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COMPLIMENTARY

NRHS graduates encouraged to listen to their inner voice

BY DONNA RHODES
dhrhodes@salmonpress.com

BRISTOL — Principal Paul Hoiriis told the Newfound Regional High School Class of 2016 to always listen to their inner voice, which will tell them of the opportunities they should seek in the years to come as he bid farewell to the graduates during commencement ceremonies last weekend.

Held Saturday morning, outdoors on the athletic fields, Hoiriis recalled this year's class in their younger years when he was still a teacher at Newfound Memorial Middle School. He then moved on to the high school administration staff but they soon joined him once again for their final four years of public education and he recalled many memories of their times together.

"You're a special class. You were the last class I taught in middle school," Hoiriis said. "Now as an administrator I've had the privilege to see where your motivations will take you and been honored to share in both your successes and

failures."

As his final lesson, he advised them to use their voices to affect change in the world; to listen in order to understand, work hard, keep asking questions and never stop looking for opportunities.

"Best wishes, Class of 2016. Yo make me proud," Hoiriis said.

Class President Thomas Rhatigan addressed the crowd by saying he, like perhaps many of his classmates, perceived the day as a big dream when he woke up, but was happy to know it was really Graduation Day.

In an inspiring speech, he challenged his classmates to remember to chase happiness and take time to enjoy life in the years to come. "My challenge to you is to chase happiness and enjoy every moment," said Rhatigan. "Always remember happiness isn't a place. It's not a finish line or a brand new house—it's a journey. Congratulations Class of 2016. We made it."

He then presented this year's gift from the



With their hats soaring almost as high as their dreams, the Class of 2016 celebrated their graduation from Newfound Regional High School last Saturday morning.

DONNA RHODES

class, which was two water bottle refilling stations to lessen the waste impact at the school.

Salutatorian Brittney Garcia gave a tearful farewell to her classmates as she admitted

she never expected that she would stand before them all as she was on graduation day, a day

that would change all of their lives. It was a day, Garcia added, that they SEE NRHS, PAGE A13

Title I infusion allows Newfound to hire teachers

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — With the exception of the Bridgewater-Hebron Village School, which is ineligible for Title I funding, elementary schools in the Newfound Area School District will be receiving \$140,000 in additional federal funding for the 2016-17 academic year, and Superintendent Stacy Buckley wants to use that money to replace paraprofessional instructors with professional teachers.

The Newfound Area School Board on June 13 accepted her proposal to hire a full-time teacher for math support and

remediation at Bristol Elementary School, in addition to the three-day-per-week teacher for English and language arts and two tutors already working under Title I at the school. Danbury Elementary School also would see a new, full-time teacher for math support/remediation, in addition to the full-time ELA teacher currently there, but the current tutoring position would be eliminated. New Hampton Community School, which currently has two tutors who work 5.9 hours per day, instead would have one tutor working seven hours per day, along with a full-time math support/remediation teacher.

Overall, Newfound's Title I budget increases to \$480,000, Buckley said. Title I funds, provided through the Elementary and Secondary Education Act, support local educational agencies (LEAs) and schools that have high numbers or high percentages of children from low-income families in ensuring that all children are able to meet academic standards.

While that decision SEE NEWFOUND, PAGE A13

BY DONNA RHODES
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BRISTOL — Children's librarian Miss Azra visited students at Bristol Elementary School last week to invite them all to take part in this year's statewide summer reading program, "On Your Mark, Get Set, Read!"

Joined by the school's librarian, Pam Plankey, Miss Azra visited the kindergarten classes before meeting with older students in the school library to give them details on all the fun and reading possibilities available this summer.

For every 30 minutes a child reads or is read to, they will be given stickers to mark their progress. Each time they visit the library, they can bring in their reading log and select from prizes in the treasure chest.

If that's not enough to entice young readers, there will also be coupons available for a free ice cream cone from Shackett's Store on West Shore Road. In addition to all of that, summer readers can also earn special raffle tickets that could eventually win them museum passes, tee shirts and other fun prizes on August 10th when the program wraps up with a pizza party.

As an introduction SEE READING, PAGE A13



Minot-Sleeper Library's Children's Librarian, Miss Azra, brought news of the upcoming "On Your Mark, Get Set, Read!" summer reading program to students at Bristol Elementary School last Monday.

DONNA RHODES

B-HVS fourth graders organize fundraising run for diabetes

BRIDGEWATER — Fourth graders at Bridgewater-Hebron Village School were running for a reason last Friday morning, as they did laps around the school's athletic field to raise money for a cause near and dear to their hearts — the Barton Center for Diabetes Education in Oxford, Mass., which provides not only education but recreation and support programs for those with diabetes.

Each year, the fourth grade class is asked to select a community service project. BHVS Guidance Councilor Kathleen



Will Bednaz (kneeling, right) was joined by his fourth grade classmates as they got ready for the Diabetes Dash at Bridgewater-Hebron Village School last Friday, a fundraising event for the Barton Diabetes Education Center in Oxford, Mass..

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Connor said their efforts have focused on many causes, including Children's Hospital at Dart-

mouth, military organizations and the SPCA. This year was different, SEE RUN, PAGE A13

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Hill School Board splits surplus with taxpayers

BY THOMAS P. CALDWELL
Contributing Writer

HILL — Approaching the end of the fiscal year with a \$20,000 unexpended fund balance, the Hill School Board voted to use \$6,300 of that money to purchase 12 laptop computers for the 12 teacher workstations at the Jennie D. Blake School.

Business Administrator Amanda Bergquist said changes in health insurance had resulted in the savings this year, which means the board could consider using some of that money for purchases it would have liked to make, but didn't in order to offer a level-funded budget next year. She focused on the technology purchases

that had been removed from the budget proposal, and brought some cost figures to the June 8 school board meeting.

In addition to the laptops, Bergquist asked the board to consider purchasing an iPad cart for students, with 20 iPads to go along with it.

School board member Nancy Coffin immediately shot down that suggestion, calling iPads "a purchasing nightmare" because the district would need to buy applications for each of the tablets. Instead, she recommended the purchase of Chromebooks.

Unlike tablets like the iPad, which are designed for intensive use and operate on internal software programs,

Chromebooks are inexpensive notebooks built for online computing. Rather than using internal storage, they rely on the cloud-based Google Drive to hold documents, videos, music, and pictures, providing a convenient way to access a broad range of information.

Chair Shelly Henry questioned why they need to purchase any of the equipment. Principal Jay Lewis said the teachers' current laptops no longer function properly, so he views them as a top priority, while the iPads or Chromebooks would assist students with classroom work. He said he would want to check on the warranties for Chromebooks, which

do not have the durability of tablets, because, if purchased now, they would not be in use until the fall, and he would want to know that the warranty period does not begin at the time of purchase.

Henry, saying, "I'm not sold on Chromebooks, but I would support laptops for the teachers," offered the motion to purchase the 12 computers, and her motion passed unanimously.

Money in the fund balance that is not encumbered by June 30 will be returned to the town to reduce the tax commitment.

School board members were hesitant about adopting the recommen-

dation of the National Association of School Nurses to incorporate the use of Naloxone, commonly known as Narcan, into the school district's emergency management plans. Henry said her first reaction was to question why they would need to consider the opioid overdose management drug for elementary-age children, but advocates say it is important to be prepared in case a parent or other adult visiting the school should have an emergency need for intervention.

Lewis listed the pros and cons of having the drug available, saying it could save a life and, like an epi-pen used for allergic reactions, would not cause harm if given when not actually needed. On the other hand, he said, he would not want to endanger the students by reviving someone who might react violently.

"My first responsibility would be to make sure the students and staff are safe, before doing something for the person in crisis," he said, adding that the first step would be to put the school in lockdown mode.

Superintendent Daniel LeGallo said that, by having Narcon on-site, the school district would have options for dealing with an opioid crisis, whereas, without the drug, it would have no option but to wait for emergency crews to arrive, which could take several minutes and end up being too late.

The board discussed situations such as a school play when such an incident might occur, but decided to put off a decision until its next meeting.

LeGallo also brought up a law enforcement program, COPsync, which is available on a trial basis for the next year. The application is a real-time mobile communication and data network that purportedly gives officers instant access to local, state, and federal law enforcement databases, allowing them to gather and share information during an

emergency.

Joe Mahoney, a member of the Hill Budget Committee, said he was familiar with the application, and he characterized it as "another tool in the toolbox, but it's not all they say it is". It relies on everyone having laptops to share the data, but he said in a mountainous terrain such as that in Hill, getting a signal is not always possible, and he noted that neither Franklin nor Hill police officers have laptops, leaving only Bristol to respond.

"Nine-one-one is there for a reason," he said. "Everyone knows to dial 911 in an emergency, and then there is one person who handles the dispatching. You're not having to think about your laptop while communicating with 911."

