part III - Keeping your water clean: You and the Newfound Youth Conservation Corps

This is your land and your water – to protect what you love you have to take an active part. This third installment of our Choose Your Future series provides practical ways to protect your land and water, using sustainable, effective, and low-impact methods that last.

One important way to protect your clean water is carefully managing your yard, especially if you live next to a stream or lake. The healthiest approach is a landscape that mimics native and natural surroundings. A buffer of low bushes and shrubs along the shore is an ideal and attractive way to stabilize soil and slow runoff. Meandering paths to the waters' edge provide visual appeal and avoid becoming direct drains to your waterfront.

Carefully managed lawns provide welcome open space and light, but fertilizer can be clean water's worst enemy. Plants require small amounts of the nutrient phosphorus ("P") for healthy root growth. However, a little bit of P goes a long way, and too much is



not a good thing for clean water! In fact, NH's shoreland protection act prohibits use of phosphorus within 25 feet of the waters' edge, and only limited use of approved fertilizers further inland from this critical boundary.

Here are a few tips if you are considering adding fertilizer to your lawn.

First, test your soil - you may not even need additional P.

Second, leave your grass clippings on the

lawn, to return the natural P to its source.

Third, carefully follow all directions for applying P. Times of year, soil moisture, rain events, and soil requirements are all important considerations.

From our gardening maven (and NLRA Membership Manager) Karen Bemis:

Having your soil tested is very easy, and now (Spring) is the time of year to have it tested. You'll have the results in about three weeks.

To have your soil tested, go to: <https://extension.unh.edu/Gardens-Landscapes/Home-Soil-Testing> and print the appropriate form. Several different kinds of tests are available, a Standard Test is \$17 per sample and you will get the pH of the soil, and the levels of Calcium, Magnesium, Potassium, Phosphorus, and Lead. The results will show what the Optimum Range is for each mineral is and make the appropriate recommendations. Recommendations are made for both Conventional Fertilizer and Organic Fertilizer.

Next, take a sample from six to eight spots in each garden or lawn area you want tested. Each sample should be taken from a depth of six inches for gardens, six to eight inches for trees and shrubs, and three to four inches for lawns. Samples can be taken with a spade,

trowel, or auger. Mix these six to eight spots together to create a representative sample of the area.

Air dry and remove stones and other debris from your sample(s).

Submit 1 cup of dry soil in a clean zip-lock bag, labeled with a name unique to that sample (e.g. Front Lawn, Vegetable Garden), along with your payment.

Mail or bring samples to: UNH Cooperative Extension, Spaulding Hall, Room G28, 38 Academic Way, Durham, NH 03824.

There is a wealth of information available and accessible to homeowners interested in managing their land to prevent stormwater pollution. Links to useful on-line resources include:

SOAK NH (attractive and practical ways to increase infiltration and reduce runoff), [www.soaknh.org/](http://www.soaknh.org/).

Landscaping at the Water's Edge (plants, grading, fertilizer use and application), [www.extension.unh.edu/resources/files/resource001799\\_Rep2518.pdf](http://www.extension.unh.edu/resources/files/resource001799_Rep2518.pdf).

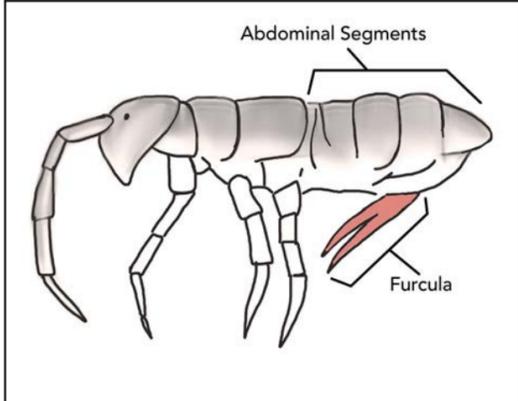
Shoreland Protection Act (NH rules governing land use within 250 feet of protected waters, including Newfound Lake), [www.des.nh.gov/organization/divisions/water/wetlands/cspa/](http://www.des.nh.gov/organization/divisions/water/wetlands/cspa/).

Not sure of how to proceed with your own stormwater pollution prevention project? The Newfound Youth Conservation Corps (NYCC) can help install simple and sustainable landscaping that prevents stormwater runoff, flooding, erosion and water pollution. If you are interested in a free visit to look for ways to improve your yard and protect your clean water, call the NYCC (744-8689), or register for a free assessment at [www.newfoundlake.org/newfound-ycc/](http://www.newfoundlake.org/newfound-ycc/).



COURTESY — CJC LAND AND SEA

If you had the greatest eyesight in the world, and could bend over far enough to get really close to the snow, this is what you'd see.



COURTESY — MOONSHINE INK

This rendition of a snow flea shows what you normally cannot see, the flip-enabling appendage hidden beneath its body.

## So, snow fleas are a hoodwink? There's more to it than you think

This column may seem outdated to some readers, as it probably is.

It was written for a rainy day when I might not be able write a column that week, but seems particularly apt at a time when snow still lingers in some parts of the state. — JDH

I think I first became aware of the reality of snow fleas when I was in my mid-20s, after two decades of snowshoeing and skiing and otherwise enjoying life in oblivion, out there atop the snow.

### NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



Like many others, no doubt, I'd noticed dark outlines around my snowshoe tracks on sunny February days, but I dismissed it as some kind of tree particles in the snow-bits of bark blown off by the wind, maybe. Little did I know...

Until one day when I was somewhere with Fish and Game, doing a story on winter deer yard mortality--Kilkenny, I think--and I had to bend over

to tighten a snowshoe binding.

And then, before my amazed eyes, those black outlines around my tracks came alive. The snow, inches from my face, was an incredible commotion of tiny black creatures, not much bigger than grains of pepper--creatures moving about, flipping about, springing about, like performers in a circus.

Being the budding outdoor writer I was at the time, I dashed

home and tried to look up this phenomenon in my meager reference books, to no avail (this was, of course, long before Google). Stymied, I called a Learned Person, the kind of people I was so lucky to hang out with and befriend during those early years--wildlife biologists, researchers, grad students, conservation officers, loggers, foresters and farmers. "They're snow fleas, you mo-

SEE NOTEBOOK, PAGE A13

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## Towns

### Alexandria

Judy Kraemer 744-3532  
judy7@metrocast.net

#### New arrivals

The bird feeders continue to be the focus of our door yard. Warmer weather types are arriving all the time. This week a pair of Cardinals were center stage. Also Purple finches, and the white throated sparrow. With daffodils and spring Larkspur in full bloom I can feel that Spring may really stay.

#### From the town

Select office is closed until May 1.

The old Town Hall furnaces are being estimated for repair or replacement.

There are plans to set up a committee to review needs of our Town in regards to the Police Department. Further discussion will take place at May 2nd board meeting. Public input is requested.

### Groton

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

Only a few days left for dogs to be li-

censed. Please come in to the Town Clerk's office and get this taken care of. You can license your dogs online if their rabies certificates are current. If you need to have those updated you may either bring in the certificate to us or have the veterinarian fax it to us and we'll update it when we get it. Our fax number is 744-8803. Our office hours are Monday, Wednesday, and Friday, 9 a.m. to 4 p.m. and Tuesday, 4 -6 p.m.

The Select Board met on April 18 at the Town House at 7 p.m. A representative from Granite State Power Link presented the changes that may be occurring in the future using the current infrastructure. There will be a public hearing sometime in May or June to present the same to the public. If you would like information on these changes please log on to <http://www.granitestatepowerlink.com/>.

Some of you have noticed that the transfer station has been closed several times in the past few days. We have had some trouble with the roads being posted and sickness among the help. We hope to get back to reg-

ular hours as quickly as possible. We know everyone wants to get the winter mess cleaned up.

There were a couple abatements approved and three PA-29 tax credits approved. Junkyard inspections will commence the first week of June. Two disposal agreements were signed for two addresses on Fletcher Road. The conditions of some Town roads were discussed. The mud is settling down thankfully but it has caused damage to many of the dirt roads as well as paved roads. Repairs will be done with what funds the Town has allocated for this purpose.

#### Meetings Coming Up

Select Board Meetings will be held every first and third Tuesday, so the next few meetings are May 2, and May 16, all at 7 p.m. at the Town House.

Select Board Work Session Tuesday, May 2 at 4 p.m., and May 16 at 5 p.m.

The Conservation Committee will meet Thursday, May 11 at 7 p.m. at the Town House

The Select Board Office will be closed Monday, April 23 through Friday, April 28, and will reopen on Mon-

day, May 1, also May 16 the office will close at 2:40 for the afternoon and Wednesday, May 24 the office will not be open till around 10:30 a.m.

Beginning May 1, the Select Board office will be open to the public from Monday through Thursday, 8 a.m. to 4 p.m.

The Road Committee will meet on May 23 The Retention Committee will meet May 9 at 3 p.m.

Building Committee will meet June 6 at 5 p.m. at the Town House.

### Hebron

Bob Brooks 744-3597  
hebronnews@live.com

#### Stand up Newfound correction

There will be a Community Meeting of Stand Up Newfound at the Minot Sleeper Library in Bristol on Thursday April 27 from 6:30-7:30 p.m. Please attend and learn what can be done about eliminating substance abuse in our community.

## 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 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 6; Special Needs Ministry for high school aged teens and 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 through age five. Before the contemporary service, please join us for coffee and healthy snacks.

#### KidZone

Debbie Madden leads the K-6th grade class. Kids will love the great videos and games that teach awesome age appropriate lessons in a loving atmosphere!

#### Sermon Series

"What Makes You Happy?"

April 30 "Plan For It"

May 7 "Peace with God"

May 14 "Happy Monday" (Mother's Day!)

May 21 "Shoes"

May 28 "You're Not Enough"

#### Special Needs Ministry

Becky McCuin will be leading a new special needs ministry for high school age teens 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.

#### Small Group Study

Building Your Marriage to Last

Led by Ernie Madden Tuesdays, 6:30-8 p.m.

Childcare provided for infants through sixth grade

Your marriage is under construction every day, as you build on the promises that you've made to each other and learn to deal with setbacks and challenges. Some days, it's less than you hoped for, and other days, it's more than you ever dreamed. No matter how good, difficult, long or short your marriage has been, you can start building — or remodeling — right now.

#### Who Needs God?

Perhaps nobody. Perhaps everybody. Perhaps we should talk about it. Led by Ernie Madden. Thursdays, 6:30-8:15 p.m.

Axyon Youth Ministry, for grades 6 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, (home phone number) 968-7770, or his cell phone at 412-2046. You can also e-mail him at [accernie@hotmail.com](mailto:accernie@hotmail.com), or visit the church Web site, [ashlandcommunity-church.com](http://ashlandcommunity-church.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 love to attend. Our mission is to lead people to live and love like Jesus, and to help others to 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)

Easter Sunday was beautiful at St. Mark's, the church filled with flowers, the children carrying candles and the cross in procession, a larger than usual congregation and the choir back in place. After Ruth Harlow's children's homily, Jean Murphy

and Bev Frost led the children over to Sherrill Hall for Sunday School. Except for our Thursday Healing and Eucharist Service, we will not be worshipping at St. Mark's until June. Under an agreement with Bishop Rob, our Priest in Charge, Rev. Randy and the congregation of Holy Spirit, we will be attending Sunday Services at the Church of the Holy Spirit, Plymouth until then. We will be planning a grand homecoming in June.

In the meantime, Sherrill Hall is a busy place. The Sewing Group meets every Tuesday at 2:30 p.m., and everyone is welcome to attend this class and either learn to sew or work on a project, the Girl Scouts, the Ashland Woman's Club, the Ashland Garden Club, the Community Breakfast, the Concerned Community Group and the Thursday Healing and Eucharist all meet on a regular basis.

Everyone is welcome to attend the Healing and Eucharist Service every Thursday morning at 11 a.m. This is a short but very meaningful service. If you have need for healing for yourself or a friend do come and receive the God's blessing.

The "Faith & Film" series was successful during Lent, so will continue on May 2, 16 and 30 at 10 a.m. in Griswold Hall, Highland Street, Plymouth

The May Ingathering has been set for Sunday, May 14. Remember "your change changes lives." Boxes and envelopes are available at the back of the church.

St. Mark's Office Hours are now on Fridays 10 a.m. - 12:30 p.m.

### Family Worship Center Ply. Assembly of God

Greetings from Family Worship Center Assembly of God church, located at 319 Highland St., Plymouth. If you do not have a home church we invite you to come and join our warm and friendly family here at Family Worship Center. Please feel free to contact out Pastor, Rev. Glen Yunghans at 726-0254 or 536-1966.

Our upcoming schedule is as follows:

#### Thursday, April 27

On Thursday, April 27, come out and join us for our family night at church. We offer the following programs from 6:30 to 7:30 p.m.:

Royal Rangers: Boys from Elementary School through High School

MPact: Girls from Preschool through High School

Adult Bible Study: In our fellowship hall, currently studying the book of Romans

Please come out to this time of fellowship and training.

#### Sunday, April 30

#### Sunday Morning

Come on out and enjoy Bible and Bagels before Bible Study, and get a cup of juice, or coffee and a bagel from 8:30-9 a.m. Following this is our Sunday School class-

SEE CHURCHES, PAGE A7

## June Pearl King, 89

PLYMOUTH — June Pearl King, 89, of Birch Place, Plymouth, died April 20, 2017 at Golden View Health Care Center, Meredith, after a period of failing health.

Born in Plymouth on June 11, 1928, she was the daughter of John Oliver and Arberta (Bacon) Thompson. She was a life-long resident of Plymouth, and a graduate of Plymouth High School, class of 1947.

June worked for several different local companies over the years, including the former Perry Lamp Company, former Sprague Electric, and Plymouth Stitching.

June was a 76 year member of the Lower Interval Grange #321, in Plymouth, and the Seven Orders of Grange. She was also a member



of Tops #25, in Plymouth.

June was predeceased by her husband, John William King, who died in September of 2003.

June is survived by her children, John W. King II of Tulsa, Okla., Dale MacDonald and her husband Neil of Plymouth, Nancy J. Scothorne and her husband Brian of Holderness, and Dan O. King and his wife Janet of Plymouth; nine grandchildren; three great grandchildren; brother,

E. Wayne Thompson and sister Arberta Cogliano, both of Bridgewater; sister, Bernice Lowell of Bristol; and many nieces and nephews.

A funeral service was held in the Mayhew Funeral Home, 204 Daniel Webster Highway, Meredith, on Monday, April 24, at 11 a.m. The Rev. David Rollert, pastor of the Lakes Region Church of Christ, Tilton, officiated. Burial will be held later in the Riverside Cemetery, Plymouth.

Memorial donations may be made to the Lower Interval Grange #321, 50 Cummings Hill Rd., Plymouth, NH 03263.

To view June's Book of Memories, go to [www.mayhewfuneralhomes.com](http://www.mayhewfuneralhomes.com).

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# Indie rockers Carbon Leaf spring into Plymouth

PLYMOUTH — The Flying Monkey Performance Center presents Carbon Leaf on Friday, May 5 at 7:30 p.m. Carbon Leaf is known by legions of loyal fans as DIY indie rockers with energetic live shows. Me & My Brother will open the show. Tickets for this show start at \$25.

Sitting amid stops in major cities up and down the east coast, Virginia-based alt-country indie rock band Car-



The Flying Monkey Performance Center presents Carbon Leaf on Friday, May 5 at 7:30 p.m. Carbon Leaf makes a stop at The Flying Monkey Performance Center in Plymouth on May 5. With 23 years together and 12 studio

albums, the polish, precision and maturity is palpable in the band's sound, which spans from rocky-pop to folk, Celtic-infused jams to twangy alt-country.

The group jumped onto the national scene in 2002, winning an American Music Awards in the "New Music" category, performing its Irish-tinged song "The Boxer" to an audience of 80 million TV viewers as an unsigned band.

Over the years, the quintet has shared the stage with such acts as The Avett Brothers, Toad The Wet Sprocket, Dave Matthews Band, Jason Mraz and David Gray.

Tickets to see Carbon Leaf are \$25, and \$33 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at [www.flyingmonkeyNH.com](http://www.flyingmonkeyNH.com).

## Churches

FROM PAGE A6

es for all ages from 9-10 a.m. Immediately after Sunday School we head into our regular Sunday Morning Worship Service, which features contemporary music and a Biblical message brought by our Pastor. We offer Children's church and nursery during our services.

### Sunday Evening

Sundays at 5 p.m., we have a time of prayer in our sanctuary. No prayer experience needed. All you need to do is come and talk to the Lord and trust the Lord to meet your needs and the needs presented. If you have a prayer request you may put it in the green box in our hall way marked prayer requests.

### Looking Ahead

Saturday, April 29: 10 a.m. Men's brunch in the fellowship hall. Please contact Pastor Glen, 726-0254, or Willy Gusha, 254-4541, with any questions concerning this get together.

### Our Schedule

Sunday:  
8:30 a.m. Bible and Bagels  
9 a.m. Sunday School  
10 a.m. Morning Service

Monday: 1st and 3rd Monday of the Month

10 a.m.-2 p.m. Helping Hands Food Pantry

Thursday:  
6:30-7:30 p.m. Family Night

Our Mission Statement:  
Transforming Lives Through God's Word

Please give announcements for Sunday Bulletin to the church office by 4:30 p.m. on Tuesday by email: [fwcag@hotmail.com](mailto:fwcag@hotmail.com) or [gyunghans@hotmail.com](mailto:gyunghans@hotmail.com), or contact the church, 536-1966 or Pastor, 726-0254. Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance. Please note the church's Web site: [assemblyofgodplymouthnh.org](http://assemblyofgodplymouthnh.org).

## 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. Please

contact Christine Santom at 786-2283 or come by and visit between the hours of 9 a.m. and 3 p.m. 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.respiteforcalegiverdayaway.wordpress.com](http://www.respiteforcalegiverdayaway.wordpress.com).

### Benefit Quilt Auction

Will you donate a quilt? If you're a quilter and want to donate a homemade quilt to raise funds for Haven Pregnancy Center, please contact Beth at 536-2111, or Eileen at 536-3323. Quilts are due by September 30th, 2017. Our online auction runs from Oct. 30 through Nov. 30. Visit our auction page at [www.quiltauctionnh.com](http://www.quiltauctionnh.com).

Plymouth Knights of Columbus Scholarship

The Holy Family Knights of Columbus, Council 10307 in Plymouth, are again offering a scholarship for a member of Holy Trinity Parish. Applicants must be applying to a full-time university or trade school. The application includes an essay, photo, and requires one letter of recommendation. For applications, please contact John Boyle at 536-1188. All applications are due by June 6.

### Campus Ministry

1,000 Cranes for Peace: Mark your calendar for Saturday, April 29, to walk through Alumni Green in front of the HUB between 10 AM and 4 PM to see a remarkable sight: 1,000 origami cranes on the trees as part of Earth Jam. Twenty student organizations, including Catholic Campus Ministry, and University staff offices made them.

Thank You Dinner for parishioners who provided courses for the monthly suppers will be Sunday, May 7, at 6 p.m. at St. Matthew rectory, hosted by grateful students. Invitations to parishioners have been mailed; please RSVP to Kathy Tardif by Monday, May 1, at 535-2673.

Calling all Bakers! Food for Finals is around the corner, a time when Catholic Campus Ministries deliver comfort food in the form of homemade goodies to all res. halls and Centre Lodge the first night of Finals Week. Parishioners interested in providing batches of cookies or squares should contact Sandy Abbott at 254-3431 or [sandyabbott6@gmail.com](mailto:sandyabbott6@gmail.com) with their name,

phone number, what they will bake, and the amount.

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

### Weekly Meetings

Thursday, April 27  
Day Away Program, Simard Hall, 9 a.m.

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

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

### Sunday, April 30

No Faith Formation classes

No Confirmation classes

Boy Scout Meeting, St. Matthew Hall, 5 p.m.

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

## Plymouth Episcopal Church of the Holy Spirit

The festival Easter service was a jubilant celebration of the Christ's Resurrection supported by joyous choir and organ accompaniment. The weather was sunny and warm as was the atmosphere in Holy Spirit Church. The coffee hour was festive and delicious and enjoyed by all. Special thanks to all who donated food.

### Lenten Lunch and "Faith and Film" Series

Thanks to all who have made the "Faith and Film" series a success! We're going to take a week off, but we hope you'll join us on May 2 as we extend the series. We'll meet Tuesdays at 10 a.m. in Griswold on May 2, 16, and 30. We're still selecting the next films, so if you have a suggestion, please email Deacon Maryan @ [maryanee@msn.com](mailto:maryanee@msn.com).

### United Thank Offering for May

The UTO Ingather-

ing has been set for May 14. If you need boxes or envelopes, you may find them at the back of the church. Remember: "Your change changes lives!"

### In Praise of Diversity

CHS is happy to promote the celebration of Plymouth Congregational Church as an Open and Affirming church. The Plymouth Congregational Church invites you to celebrate with them, starting with an art exhibit, open to the public, from April 29-June 30. On May 6, they will host the New Hampshire Conference Open and Affirming Gathering, featuring worship and several workshops.

### Episcopal Church Women

The ECW will next meet on Thursday, May 4 at noon in Griswold Hall. Bring a dish for our potluck lunch, and get ready for some spring wing action with a presentation about spring birds by Susan Fogleman! All are welcome to join us! There will be Book Sales on April 27 and May 25 from 3-6 p.m.; help moving books is always gratefully accepted!

### Holy Spirit Quilters

The CHS quilters will meet on Friday, April 28 at 10 a.m. All are welcome to join them for the morning! If you have any question, please contact Lois Grant at [lsg@comcast.net](mailto:lsg@comcast.net).

## 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, April 30, 9:30 a.m. Bringing the Spirit Home

Rev. Linda Barnes & Starr King Members

Join us as we explore the wider Unitarian Universalist movement as members of the Starr King UU Fellowship bring their experience of the New England Regional Assembly, Awak-

en the Spirit, home to our fellowship. Come explore how we use these new ideas to be "transformed." This will also be our New Member Sunday!

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

Join us after the service for coffee and an Ice Cream Social to celebrate Starr King UU Fellowship's Birthday.

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

Outside activities morning- This morning there will be no regular RE classes. Instead, the kids in grades five and below will be headed outside to play and do some outdoor cleanup. All are welcome. Join us for some fun in the woods!

Middle school: Neighboring Faiths- The middle school youth meet from 9:30-10:45 a.m. in the upstairs youth room.

High school: Youth Group- The high school youth meet the second and fourth Sundays of the month

from 6-7:30 p.m. in the upstairs youth room.

Social Justice Community Outreach for April - Voices Against Violence provides free and confidential assistance to women, men and children throughout lower Grafton County. Voices maintains a 24-hour crisis line, a confidential shelter for women and children seeking safety, individual support

and advocacy and much more. Voices works with children and teens, helping them understand that the violence is not their fault and is not acceptable, even if that is all they have ever known. Voices shares a common belief that all people are worthy of respect and happiness and deserve to live a life free of violence.

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

### Upcoming

Annual Afternoon Tea, Sunday, May 7 at 4 p.m. Tickets may be reserved by calling the Fellowship office weekdays mornings at 536-8908 or acquired on Sunday mornings from Elizabeth Becker. Wear your fanciest hat and join us for tea and a plethora of tasty treats. This fund raiser for the kitchen is much fun and well attended.

Saturday May 13, Roy Zimmerman, musical satirist. Doors open at 6:00 pm. Tickets available at the door. Silent auction in Fellowship Hall.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is [www.starrkingfellowship.org](http://www.starrkingfellowship.org), where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship and other activities we enjoy together.



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# Stacey Lucas, Veggie Girl, is Artistic Roots' featured teacher for May

PLYMOUTH — Stacey Lucas, aka Veggie Art Girl, will offer Spring Barn Board Sign Painting Class on May 17 from 5-7 p.m. Lucas will share the techniques that she uses on her signs.

She encourages students to look for their own sayings to use in their projects. Cost is \$25 for members and \$30 for non-members.

On May 10, Suzan Gannett will offer Making Your Own Ear-

rings Class from 5-7 p.m. In the class, you will learn to make your own ear wires, and how to wrap beads to add to your ear wire. You will come away with a pair of Sterling silver earrings to wear

or give as a gift.

On May 18th, Lynn Haust will offer a Melted Glass Spring Sun Catcher or Night Light Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light or nightlight to brighten the dark. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members. Gannett will offer a Beginner's Acrylic Paint Class on May 23 from

5-7 p.m. The theme will be flowers and you will have an 11X14 in painting ready for framing when we are done. Instruction is step by step. Cost is \$30 for members and \$35 for non-members.

Judy Jewell will be teaching a class on The Basics Of Essential Oils on May 25 from 5 to 7 p.m. You will learn the benefits of essential oils, sample some tasty treats and have the opportunity to win prizes. Cost is \$20 for members and \$25 for non-members.

Each month, Artistic Roots also offers an Open Knitting Class held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

## Tickets for 2017 NH Music Festival go on sale May 1

*Celebrating Season 65 with new concerts, series, and exciting guest artists under the direction of Paul Polivnick*

PLYMOUTH — The New Hampshire Music Festival celebrates their 65th season this summer with free outdoor special events, an expanded orchestra, a new concert series in Wolfeboro, a new series of ArtsWalks as part of the Music in the Mountains series, the fourth annual Make Music Plymouth, international soloists, and the return of music director Paul Polivnick.

This summer's popular orchestral events continue in the Hanaway Theatre at the Silver Center for the Arts on Thursday evenings offering a range of orchestral emotions beginning with the opening night featuring the Festival's concertmaster and international soloist Yulia Milshtein performing the Bruch Violin Concerto paired with Beethoven's epic Symphony No. 5. The season finale features renowned 26-year-old pianist Steven Lin performing the Prokofiev Piano Concerto and the orchestra on Rachmaninoff's Symphonic Dances. In between these two masterwork concerts, the Festival presents a series of diverse concerts including Mozart and Mahler featuring a concert version of Mozart's short opera The Impresario which pits two competing sopranos against each other and Copland in Mexico, a multimedia exploration of Copland's time in Mexico and featuring a full showing of the film *Redes* accompanied by live orchestra. This performance is funded in part by the National Endowment for the Humanities.

This year, the Festival is also thrilled to present their fourth annual Composer Portrait concert welcoming to New Hampshire composer Huang Ruo who has been lauded by the New Yorker magazine as "one of the world's leading young composers." A variety of Ruo's music will be performed including his piece *Leaving Sao*, where Ruo will be featured as a vocalist in traditional Chinese folk style. This concert will conclude with Haydn's powerful *Lord Nelson Mass* performed by the Festival's Symphonic Chorus, conducted by Dr. Dan Perkins and featuring four Plymouth State University alumni who have continued their professional careers in opera and voice performance returning to the region as soloists for this great work.

Alongside the orchestral series the New Hampshire Music Festival continues the long-standing chamber music series on Tuesday evenings in the Smith Recital Hall at the Silver Center for the Arts. This acoustical gem of a venue showcases the Festival musicians in an intimate setting performing Mozart piano sonatas to large scale compositions by contemporary composers. The full programming schedule for this series is personally curated by the musicians of the Festival and will be updated online as information becomes available. These concerts have been known to sell out the last several years so purchasing tickets early is recommended.

To celebrate Season 65, the New Hampshire Music Festival is expanding their orchestral offerings to a new region of the state by bringing performances to Wolfeboro, New Hampshire. On the opening and closing weekends of the New Hampshire Music Festival the entire orchestra will present repeat performances of their Plymouth concerts at the Kingswood Regional Performing Arts Center. Other weeks during the summer will showcase chamber music on Saturday evenings and select outdoor events as part of the Music in the Mountains series. A Wolfeboro series subscription for all concerts will be available for purchase.

With generous support from the Lincoln Financial Foundation and with new support from the New Hampshire Charitable Foundation, the New Hampshire Music Festival is excited to continue their third annual Music in the Mountains series presenting free informal concerts on lakesides and mountaintops. This year the series evolves to include a new set of events called ArtsWalks. On Friday mornings in select communities musicians will be performing along nature trails partnered with local artists who will be creating new work. At the head of these trails, local conservation organizations will be present to provide guided walks describing their efforts to promote and improve the ecology of their specific region. Details about ArtsWalk events will be available on the Festival's website - [www.nhmf.org](http://www.nhmf.org) - along with other Music in the Mountains series concerts that will be taking place across the state, including a chamber concert

at St. Gauden's National Historic Site, a free series of concerts at the Taylor Community in Laconia, the fourth annual Make Music Plymouth with a free family concert on July 22 and the second annual New England Choral Institute.

Single tickets range from Free-\$75. Subscription packages begin at \$90. Subscriptions are available for the Plymouth chamber series, the Plymouth orchestral series, and the Wolfeboro classical series. Free events include Make Music Plymouth, our Family Concert, ArtsWalks, and Music in the Mountains.

Tickets can be purchased online at [www.nhmf.org](http://www.nhmf.org) or by calling the New Hampshire Music Festival Office at 238-9007 11 a.m.-4 p.m., Monday-Friday. Tickets can also be purchased in person at the NHMF office at 7 Main St., Plymouth, May 1-19 and at the Silver Center for the Arts for the remainder of the season at 114 Main Street., Plymouth, NH. Wolfeboro tickets can be purchased starting at 4 p.m. on concert days at the concert venue. Full season details can be found at [www.nhmf.org](http://www.nhmf.org).