Gerard Desrochers, town and school moderator, former school board member and current member of the Hill Budget Committee, commented, "We made a significant investment to put phones in every classroom, so they can call 911."

LeGallo said they would put the system in place next year to see how it works out.

The superintendent also went over the preliminary results of the Smarter Balanced testing, saying more detailed information would be forthcoming.

In talking about school facilities, Lewis noted that the mechanism on the basketball backboard in the gymnasium is broken, preventing anyone from folding it back out of the way during other events. Bergquist said a maintenance worker in Franklin may be able to repair it.

Lewis also raised the issue of rekeying the school, saying he does not know how many keys are out in the community, but he has noticed some items, mostly art supplies, disappearing.

The district also has received letters from the New Hampshire Department of Environmental Services, one of them announcing an inspection of the school because "it had never been inspected for asbestos". DesRochers said that was not true: There had been an inspection prior to the town turning the building over to the school, and during renovations, the district "spent five to six figures on asbestos abatement," he said.

The DES also sent a letter about testing the water for lead content, and DesRochers said the

SEE HILL, PAGE A14

Go for "A Walk in the Woods" this summer with Minot-Sleeper Library

BRISTOL — The Minot-Sleeper Library is expanding its summer reading program this year to include programs and prizes for all ages. Traditionally geared toward elementary-aged children and teens, summer reading at the library from now through August will feature a series of events geared toward adults.

For the first time, the library will host a Community Reads, which simply put is a community-wide book group that lasts for one month. The chosen book is Bill Bryson's "A Walk in the Woods." The story is a humorous true account of Bryson's journey along the Appalachian Trail. The story takes readers through some of America's most beautiful wilderness, and exemplifies how a spur-of-

the-moment adventure can lead to incredibly encounters.

The Community Reads will kick off this Tuesday, June 21 at 7 p.m. at the library with a special presentation by Laura Alexander, who is a faculty member in the Environmental Studies department at Colby-Sawyer College and a long-time member of the Ausbon Sargent Land Preservation Trust. She is involved in plant phenology research on Mt. Washington, and is an avid mountaineer and rock climber. Alexander will speak about outdoor recreation and the connection to land, including how our journey into the woods can connect us to ourselves, others, the natural environment, and to the importance of conservation efforts. Copies of "A Walk in the

Woods" will be made available for community members to borrow at the event. The Friends of the Minot-Sleeper Library are generously sponsoring this program.

Following the kick-off event, several programs related to hiking and the book will be hosted at the library. On Tuesday, July 19 at 6:30 p.m., Appalachian Mountain Club's Cardigan Lodge Manager Tom Fisher will give a presentation on the history of Cardigan and its hiking trails. Fisher fills many roles, including innkeeper, chef, park ranger, outdoors education teacher, plus performing a number of other duties that never end. Fisher has been the AMC Cardigan Lodge Manager for 11 years. On Friday, July 22 at 4pm the Hollywood adaptation of "A Walk in the

Woods" will be screened at the library. The movie features Robert Redford and Nick Nolte. Popcorn will be provided. On Tuesday, July 26, Laura Alexander will return to the library to help lead a discussion on the book and topics related to outdoor recreation and conservation.

The Community Reads will wrap up with our very own walk in the woods on Saturday, August 6 (rain date Sunday, August 7) at 2:30pm. Boyd Smith, executive director of Newfound Lake Region Association, will lead a moderate to strenuous hike along trails in Alexandria and Bristol. This hike will be limited to a certain number of people. To sign up or for more information, contact the library at 744-3352 or call Boyd Smith at the NLRA at 744-8689.



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Thursday: 12:10, 2:40, 5:10, 7:30 & 9:50

CENTRAL INTELLIGENCE PG-13
Friday - Wednesday: 1:00, 4:00, 7:00 & 9:45
Thursday: 1:00, 4:00, 7:00 & 9:45

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Fun in the Sun

Seventeen-year-old Brandon joined his grandparents for a scenic and historic walk along the junction of the Newfound and Pemigewasset Rivers last week where they explored the site of Bristol's old railroad depot and the beautiful rocky gorge it was once perched above. When your children are enjoying the great outdoors, we invite you to snap a photo and send it to drhodes@salmonpress.com. Include their first name, age, location and a brief description of the activity and you could see their smiling faces in this summer's Fun in the Sun photo series.



DONNA RHODES

Signs of summer

Despite some chilly temperatures, lovely lupins, like these brightening a back road in Bristol, are assurance that summer is indeed on its way.

Alexandria UMC hosting Country Fair Aug. 13

ALEXANDRIA — Alexandria United Methodist Church is having its annual Country Fair on Aug. 13 from 9 a.m.-3 p.m.

This is a community event! Lots of fun! Live music playing throughout the day, silent auction, BBQ luncheon

and other homemade foods, handmade crafts and baked goods by the Women's Aide to the Alexandria Church (WAAC), crafters, used books, white elephant items, exhibits, information tables, and games for children of all ages.

This annual event helps cover the costs of the church so we can continue to do ministry. We also have ministry happening at the Fair with a lemonade stand

whose proceeds go to a designated mission, and our church tent, where we give away Bibles, prayer shawls, and blankets and information community resources.

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Fern Doucette presenting floral arrangement program

NEW HAMPTON — The monthly meeting of the New Hampton Garden Club was held June 7 at the Gordon Nash Library with the Pasquaney Garden Club of Bristol as guests.

The program speaker was Fern Doucette, local resident, garden club member and New Hampshire Federation of Garden Clubs floral judge, who spoke on what is new in floral design. She discussed social trends reflected in floral design, using creative methods and interesting plant materials. Everyone agreed this was a most informative demonstration and

some were lucky to go home with flowers to try these new techniques. Trudy Powers, led the meeting in the absence of Anne-Marie McCormack, who is on her way to Alaska.

Trudy told of the awards this club received at the NH Federation annual meeting in May, including first prize for the scrapbook and the pressbook. The scrapbook has been a project of Priscilla Toshack and her helpers, Muriel Smith and Carolyn Wilson, for several years and she was ecstatic to have finally come in first in the medium club size category.

Gorton Historical Society celebrates 10th anniversary of museum

GROTON — The Groton Historical Society invites you to their gala opening commemorating the 10th anniversary of their Museum opening on

June 18 from 1-3 p.m. at 1028 North Groton Rd., Groton. Come and see the once thriving community of Groton. Refreshments and door prizes will be awarded.

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What is "Medical Marijuana"?

BY DEB NARO
Contributor

The term medical marijuana refers to using the whole unprocessed marijuana plant or its basic extracts to treat a disease or symptom. The U.S. Food and Drug Administration (FDA) has not recognized or approved the marijuana plant as medicine. However, scientific study of the chemicals in marijuana, called cannabinoids, has led to two FDA-approved medications that contain cannabinoid chemicals in pill form. Continued research may lead to more medications.

The FDA is responsible for protecting the public from dangerous medications. To determine whether a drug is safe or effective, the FDA uses systematic procedures and requires carefully conducted studies (clinical trials) in hundreds to thousands of human subjects to determine the benefits and risks of a possible medication. The FDA evaluates the safety, efficacy, proper dosage and side effects of new medicines, and oversees the manufacturing process to ensure quality control and proper labeling. So far, researchers have not conducted enough large-scale clinical trials that show that the benefits of the marijuana plant (as opposed to its cannabinoid ingredients) outweigh its risks in patients it is meant to treat.

Cannabinoids are chemicals related to delta-9-tetrahydrocannabinol (THC), marijuana's main mind-altering ingredient. Other than THC, the marijuana plant contains more than 100 other cannabinoids. Scientists as well as illegal manufacturers have produced many cannabinoids in the lab. Some of these cannabinoids are extremely powerful and have led to serious health effects

when abused. The body also produces its own cannabinoid chemicals. They play a role in regulating pleasure, memory, thinking, concentration, body movement, awareness of time, appetite, pain, and the senses (taste, touch, smell, hearing, and sight).

Currently, the two main cannabinoids from the marijuana plant that are of medical interest are THC and CBD. THC increases appetite and reduces nausea. The FDA-approved THC-based medications are used for these purposes. THC may also decrease pain, inflammation (swelling and redness), and muscle control problems.

There is growing interest in the marijuana chemical cannabidiol (CBD) to treat certain conditions such as childhood epilepsy, a disorder that causes a child to have violent seizures. Therefore, scientists have been specially breeding marijuana plants and making CBD in oil form for treatment purposes. CBD is a cannabinoid that does not affect the mind or behavior. It may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions. These drugs may be less desirable to recreational users because they are not intoxicating.

Research on the therapeutic value of marijuana is lagging behind while public opinion is taking over. Across the country, decisions about medical treatment are being made by politicians and the public, often without sufficient scientific evidence.

Roughly half of American states have passed or proposed laws that allow patients with particular medical conditions to obtain marijuana

SEE CADY, PAGE A14

PET of the Week Larkspur



New Hampshire Humane Society represents safe harbour for the lost, neglected and unwanted, but so too, we are the resource folks need when they are simply overwhelmed. Such was the case with a large number of cats from a local resident. You start out with two and then in a short space of a few months find your pet population at home has blossomed, rather alarmingly.

Larkspur came to us in the Spring with twenty other cats. He is adorable, he is gorgeous, he has the most amazing plume tail

and lovely white and black markings.

Friendly, inquisitive and outgoing – what's not to love about larkspur! Much like the plant, we know he will bloom and thrive wherever he is planted, under the nourishment of love and care from humans who will love him. He's certainly used to other cats and is enjoying life in the social rooms at New Hampshire Humane Society.

IS Adopt a Shelter cat month. Let's start the summer of with a permanent loving forever home for Larkspur.

Letters to the Editor

Time for the House and Senate to take action on the opioid problem

To the Editor:

The opioid addiction and abuse epidemic is tragic, especially here in New Hampshire. And I am very upset at the attempt to turn this tragedy into a political football. Gov. Hassan has shown exemplary leadership in addressing the opioid crisis.

In November 2015, as New Hampshire reached a record number of deaths from drug overdoses, Governor Maggie Hassan called for a special session of the House and Senate so that the state could kick into high gear and slow the tide of the epidemic. She requested legislation which would increase penalties for the distribution of Fentanyl, streamline access to treatment through better insurance coverage, upgrade the state's Prescription Drug Monitoring Program, implement a statewide drug court program, and appropriate funds to support comprehensive law enforcement, prevention, treatment and recovery efforts related to substance abuse.

Legislators balked and none of the above legislation proposed by the governor was enacted at the Special Session. However, in December 2015 the "Joint Task Force for the Response to the Heroin and Opioid Epidemic in New Hampshire" did recommend some of the above legislation be expedited or fast-tracked so that funds could be appropriated as soon as possible after January 2016 to help stem the tide.

Legislation which became SB485 was one of those designated to be 'fast tracked' (heard and voted on early in the session). By the end of January, SB485, which I cosponsored, headed for

the New Hampshire House. Unfortunately politics got in the way of policy and Republican Rep. Lynne Ober attached an amendment to the bill which affected state retirees health care premiums negatively and the House majority agreed.

This should never have happened!

Bottom line, Gov. Hassan showed great leadership in combating the opioid crisis in November 2015 by calling for the special session and requesting legislation be passed expeditiously. Unfortunately, the State Senate and House slowed the process down, and fast-tracking of much important legislation was virtually non-existent. Instead, important legislation plodded through the legislature, and because of the mess made of SB485 by the political wrangling of the Republican controlled House and Senate, a good piece of legislation has been voted down. Public outcry has forced leadership's hands, and the House and Senate will be returning to Concord on June 16 to correct the "error of our ways."

I sincerely hope that Representatives and Senators of both parties will join together on the 16th and vote yes on legislation which will support comprehensive law enforcement, prevention, treatment and recovery efforts related to substance abuse. Our police departments, first responders, families and those who are dealing with the disease of addiction deserve our support.

Suzanne Smith
State Representative, Grafton 8
Hebron

Support Lakes Region Community Services with the music of Elton John

To the Editor:

Want to escape from the hustle and bustle of Motorcycle Week? Then head on over the McEvoy Theater at New Hampton School on Saturday, June 18 for a night of great music, entertainment, and light refreshments. Temple B'nai Israel (TBI) is bringing Yellow Brick Road, a full concert tribute to Elton John, to the Lakes Region for an amazing show and for a terrific cause!

Net proceeds from this concert, presented by TBI's 'We Care' Program and sponsored by Golden View, will benefit Lakes Region Community Services (LRCS) and our programs that support individuals and families throughout the Lakes

Region. We are honored to be the recipient charity of this concert, and deeply value the commitment and friendship we have built with the members of TBI.

To me, this event exemplifies the caring community in which we live - when groups come together to support fellow members. So, mark your calendar, get your tickets (www.tbinh.org) and be prepared for a wonderful and fun evening.

Thank you, and I hope to see you on Saturday night!

Christine Santaniello
Executive Director
Lakes Region Community Services

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North Country Notebook



By JOHN HARRIGAN
COLUMNIST

A "What If?" on dam removals on the Upper Connecticut River

All kinds of press releases come my way, but last week one in particular caught my eye because of two phrases: "Dartmouth-led study" and then, most intriguing, "Dam removal."

Of the estimated 80,000 dams nationwide--most of them east of the Mississippi--significant numbers no longer serve the purposes for which they were built. There is a national movement to remove them, goals being to reconnect river and stream habitat, allow flooded valleys to return to their natural state, and restore free movements of fish.

Of the two great river systems in my territory, the Connecticut and the Androscoggin, the former remained without major dams up until fairly modern times, while the latter, the Androscoggin, was dammed far up into its western Maine headwaters from earliest settlement times, to regulate river flows for textile and other mills far below.

When I read the Dartmouth study, I immediately thought, of course, "What if?" The dams are on the upper Connecticut to produce electrici-

ty, but still, what if?

+++++

The Dartmouth-led study was published in *Elementa: Science of the Anthropocene*, and is available online for free. Says lead author Francis J. Magilligan, a professor of geography at Dartmouth, "New England remains a dammed landscape, but the approaches developed in this research can help further guide river restoration efforts."

The study's abstract wryly notes that "dam removal does not occur within an institutional or social vacuum," one of the greater understatements I've ever seen in a research paper. It adds that to be successful on all fronts, a dam removal must by nature be a grassroots effort, and not come across as a top-down edict.

But let's focus on the headwaters of the Connecticut River for a moment. What happened there?

+++++

The source of the Connecticut, Fourth Lake, is a nice little pond to hike into, skipping back and forth between Canada and the U.S. as you go, no



COURTESY

What if the removal of Murphy Dam left Lake Francis docks and boaters high and dry?



COURTESY

Moore Dam just west of Littleton inundated much of the historic Fifteen Mile Falls.

Customs required, but it is too small to ever have been dammed. Not so for Third Lake, just below, which was dammed during logging's heydays to regulate stream flows for river drives, and ditto for sprawl-

ing Second Lake, a nice fishing stretch of river below. Settlers dammed First Lake--so named because it was the first of the original headwaters lakes they encountered--to power gristmills and sawmills.

Post-Depression years saw the dams on the upper lakes beefed up and then the 1940 construction of the huge Murphy Dam now backing up Pittsburg's and Clarksville's Lake Francis, a roughly 2,000-

acre impoundment that flooded a major stretch of the northernmost Connecticut River Valley, inundating a dozen farms and the verdant valley's roads, bridges, schoolhouses and cemeteries. Crews moved caskets and some buildings, logging companies salvaged the timber, and the waters crept up over a major chapter in the territory's history.

The entire project, I've always heard, was "sold" to Pittsburg people and neighboring towns as a flood control project; and indeed this clarion call had a nice ring in the aftermath of the Hurricane of '38.

Indeed, I've never heard that the acquisition of property destined to be flooded was a "taking" in any way, as was the case with much of the Tennessee Valley project. "There was no money," recalls longtime resident Burnham "Bing" Judd, describing the poverty of the region. Landowners, it was said, leapt at the chance to sell.

Not long later, during my own lifetime, work began on what is now the gigantic Moore Dam Lake in Littleton and surrounding towns, flooding much of the fabled Fifteen Mile Falls; and

SEE NOTEBOOK, PAGE A14

From the Capital Steps

BY SEN. JEANIE FORRESTER
District 2

The session has ended and we've passed some important legislation that heads to the Governor for her signature. While there has rightly been much legislative focus on the heroin and opioid epidemic, other significant bills were brought forward that addressed issues like creating energy infrastructure corridors; a bill to increase patients' access to doctors; strengthening New Hampshire's laws against sex trafficking; and creating a system of care for children's mental health.

Some bills are fairly straight forward and sail through the legislative process. More often, though, legislation requires a significant amount of work before it is ready for "prime time." One such piece of legislation had to do with providing protection to our residents in the northern most part of our state -- Coös County.

In the expansive northern half of New Hampshire, we know that law enforcement presence is stretched thin and especially in emergencies, response times can regularly take up to an hour. This has been a major safety concern for New Hampshire's North Country and I personally experienced this one Friday evening when I joined Lt. Landry from Troop F for a ride-along.