### About The New Hampshire Music Festival

The New Hampshire Music Festival is a summer festival that honors the tradition of classical music while exploring new artistic paths. Our organization offers patrons an engaging, immersive festival experience by presenting world-class performances of symphonic, choral and chamber music. Strong collaborations with community partners are a hallmark of this important cultural institution, enabling transformative music experiences and educational programs to students of all ages.

For 20 years, the Festival has been in residence at Plymouth State University at the Silver Center for the Arts. The festival was founded in 1952 as a small chamber orchestra performing on Melody Island in Lake Winnepesaukee and has grown to be a highly-valued community asset. Every summer during July and August, professional musicians from around the country come to Plymouth to perform well-known classics and contemporary works.

[www.nhmf.org](http://www.nhmf.org)  
[www.facebook.com/NHMusicFestival](http://www.facebook.com/NHMusicFestival)

## Pemi Choral Society, PRHS chamber singers to perform special concert

PLYMOUTH — The Pemi Choral Society has planned a truly magnificent concert series to be performed in May. The 75-singer adult community chorus, which is based out of Plymouth, will be performing Gabriel Faure's Requiem with orchestra on May 11, 12, and again on Mother's Day, May 14. The chorus has been in rehearsal since late January and is comprised of members from all over the central New Hampshire region.

"The spring concert series was really centered around the 'Fauré Requiem,' mostly because it's a choral masterwork that is well known, well loved, and fits the chorus well," stated Will Gunn, Pemi Choral Society Music Director.

The choral-orchestral setting of the shortened Catholic Mass for the Dead in Latin is the best known of his large works. The Requiem is unlike most settings where the mood of colors and sounds are warm and ethereal. The final version of the Requiem was published in 1901 and was often referred to as the "lullaby

of death" due to its lack of dramatic texts of fear and judgement.

Fauré once said, "But it is thus that I see death: as a happy deliverance, an aspiration towards happiness above, rather than as a painful experience."

The orchestra will feature the Rutter edition of the Fauré which includes low strings such as violas and cellos as well as a violin soloist. Many of the musicians are members of the New Hampshire Music Festival orchestra.

"The chorus will perform the Requiem in memory of loved ones whose names will be listed in remembrance in our program," stated Ann Nichols, Pemi Choral Board President. "We have made this memorial contribution opportunity available to the general public so anyone who wishes to honor a loved one in this way can do so. For more information, please visit our website at [www.pemichoral.org](http://www.pemichoral.org) and provide us with your name and email address using the 'Contact Us' tab so that we can share details with you."

The deadline for me-

morial contributions is May 1.

The chorus will be joined on Sunday's (May 14) performance by the Plymouth Regional High School Chamber Singers, also directed by Will Gunn.

"This is a very select choir comprised of 24 singers that rehearse after school on a weekly basis. In addition to singing the Fauré with the Pemi Choral Society, they will be performing 'Diraton' by Morten Lauridsen and a version of 'Take Me Home' as performed by Pentatonix. We are very excited to have both choruses collaborate together for this performance!" stated Gunn.

"When selecting the music that will be performed, my goal in this concert series was to pair the Requiem with music that celebrated life. From Paul Basler's Alleluia to Keith Thompson's True Light, I tried to find text that would help reinforce our message. I'm also very excited to add a piece that the Plymouth Regional High School Concert Choir commissioned last year: 'Time' by Ian

SEE CHORAL, PAGE A13



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## Low-Impact exercises for seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

### The Importance of Staying Active

Staying physically active is important at every stage of our lives, but as we grow older, it becomes especially vital. Engaging in the recommended daily amount of moderate activity (at least 30 minutes) has numerous long-term benefits, but it can also improve overall health for those with certain conditions and disabilities. Conversely, a sedentary (or inactive) lifestyle can negatively affect physical and emotional well-being, and can potentially increase risk of injury or development of diseases.

### What Are Low-Impact Exercises?

While it's certainly no secret that physical activity is beneficial, many seniors may not know exactly what kind of exercise is

most appropriate. For those that are unsure, low-impact exercise may represent the best solution. A low-impact exercise is generally defined as any workout where at least one foot stays on the floor at any given point, making it ideal for those who have limited mobility or suffer from chronic pain.

Though not as hard on the body, these exercises are not necessarily designed to be less intense, as the goal with any beneficial exercise is ultimately to elevate the heart rate. Recent research has indicated that low-impact exercise is as effective in reducing the risk of heart disease as high-impact exercise, such as running or jumping rope. If your aging loved ones are looking to get into an exercise routine, you may want to recommend the low-impact exercises listed below.

Be sure that they consult a doctor or physician before beginning an exercise program.

### Low-Impact Exercises for Seniors

**Walking:** One of the benefits of walking is that, unlike running, it's easier on the joints. Plus, it doesn't require any special equipment or a gym membership. With a comfortable pair of tennis shoes and a smooth pathway, you'll be on your way. The key is to keep a brisk pace for at least 15-20 minutes.

**Swimming:** What's better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including strengthened shoulders and increased lung capacity. You can also take part in water aerobics, or walk on underwater treadmills.

**Yoga:** From improving flexibility and coordination to strengthening your core, there's

very little that yoga doesn't do for you. Additionally, yoga has been shown to improve mood, focus, and overall mental well-being.

**Pilates:** This exercise allows for very slow and concise movements, designed to improve posture and flexibility. Similar to yoga, Pilates are known to improve mental well-being.

**Cycling:** With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system but also the joints and various muscle groups.

**Weight training:** Don't be daunted by the idea of bulking up with weight machines at the gym. Weight training can be done at home, with small free weights or even moderately heavy objects that you can grip easily. Consistent rep-

etition is key, as is advancing to heavier weights over time.

**Leg Raises:** You don't have to go far at all to do these exercises. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles.

**Dancing:** In recent years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to socialize and connect with others.

### 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 ser-

vices, 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](http://www.comfortkeepers.com/plymouthnh) for more information.

### Comfort Keepers Can Help

Low-impact exercises can be extraordinarily beneficial for your senior loved ones, and at Comfort Keepers®, we want to help see that they have the ability to do them. Under the guidance of a physician and/or physical trainer, our caregivers can see that your loved ones are abiding by the recommended regimen. We can also help prepare healthy meals and provide safe, reliable transportation to your loved ones' destinations in and around town. For more information, call your local Comfort Keepers office.

## Golden View invites public to lecture on Laconia's 1980s downtown revitalization program

MEREDITH—Golden View Health Care Center invites the public to a free lecture about Laconia's Downtown Revitalization Program of the late 1980s on Thursday, April 27 from 2:30-3:30 p.m.

Author, historian, and well-known history columnist for The Laconia Daily Sun, Warren Huse, will present a lecture and pictorial history of Laconia's downtown revitalization program in Golden View's assist-

ed living option, The Terrace, located at 19 NH Route 104 in Meredith. Light refreshments will be provided. Please RSVP by calling Becky at 677-4194 or emailing [info@goldenview.org](mailto:info@goldenview.org).

As an independent

community based non-profit, Golden View strives to provide educational and cultural events to members of the community, as well as to their residents. Please visit [GoldenView.org](http://GoldenView.org) for more information.

## Newfound Area Charitable Fund seeks applicants for 2017 road race

BRISTOL—The Newfound Area Charitable Fund (NACF) announces that its Eighth Annual Run Your Buns Off 4.2 Miler road race will be held Saturday, Sept. 2 in Bristol. The race committee is hard at work planning this year's event and the NACF Board is now seeking beneficiary applicants for the 2017 race proceeds.

"The NACF is dedicated to assisting local charitable groups and causes that promote wellness, fitness and health education and activities in the Newfound region," says Audrey Goudie, NACF President. Each year, local charitable organization(s) exemplifying these goals are selected to receive the proceeds from this exciting community event.

Goudie continues, "Since the first Run Your Bun Off road race in 2010, we have given back \$50,000 to causes and programs in our community."

### Past beneficiaries include:

2010 & 2011 Bristol Community Services (\$2,500 & \$3,400)

2012 & 2013 Jacob Earl Messersmith (JEM) Memorial Scholarship Fund (\$7,500 & \$7,000)

2014 Day Away Program (\$4,250) & Newfound Pathways (\$4,250)

2015 Newfound Audubon Center (\$4,500) & Voices Against Violence (\$5,500)

2016 Newfound Lake Region Association (\$6,000) & Slim Baker Foundation (\$2,500)

The NACF Board is now seeking applications from non-profit, charitable organizations from the greater Newfound area which

wish to be considered as the 2017 Run Your Buns Off 4.2 miler race beneficiary.

NACF Vice President, Garlyn Manganiello said, "The NACF Board is proud to offer area non-profit organizations a chance to achieve seed money for new programs; add value or resources to existing programs or build capital to better serve the greater Newfound Community. We love where we live, and helping our neighbors by giving back is how we show it."

If your non-profit group is interested in applying, please visit the Run Your Buns Off Facebook page to download the application now or email [runyourbunsoff@gmail.com](mailto:runyourbunsoff@gmail.com) and one will be emailed to you. For more information, please contact Garlyn Manganiello at 744-6035.

The deadline for applications is May 22, so please act fast!

The Newfound Area Charitable Fund (NACF) was established with the goal in mind of promoting health and fitness while giving back to causes within the community. Its premier fundraising event, the Run Your Buns Off 4.2 Miler, offers hundreds of participants a fitness challenge with the reward of helping out a charitable cause in the community and an added bonus of a Basic Ingredients Bakery "sticky bun" at the finish line. Raffle Prizes and other fun family events cap off this annual event each year thanks to the support and participation of many area businesses. Registration is now open so sign up today for this exciting family event by visiting [http://www.lightboxreg.com/buns\\_2017](http://www.lightboxreg.com/buns_2017).

## Shaheen gathers support for bill aimed at preventing addiction

BY JUSTIN ROSHAK

Contributing Writer

LINCOLN—Linwood Public School hosted a panel discussion on opioid-abuse prevention where second-term Senator and former governor Jeanne Shaheen was the guest of honor.

Shaheen, mother of three athletes, described the necessity of early prevention programs for students, commenting that "One of the challenges that young people who play sports have is, because they are more likely to have sports inju-

ries, there is a greater chance that they could use and abuse opioids."

On March 30, Shaheen introduced S.786, the Student and Student Athlete Opioid Misuse Prevention Act. The bill would authorize the Assistant Secretary for Mental Health and Substance Use to fund school, college, and community-based programs for preventing the misuse of, and addiction to, opioids of all kinds among student athletes and other high-risk groups. It would appropriate ten million

dollars for this purpose. The bill is currently being considered by the Senate Committee on Health, Education, Labor, and Pensions, on which Senator Shaheen's first-term colleague and fellow former governor Maggie Hassan is a member.

"My concern was, and is, that prevention would get lost in the conversation," said Deb Naro, director of the Plymouth-based Communities for an Alcohol- and Drug-Free Youth (CADY).

She added, "We are

never going to get our arms around this problem unless we prevent entry into the addiction pipeline."

She praised the 2016 Comprehensive Addiction and Recovery Act, or CARA, as "lifesaving legislation."

She described how the "addiction pipeline" can have multiple entry points, including over-prescription, stress reduction, and depression treatment. She pointed out that 90 percent of addicts begin abusing substances

SEE SHAHEEN, PAGE A13



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Ashland	57 Highland St.	Single-Family Residential	\$950,000	200 Elm Realty LLC	Blazing Embers LLC
Campton	1170 NH Route 175	Single-Family Residential	\$150,000	Martha Hulsman RET and Martha Hulsman	Nancy R. Ehlers
Groton	730 N. Groton Rd.	Single-Family Residential	\$154,976	Robert A. Smolinsky	CIT Bank
Hebron	139 W. Shore Rd.	Single-Family Residential	\$465,000	Joyce Rifenburg RET and Ronald J. Rifenburg	Elizabeth F. and Matthew E. Nelson
Holderness	129 Lane Rd.	Single-Family Residential	\$63,800	Richard Murphy	Tara M. Corcoran
Plymouth	9 Blueberry Hill Rd., Unit 4	Condominium	\$180,000	M. Wayne and Audrey Hamel	T. Desmarais RET and James Desmarais
Plymouth	250 Mayhew Turnpike	Single-Family Residential	\$40,000	Rosalie V. Yeaton	Jody P. Yeaton
Plymouth	2 Smith St.	Multi-Family Residential	\$174,933	Nancy C. Aldrich RET and Nancy C. Aldrich	Alison S. Anderson
Thornton	Covered Bridge Road, Lot 63	Residential Open Land	\$39,933	Philip W. and Kathryn L. Holland	Stephen L. Wands and Jullian A. Dudek
Thornton	172 Covered Bridge Rd.	Residential Open Land	\$32,533	Joel and Susan Breton	Jacob B. Johnson
Thornton	65 Mountain River East Rd., Unit 52	Condominium	\$109,000	Christine and Colin Eggleton	Ronald J. Dalphonse

## 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](http://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.

## NH office of Tilson PR expands footprint in New England

HEBRON — Tilson PR will officially open its New England satellite office in a renovated historic schoolhouse this summer, and has recently been expanding its footprint in the area. Headquartered in South Florida, the public relations agency is known for merging traditional and social media to fuse truly impactful campaigns for clients on the national stage. Tilson PR has had decade long client relationships with such New England-based companies as BJ's Wholesale Clubs and Staples.

The agency was tapped by the Western

White Mountains Chamber of Commerce to promote its 13th annual New England Brewfest — one of the most popular annual beer festivals, taking place this summer at New Hampshire's Loon Mountain. Tilson PR will be getting media coverage to drive attendance for the three day event, encompassing social events, educational workshops and tastings, and featuring more than 30 New England Breweries.

The Tilson team's PR program for New England Brewfest will raise visibility for the area as a travel destination, convenient to Boston and



COURTESY

Tilson PR will officially open its New England satellite office in a renovated historic schoolhouse this summer, and has recently been expanding its footprint in the area.

the northeast corridor. Highlighting the growing craft beer industry in New Hampshire, the event attracts beer aficionados and industry professionals, as well as people seeking a weekend New England getaway.

"Our agency's team of seasoned marketing specialists working in both of our locations blends years of experience, critical insights and strong media relationships with top-tier press, bloggers and social influencers to craft the right PR

strategy that communicates brand messages both nationally and locally," says agency founder and president Tracy Tilson. "Tilson PR has built a reputation on being a trusted partner with a proven ability to deliver results."

Tilson PR also recently assisted Talbots, the Hingham, Mass.-based national clothing company, on a charitable initiative with O, the Oprah Magazine for Dress for Success — an international non-profit organization that empowers women to achieve economic independence by providing a network of support.

To learn more about Tilson PR and the agen-

cy's work, please visit [www.tilsonpr.com](http://www.tilsonpr.com).

### About Tilson PR

The agency's team of seasoned practitioners merges years of experience, critical insights and daily conversations with top-tier media, bloggers and social communities to craft the right strategy and message that makes brand stories stand out both nationally and in targeted regions. For nearly three decades, Tilson PR has built its reputation on being a trusted partner with a proven ability to deliver. For more info visit [www.tilsonpr.com](http://www.tilsonpr.com) and follow on social media at Facebook, Instagram and Twitter.