At the beginning of the 2016 legislative ses-

sion, a bill was proposed that attempted to address this issue by giving U.S. Border Patrol agents the same authority as New Hampshire law enforcement officers, including liability protections. While the U.S. Border Patrol historically provided assistance in some emergencies, they did not have full legal authority or liability protections needed. Because of this, if a worst case scenario occurred where a border patrol agent was harmed,

there was no identification as to which entity would be responsible—that is, would New Hampshire be liable or would the federal gov-

SEE CAPITAL, PAGE A14



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RESOLVED WITH:

- MEDIATION
- COLLABORATIVE LAW
- LITIGATION



Attorney
Ora Schwartzberg



Attorney
John Katsirebas

Vernold A. Currier, 92

BRISTOL — Vernold A. Currier, 92, of Zephyrhills, Fla. and Bristol, passed away on May 7, 2016 at the Gulfside Center for Hospice Care.

He was born in Exeter on Nov. 15, 1923 to Arthur S. and Cora (Lear) Currier. He graduated from Bristol High School. As a World War II veteran serving as a medic and while in England, he met his wife of 69 years. He was a Past Patron of Sawhegenit Chapter #52 OES and a Past Master of Union

Lodge #79 F & AM both in Bristol. He served the town of Bristol as a volunteer fireman for over 30 years. Prior to retiring he owned and operated his own plumbing business in Bristol.

Family members include his wife, Lyn; a daughter, Cherylyn, and her husband John Wigin of Zephyrhills, Fla.; a son, Verrold, and his wife Catherine Currier of South Alexandria; five grandchildren (Zoe Sears, Brandon Lewis, Kristen Currier, Heather Vo-

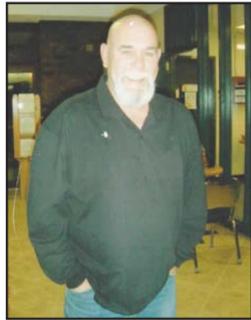
gel and Jerry Vogel); 12 great grandchildren; and two great grandchildren.

A graveside service will be held Saturday, June 25, 2016, at 10 a.m. at Homeland Cemetery in Bristol. Veterans and Masonic Services will be observed at this time. In lieu of flowers, donations can be made to Gulfside Hospice, 5760 Dean Dairy Rd., Zephyrhills, Fla. 33541. Local arrangements are under the direction of Emmons Funeral Home of Bristol.

James R. McKeon, 65

FRANKLIN — James R. McKeon 65, of Prospect Street, passed away at his home with his loving wife by his side, Tuesday, June 7, 2016 after a period of declining health.

He was born in Lowell, Mass., the son of James T. and Eugenie (LePage) McKeon. He lived in Wakefield, Mass. for many years prior to moving to the Bristol/Alexandria area. After high school, Jim joined the US Marines and served in Vietnam. After his return, he worked as a truck driver, first working for himself doing long haul and later for the Teamsters, Lo-



cal 25 out of Boston.

Jim was an avid fan of the Boston Bruins, drag racing, and Harley Davidson motorcycles and anything that had to do with his family and friends.

He was also a member of the VFW post #1698 in Franklin.

Family members include his wife, Carolyn McKeon of Franklin;

sons James McKeon, Jr. of Indiana and Kevin McKeon of Salem, Mass.; stepson Loni Tellier of Franklin; stepdaughters Ashley Rodolosi of Alexandria and Bridgette Carr of Satellite Beach; and six grandchildren.

There will be memorial calling hours on Saturday, June 18, 2016, from 6-8 p.m. at the Emmons Funeral Home, 115 South Main St., Bristol. Any and all bikers and veterans are especially invited to attend. In lieu of flowers, donations may be made to the Ashley Rodolosi Fund, c/o Franklin Savings Bank, Lake Street, Bristol, NH 03235.

Madonna J. Saia, 70

NEW HAMPTON—Madonna (Donna) J. Saia, 70, passed away suddenly on Feb. 15, 2016. Donna was born in Arlington, Mass. on Nov. 24, 1945. She was the daughter of Michael and Jane Florio (Cardullo), and grew up in Arlington, Mass., graduating from Arlington High School in 1963.

Her professional careers included New England Gas and Electric in Cambridge; the Town of Belmont Health Department and Belmont High School Guidance Department.

She married her high school sweetheart Ted in 1966 and became a homemaker to raise her family. They lived Woburn, Mass. for four years, and later moved to Belmont, Mass., where they lived for 31 years. In 2002, Donna and moved to Las Vegas to be closer to their

daughter, son-in-law and grandchildren. In 2010 they renovated their summer home in New Hampton, NH to enjoy retirement and live there full time.

Donna loved hiking, kayaking, going for long walks around the lake on which they lived, watching fireworks, spending time with her grandchildren, extensive traveling throughout Europe and going to the movies. She we known for her green thumb and love for gardening and tending to her vast array of flowers, fruits and vegetables. was also known for volunteering at Food for All, giving back to her community and being active in her church.

Donna was a kind soul who will be greatly missed.

Donna is survived by her husband, Theodore Saia of 49 years; her two children, Greg

Saia of Watertown, Mass. and Ann Lerardi of Forli, Italy. She is also survived by her son-in-law, Francesco lerardi of Forli, Italy; two grandchildren, Alessandra Lerardi and Massimo Lerardi of Forli, Italy; her brother, Anthony Fernandez of Pahrump, Nev.; as well as many nieces and nephews.

Donna was predeceased by her parents, Michael and Jane.

There will be no calling hours.

A memorial service will be held at St. Matthews Church, 11 School St., Plymouth, NH 03264 on June 25, 2016 at 11 a.m., with a Celebration of Life in the church hall immediately following.

Family and friends are welcome to attend.

The Mayhew Funeral Home and Meredith Bay Crematorium are assisting the family with arrangements.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Summer surprise

Every day, I get to watch the garden bring forth all the different plants and blooms. It is always a pleasure to see returning perennials, this year the Foxglove is three and a half feet tall, with more than 30 flowers in pink.

While I was doing this column this week a Scarlet Tanager came up to the window. If you have never seen one, the bright red head and body with black wings, you will always remember.

From the town

Selectmen's Meeting Minutes, June 7

Items Reviewed and Signed

Purchase Order: Tom Moore, Sr for Water Tank with sprayer

Purchase Order: Maine Oxy for Plasma Cutter

Purchase Order: All States for liquid calcium

Intent to Cut: 16-005-05 Cassidy (King Road)

Mr. Cassidy is also requesting to use a town owned lot on King Road to access his property for the timber harvest; the Selectmen did not give permission at this time and will be consulting Town Counsel on the matter.

2016 MS-535 Financial Report of the Town Budget

Contract for Services: Town of Bristol Newfound Regional Public Access

Application for Property Tax Credit: Map 406 Lot 38 NH Interlocal Trust Group Health Application

Appointments/ Department Heads

Charles Hopkins was present to discuss removing the dead branches from the large tree in front of the Alexandria Village School instead of cutting down the tree; the Selectmen agreed that the tree needs to be pruned and not removed.

Jay and Jim St. Jean, James R. St. Jean Auctioneers, were present to discuss the selling of town owned property via public auction. The auction for the sale of the properties will be scheduled for July.

Steve Whitman was present to review a letter he sent to the Selectmen regarding the recycling program; Mr. Whitman does not recommend making any changes to the program at this time. Tony Brown estimates that 65 percent of residents are participating in the recycling program. There was discussion on ways to educate residents

about the benefits of recycling. There was a question as to whether the Town would start charging for the transfer station stickers; no decision to charge a fee for the stickers has been made. Mr. Whitman stated that Mr. Brown has done an outstanding job of negotiating and finding the best pricing for dis-

posal and hauling fees.

Jeff Cantara, Road Agent, provided the Selectmen with an update on Highway Department activities.

Mr. Cantara requested that letters be sent to residents on Fox Hollow Road, Gordon Hill Road, and Berry Farms Road reminding them not to park along the side of the road in the right-of-way.

Mr. Cantara requested that the Town pursue a misuse of horsepower ordinance to try to curb people tearing up the dirt roads.

Paving will begin on Cass Mill Road the first week of July.

The replacement of Brook Road Bridge has met some delays due to NH DOT concerns regarding the abutments.

The grader will need around \$8,300 in repairs; Mr. Cantara will wait until later in the year to see if there will be room in his budget to cover the repairs.

Doug Benton, Trustee of Trust Funds, was present to discuss trust money from the Whittinghill Estate Trust. The trustees are concerned about the funds because the Town does not own the area that the plot is in next to Crawford Cemetery and there are too many conditions placed on the funds.

Business

The Selectmen reviewed a letter from NH DES letter regarding Indeck Energy's Groundwater Management Permit Renewal.

The Selectmen reviewed NHEC's response to will draw up a design and provide a cost estimate. a letter they sent regarding herbicide application in their

right-of-way. There was discussion as to whether the Town could request the application of herbicide be an opt-in process rather than an opt-out process. No decision to respond to NHEC was made.

The Selectmen discussed the BTLA A-9 & A-12 List of Real Estate on Which Exemption is Claimed received from Lakes Region Conservation Trust and the Appalachian Mountain Club. There was also discussion regarding the amount that AMC pays in their PILOT agreement and the cost of maintaining the road to the AMC lodge. The Selectmen will schedule a meeting to discuss these and the PILOT agreement with AMC with Mark Stetson, Avitar Associates.

The Selectmen discussed plans for a sign to post notices on outside the municipal building; Tony Brown will draw up a design and provide a cost estimate.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Our regular Sunday worship at the South Danbury

Church will be at 11 a.m. on Sunday, June 19.

Last call...this Friday, June 17 at 7 p.m. is the Keith Barrett Band and Friends concert to benefit the South Danbury Christian Church. The group will perform a country music benefit concert to raise funds for the church's historic preservation LCHIP project. It will celebrate the church's "Founding Families," and there will be time to share South Danbury memories and stories, food, fun, and folklore, and to reconnect with friends. We hope that everyone will invite family, friends, and neighbors!

There will be no ticket or admission fee; the church is giving the concert free of charge so that everyone can enjoy it--and to encourage those who are able, to give generously to support the preservation project.

Grange Chicken BBQ

The annual chicken bbq was held on Saturday, June 11. The attendance was down, most likely to graduation and other conflicting events. Todd, our chef extraordinaire did a superb job on his 11th annual return to our annual event.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Gazebo Program 2016 Schedule

The Hebron Gazebo Concerts on Saturday nights starting at 6pm kick off on July 2 with the Jordan Tirrell-Wysocki Trio in their first appearance at the Gazebo and they will be playing Celtic, Fiddle and Folk Tunes. The barbecue will be done by the Friends of the Hebron Library with desserts offered by local bakers to benefit the Friends.

The next concert is on July 9 with Beatles Tribute band Studio Two making a return appearance. On that night, Newfound Pathways will be doing the barbecue.

Another new band to our Program, Lunch at the Dump, will be appearing on July 16 and playing bluegrass and bluesy jazz with the barbecue by the Hebron Village Store.

July 23 brings Swing Rocket (you may remember them as Kid Jazz) back to the Gazebo playing their distinctive style of jazz and swing. The Hebron Store is doing the barbecue on that date.

Aug. 13 is Family Fun Day, our traditional wrap up to the Gazebo Program Concert Series starts out with the annual Hebron Conservation Commission Hike. Following that at 2pm there are many events happening one of which is the annual Cribbage Contest held next to the Gazebo

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Towns

FROM PAGE A6

bo. Also at 2 p.m., The Friends of the Hebron Library will be holding a book sale in front of the Library. The Desert Contest Entries are also due at that time at the Church, and new performer RhuMcBee will be doing a puppet show. If you enjoy unique vintage cars there will be a car show from 2-4 p.m. At 3 p.m., be sure to come out and see the Uncle Steve Band as they will be playing their Farewell Tour. Thanks to the USB for their many awesome concerts over the years! Be sure to bring the kids at 4pm for the kids games and at 4:30 p.m., the Friends of the Hebron Library will be having a Musical Chairs Fundraiser. At 5 p.m., another new performer, Balladeer Jim Barnes will be playing while everyone enjoys the Fire Department barbecue which also starts at 5 p.m. At 7 p.m., new performers The Reminisants will be performing oldies and the fireworks will be starting at around 8:30pm and end the day with a bang. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron and donations from individuals and organizations. ALL barbecues are sponsored by Hebron Village Store. Free Popcorn thanks to Bill White Realty. If you would like a notice of this years programs and any changes as the summer moves on send us your email address to hebrongazebo@gmail.com and we will add you to our list. If you have any questions or comments, please call 744-3335.

Tate Miller

Hebron Resident Tate Miller graduated from Newfound Regional High School on Saturday, June 11. At the Spring Sports Awards Banquet held on Tuesday, June 7, Tate was the recipient of the Bears Booster Club Award and the George Pabst Award. He had a fine baseball season and was well deserving of both awards. Congratulations, Tate!

Churches

Ashland Episcopal (St. Mark's Church)

The last Healing & Eucharist service will be held at St. Mark's on Thursday, June 16. It will then be moved to Plymouth for the summer months.

The Lakes Region Convocation was held at St. Mark's Sherrill Hall on the evening of Tuesday, June 7. Members include Episcopal churches from Ashland, Laconia, Meredith, North Conway, Sanbornville, Tamworth and Wolfeboro. Coveners are Cathy Lewis from Tamworth and Tobias Nyatsambo from Laconia. Rev. Randy Dales spoke of the shared ministry of St. Mark's and Holy Spirit and there was a lively discussion about discrimination, diversity, and gun control. Also discussed was the budget and resolutions for the Diocesan Convention to be held in November.

The Convocation is held monthly at one of the member churches.

Sunday, June 19, the congregation of St. Mark's will return to its own church and will be joined by the congregation of Church of the Holy Spirit, Plymouth. Services are at 9:30 a.m. at St. Mark's and 8 a.m. at Holy Spirit. Sunday School will resume on the 19th under the direction of Jean Murphy, Ruth Harlow, Bea Thibeault, and Beverly Frost. Yearly attendance pins will be awarded followed by ice cream sundaes for everyone!

The monthly Saturday breakfast will be held on June 25 in Sherrill Hall hosted by

St. Mark's and Ashland Methodist Church. The large and varied menu of eggs any style, bacon, hash browns, fruit, English Muffins, French Toast and syrup is served from 8-9 a.m. Everyone is welcome to share this bountiful and fun meal.

Christian Science Society, Plymouth

At a recent service we sang the words of the following hymn written by James W. Elliott. Its message is such a valuable model for living our lives and embracing our neighbors more honestly and generously. Now is the time approaching, by prophets long foretold, when all shall dwell together, one Shepherd and one fold. Now Jew and Gentile meeting from many a distant shore, around one altar kneeling, one common Lord adore. Let all that now divides us remove and pass away, like shadows of the morning before the blaze of day. Let all that now unites us more sweet and lasting prove, a closer bond of union, in a blest land of love.

Please feel free to come pray this prayer with us, learn the practical, healing lessons of the Bible, and enjoy the music at any 10 a.m. Sunday service and/or 6 p.m. Wednesday meeting. You'll find us at 7 Emerson St. in Plymouth. For more information about Christian Science Society, Plymouth and/or Christian Science, go to our Web site www.cs-plymouth-nh.org or to www.christian-science.com.

Family Worship Center Ply. Assembly of God

Thursday, June 16, 6:30-7:30 p.m., you are invited to join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpacr Club for girls, preschool through high school; and two Adult Bible Studies. Pastor Glen is conducting a Study Group and Scott Gusha is also teaching a course on one of the Apostle Paul's letters. Do come for this great time of fellowship and learning.

The Royal Rangers are raising funds to go to Camporama in Springfield, Mo., this summer, and much help is needed. They will have some fund-raising projects, dates to be announced. Please help provide funds to send these boys for a life-changing experience. You may contact the church or Commander Willie Gusha for information and to help.

Sunday, June 19, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K1-4. 5 p.m.: Prayer meeting. You may put prayer requests

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

Monday, June 20, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Saturday, June 25, 10 a.m., the monthly men's brunch will be held. All men are invited to attend. Please contact Pastor Glen or Willy Gusha for information and reservations.

Sunday, June 26, special guest speaker (to be announced) in the morning service.

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

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

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

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

tions may be made to the church marked "prison ministry."

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

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

Note the Church's new Web site: www.assemblyofgodplymouth-nh.org.

Church of the Holy Spirit Episcopal

New Worship Schedule

Beginning on Sunday, June 19, while the 8 a.m. Eucharist will continue at the Church of the Holy Spirit, the combined 9:30 a.m. Eucharist will be held at St. Mark's Church in Ashland. Church School will resume on Sunday mornings, and Altar Guild and Coffee Hour activities will be shared by the members of both congregations. The 11 a.m. Thursday midweek Eucharist will move to Plymouth beginning on June 23.

Sunday School News

We've had a great time this spring at Sunday School! We'll be taking SEE CHURCHES, PAGE A9

PUBLIC NOTICE

The Hebron Select Board will be holding a Public Hearing on Thursday, June 16, 2016 at 7:00 p.m. in the Select Board Office located at 7 School Street. The purpose of the hearing is to expend funds from the following Capital Reserve Funds:

1. "Government Building Repair" for the replacement of exterior lighting at the Public Safety Building
2. "Dry Hydrant" for the North Shore Road dry hydrant

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

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Give Your Children the Gift of (Financial) Knowledge

It's almost Father's Day. If you're a dad with young children, you can expect some nice homemade cards and maybe even a baseball cap. But, of course, your greatest reward is spending time with your kids and watching them grow. In return, you can give them a gift - the gift of knowledge. Specifically, in the months and years ahead, teach them the financial skills that can help make their lives easier and more rewarding.