## MARK ON THE MARKETS

### Bunch of stuff



BY MARK PATTERSON

It is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A discussion about diversification is always a part of our meeting. Having multiple mutual funds with different names often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment choices.

As I've written in the past, I got into this business 22 years ago as a retail broker. I was fortunate to join a conservative firm with some "old school" brokers that mainly dealt with indi-

vidual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager's expertise or a sector, such as "banking." There was so much consolidation in the banking industry, that all you had to do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today's five percent. So, if a mutual fund was charging 7 percent commission and one and a half percent fees, you could still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.

I still see far too many "C" class mutual funds in potential client accounts. See class mutual funds have fees that the client doesn't see unless they know where to look. I have seen "C" class bond funds where the broker and the fund company make more return than

the owner of the fund. It is my opinion that selling "C" share classes are not in the client's best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely "A" class shares that charge an upfront commission and have less internal expense. These fund companies pay incentives to many brokerage firms who sell them called "revenue-sharing." You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been required to act in the client's best interest, but some legislation that has been delayed, but I believe still

will happen, will hopefully force brokers from a "suitability" standard to a "fiduciary" requirement.

The problem with having a bunch of stuff in your investment portfolio, is that it has no plan. You could be approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.

Mark Patterson is an investment advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asst.com](mailto:Mark@MHP-asst.com).

### NOTICE OF PUBLIC HEARING

#### TOWN OF HEBRON

#### EXPLANATION OF SPECIAL TOWN MEETING

The Hebron Select Board will be holding a Public Hearing on **Tuesday, May 9, 2017 at 7:00 p.m.** in the Hebron Community Hall located at 16 Church Lane to explain the reason and to hear public comment on the necessity for the Special Town Meeting. The Special Town Meeting will be held on Tuesday, May 16, 2017 to correct a procedural defect in the posting of the 2017 Warrant and Budget for March Town Meeting. The public is encouraged to attend.

**Hebron Select Board**  
**Patrick K. Moriarty, Chair**  
**John W. Dunklee, Vice-Chair**  
**Eleanor D. Lonske, Member**

### Opening dates to remember in the Lakes Region!

REGION—The warmer weather of May means summer is just around the corner, and the Lakes Region is coming alive. Summer attractions are waking up from their hibernation all over the Lakes Region, and many offer early season deals for travelers.

Here are a few of the highly anticipated attraction openings in the Lakes Region of New Hampshire this season:

April 29 – Mount Washington Cog Railway, Bretton Woods.

May 1 – Mt. Kearsarge Indian Museum in Warner.

May 1 – Powered Parachute in Plymouth.

May 1 – Squam Lakes Natural Science Center in Holderness.

May 1 – Wright Museum of World War II in Wolfeboro.

May 1 – Tarbin Gardens in Franklin.

May 3 – Haunting Whisper in Danbury

May 5 – Cannon Mountain in Franconia.

May 6 – Polar Caves Park in Rumney.

May 6 – Pemi Valley Excursions & Moose Tours in Lincoln.

May 6 – Canterbury Shaker Village in Canterbury

SEE **OPENING DATES**, PAGE A14

### PLANNING BOARD

#### Town of Bristol, NH

Notice is hereby given that a **Public Hearing** will be held at **7:00 p.m. on Wednesday, May 10, 2017** at the Town Office Building, 230 Lake Street, Bristol, NH concerning a Site Plan Review for Kenneth A. & Linda D. Rossi. They wish to build & operate an auto repair & restoration business in a 40' x 80' building with a farmers' porch on the southerly side. The property is located with access at 861 Lake St., Tax Map #216 Lot #022 in the Village Commercial District.

### REQUEST FOR PROPOSALS

#### Town of Bristol, NH

#### ARCHITECTURE AND ENGINEERING SERVICES

The Town of Bristol, NH, is seeking written proposals from qualified providers interested in providing architectural and engineering services for a Town Office and Police Department project located at 230 and 254 Lake Street. For a full copy of the RFP, go to [www.townofbristolnh.org](http://www.townofbristolnh.org).

### PLANNING BOARD

#### Town of Bristol, NH

Notice is hereby given that a **Public Hearing** will be held at **7:00 p.m. on Wednesday, May 10, 2017** at the Town Office Building, 230 Lake Street, Bristol, NH concerning a Special Use Permit for Kenneth A. & Linda D. Rossi to allow the drilled well and grading within the 50' wetland buffer. The property is located with access at 861 Lake St., Tax Map #216 Lot #022 in the Village Commercial District.

## Top Two

FROM PAGE A1

the world. Her love of natural science is leading her to either Allegheny College or the University of New Hampshire next year where she plans to major in Environmental Science.

"I'm not sure what I want to do with that in the future. I definitely like kids so, maybe teaching, but I want to learn more about the environment first before I decide," Dancewicz-Helmers said.

Salutatorian Molly Schilling is also a relatively new figure at NRHS who, like Dancewicz-Helmers, also came to Newfound in her junior year.

Schilling said she was home schooled up until two years ago. Once the Town of Hill joined the Newfound Area School District she thought it would be advantageous to spend her last few years in public school where she would have greater educational and social opportunities

available to her.

"It was definitely a big change, but I don't think it was a hard transition for me because everyone here at Newfound made it so easy for me to work with them," said Schilling.

While educated at home Schilling was able to take part in after-school activities through the Franklin School District where she played basketball for the first two years of high school. Since her transition to NRHS Schilling continued playing basketball and also joined the track team where she has run the 1600-meter race, the 3200-meter race and the 4x4 relay.

She has been inducted into the NRHS Honor Society, is a member of the Student Athlete Leadership Team, and is not only a part of the Student Senate, but a part of their Academic Committee.

For her senior project Schilling choose to present, "Benefits of Social Interaction of the Elderly." With that as her focal point, she coordinated

and led what turned out to be a popular Game Day for residents at Merimack County Nursing Home.

"I got residents together for some fun games one day then surveyed everyone afterward about what they thought. I found out they hadn't done a lot of things like that before and would like to see more activities like it in the future," she said.

That information will be useful in her future endeavors. Schilling said she will be attending Colby-Sawyer College next fall and looks forward to a career in geriatric nursing.

Hoiriis said the two young women are great representatives of Newfound Area School District and have shown a lot of pride in their school, even after only two years.

"From the day they walked in they've made a positive impact on our school and its culture. We're very happy to have them represent the Class of 2017," said Hoiriis.

## DI Team

FROM PAGE A1

tions started in March with nearly 300 teams from schools across New Hampshire. Following the April 2 state competition in Bedford, New Hampton Community School will join a handful of New Hampshire teams—elementary, middle, high school, and collegiate—at the global finals to compete against more than 1,400 teams.

This is the third time in four years that a team from NHCS has made it to the global finals; each time under the direction of team managers Samantha Austin and Holly Cook. This year's team includes Mika Austin and Kaylin Richard, who were part of last year's team, Mabel Bureau, ShayLeigh Batchelder, and Evan Foster. Henry

Fielding, a contributing member of the team, was unable to attend either tournament.

Destination Imagination is designed to socially and intellectually stimulate students by prompting them to use creativity and teamwork to solve a complex problem. Each year teams choose from seven new challenges offered in science, technology, engineering, arts, and math education, and spend months preparing and creating their solutions.

"It's a once in a lifetime opportunity. 3M, Ford, Oracle Academy, PCG Education and others sponsor the largest educational event of its type," according to Wayne Kurtzman, volunteer media relations director for NH DI. "Beyond technology, communications, collabora-

tion and creativity skills developed by students in Destination Imagination translate to every industry — and are needed by big businesses, startups and entrepreneurs alike."

The teams and advisors will be fund-raising the money needed to go to Tennessee. Austin said it cost about \$15,000 for the team to travel and compete last year. The team is currently raffling an Amazon Echo at \$10 a ticket, and soliciting assistance from local businesses to host a fundraiser event. Business and individual donations to NHCS DI are appreciated and can be sent to the school at 191 Main Street, New Hampton, NH 03256. The team has also created a Go Fund Me page for donations at [www.gofundme.com/nhcs-di-team](http://www.gofundme.com/nhcs-di-team).

## Warning

FROM PAGE A1

they also changed their minds after the April 6 meeting.

"When I left the meeting two weeks ago and thought about it, I realized I'd want to know as a parent," said board Chair Rick Alpers.

He said teachers will tell their students not to pick up things, "but it's not her job to explain what it is; that's for the parents to discuss. So, after further review, I thought it was appropriate."

He added, "I don't usually get calls at home, but I heard from a member of the garden club who was grateful for the warning."

Leslie Dion said she also had second thoughts.

"The following day, I was at a community meeting with Plymouth, and their police chief had put out a similar warning, and got kudos for it," she said. "Not knowing I was a selectman here, he said, 'I heard the Bristol board called out the chief for doing it, and I want to go down and talk to them.' I told him he should. Let's

talk about what the issues are in this community so we can address them."

Paul Manganiello had not offered an opinion, but he was chastised on Facebook for opposing the police chief's actions. Like Morrison, he said he does not pay attention to Facebook, but his wife saw the postings and brought them to his attention.

Lewis said, after observing the rants "all over social media about it," he spoke with Fire Chief Ben LaRoche, who agreed that posting the warning was the right thing to do.

"When the fire chief and police chief make a factual statement about what's happening in the community, we have no opinion of the politics that come into play," Lewis said. "At no time when I meet with the fire chief do we discuss whether the facts will be popular or not. ... When we make a public statement, I don't care what the politics are. If the selectmen want to make public statements about the K9, or about public safety, it doesn't bother me to discuss it.

"Why did we publi-

cize this? It's not medical waste; it's individuals that are potentially depositing infected needles in an area that could potentially be dangerous to someone. Two days later, a second-grader found one on the playground. There's nothing that's happening in the town of Bristol that's not happening in any other community in the country."

LaRoche said he was criticized for a statement he made a town meeting that some people interpreted as him denying that Bristol has a drug problem.

"We do have a drug problem," he said. "We're not seeing the narcotics and overdose issues other communities are seeing, but we have it."

He added, "From my personal experience, I enjoy the fact that my youngest came home and said the teacher had talked about not picking up trash. Chief Lewis gets reports from the staff or from Kelley Park, and it was an appropriate use of the press release and social media, and it has had an impact in the community."

## Wells Field

FROM PAGE A1

Day ceremonies on May 6.

The annual Field Cleanup Day saw people pitching in to hang up netting for the batting cages, clear winter debris, rake and grade the fields. Jeff Kane, commissioner for the NBR Board said it was a real community event.

"Over 40 volunteers came out to help us get the field ready and we

really got a lot of work done in a short amount of time," he said.

Besides Wells Field, the organization has also prepped the ball fields at Kelley Park and the Morris P. Wheeler Field in Hill. Also slated for some work is the New Hampton Community School's playing field.

Kane added that thanks to local contractor Steve Hanser, Wells Field now has new dugouts for the youth this year and the Bristol Ro-

tary generously donated their time to paint the new structures.

Bob Broadhurst is president of the local Rotary and was among those who rolled up their sleeves and got to work at the field last Saturday. He said when his organization learned of the project they felt compelled to lend a hand.

"This has been a real group effort, and we're pleased that Rotary could be a part of it," Broadhurst said.

## Bristol

FROM PAGE A2

thorize the purchase.

Although the discussion focused on the money in the capital reserve fund, the motion to purchase the cruiser did not withdraw anything from the fund, effectively taking the money from the police department's operating budget instead. Town Administrator Nik Coates said after the meeting that he would review the recording and, if necessary, have the selectmen take another vote to utilize the capital reserve funds.

Selectmen also ap-

proved a contract renewal on sewage collection and inspection and the purchase of a new dewatering unit for the wastewater treatment plant.

Early in the public portion of the meeting, which got a late start because of a nearly two-hour non-public session, the selectmen recognized Robert "Bob" Patten, who is retiring after 54 years on the Bristol Fire Department.

In presenting Patten with a signed photograph from the day the department dedicated a piece of equipment to him, Chair Rick Alpers spoke of Patten's dedi-

cation and willingness to respond to fires at all hours of the day, including holidays. Fire Chief Ben LaRoche said he had learned a lot from Patten, and offered his thanks. Several other members of the department, along with Patten's family, looked on during the presentation.

Patten noted that several members of his family also have been involved in fire departments around the state, and he said, because he has been made an honorary member of the Bristol company in retirement, he will still be around.

## Arts

FROM PAGE A3

It is also hoped these classes will be appreciated as a nod to the memory of Trevor Brown, a Bristol native and Jeanne's first love as well as another talented artist, who was

killed in France shortly after the Normandy invasion of 1944.

Artists and artisans who are interested in offering Arts and/or Crafts workshops at the library through this program should contact the library by calling 744-3352 or via

email at [librarian@townofbristolnh.org](mailto:librarian@townofbristolnh.org). All events will be free, open to the public, and posted at [minotsleep-erlibrary.org](http://minotsleep-erlibrary.org). Additional information will be available at the Minot-Sleeper Library, 35 Pleasant St., Bristol.

## Training

FROM PAGE A3

Meet.

On Saturday, Aug. 5, Lisa's Personal Training, along with Jeremy Hiltz Excavating, will be co-sponsoring a Powerlifting Meet, "Push and Pull for Life," a fundraiser for First Star Tonight, a local organization serving the chronically and

terminally ill children and young adults of the Pemi-Baker Valley. The event will be held in the gymnasium at the Ashland Elementary school starting at 9 a.m. More details can be found at [www.lisaspersonaltraining-nh.com](http://www.lisaspersonaltraining-nh.com).

Lisa's Personal Training in Ashland is a unique and individualized training

studio offering a comfortable atmosphere for men and women of all ages and abilities. LPT offers personal training, couples training, group classes, yoga, marathon training, physique training, powerlifting, weight loss guidance, sports and conditioning coaching in a safe and supportive environment.

NANA



Newfound Area Nursing Association

### Bereavement Group Tuesday ~ May 2, 2017

Newfound Area Nursing Association is offering a drop-in Bereavement Support Group

**Date:** Tuesday May 2, 2017

**Time:** 3 – 4:30 pm

**Location:** Minot-Sleeper Library

Community Room, Bristol, NH

**Group Leader:** Shirley Marcroft,  
Bereavement Coordinator at NANA

**There is no charge to attend.**

For more information, call NANA 603.744.2733

Support Groups give people the opportunity to discuss and learn ways of coping with their loss, to gain the support of others in safe and caring ways, and to learn about the grief process. Although grief is a unique experience through which each person finds his or her own way, there are common threads we all share when going through grief.

## Sanborn

FROM PAGE A4

voted against industrial wind in Alexandria. Their moral resolve triggered legal papers served to the Town by EDP to force the issuance of the building permit.