For starters, encourage your children to become savers. You can do this in a couple of different ways. First, set a good example. You might explain to your kids that you want to buy a certain item, but you are waiting for it to go on sale. Or, if it's a particularly big-ticket item, like an ultra high-definition television, tell your children that you simply can't afford it now, but that you are putting away some money each week until you can. You might even make a chart showing your progress.

Another way to help your children become better savers is to provide them with a monetary incentive. To illustrate: For every dollar they put into a "piggy bank" or an actual savings account, tell them you'll put in, say,

50 cents. They are likely to be pleased and excited by how much faster their money grows with your contribution, and they may well become more motivated to save. Furthermore, you'll be giving them a valuable lesson for later on in life, when they work for a business that offers to match their contributions to a 401(k) or other retirement plan. Unfortunately, many young people, upon taking on their first "career" jobs, either under-contribute to their retirement plans or ignore them completely - thereby making it more likely that, later on in their working lives, they will have to come up with much bigger sums each year to accumulate enough resources for a comfortable retirement.

Learning to save is certainly important - but children should also learn about investing. To help get your children interested in becoming investors, point out that they can actually own shares of companies with which they are already familiar - the companies that make the games they play, the movies they watch and the food they eat. In fact, you could even simulate the investment process by letting them choose a stock

and then follow it. To make the results more tangible, use "play" money to represent an initial investment, and add or subtract to the pile to track the ups and downs of the real stock. You might even explain some of the reasons for the stock's movements; for example, if you and your child are following the stock of an entertainment company, and that company produces a blockbuster movie that leads to sequels, spinoffs and merchandise tie-ins, you can point out how these developments have pushed up the company's stock price.

You might also explain that while these short-term price movements are interesting - and maybe even fun - to follow, investing is actually a long-term endeavor, and the best investors often hold stocks for many years before selling them.

By following these suggestions, you can help your children acquire good financial habits - and seeing them put these skills to good use can provide you with many happy Father's Days in the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at Jacqueline.Taylor@edwardjones.com.

Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



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Churches

FROM PAGE A7

ing a break until June 19. Many thanks to our super Sunday School leaders: Jean Murphy, Nancy Aldrich, Ruth Harlow, and Bev Frost! On June 19, the parishes will be at St. Mark's, and we will be giving out attendance awards on the 19th—and following up with ice cream sundaes! Kids! Please plan to be there!

Welcome to Deacon Maryan Davis!

On Sunday, June 12, Maryan Davis will be ordained a deacon at 3 p.m. at St. Paul's Church, Concord, and Bishop Hirschfeld has assigned her to begin her ministry with the Church of the Holy Spirit, Plymouth, and St. Mark's, Ashland. The ministries of deacons vary with the individual and with the communities and churches in which they serve. However, the stated ministry of deacons is to serve as a bridge between the Church and the World, "(1) bringing the Church to the World in service, and (2) bringing the needs of the World to the Church in preaching, teaching and leadership." Maryan will begin her ministry with us on June 19. Spending eight to 10 hours of week in our congregations, she will begin by looking and listening to explore the ministries that currently exist (i.e. "Got Lunch," monthly Outreach Breakfasts, etc.) as well as working with our wardens and Randy to assess the needs that exist in our communities.

Holy Trinity (Roman Catholic)

From the Desk of The Pastor

Catholic charities revisited

For 70 years, New Hampshire Catholic Charities has been helping people regardless of faith in a wide variety of ways. This past weekend, representatives from Catholic Charities offered their appreciation of what NHCC means to members of our community, as well as one in thirteen people in New Hampshire.

As a pastor who often relies on this organization for assistance in serving parishioners, I truly value their work. If you have not yet pledged or donated this year, I urge you to do so at your earliest convenience. Envelopes are in the pews or at the doors of each church.

Fr. Leo

Bristol Knights of Columbus Scholarship

The Bristol Knights of Columbus are offering a scholarship to high school students who wish to further their education. Please see one of the Knights to obtain and application. There are certain requirements for this scholarship. Please see a knight for details. All documentation must be handed in by June 17.

Baby Bottle Blessing Drive

Bottles are due back on Father's Day, Sunday, June 19. Please

return the bottles full, half full, or even if they are empty as Haven gets charged for the bottles that are missing. Thank you!

33 Days to Morning Glory

This retreat will help us draw closer to the heart of Jesus through the heart of Mary.

July 13 through Aug. 17

Wednesdays at the Marian Center: 9-10:30 a.m.

July 10 through Aug. 14

Sundays at St. Matthew Hall 7-8:30 p.m.

You can register and order the necessary materials by phone by calling Sandy at the Plymouth office at 536-4700. The deadline is June 30.

For more information on the program, go to <http://www.ourlady33.com>.

Free Symposium on Human Trafficking

Working with the United States Conference of Catholic Bishops, the National Council of Catholic Women is doing all we can to eliminate the scourge of human trafficking. Locally, the New Hampshire Diocesan Council of Catholic Women will be hosting a free symposium on human trafficking.

June 25, 2016 at 9:30 am to noon at

St. Mary Church, Lowell St. Rochester.

Coffee and pastries will be served. There is no cost but registration is requested to ensure sufficient refreshments and materials. For more information and to register contact Jo-Ann Ellison at jellison@rcbm.org or 663-0147.

Learn more: USCCB on Human Trafficking

Stay informed: Subscribe to Catholic Citizenship News

Central NH VNA and Hospice

Bereavement Support Groups ~ Summer 2016

Central New Hampshire VNA & Hospice is offering seven-week Bereavement Support Groups

in two locations during July & August, 2016. One group will meet in Laconia on Thursdays and the other group will meet in Wolfeboro on Tuesdays. Each group consists of a series of one and a half hour meetings held each week for 7 weeks.

Pre-registration is required, but the support groups are offered free of charge.

To register for the

group, or for more information, please call or email James Miller, Hospice Bereavement Coordinator

Phone: 603-524-8444 x 2390 (Laconia), or 569-2729, ext. 3256 (Wolfeboro) email: JMiller@centralvna.org

Weekly Meetings

Thursday, June 16

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

Pastoral Council, Marian Center, 7 p.m.

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

Catholic Charities Appeal

As Catholics, Jesus calls us to help our neighbors who are in need. Your gift strengthens families, inspires and educates young parents and relieves the burden of grief and hardship. Our parish goal this year is \$67,000. Your gift bridges the gap for many of our neighbors and moves lives forward. Thank you for considering giving to Catholic Charities.

Day Away

The Day Away program could use your help! This program allows caregivers a day off while we take care of their loved ones with dementia. You can volunteer for either the morning or afternoon session. Training is provided and it is a very rewarding experience. Volunteers assist with crafts, outdoor activities, exercise and lunch. This program is run under the supervision of a registered nurse. For more information, please call Fran Olson at 744-6828, or stop by on a Thursday to see what we are up to!

Got Lunch!

This summer, there are two Got Lunch! programs that could use your help. Got Lunch in Plymouth and Got Lunch in Ashland/Holderness will both start their programs Monday, June 20th, offering children healthy lunches throughout the summer in their respective communities. Please consider volunteering for these programs. Both programs are in need of people to pack the lunches and deliver them. Both programs meet on the Monday morning of each week to make the lunches. Packing is one from 8:30 to 9:30 a.m. and delivery starts soon after. Donations of fresh fruit and vegetables, as well as monetary donations of any amount are also

appreciated. You can also sponsor a child for the summer. For more information, call: Elena Worrall (Ashland/Holderness), at 744-0105 or Mary Kietzman (Plymouth), at 536-1076.

Annual Craft Fair

The St. Timothy Women's Club is hosting their annual craft fair on July 23 from 9 a.m. to 2 p.m. at the Marian Center. Crafters, please register early! The fee is \$20 per eight foot space, \$25 after July 1. For further information or questions, please call Sue L'esperance at 217-0075.

Blood Drive

Our Lady of Grace Chapel, Simard Hall, June 15

1-6 p.m.

Star King Unitarian Universalist Fellowship

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

Sunday, June 19, 9:30 a.m. Flower Communion and Farewell

Rev. Dr. Judith Smith-Valley Worship Leader Sarah Dan Jones, Music Director Kathy Hillier, Worship Associate

We end our worship and our regular program year with the uniquely Unitarian Universalist ritual of Flower Communion. Everyone, please bring a cut flower to share. At the end of the ritual, each person will choose a different flower to take home. This is the last service with our Accredited Interim Minister.

Whole congregation final service—party and cookout after service. Burgers, hotdogs, and veggie burgers are provided as well as drinks. Please bring a side dish

to share and your own plates and utensils.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. Join us for the party and cookout following the service.

Starting June 26, We will meet for the first informal summer service/discussion group. There will be no child care or nursery although children are welcome to sit quietly with books and toys for this hour.

Children and Youth Religious Education, Meredith Flynn, DRE

The children will be upstairs for this multi-generational service.

Social Justice Community Outreach

The Unitarian Universalist Children's Choir Scholarship Fund

They meet every three years to rehearse and perform as a part of the annual Unitarian Universalist Musicians Network conference. They sing repertoire of con- sequence that helps instill Unitarian values as they begin their lifelong journey with spiritual exploration. Children sing daily, enhance worship services with their music, perform a concert for the community, participate in youth-focused Chapel services, and complete service projects during the summer camp.

SKUUF is proud that two of our young singers, Laurel and Molly Lu McKellar, will be part of this special "choir camp"! They will be traveling to Madison in July, along with their parents, Joe Webb McKellar and Michelle Chamberlain, for this one of a kind adventure. The children and their chaperones (of which Joe and Michelle will take part) will be housed at the University of Wisconsin and join the adult UUMN members at our conference on Saturday for worship, workshops and community. On Saturday evening, the children's choir will present a concert at the church, and join the adult choir (of around 250 singers) for two Sun-

day worship services.

Because of the UUMN scholarship, our young SKUUF singers were awarded money to help in their travel expenses. Our collection is an opportunity to give back to the scholarship fund so that future generations will be able to attend the UU Children's Choir. Today's collection will be dedicated to this worthwhile program.

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

Ongoing activities

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

1st Friday morning Breakfast Group will meet next month at a place to be determined. Contact Deedie at cdkriebel@gmail.com for information.

Starr King Men's Group meets every first and third Sunday from 6-8 p.m. in the Conference Room. The group will not meet during July, August and the beginning of September.

Second Sunday Hike—We leave from the SKUUF lower parking lot at noon. All are welcome. Contact mitch@newfoundfarm.org to register and receive updates.

Uncommittee Gatherings will meet every third Sunday at 11 a.m. downstairs. Bring your own crafting supplies. Contact Gigi Estes, or Virginia Miller at seabean@roadrunner.com for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or SEE CHURCHES, PAGE A11

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Newfound Area School District

Openings for the 2016-2017 School Year

Newfound Regional High School

- Special Education Life Skills Teacher
- Guidance Secretary (Full Time School Year)
- LADC – 2 days per week

Newfound Memorial Middle School

- Middle School Science Teacher
- Middle School ELA Teacher

Bristol Elementary School

- After School Program Coordinator (6 hours/day, 4 days/ per week)

Danbury Elementary School

- 2nd Grade Long Term Sub (Sept 12 -Nov 23)

District Wide

- Speech Language Assistant
- Elementary School Psychologist (4 days/per week)
- Paraprofessionals – All Levels

Interested qualified candidates should send a letter of interest, resume, transcripts, job application, and letters of recommendation to: Stacy Buckley – Superintendent, Newfound Area School District, 20 North Main Street, Bristol, NH 03222

For more information and a copy of the application go to: <http://www.sau4.org/human-resources/employment-information>

Newfound Area School District

Coaches Wanted

2016-2017 School Year

Newfound Regional High School

- **Varsity Soccer Coach** - Questions may be directed to Peter Cofran, Athletic Director, pcofran@sau4.org or 744-6006, x1507.

Newfound Memorial Middle School

- **Boys Soccer - Field Hockey – Volleyball Football (Head Coach) – Spirit – Softball Boys and Girls Basketball** - Questions may be directed to Shane Tucker, Athletic Director, stucker@sau4.org or 744-8162, x2504.

Interested qualified candidates should send a letter of interest, resume, job application, and letters of recommendation to: Stacy Buckley – Superintendent, Newfound Area School District, 20 North Main Street, Bristol, NH 03222

For more information and a copy of the application go to: <http://www.sau4.org/human-resources/employment-information>

THORNTON SCHOOL DISTRICT

Thornton Central School
2016-2017 School Year

MIDDLE SCHOOL SOCIAL STUDIES TEACHER
(Must Be Certified)

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

Jonathan Bownes, Principal
Thornton Central School
1886 NH Rte 175
Thornton, NH 03285

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Jim Alba to play at Artistic Roots Visiting Artist Reception

PLYMOUTH — The Visiting Artists' Reception will be held on Thursday evening, June 23 from 5:30 to 7:30 p.m. at the Artistic Roots Gallery at 73 Main St. in Plymouth.

The Gallery is pleased to have Jim Alba, local guitarist

playing at the event. The event will honor the six visiting artists' whose work will be in the gallery from June to September. The artists include: Pam Miller, silversmith and beader; Javier Kiman, watercolorist, poet and potter; Doug Houle,

oils; John Spurling, Cloisonne; Lynn Decker, foam printing with water color; and Joan Glidden, potter.

The public is welcome and encouraged to come to this event. Refreshments will be served. The event is free to all.

Join the celebration as Master Chorale explores the music of Stephen Sondheim

PLYMOUTH — Join the New Hampshire Master Chorale June 19 for an evening of Stephen Sondheim with selections from "Company," "Sweeney Todd," "Into the Woods," "Sunday in the Park with George," and "A Little Night Music." Enjoy old favorites like "Send in the

Clowns" and be enveloped by the sound of the lush harmonies of "Being Alive."

The Sunday performance ends the New Hampshire Master

Chorale's 13th Season at the Plymouth

Congregational Church, located in the center of Plymouth.

The New Hampshire Master Chorale, led by Dr. Dan Perkins, is a nonprofit choir established in the spring of 2003. This premier chamber ensemble is dedicated to excellence in the art of choral music performance. Members of the group are trained singers, auditioned from through-

out New England, who have performed as soloists and in choral

ensembles throughout the world. You can get a taste of the NHMC on our SoundCloud page at soundcloud.com/nhmasterchorale or

find us on Facebook and Twitter: www.facebook.com/NHMasterChorale and twitter.com/nhmasterchorale.

Tickets available at nhmasterchorale.org and at the door — \$30 general, \$25 senior, \$15 group of 10+

Free admission for undergraduates and students in grades K-12.

White Mountain National Forest announces 2016 Artist in Residence

CAMPTON — The White Mountain National Forest (WMNF) and the Arts Alliance of Northern New Hampshire are pleased to announce that painter and printmaker Jude Valentine has been chosen as the WMNF Artist in Residence for 2016.

A longtime resident of Maine, Valentine completed her BFA at the Maine College of Art and received an MFA in visual art from Vermont College of Fine Art. In addition to her studio practice, she has taught art and design classes to youth and adults, through workshops and residencies, and at the college level since 1982. She is currently an adjunct member of the interdisciplinary fine art faculty at the University of Maine in Machias.

"I'm thrilled to be selected as the 2016 WMNF artist in residence," Valentine says. "I traveled with my family as a child through the Forest and remember it as an amazing experience -- I was enchanted by the spectacular landscape vistas and experienced an almost overwhelming feeling of inspiration. I can't wait to paint in the midst of it all!"

In addition to her painting and printmaking, Valentine will work

with resident scientists and Forest Service staff on a series of prints to visualize data of the elements of the landscape.

"This component of the project is more experimental and more of an inquiry and collaboration," she notes. "I find it an enriching experience to integrate and layer ideas from different disciplines in my prints."

"Jude was selected because of the wonderful combination of her artistry, her dedication to teaching and her curiosity and interest in working with us on a brand-new type of initiative," said Frumie Selchen, director of the Arts Alliance.

"For several years, we've watched the ways in which our Artists in Residence have interacted with Forest Service personnel," adds Marianne Leberman of the WMNF. "This year we're excited to create a deliberate collaboration that will engage both staff and the public in connecting art and science on the Forest."

Valentine will spend a month in the White Mountains, with several preliminary visits to prepare for the residency. She will be staying at Mead Base in Center Sandwich, a Forest Service facility

managed by the Friends of Mead Base, which has collaborated with the WMNF and AANNH each year to provide housing for the Artists in Residence; she will also spend time in other parts of the Forest.

According to Tom Wagner, WMNF Forest Supervisor, "Our hope is that the Artist-in-Residence program will help people understand the connections between public lands, how we use natural resources, and our emotional ties to beauty, nature and self-expression. We're very pleased to continue our partnership with the Arts Alliance and looking forward to having Jude join us as this year's selected artist."