It was clear in the legal papers filed by EDP against the Town of Alexandria that their intent was to bully the elected officials and residents into being exploited as a resource colony for profit. EDP attempted to override the right of the people of Alexandria to protect the health, safety and welfare of both human and natural communities. The selectmen eventually released the building permit to EDP to avoid a lawsuit, but after receiving the MET tower building permit, EDP never erected the tower.

Bullying by EDP inspired Community Rights activists to propose another binding, rights-based ordinance in 2015 to specifically prohibit "exploratory data collection" used in the "application for any permit necessary to engage in unsustainable wind resource extraction." That covers MET towers and all the other data required to proceed with the determining the viability of siting an industrial wind facility.

Now, a year-and-a-half later, the Town of Alexandria has received a cancellation notice, effective April 23, on the bond to cover the erection and

removal of the MET tower for the Spruce Ridge Industrial Wind Project by EDP Renewables. The bond requirement was one of the conditions placed upon EDP for the building permit.

More good news was received when residents learned that EDP Renewables withdrew their ISO-NE Interconnection Queue Request for the Spruce Ridge project effective 4/10/17. The act of withdrawing an ISO-NE request for a proposed project indicates the developer no longer has intentions of pursuing that project to generate energy to feed into the regional grid.

Standing up against the power-posturing of corporate giants is not new to residents of Alexandria. Community Rights activists celebrated the defeat of another industrial wind developer – Iberdrola – in the fall of 2014 when they too, withdrew their ISO-NE Interconnection Queue Request for the Wild Meadows wind facility. That withdrawal occurred the day after the towns of Danbury, Alexandria, and Hebron enacted rights-based Sustainable Energy Ordinances prohibiting the siting of industrial-scale wind facilities at their 2014 Town Meetings. Grafton was the first of the towns affected by the proposed Wild Meadows facility to enact the same rights-based ordinance at their 2013 Town Meeting.

Residents of the Newfound and Mt. Cardigan

regions have denied exploitation of our ridge lines, water quality, sensitive ecosystems, a healthy local economy, and our right to self-govern twice in the past three years! This is a day to celebrate, as it marks the end of EDP's intent to move forward with the Spruce Ridge project. However, this does not mean the end of our diligence in protecting the health, safety and welfare of the people and natural communities of the region. Community Rights activists encourage residents to continue participating with local select board and planning board meetings to keep up on who might be seeking to force your community into hosting a project that violates the rights of human and natural communities.

Michelle Sanborn is a resident of Alexandria and chair of Citizens of Alexandria Rights Effort (CARE Group), coordinator for New Hampshire Community Rights Network, and community organizer for Community Environmental Legal Defense Fund (CELDF). Join CARE Group and NHCRN on Facebook. Visit NHCRN on the web at [www.nhcommunityrights.org](http://www.nhcommunityrights.org), and if you would like to talk about issues violating your Community Rights, you can reach out to [michelle@celfd.org](mailto:michelle@celfd.org).

*Michelle Sanborn  
NH Community  
Rights Network  
Alexandria*

## Choral

FROM PAGE A9

Soderberg. The text was written by a local author and former PSU professor, Jane Babin, who lost the battle to ALS two years ago. Ian has re-orchestrated the piece to fit our orchestra as well," states Gunn.

Concert performances are scheduled on Thursday, May 11 at the Gilford Community Church in Gilford, beginning at 7:30 p.m.

and on Friday, May 12 at St. Gabriel's Catholic Church in Franklin, beginning at 7:30 p.m. Admission to these two concerts is by your choice of donation. The final concert will be held on Sunday, May 14 at Silver Center for the Arts, Hanaway Theatre, Plymouth State University beginning at 3pm. Tickets may be purchased at the Silver Center Box Office, PSU by calling (603) 535-ARTS, or by ordering

online via Tickets.com. The box office will open one hour before performance.

Will Gunn is in his seventh year as music director at Plymouth Regional High School. He conducts the Concert Band, Concert Choir, Jazz Ensemble, and Chamber Singers. He has degrees from Colorado State University and Ithaca College. He also sings regularly with the New Hampshire Master Choral.

## Shaheen

FROM PAGE A10

before the age of 18. Describing a debilitating back injury she suffered some years ago, she explained that she avoided prescription opioids, instead relying on acupuncture, ibuprofen, and acetaminophen.

Her knowledge of the risks and options she faced were exactly the kind of life-saving information that prevention programs seek to provide, she said, adding that "I am not addicted today because I was aware."

"This is not a political issue, this is a human issue," said Plymouth State University Athletic Director Kim Bownes.

She described the testing and education program PSU has implemented for its student athletes, and emphasized the importance of young athletes learning to recognize and respect their limits.

She aims to teach her students that, "If your injury is that bad,

you shouldn't be playing."

Peter Cofran, Athletic Director for the Newfound Regional School District, based in Bristol, agreed that a positive athletic culture is key in abuse and addiction prevention.

"Athletes are taught to be tough, and to suck it up," he said, "but for this generation, sucking it up isn't enough."

He described how student athletes feel pressured to overcome pain, and how easy it is to come to rely on opioids. He cited the importance of student leadership and peer-aid programs, saying, "In my day, no one wanted to be a snitch. Today, you're here for your friends."

Former NFL player and Penn State graduate Jeff Hatch spoke about his struggle with addiction and abuse. Prescribed opioids at twenty-two after a rookie-year back injury, he immediately started over-using, and then abusing them.

"They say it's like a slippery slope. For me, there was no slope.

There was a cliff that I jumped off. And I spent the next four years of my NFL career, until I had a spinal fusion that ended it, in the worst depths of my addiction," he explained.

He recalled a process of denial, saying "I justified, rationalized my behavior because of the position I was in. I thought I was special and different. There were doctors prescribing these medications and I thought that made it ok. But it was a miserable time for me."

He described "Suffering in silence", saying, "I couldn't go home and be the hometown hero and say that I had a drug and alcohol problem. So I fought for as long as I could."

He said the eleven years since he went sober have been the best of his life. The message he brings to students, and the reason he supports this bill, is about empowerment.

"Education is the key that makes the difference," he told the panel. "People will be better informed, and they will make better choices."

## Testerman

FROM PAGE A4

scanners won't do the job needed. The microwave scanners they use at the airport only pickup items that are secreted on the surface of the body. Only x-ray scanners will detect internal contraband. The problem is that limits you to 160 scans per year. That might be ok for visitors, but wouldn't work for daily scans of prison workers and inmates. They are now only going to scan prisoners leaving the visiting area and randomly in the yard. Workers will be scanned randomly also. This bill passed and will allow them to use the x-ray with a reasonable search rate and location schedule. We learn something every day.

I wonder sometimes if we are getting involved in areas that are an encroachment on individual and mu-

nicipalities. Today we ok'd sale of firecrackers and also kept the state out of setting the height of motorcycle handlebars. We failed to pass a bill that would have allowed towns give a veteran a \$1,000 property tax exemption... up from \$500. Why should the state care what a town does? If you want firecrackers, legalize them. If you want to give a veteran a \$1,000 or nothing off taxes, then do it. The state should stay out in cases like this. By the way. We did not change the need for a town to "perambulate" your borders. Sorry, you'll have to walk.

Despite dire predictions by many, the budget process is going on. The Senate is at least "unofficially" using the House budget and the Governor's budget as they build their version. They will continue and, pass a budget back to the House for a vote and then sit down

with the House in a Committee of Conference. The same small group will hammer out a budget and we'll pass it before the world ends. The biggest thing that has to happen is for the Speaker to get over his temper tantrum, rebuild some bridges, and get on with legislating.

Legislation is moving. By the time, you read this report it may be too late for you to voice your opinion on a given bill, but you must be engaged to have your voice heard. You can view the House Calendar every Friday to see what bills will be presented at [www.gencourt.state.nh.us](http://www.gencourt.state.nh.us). Please contact me at [dave@sanborn-hall.net](mailto:dave@sanborn-hall.net) or 320-9524 if you have any questions.

Cheers!

*Dave Testerman  
NH State  
Representative  
Franklin and Hill*

## Notebook

FROM PAGE A5

ron," he said, or similar kindly words.

Of course, I've always been a fan of looking down, ever since I was a toddler, and have had a happy lifetime of noticing things and finding things that other people just walk over and pass on by. I find lots of coins, for instance, and four-leaf clovers, or anything else amiss in that world below our feet. But who thinks to look at snow?

That would be me, ever since discovering snow fleas. After that, whenever on snow---on foot, on snowshoes, on skis, even on snow-

mobiles (I never liked going very fast)--I got into the habit of looking down.

There is a whole world unto its own down there under the snow pack. Many people before me have studied this world, of course, and had long before paid attention to snow fleas. There is abundant literature.

Abundant enough, in fact, to be boring. Suffice to say that snow fleas are members of the springtail family, do not bite, and emerge by the billions (no exaggeration) to feed on algae blooms in the snow, which I have seen in red, blue-green and orange.

So the next time

someone casually mentions snow fleas, don't tighten up as if you're about to become the butt of an inside joke. They're real--as real as a hoorah's nest in a spruce tree, or a will-o-the-wisp on a distant ridge.

(Next, coming to a theater near you: Snow spiders, and the sequel, ice worms.)

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

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### Can You Free Yourself of Some Investment-related Taxes?

Tax Freedom Day generally falls around this time each year. This is the day when the nation as a whole has earned enough money to pay off its total tax bill for the year, according to the calculations made by the Tax Foundation. So you may want to use Tax Freedom Day to think about ways you can liberate yourself from some of the investment-related taxes you may incur.

Of course, Tax Freedom Day is something of a fiction, in practical terms, because most people pay their taxes throughout the year via payroll deductions. Also, you may not mind paying your share of taxes, because your tax dollars are used in many ways – law enforcement, food safety, road maintenance, public education, and so on – that benefit society. Still, you may be able to reduce those taxes associated with your investments, leaving you more money available to help you work toward your important goals, such as a comfortable retirement.

**Here are some suggestions for making investing less "taxing":**

- **Contribute regularly to tax-advantaged retirement plans.** Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. Traditional IRA earnings

grow tax deferred, and your contributions may be tax-deductible, depending on your income. (Taxes will be due upon withdrawal, however, and withdrawals made before you turn 59½ may be subject to a 10% IRS penalty.) Your 401(k) or similar plan also provides the opportunity for tax-deferred earnings growth. Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you're 59½ and you've had your account at least five years.

- **Follow a "buy-and-hold" strategy.** If you sell investments you've owned for less than a year, and their value has increased, you will have to pay capital gains taxes at your personal income tax rate, which, in early 2017, could be as high as 39.6%. But if you hold investments for at least a year before selling them, you'd be assessed the long-term capital gains rate, which tops out at 20%. Be aware, though, that the Trump administration and Congress seem likely to change the tax rates. Early plans call for a maximum personal income tax rate of 33%, with the top rate for capital gains and dividends either staying at 20%, or possibly being reduced to 16.5%. In any case, you'll still come out ahead,

tax-wise, by holding your investments long enough to receive the long-term capital gains rate.

- **Consider municipal bonds.** If you are in one of the higher income brackets, you might benefit from investing in municipal bonds, which are typically used to finance public projects, such as roads, schools, airports and infrastructure-related repairs. Interest payments from "munis" are typically exempt from federal income taxes and may also be exempt from state and local taxes, depending on the state in which the bond issuer is located. Interest payments from some types of municipal bonds may be subject to the alternative minimum tax (AMT). Again, though, watch for developments from Washington, as both the Trump administration and some congressional leaders favor eliminating the AMT.

When charting your investment strategy, consider your risk tolerance, time horizon, family situation and estate plans. But investment-related taxes should also be in your strategic mix – so look for opportunities to keep these taxes under control.

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

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For more information, see <http://www.edwardjones.com/> or "like" her on Facebook

[www.facebook.com/EJAdvisorJacquelineTaylor](http://www.facebook.com/EJAdvisorJacquelineTaylor).

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**The Rest of the Story**

A14 NEWFOUND LANDING, THURSDAY, APRIL 27, 2017

**Opening Dates**

FROM PAGE A11

- May 13 – Castle in the Cloud in Moultonborough.
- May 14 – M/S Mount Washington in Weirs Beach.
- May 27 – Clark's Trading Post in Lincoln.
- May 27 – Story Land in Glen.
- May 27 – Santa's Vil-

- lage in Lincoln.
- May 27 – New Hampshire Boat Museum in Wolfeboro.
- May 27 – Winnepesaukee Belle in Wolfeboro.
- May 27 Winnepesaukee Scenic Railroad, Meredith
- May 27 – Wolfeboro Trolley in Wolfeboro
- All are invited to sign up for the LRTA "Ripples" e-newsletter

that provides details on special events, dining, attractions and lodging throughout the region. The Lakes Region Tourism Association is the official tourism board of the region, representing close to 100 communities, 273 lakes and ponds, and more than 400 businesses in central New Hampshire, including area attractions, restaurants, retail

establishments and accommodations. For more information or visitors' guides, visit LakesRegion.org, facebook.com/NHLakesRegion or follow on Twitter. For more information about New Hampshire, go to www.visitnh.gov. The LRTA office is located just off exit 20 on I-93, Route 3 in Tilton, and can be reached by calling (800) 60-LAKES.

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- Theatrical Combat Camp for Adults: August 7-11

For detailed information on camp programming, ages, cost, and registration information visit <http://tinyurl.com/mn39mjt>.



Questions? Contact Rachelle Lyons at [rlyons@plymouth.edu](mailto:rlyons@plymouth.edu) or Nina Domina at (603) 535-3271, or visit <http://tinyurl.com/mn39mjt>.



See further up here.



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Not responsible for typographical errors.

## What's On Tap

As a new month rolls around, a full schedule of local high school contests is ahead.

At Newfound, the baseball and softball teams will be hosting Mascoma on Monday, May 1, and Kearsarge on Wednesday, May 3, both at 4:30 p.m. and the Bear baseball team will be at Newport for a 4:30 p.m. game on Thursday, May 4.

The Newfound track team will be at Laconia for a 4 p.m. meet on Thursday, May 4.

The Plymouth track team will be at Coe-Brown for a 9 a.m. meet on Saturday, April 29, and will be at Hanover at 4 p.m. on Tuesday, May 2.

The Bobcat boys' tennis team will be at Kingswood today, April 27, at 4 p.m., then returns home to host Milford on Monday, May 1, at 4:30 p.m. The boys head to Windham for 4:30 p.m. match on Tuesday, May 2, and will be hosting Kennett at 4 p.m. on Thursday, May 4.

The Plymouth tennis girls will be at Milford on Monday, May 1, at 4:30 p.m.

The Bobcat baseball and softball teams will be at Lebanon on Monday, May 1, at 4 p.m. and will be hosting Sanborn at 4:30 p.m. on Wednesday, May 3.

The Plymouth boys' lacrosse team will be hosting Pelham on Monday May 1, at 4 p.m. and visits Campbell at 4 p.m. on Wednesday, May 3.

The Plymouth girls' lacrosse team will be hosting St. Thomas at 4:30 p.m. on Tuesday, May 2, and Campbell on Wednesday, May 3, at 4 p.m.

## Rouille leads Bears to win in opener

BY JOSHUA SPAULDING  
Sports Editor

SUTTON — The Newfound baseball team got an early lead and then scored two more in the top of the seventh inning to knock off Kearsarge by a 4-2 score on Monday, April 17.

"The guys played really well," said coach John Larsen. "We were really looking for pitches we could hit.

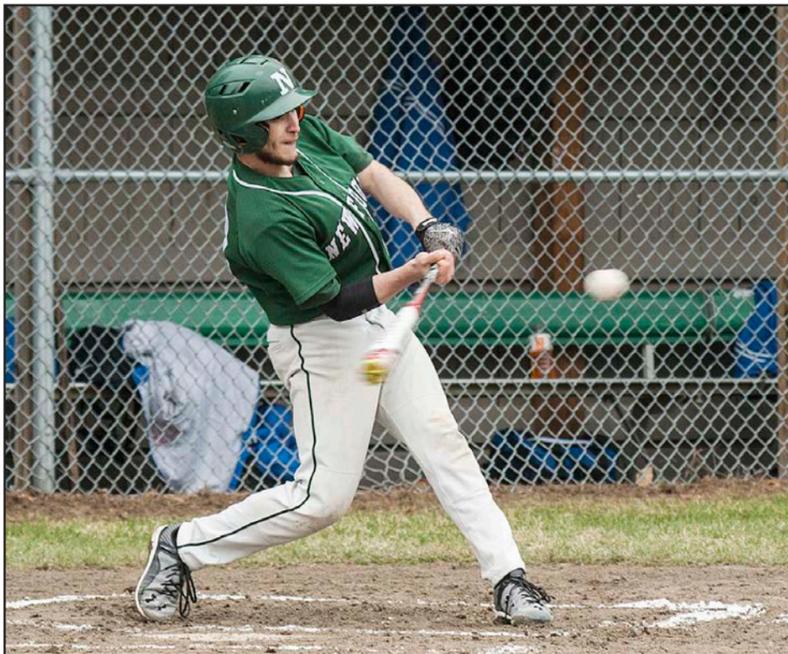
"Sometimes we fouled off several to get to that right one," the second-year head coach added.

Logan Rouille went the distance on the hill, striking out five and walking just one to earn the win for the Bears in their season opener.

Nate Desrochers reached on a walk and Devon Kraemer-Roberts reached on a fielder's choice in the first inning and then Ryan Coughlin got the Bears on the board with an RBI double to the fence, giving Newfound a quick 2-0 lead.

The Cougars added a run in the bottom of the third inning to cut the lead to one and then tied the game in the bottom of the sixth inning to tie the score at two.

In the top of the seventh inning, Jarrod Fairbank singled and Rouille reached right behind him. Fairbank scored on a slap hit by Desrochers and Kraemer-Roberts gave the Bears a little insurance when he singled



RC GREENWOOD

Ricky DeLuca connects with a pitch during his team's win over Inter-Lakes on Saturday.

to left field for a 4-2 lead.

Catcher Ricky DeLuca helped the cause in the bottom of the seventh inning when he gunned down a runner trying to

steal third base. Rouille surrendered a walk and a base hit after that, but he got a grounder back to the pitcher and a strikeout to end the game and

give Newfound the win.

Larsen noted that one of the highlights on the defensive side of things was in the bottom of the fifth when first baseman

Mike Doan started a 3-6-3 double play, with Desrochers turning the play in the middle.

Overall, the Bears had eight hits on the day, with Coughlin and Desrochers each collecting two hits on the day. Additionally, the Bears didn't commit an error.

The Bears earned their second win of the season with a 3-1 victory over Inter-Lakes on Saturday afternoon.

The Bears will be back in action on Monday, May 1, at home against Mascoma at 4:30 p.m. and will be hosting a rematch with Kearsarge on Wednesday, May 3, at 4:30 p.m. The team is at Newport for a makeup game on Thursday, May 4, at 4:30 p.m.

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



BOB MARTIN - GILFORD STEAMER

Reid Wilkins clears the high jump bar on his way to winning the event at Gilford last week.

## Newfound announces second Hall of Fame class

BRISTOL — Newfound Regional High School is proud to announce the inductees in the second annual Athletic Hall of Fame class.

Ron Bucklin (1961), Wally Laws (1995), Karri Peterson (1988), Dan Plourde (1994), Paul Fournier (1988) and the 1987 boys' cross country team will be inducted during Homecoming weekend. The event will take place at NRHS on Saturday, Sept. 23, starting at 1 p.m. with a reception, and the induction at 3 p.m. There will be more specific information coming out shortly.

In addition, there will be a reception for Bucklin, on Saturday, May 20, at NRHS, starting at 1 p.m. All are welcome.

Any questions on either event should be directed to Athletic Director Peter Cofran at 744-6006, x1507 or pcofran@sau4.org.

## Throwers shine for Bears in first meet

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — After a few weeks of cancelled meets, including their first home meet, the Newfound track kids finally got the season under way with a meet at Gilford on Tuesday, April 18.

On the boys' side of things, Leo Ntourtourekas led the way with the win in the shot put with a toss of 46 feet, two inches, which coach Charlie Therriault noted puts him second overall in the state so far. Mason Dalphonse threw his way to fourth with a toss of 34 feet, seven inches and Ethan Pruett finished in sixth place with

a toss of 34 feet, three inches. Dan Holton was right behind at 31 feet, half an inch and James Machado threw 30 feet, 10.5 inches. Brett Pigeon tossed 27 feet, 10 inches, Patrick O'Neil threw 27 feet, seven inches, Brandon Marcoux threw 23 feet, 10.5 inches and Adam Lemeux finished at 21 feet, nine inches.

Ntourtourekas finished third in the discus with a toss of 101 feet, one inch, with Dalphonse finishing at 86 feet, five inches, Holton tossed 84 feet, two inches, Zach Patten reached 82 feet, Pruett finished at 81 feet, five inches, Trevor Robie threw 78 feet, 11 inches and Jacob Pfister

threw 70 feet, eight inches.

In the javelin, Shawn Huckins finished second overall with a toss of 116 feet, while O'Neil finished in sixth place at 103 feet, seven inches. Machado just missed out on scoring at 103 feet, one inch, with Charles Gould at 85 feet 10 inches.

Reid Wilkins leaped to the win in the high jump with a height of five feet, four inches, with Quentin Dancewicz-Helmers in second place at the same height. Dylan Perkins finished fourth at five feet, two inches and Cian Connor was fifth at five feet.

Justin Shokal finished fourth in the long jump at 17 feet, 4.5 inches, with Helmerts-Dancewicz at 16 feet, 8.5 inches. Jacob Judkins jumped 15 feet, Connor finished at 14 feet, 11 inches, Rolando Sylvain-Stott finished at 14 feet, two inches, and Cameron Anderson jumped 12 feet, five inches.

Shokal also picked up

a sixth place finish in the 100 meters in 12.17 seconds, with AJ Shepard right behind in 12.25 and Ben Morrill in 12.3 seconds. Sylvain-Stott finished in 12.6, Aidon Anderson finished in 13.38, Ryan Towne finished in 13.66 and Nick Comeau finished in 13.8 seconds.

Tiellar Mitchell finished the 300-meter hurdles in 45.89 seconds for third place overall, with Shepard finishing in sixth in 51.79 seconds.

Cameron Anderson was sixth in the 200 meters in 25.02 seconds with Shepard in 26.52 seconds.

James Shokal ran the 3,200 meters and finished in sixth place with a time of 12:46, with Chris Davis in eighth place in 16:10.

Newfound finished second overall in the 4X100-meter relay in 47.8 seconds.

In the triple jump, Connor jumped to eighth place at 34 feet, 3.75 inches, with Justin Shokal in 10th at 34 feet, two inches and Wilkins in 11th at 32 feet, 11.75 inches.

SEE TRACK PAGE B6

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# Softball Bears win two more

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The strong start to the season continued for the Newfound softball team, as the Bears picked up two more wins to move to 3-0.

Newfound traveled to Sutton on Monday, May 17, to take on Kearsarge and took an 8-0 win over the Cougars.

"The offense was strong again with eight starters combining for 12 hits," said coach Co-

rey Johnston.

The Bears also got a strong pitching performance from senior Amanda Johnston, who went six scoreless innings with eight strikeouts and one walk.

Ashlee Dukette hit a long two-run homer in the fifth inning, expanding Newfound's lead from 3-0 to 5-0 and she finished with two hits on the day and three runs batted in. Johnston had three hits, including a triple and she drove in two runs while also scoring three times. Hayleigh LeTourneau had two hits with an RBI and two runs scored and

Paige Dostie helped the offense with a key sacrifice bunt.

The Bears didn't commit an error and Johnston touted the work of LeTourneau at second base and Hailie Clark at first base on the defensive side of things.

With the home field still not playable, the Bears switched their game with Laconia on Wednesday, April 19, to Laconia and Newfound rolled to a 16-2 win.

Johnston got the start in the circle and retired the first 10 batters she faced, five via strikeout. Mackenzie Ryan pitched the final

inning and two-thirds with a pair of strikeouts.

Kylee MacDonald led off the game with a walk and moved to second on LeTourneau's sacrifice bunt. Johnston then delivered the game's first run with a double.

Julianne Marchand led off the second inning with a homer and Dostie also scored in the inning to make it a 3-0 lead.

In the third inning, Newfound scored six times, with three doubles and a triple in the inning.

Kasey Basford and Ryan both went three-for-four, while LeTour-

neau went two-for-two and Dukette had a hit and three RBIs.

"The coaching staff has been pleased with the batting of the team after getting 19 hits in the opener," Johnston said. "Newfound bats have followed that with 10 hits and 19 hits in today's game."

Newfound will be back in action on Monday, May 1, at home against Mascoma and will be hosting Kearsarge on Wednesday, May 3, both at 4:30 p.m.

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



COURTESY PHOTO

The Captain Douglas DiCenzo Golf Classic is scheduled for June 23.

## Captain Douglas DiCenzo Golf Classic is June 23

CAMPTON — The 11th annual Captain Douglas DiCenzo Golf Classic will tee off at 1 p.m. on June 23 at the Owl's Nest Golf Club in Campton. Registration is now open at dougscampfund.org or by contacting Cathy Crane at ccrane653@gmail.com. The cost to enter is \$600 for a foursome or \$150 for a single player and includes greens fees, golf cart, lunch and barbecue awards dinner. Sponsorship of tournament greens, tees and golf carts is also available for New Hampshire businesses and supporters.

The annual Golf Classic is a key fundraiser for Doug's Camp Fund, created in memory of Captain Douglas DiCenzo. Captain DiCenzo was a West Point graduate and Plymouth native killed in action while serving his country during the war with Iraq. Since its establishment in 2006,

Doug's Camp Fund has provided financial assistance to more than 600 children to attend a wide variety of camps including boy and girl scout camps, young writer's camp, music camp, sports camps and many more. According to fund administrator Cathy Crane, "Our goal is to meet the needs of as many of New Hampshire's young people as possible."

The Captain Douglas DiCenzo Classic is a four-person scramble golf tournament. The schedule starts with a 12 p.m. check-in and lunch followed by a 1 p.m. shotgun start. Barbecue dinner and awards wrap up the day at 6 p.m.

For additional information and background on the Captain Douglas DiCenzo Camp Fund, please visit dougscampfund.org or contact Crane at ccrane653@gmail.com or 530-2113.

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Plymouth track team got the season started a few days late, as the Bobcats traveled to Wolfboro for a meet hosted by Kingswood at The Nick.

The Bobcat boys and girls finished in second place overall on the day, with Kingswood getting the win on both sides.

For the boys, Plymouth picked up three individual wins.

Jordan Docen ran to the top spot in the 200 meters with a time of 23.36 seconds. Jack Lyons finished in 27.84 seconds and Richard Lyons finished in 28.58 seconds.

In the 400 meters, Nick Kulig took the overall win with a time of 55.04 seconds, with Philip Green in fourth place in 59.49 seconds and Thomas Carpenter in fifth place in 61.11 seconds. Michael Kulig finished in 1:07.36.

The other win for the Bobcat boys came in the high jump, where Sam Ebner cleared five feet, 11 inches for the win. Charlie Carpenter was second at five feet, eight inches and Samson DeRuvo finished in fifth place at five feet.

Shawn Breen ran to second place in the 110-meter hurdles with a time of 20.15 seconds, with Randall Scroggins in fourth place in 22.10 seconds.

In the 300 hurdles, Ebner picked up a second place finish with a time of 49.8 seconds, with JC Gaumer in third place in 52.06 seconds and Breen in fourth place in 54.95 seconds. Joe Cleary finished in 57.44 seconds and James Philbin finished in 1:00.45.

In the discus, Garrett Macomber tossed 108 feet, six inches to finish in second place, while Ebner finished with a toss of 94 feet, one inch for fourth place. James Buhrman threw 68 feet, six inches, Logan Hixon threw 62 feet, four inches and Ethan MacDonald threw 52 feet, nine inches.

Ebner also picked up a second place finish in the long jump with a leap of 18 feet, six inches, while Charlie Carpenter finished in fourth place at 17 feet, 10.5 inches. DeRuvo was eighth at 16 feet, one inch and Cleary



JOSHUA SPAULDING

Sam Ebner picked up a lot of points for the Plymouth track team at Kingswood last week.

was 14th at 14 feet, 5.25 inches.

Docen added a third place finish in the 100 meters with a time of 11.61 seconds, Isiah Crane finished in 12.13 seconds, Jacob Lamb finished in 12.21 seconds, Macomber finished 12.28 seconds, Bert Prince finished in 12.29, Nathaniel Ingle finished in 12.37, Richard Lyons finished in 12.43, Thomas Carpenter finished in 12.79, Jack Lyons finished in 12.8, Will Golden finished in 12.88, Cale Swanson finished in 13.01, Sam Smith finished in 16.92 and Kyle Dimick finished in 17.61.

In the 800 meters, Nick Kulig finished in 2:21 for fourth place and Griffin Smith finished in fifth in 2:24. Zack Kennedy was sixth in 2:24.9, Green was seventh in 2:24 and Garrett Macedonia was eighth in 2:28.

Plymouth finished second in the 4X100 (47.36 seconds) and 4X400-meter relay (3:59), with the team of Smith, Green, Macedonia and Nick Kulig.

In the javelin, Jake Bussolari threw 107 feet, 10 inches, Ryan Hardy threw 91 feet, five inches, Richard Lyons threw 79 feet, 10 inches, Hixon threw 79 feet, seven inches, Buhrman threw 75 feet, five inches, MacDonald threw 60 feet, Breen threw 53 feet, 10 inches, Sam Smith threw 48 feet, 11 inches

four feet, four inches.

Gordon jumped to second in the triple jump at 28 feet, 10 inches, with Catriona Stewart in third at 27 feet, nine inches and Tabitha Lopes in fourth at 26 feet, three inches.

Angel Jandoc took second place in the shot put at 31 feet, 6.25 inches, Carly Merluzzi was ninth at 22 feet, 4.5 inches, Nikki Uhlman was 11th at 21 feet, six inches and Acadia Laraway was 14th at 19 feet, six inches.

Sam Van De Moere took third overall in the 400 meters in 1:08. She also took third in the 800 meters in 2:45, with Towers in fifth in 2:49, Lily Derosier in sixth in 2:50, Ulricson was seventh in 2:51, Lauren Appleby finished in 2:56, Megan Ebner finished in 2:48 and Botelho finished in 3:16.

Jandoc added a third place in the discus with a toss of 72 feet, seven inches while Kaitlin Gabeitt finished with a best throw of 59 feet.

Lopes finished fourth in the 100-meter hurdles in a time of 21.08 and also added a fifth in the 300 hurdles in 1:02.5, with Sylvie Donnell in sixth in 1:06.

Donnell added a fifth place finish in the javelin with a toss of 72 feet, three inches, with Mary Julia Dunn throwing 63 feet, nine inches, Laraway finished at 48 feet, 11 inches, Appleby threw 36 feet, seven inches and Shianne Rivera finished at 34 feet, three inches.

Plymouth had two teams in the 4X100-meters, finishing second (54.92) and third (56.93) and in the 4X400-meter relay, the team of Derosier, Ulricson, Stewart and Sam Van De Moere placed second in 4:50.

In the long jump, Gordon was sixth at 12 feet, 9.5 inches, Stewart was 11th at 11 feet, two inches and Daisy Overbaugh was 12th at eight feet, 10.5 inches. In the 200 meters, Szymczak finished in 30.98 seconds and Brotzman finished in 32.27.

The Bobcats will be back in action on Saturday, April 29, at Merrimack Valley at 10 a.m.

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



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

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

# Miles for Smiles 5K set for June 10

PLYMOUTH — The seventh annual Miles for Smiles 5K Community Run/Walk is Saturday, June 10, at 9 a.m., with registration at 8 a.m. The race takes place at 100 Smith Bridge Road in Plymouth and registrations received by June 9 will receive a \$5 discount off the \$25 registration fee. Register by May 10 to receive a free race shirt, additional shirts will be available for purchase on race day.

Register online at: <https://g2racereg.webconnex.com/smile-5k2017>

For more information or to register by US mail/check, visit [www.lrcs.org](http://www.lrcs.org).

The Miles for Smiles 5K Community Run/Walk in Plymouth raises much-needed money to provide dental care access for individuals with disabilities served by Lakes Region Community Services. The race is fast, flat, out-and-back USATF certified course.

Lakes Region Community Services (lrcs.org) is a community-based, non-profit organization that provides services to individuals with developmental disabilities and acquired brain disorders and their families. LRCS serves 1,200 individuals and families living in Belknap and

Southern Grafton counties. Services for adults with disabilities include

residential support, resource coordination and employment services.

While most services are funded through state and federal Medicaid,

Medicaid funds are not available to cover costs associated with dental

care for adults over the age of 21.

## On the road to see the Red Sox (even with the rain)

The Muddy Moose Trail Race is one of my favorite events of the year for getting pictures. Runners in this annual Wolfeboro race are not afraid of jumping in the mud and I'm not afraid of getting pictures of them doing that.

However, this year, I was a bit concerned I would not make it to Sunday's race, mainly because of my luck with airplanes in the last year.

Of course, I was not flying from my apartment in Ossipee to Wolfeboro to cover the race, I was flying from Baltimore.

When the Kingswood baseball team decided not to go to Florida this year, I decided I still needed a break or two somewhere along the line and I decided I would try to see the Red Sox in a couple of different stadiums this season. I had never been to Oriole Park at Camden Yards in Baltimore so I decided that would be one of the stadiums I was going to see this year (the other is coming in June).

I found a pretty good deal on a flight, bought

### SPORTING CHANCE



By JOSHUA SPAULDING

a game ticket before the season even started and almost forgot about the trip until the Muddy Moose was announced for this past Sunday.

But Saturday morning dawned well before dawn, as I had a flight set for 5:50 a.m. from Logan Airport. Usually when I fly out of Logan, I take the bus from Dover to avoid parking fees at the airport. However, I realized that if I took the bus, there was no way I was making it back for the 10 a.m. Muddy Moose start. I figured the only way I could get back in time was to drive myself.

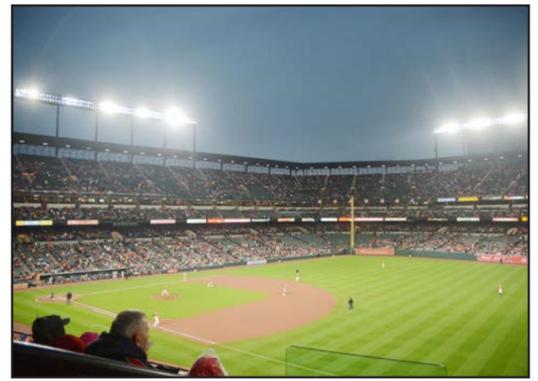
So, I pulled into Logan just before 4 a.m. on Saturday, got on the shuttle, through security and onto my Jet Blue flight to Baltimore. We landed on time and I caught the train to Camden Yards. My goal was to see a lot of the inner harbor during the day, though it would've been nice if the

rain had stayed away.

I started by walking around the stadium. Eutaw Street, which runs between right field and the warehouse, is open during the day and you can walk right up to the gates and around the outfield area, which was cool. I got a bunch of photos and then decided to check out the Babe Ruth Museum, which is located nearby. As a big baseball fan, that was impressive. They had tons of great memorabilia.

I left the museum and headed toward the harbor, where I caught the water taxi and made my way out in the harbor, eventually landing at Fort McHenry, which is best-known as the spot that in the War of 1812 where Francis Scott Key saw the American flag flying after a long battle and wrote the Star Spangled Banner. As someone who grew up enjoying history, it was great to read and see the history the fort held.

After eating some lunch, I headed back up to the stadium for the game, which of course, ended up being delayed



JOSHUA SPAULDING

ORIOLE PARK at Camden Yards is a beautiful baseball park, even in the rain.

by rain. The delay ended up being only a half-hour and when Jackie Bradley Jr. launched a homer onto Eutaw Street, all was good. But that didn't last too long, as Steven Wright choked the lead away the very next inning. I stayed to the very end nonetheless.

I caught a late train back to the airport and my 6 a.m. flight landed on time in Boston. Despite the fact that I had lost my parking ticket, I was still able to get back on the road before 8 a.m. and at 9:30 a.m., pulled into Kingswood in time for the Muddy Moose.

Though I should note, the office couch called

my name after the Muddy Moose. A nap was certainly needed.

Finally, have a great day Fergus Cullen.

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

# HELP WANTED/REAL ESTATE Classifieds

**CAMPTON SCHOOL DISTRICT**

**SPECIAL EDUCATION TEACHER**  
2017-2018 School Year

Please send letter of intent, resume, transcripts, certification and references to:

**Ms. Janet Eccleston**  
Special Education Coordinator  
Campton Elementary School  
1110 NH Rte. 175  
Campton, NH 03223  
[jeccleston@pemibaker.org](mailto:jeccleston@pemibaker.org)

**Camelot HomeCenter**  
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

**Hurry Down & See Our Homes!**

<b>\$28,995</b> 56' 2 bed	<b>\$33,995</b> 66' 3 Bed, 2 Bath	<b>\$34,995</b> 52' 2 Bed	<b>\$44,995</b> 76' 3 Bed, 2 Bath
<b>\$47,995</b> 44' 3 bed, 2 bath	<b>\$58,995</b> 44' 3 bed, 2 bath	<b>\$61,995</b> 48' 3 bed, 2 bath	<b>\$87,995</b> 54' 3 bed, 2 bath

SEE OUR AD AT [WWW.CM-H.COM](http://WWW.CM-H.COM) - HOMES FROM COLONY, NEW ERA & TITAN

**\$73,995** 36x28, Sunny Cape! **\$109,995** 56x28 Ranch, Roman Spa Bathroom, Irresistible Kitchen! **\$111,995** 2000 Sq. Ft. 2 Story

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18x24 Garage  
Full Appliance Package  
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6% Interest for 25 years

**Mansfield Woods**  
88 North, Rt. 132, New Hampton, N.H.  
Directions: I-93 Exit #23. Right for 1/2 mile, left at post office for 800'

Call Kevin  
**603-387-7463**

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**FROM THE LAKES REGION TO THE GREAT NORTH WOODS.**

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coos County Democrat
- Carrol County Independent

**CALL 603-279-4516 TO PLACE YOUR AD TODAY!**

**HIGHWAY DEPARTMENT**

**LABORER/MAINTENANCE/SNOW PLOWING**

The Town of Groton has an immediate opening for the following position: Highway Department Laborer/Maintenance/Snow Plowing.

This is a part-time, year round, work as needed position.

Applicants must fulfill the following requirements:

1. Must possess a valid NH driver's license and an acceptable driving history.
2. Be willing to work flexible hours on an as needed basis to be determined by the Public Works Director.
3. Capable of lifting, bending and standing for extended periods.
4. Be familiar with the use of rakes, shovels, and hand tools, direct traffic, and operate powered lawn equipment.
5. Be readily available to plow snow when needed.
6. Be courteous to residents and motorists.
7. Pass a background check. Random drug testing may be performed.
8. Valid CDL license a plus, but not required.

**LABORER/MAINTENANCE - SUMMER HELP**

The Town of Groton has an immediate opening for the following position: Highway Department Laborer/Maintenance for Summer help only.

This is a part-time, work as needed position for the summer only.

Applicants must fulfill the following requirements:

1. Must possess a valid NH driver's license and an acceptable driving history.
2. Be willing to work flexible hours on an as needed basis to be determined by the Public Works Director.
3. Capable of lifting, bending and standing for extended periods.
4. Be familiar with the use of rakes, hand tools, direct traffic, and operate powered lawn equipment.
5. Be courteous to residents and motorists.
6. Pass a background check. Random drug testing may be performed.
7. Valid CDL license a plus, but not required.

A complete job description and applications can be picked up at the Groton Town House, 754 North Groton Road, Groton. For more information call the Select Board's office at 744-9190, Mon-Thurs 8-4, Fri 8-12. Position open until filled.

EOE

**(3) AUCTIONS**

Per Order of the USDA  
Thursday, May 4th

**11:00 a.m. - Berlin, NH - Selling to the Highest Bidder Above: \$15,000**  
113 Poplar Drive is a 900± sq.ft. Cape that was built in 1930± and includes 2 BRs and 1 BA. The lot totals .06± acres and includes a 1 car garage. The home is serviced by municipal water and sewer. Tax Map 128, Lot 38. Assessed Value: \$42,600.

**1:00 p.m. - Dalton, NH - Selling to the Highest Bidder Above: \$10,000**  
403 Dalton Road is a 1,116± sq.ft. Cape that was built in 1888± and includes 3 BRs and 1 BA. The lot totals .53± acres and includes a 1 car detached garage. Tax Map 403, Lot 27. Assessed Value: \$48,600.

**3:30 p.m. - Canaan, NH - Selling to the Highest Bidder Above \$55,000**  
6 Crate Lane is a 1,751± sq.ft. 1 ¼ story Cape that includes 3 BRs and 2 BAs. The property totals 1.4± acres and includes a detached barn. Tax Map 7, Lot 12-1. Assessed Value: \$198,600.

**INSPECTION:** One half hour prior to the auction, if permitted.

**TERMS:** \$5,000 deposit per property in cash, certified check or bank check at time and place of sale. Balance due at closing within 30 days or when the mortgagee's deed is ready for delivery. Subject to all terms of mortgagee's notice of sale.

Broker Participation Invited

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# CLASSIFIEDS

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Call toll free  
or visit our website



### Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" / May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news

**Restaurant equipment for sale in Holderness**  
Coolers, freezers, commercial sink, commercial stove, pots, pans, flatware  
Even a new 2013 fire suppression exhaust fan system  
Good condition, sold as a lot  
For pictures and list call or email Kent at smke87054@gmail.com, (603) 968-9445

### Events/Entertainment

**FIREARMS TRAINING**  
Shoot a large variety of handguns and calibers before making the decision to buy in our Intro to Handgun class.  
Learn self defense with rifle, pistol or shotgun.  
Women-only courses available.  
Courses start in April, call now to sign up.  
www.GoRFT.com  
603-636-2167

### Lost & Found

Did you know?  
Thank you and  
Lost & found ads are always free!  
Call us today  
603-279-4516

**Found Ads**  
Are published Free of Charge.  
30 words for 1 week.

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Are Charged at our regular classified rates.

Call Toll Free  
Mon-Fri 8:00-4:00  
1-877-766-6891  
or go to  
www.nhfrontpage.com  
24/7

**HAVE YOU SEEN ME? I AM LOST!**  
MY NAME IS BUDDY  
I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road  
PLEASE CALL MY FAMILY at 279-7000.  
Reward if found.

### Thank-You

Our line ad classifieds are on our website!  
www.nhfrontpage.com  
is the place to check our weekly classifieds online!  
More great coverage and information from the  
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Why place your ads anywhere else?  
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Thank you for browsing  
The Town To Town  
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Record Enterprise  
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Newfound Landing  
Publication Rates (30 words)  
\$12 - 1 Week  
\$20 - 2 Weeks  
\$27 - 3 Weeks  
\$36 - 4 Weeks  
Call Our main Call Center  
1-877-766-6891  
Mon-Fri 8:00-4:00  
or place online 24/7 at  
newhampshirelakesandmountains.com  
Deadline:  
Monday 10:30 am

### Auctions/Antique:

MAY AUCTIONS ON SATURDAYS at 4PM Public Invited to bid on Estate items, Furniture, Cars, Tools, Coins, Art and more- Every Saturday in May- viewing opens after 1PM  
Gary Wallace Auction Gallery RT 16 Ossipee NH. see  
www.wallaceauctions.com for details-lic #2735 call 539-5276  
email -nhauction@roadrunner.com

Spring Kickoff Auction, Wednesday, April 26th @ 6:00 PM. At Union Hall, South Tamworth.  
Visit www.TroonFamilyAuctions.com or call 603-733-6165, Rob Troon, Auctioneer, NH Lic. #6102

### Fuel/Wood

**FIREWOOD:** Cut, Split, Local Delivery \$200 Green.  
Please Call 286-4336

### Pets/Breeders

**LOW COST SPAY/NEUTER**  
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line  
www.RozzieMay.org or call 603-447-1373

### Lost & Found Pet:

**STILL MISSING!!**  
SHANE- Shetland Sheep Dog Lost in Laconia NH on August 27, 2016. 9 year old male, very shy. Prefers women. **Please do not chase!** Old or new leads welcomed! If sited in the area call 1-855-639-5678. Not from the area- he slipped his collar upon arriving.

### General Help Wanted

**BRIDGE WORKERS WANTED**  
Beck & Bellucci has immediate openings for bridge workers in Tilton & Concord NH.  
Email resume, call for application, or visit our Facebook page.  
EOE  
603-934-5236  
info@beckandbellucci.com

### Castle in the Clouds is hiring:

- Bartenders
- Servers
- Hostess
- Dishwashers

We are looking for applicants that can work through the end of October.

Call 603-476-5900 or email operations@castleinthecLOUDS.org.

**DOCK CREW INSTALLER.**  
We are looking for energetic team members who enjoys the outdoors. Position is for installing, removing and repairing seasonal docks around the lakes. Position requires heavy lifting, carrying sections to shoreline for set up. Mechanical and carpentry skills a plus for repairs and new construction. Training available. Must have tool box, basic tools for building and assembling docks. Call 603-253-4000

**EXPERIENCED PAINTERS WANTED**  
Looking for full time interior/exterior painters for Lakes Region Area. Year round work. Must have own transportation and tools. Pay will commensurate with experience.  
Contact Bob at 581-4491

Full and part time positions available for a motivated individual with good customer service skills. Must be 18 years of age.  
Please call 603-569-6555

**Great Summer Job!**  
June 30 thru Labor Day. We are looking to help make the summer season at our beach enjoyable for our Suissevale residents. Duties include: monitoring parking, light cleaning, observing that beach rules are adhered to. Staff must be mature, love working with the public and be able to perform light physical labor.  
Please call or email 603-476-5177 / suissevalestaff@gmail.com

www.SalmonPress.com

### General Help Wanted

**HELP WANTED - HOBO RAILROAD SEASONAL EMPLOYMENT AVAILABLE**  
Lincoln, Meredith & Weirs Beach, NH  
Train Attendants, Train Crew, Maintenance, Ticket Agents, Gift Shop & Onboard Entertainment

Full & Part Time positions available with flexible schedules, consistent work schedules with extra hours available, discounts on food and merchandise, complimentary guest passes and paid training.

We're looking for reliable, enthusiastic and hardworking people! Apply by calling (603) 745-2135 Monday through Friday between 9am-3pm  
Equal Opportunity Employer

**Landscape Maintenance/Installation.**  
FULL time for motivated, hard working, honest individual. Must be at least 18 years old with clean driving record. Must have own transportation. Experience is a plus! Newfound area.  
Chris (603)744-2195

**Sandwich Children's Center**  
Early Childhood Teaching Positions Available Immediately. Must have at least 9 credits in ECE to apply. Prefer BS in ECE. Must be reliable, flexible, creative and kind. Please send resume to sccdirector54@gmail.com or call Karyn at 284-7014 to set up an interview.

**SUMMER CASHIERS!**  
The Old Country Store, Moultonboro  
Full and Part time available. Must be able to add, count back change, personable, reliable and trustworthy.  
Call 603-476-5750 M-F or stop in.  
Ask for Jo Hayden

**The Mill Fudge Factory and Ice Cream Cafe** is hiring Customer Service staff. Must be dependable, energetic and friendly. Details and applications available at  
TheMillFudgeFactory.com

### TOWN OF NORTHFIELD PART TIME ADMINISTRATIVE ASSISTANT

Detail-oriented team player sought for a 30 hour per week Administrative Assistant position in the Town Administrative Office. The successful candidate must be able to multi-task, work with the public and have a good knowledge of office procedures. The position also provides support to land use boards, and requires attendance of three evening meetings per month. Salary range: \$14.55 - \$18.91 per hour.

The position requires completion of a high school diploma and two years clerical experience, or any an equivalent combination of education and experience.

To apply file a resume with three references to Town Administrator, Northfield Town Hall 21 Summer Street, Northfield, NH 03276 and or by email to gsmith@northfieldnh.org .  
Position open until filled.

### General Services

**Turnkey Opportunity**  
Northern New Hampshire  
Coos County

Refuse, Garbage, Recycling Collection

Family Operation Well Established  
3 to 4 Trucks Running Daily

Town Contracts, Private Commercial  
Also debris, demo, roll-off hauling  
Partial Seller Financing  
Full Transition Assistance

CONTACT: Lawrence B. Felix  
Waste Svc. Business Broker  
LFB@FELIXBUSINESSSALES.COM  
(518) 944-7082

### Cleaning

**Maid & More LLC** commercial and residential cleaning services. Fully insured, reasonable rates. Specializing in your vacation rental home. Call now, 603-273-2985 ask for Juanita or visit us at www.maidmorellc.com

### Lawn/Garden

Organic garden maintenance services for the Lakes Region. Ornamental and edible gardens designed, installed and maintained by horticultural experts. Perennial division, weeding, cultivating, pruning, and fertilizing. 662-5453.  
www.distinctvegardeninc.com

### Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to  
**The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call  
**The New Hampshire Commission for Human Rights** at 603-271-2767 or write  
The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

### Rentals

**Office space for rent** in town Plymouth, Plymouth Professional Place. 4 rooms including large waiting area. Recently remodeled with plenty of parking, close to downtown Plymouth. \$600 per month. Call Russ 536-1422

### Apartments For Rent

**MEREDITH: PINWOOD KNOLL,**  
Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease.  
Call David at 253-6247 or 781-665-8400.

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### Automobiles

**GIGUERE AUTO 2**  
315 Laconia Road,  
Tilton, NH  
603-286-4800

2012 Jeep Patriot  
Latitude, Alloy Wheels, Loaded  
\$7,995

2011 Nissan Juke S  
Loaded, Leather, Moonroof  
\$9,995

2009 Toyota Tacoma  
Access Cab, 4-Door, 4x4, 5-Speed  
\$15,995

2011 Ford Expedition  
4x4, V-8, Leather, Loaded  
\$17,995

2006 nissan Frontier  
LE, Crew Cab, 4.0L, Automatic,  
V-6, Loaded  
\$9,995

2012 Mazda 3  
Touring, 4-Door, 4-Cyl., Loaded,  
Low Miles  
\$8,995

2005 Nissan Frontier LT  
Crew Cab, 4-Door, 4x4,  
6 Cylinder  
\$11,995

2009 Ford Ranger  
Super Cab, 4x4, Automatic  
\$12,995

2001 Dodge Dakota  
Ex-Cab, 4x4, Automatic  
\$5,995

2008 Ford F-150  
Reg. Cab, 4.2L, V-6, Automatic,  
A/C  
\$8,995

2013 GMC 1500 SLT  
Cab, 4x4, 4-Door, Leather, Z-71  
\$28,995

2014 Chevy 1500  
Double Cab, 4-Door, 4x4, Loaded  
\$25,995

2010 Ford F-150  
Super Cab, 4-Door, 4x4  
\$14,995

2012 Toyota Tundra  
Double Cab, 4-Door, 4x4,  
Loaded, 5.7L  
\$18,995

2012 Ford F-150  
Super Crew, 4-Door, 4x4, Loaded  
\$19,995

2005 Toyota Tundra  
SR5, Access Cab, 4.7L, Loaded  
\$13,995

2007 GMC 1500  
4-Door, 4x4, Loaded  
\$13,995

2014 Dodge Ram  
Heavy Duty, Reg. Cab, Loaded,  
8-Ft Bed  
\$17,995

2014 Ford F-350  
Super Crew, 4-Door, 4x4, Lariat,  
Leather  
\$38,995

2013 Chevy 2500 HD  
Ex-Cab, 4-Door, 4x4, 6.0L,  
Loaded  
\$28,995

## Looking for New Customers?



## FROM THE LAKES REGION TO THE GREAT NORTH WOODS

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- Berlin Reporter
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- Newfound Landing
- Coos County Democrat
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## POOR SALES GOT YOU STEAMED?



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salmonpress.com

The National Domestic Violence  
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1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)  
WWW.THEHOTLINE.ORG



# TOWN-TO-TOWN CLASSIFIEDS

## TOWN OF GROTON

The Town of Groton NH seeks a **Transfer Station Supervisor** to manage the Transfer Station, currently composed of 1 part time attendant. The Transfer Station Supervisor will report directly to a 3-member Select Board. Responsibilities include but are not limited to planning, scheduling, directing, organizing and managing all activities and functions of the Transfer Station in accordance with goals set forth by the Select Board and consistent with funding allocated in the approved budget. A more detailed list of responsibilities is available by contacting the **Select Board office at 603-744-9190.**

This is a part time position with an annual stipend of \$3,000 (\$250 per month). Applicants must be available to work weekends, Wednesdays and when needed, and must be certifiable.

Qualifications required are applicants must be 18 years or older. Candidates must successfully complete a background check. Supervisory experience preferred. Please submit your application/resume to Groton Select Board at 754 North Groton Road, Groton, NH 03241. Applications/resumes must be received by **4:00pm on Thursday, May 18, 2017** to be considered. Resumes will not be accepted by fax or e-mail. Serious inquiries only. Position open until filled.

## THORNTON SCHOOL DISTRICT

Thornton Central School  
2017-2018 School Year

### ANTICIPATED GRADE 5/6 TEACHER

(Must be certified and have strengths in Reading and Language Arts)

Please send letter of intent, resume, references, certification and transcripts to:

**Jonathan Bownes, Principal**  
Thornton Central School  
1886 NH Rte 175  
Thornton, NH 03285  
**NO ON-LINE APPLICATIONS**

### Newfound Area School District

#### Employment Opportunities

##### Newfound Regional High School

- Full Time Custodian Evenings Mon-Fri 2:30pm – 11pm
- Part Time Year Round Custodian Evenings Mon-Fri 2:30pm – 8pm

##### Newfound Memorial Middle School

- Paraprofessional -Must have a Para certification or be certifiable.

##### Bristol Elementary School

- Paraprofessional - Must have a Para II certification

Interested candidates should send a letter of interest, resume, transcripts, job application, and letters of recommendation to:

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

Application is available at:  
<http://www.sau4.org/human-resources/employment-information>



## Help Wanted

### Laundry Attendants

Position entails washing, drying, folding, weighing, carrying and logging stacks or bags of sheets, towels and occasionally blankets. Bags can weigh up to 20 lbs.

Daytime hours, summer weekends a must.

Competitive wages.

**Housekeeping positions also available.**

Apply in person or via email at [susan@loonres.com](mailto:susan@loonres.com).  
Susan Chenard  
Loon Reservation Service  
PO Box 785, 264 Main Street #12, Lincoln NH 03251  
(603) 745-5666 ext. 212

## OFFICE CLEANING POSITION OPEN

**The Town of Groton Select Board** is accepting applications for a **Cleaning Position.**

Responsibilities include cleaning of the Town House, which currently is approximately 2 hours per week, but can vary depending on the usage of the building and the seasons.

**Applications will be accepted** at the Select Board's Office, 754 North Groton Road, Groton, NH 03241, **until 4:00pm, May 19, 2017.**

The position will remain open until filled.

The Town of Groton is an *Equal Opportunity Employer.*

## TAPPLY-THOMPSON COMMUNITY CENTER BRISTOL, NH

**Now Hiring for the following Position:**  
**Water Safety Instructor & Lifeguard**  
For Summer of 2017

For Full Job Description & Requirements or to apply send e-mail to: [ttcc@metrocast.net](mailto:ttcc@metrocast.net)

Job Applications are available on our website at [www.ttccrec.org](http://www.ttccrec.org) and can be e-mailed or sent by mail to: TTCC, 30 North Main Street, Bristol, NH 03222



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Qualified candidates are invited to apply at our website [www.lrhcares.org](http://www.lrhcares.org)

**Littleton Regional Healthcare**  
Human Resources Department  
600 St. Johnsbury Road,  
Littleton, NH 03561

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# Junior Legion baseball tryouts are May 7 and 14

ALTON — Alton Post Mountain High School, 242 Suncook Valley Highway, Alton. Registration will begin at 8:30 a.m. and tryouts will begin at 9 a.m. Players ages 13 - 17 who attend Prospect Mountain, Kingswood, Farmington, Pittsfield, Inter-Lakes, Moultonborough, Belmont, Gilford, Laconia and Newfound are eligible to tryout. For more information, contact coach Gary L. Noyes, Sr. at coachnoyes@metrocast.net or at 393-8349.



BOB MARTIN - GILFORD STEAMER

Trinity Taylor fires the javelin during a meet in Gilford on April 18.



BOB MARTIN - GILFORD STEAMER

Jacob Pfister throws the discus during Newfound's first meet of the season in Gilford last week.

## Track

FROM PAGE B1

Kyle Rosendahl finished 10th in the 1,600 meters in 6:00.5 with James Moore right behind in 11th place in 6:00.75.

In the 400, Tylar Austin finished in 1:11.68 and Cole Frye ran to the finish in 1:45.55.

On the girls' side of things, Becky Norton finished with the win with a toss of 87 feet, six

inches, with teammate Megan Gebhardt right behind in second at 64 feet, nine inches and Evelyn Cutting in third at 57 feet, 11 inches. Haley Youung finished seventh at 53 feet, 10 inches and Danielle Duclos finished at 28 feet, two inches.

Gebhardt was also second in the javelin with a toss of 76 feet, five inches. Trinity Taylor threw 54 feet, six inches, Alexis Raimondi tossed 42 feet, six inches, Ra-

chel Manita reached 41 feet and Duclos threw 40 feet, seven inches.

Newfound's strong showing in the throwing events continued with Norton finishing second in the shot put at 29 feet, six inches. Mackenzie Brunt was right behind in third place at 28 feet, seven inches and Gebhardt was fourth at 26 feet, five inches. Gretchen Dancewicz-Helmers hit 22 feet, four inches and Manita hit 18 feet.

Suez Lai added a sixth place finish in the high jump with a height of three feet, eight inches.

The Bears placed fourth overall in the 4X100-meter relay with a time of 1:00.38.

Lai led Newfound in the long jump at 11 feet, 10.25 inches, with Dancewicz-Helmers next at 10 feet, 8.5 inches. Manita jumped nine feet, 8.25 inches and Sophie Bakhtdavlavoter finished at six feet, eight inches.

Brooke Labraney ran to eighth in the 100-meter hurdles in a time of 21.29 seconds.

In the 100 meters, Amy Combs led Newfound in 14.25 seconds, with Breanna Shepard in 14.89 and Angel Smock in 16.59.

Megan Stafford finished in seventh place in the 400 meters in a time of 1:15.55, while in the 800 meters, Duclos finished in 3:16, Cutting crossed in 3:30 and Sophia Pettit

finished in 3:55.

Combs finished the 200 in 30.45 seconds and Shepard crossed in 32.42.

Riley Pierce finished seventh in the triple jump with a distance of 24 feet, .75 inches.

Newfound is scheduled to compete again on Thursday, May 4, at Laconia at 4 p.m.

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



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