Details on Jude's work, her residency and specific programs, including opportunities for public participation, will be available in upcoming weeks. For more information about the Artist in Residence program, contact the Arts Alliance at 323-7302 or programs@aannh.org. Be sure to visit the Arts Alliance website (www.aannh.org) and the White Mountain National Forest website (www.fs.usda.gov/whitemountain) for updates on Artist-in-Residence events.



COURTESY

This is one of Javier Kiman's watercolor pictures. Mr. Kiman's work is one of the Visiting Artists featured from June to September at Artistic Roots in Plymouth. A reception for all the artists will be held on June 23 from 5:30 to 7:30 p.m. The public is invited. Refreshments will be served and Jim Alba, local guitarist will provide the music for the event.

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Churches

FROM PAGE A9

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

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

Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Conference Room from 12:30-3:030 pm.

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

Starr King UU Fellowship is located at

101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org, where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.

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

Seniors and falls: Statistics and prevention

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

About one third of the senior population over the age of 65 falls each year, but since many incidents go unreported by seniors and unrecognized by family members or caregivers – this estimate is most likely quite low. Approximately 9,500 deaths of older Americans are associated with falls each year. Falls are the leading cause of death from injury among people 65 and older, and the risk of falls increases proportionately with age. At 80 years, over half of seniors fall annually.

Here are some more surprising facts and statistics related to falling:

87 percent of all fractures in the elderly are due to falls. Two-thirds of those who fall will do so again within six months. When an older person falls, his or her hospital stays are almost twice as long as those of older patients who are admitted for any other reason.

Among people aged 65 to 69, one out of every 200 falls results in a hip fracture. That number increases to one out of every 10 for those aged 85 and older. One-fourth of seniors who fracture a hip from a fall will die within six months of the injury. Many falls do not result in injuries, yet 47 percent of non-injured seniors who fall cannot get up without assistance. For seniors who fall and are unable to get up on their own, the period of time spent immobile often affects their health outcomes. Muscle cell breakdown starts to occur within 30-60 minutes of compression due to falling.

Dehydration, pressure sores, hypothermia, and pneumonia are other complications that may result.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. The most profound effect of falling is the loss of independent living.

Fall Prevention Safety: 20 Things You Can Do to Help

1. Remove obstacles inside and outside of the house that could cause tripping.

2. Install handrails and lights on staircases, with light switches at the top and bottom of

the stairs. You may even consider glow-in-the-dark or lighted switches.

3. Add non-slip treads for bare wooden steps.

4. Install shower and tub grab bars in the bathroom, around the toilet and the tub.

5. Place non-slip mats on the shower floor and bathtub.

6. Secure loose rugs with double-faced tape, tacks, or slip-resistant backing.

7. Repair loose, wooden floorboards and carpeting.

8. Store clothing, dishes, food and other necessities within easy reach.

9. Immediately clean spilled liquids, grease, or food.

10. Paint doorsills with a different, high-lighting color to avoid tripping.

11. Make home lighting brighter, but prevent glare. Place night lights in the bedroom,

bathroom and hallways. Place a lamp within easy reach of the bed for middle-of-the-night needs.

12. Store working flashlights in easy-to-find places in case of power outages.

13. Have vision checked often and regularly.

14. Ask the doctor to review medications regularly for side effects and interactions.

15. If he or she is able, have the senior start exercising on a regular basis tai chi or yoga can increase flexibility and strengthen muscles and joints.

16. If the senior can't stand comfortably, have him or her exercise in a chair.

17. Have the senior wear sensible shoes. They should be properly fitting, sturdy shoes with non-skid soles.

18. Note any health conditions such as dizziness, joint pain, numbness, or shortness of

breath when walking. Tell the doctor, should any of these occur. He or she may evaluate muscle

strength, balance and walking style (gait) as well.

19. Have the senior use assistive devices, if needed. The doctor might recommend using a

cane or walker to keep him or her steady.

20. Consider a PERS (Personal Emergency Response System) unit that will alert others when help is needed.

If necessary, ask the doctor for a referral to an occupational therapist. He or she can help brainstorm other fall-prevention strategies.

Comfort Keepers® can help. Comfort Keepers®' Interactive Caregiving™ keeps senior clients engaged phys-

ically, mentally, and emotionally while living independently at home. Call your local office today to find out more about all the ways we can help your loved one.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.comfortkeepers.com/plymouthnh for more information.

Currier Museum of Art to speak about urban landscapes exhibit at Golden View

MEREDITH — The public is invited to Golden View Health Care Center June 21 from 2:30-3:30 p.m. for a free presentation by Manchester's internationally renowned Currier Museum of Art.

The Currier's presentation offers a fascinating look at their upcoming exhibit, "Urban Landscapes: Manchester and the Modern American City," which highlights paintings, prints and photographs inspired by cities throughout the US, including Manchester, NH. Light

refreshments will be provided. Please RSVP by calling 279-8111, ext. 4194 or by emailing info@goldenview.org, as seating is limited.

This presentation is part of a series of special community events held at Golden View sponsored by The Bank of New Hampshire Charitable Fund. To learn about upcoming events, please visit www.goldenview.org.

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

PLYMOUTH — Have you heard what recent changes were made to Social Security and what they will mean to you? What are you able to do to strategically maximize your benefits? If you would like to learn the answer to these questions and

more, then you need to attend the June 22 presentation at 6:30 p.m., being held at the Enterprise Center in Plymouth.

On Nov. 2, Social Security was reformed

and your ability to utilize little known filing strategies to obtain additional money has now been limited. Married couples who have not yet filed for benefits will gain the

most from this program. There is a window of opportunity to still qualify for options that have been eliminated and it's imperative you know about them now!

Join us for a complimentary event designed to help you understand the color of your money and maximize your retirement income. At the event, we will discuss:

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

vestment assets with appropriate risk/safety.

All attendees will receive a personalized social security maximization analysis. Married couples who have not yet filed for benefits will gain the most from this program. Seating is limited, please RSVP at <http://bit.ly/SSatECP>

This event on Wednesday, June 22 at 6:30 p.m. is free and open to the public, and is presented by Brandon Archibald, founder of the Registered Investment Advisory Firm The Ivy League Advisory Group, based in Tilton. He is also the author of two books which center on the subject of you keeping more of your money.

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

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

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NRHS

FROM PAGE A1

could never relive and should always remember, wherever they go and whatever they do in the years to come.

"You need to be proud of the person you've become...remember this is your life," she said. "Here's to you and your futures. Go big or go home!"

This year there were two valedictorians who tied in their outstanding academic scores for the honor.

First to speak was Megan Blais who asked her fellow graduates to thank all of the 'cheerleaders' in their lives, whether that be friends, parents, teachers or members of the community.

"Know they will always support us in our future endeavors in life," said Blais.

Stay true to yourselves, she told the class, and remember home is always where your heart is.

"May our dreams fly as high as our caps today," she concluded to exuberant cheers.

Savannah Montgomery was the Co-Valedictorian this year, moving to the Newfound area just last semester with most of her high school credit requirements already behind her. Having had only one class

needed to graduate when she arrived at NRHS she felt compelled to introduce herself to her fellow graduates but thanked them for their acceptance of a nontraditional senior classmate and said it was a very rewarding experience.

"It doesn't matter how we got to this point," Montgomery said. "What matters is that we got here."

She ended by wishing all of the graduates well in the next chapter of their storied lives.

Delivering the Commencement Address was faculty member and Class Advisor Alan Merrifield. His message to the graduates was simple but to the point: "Life is difficult and complex, but at the same time rewarding. Your years of learning have just begun."

Doing, he said, can ultimately bring discovery of who they are and where they will go in life, while hands on tasks can bring outcomes that will change their lives.

"If you learn from the outcome, it will make you a better person," said Merrifield.

He further asked that graduates come to model themselves after others who have been meaningful in their lives.

"Always try to find people who have done what you want to do and live the way you want to

live. Surround yourself with good people," Merrifield advised.

With guitar music in the background, he concluded his speech by reciting the words of a song from the band, One Republic.

"Hope when you take that jump, you don't fear the fall/ Hope when the water rises, you built a wall/ Hope when the crowd screams out, they're screaming your name/ Hope if everybody runs, you choose to stay."

"I wish that I could witness all the joys and all the pain as I have for the past four years but all I can say now is 'We lived,'" said Merrifield.

Throughout the ceremony music director Ed Judd led members of the band in performances of "Pomp and Circumstance," the NRHS Alma Mater, and "Battle Pavane." Graduating senior Megan Gilpatrick also joined them by singing "The Star Bangled Banner."

In this year's class of 100 graduates, five of those entering into the Armed Forces were recognized with a huge ovation from the crowd. There were also 32 students recognized as N.H. State Scholars, 18 who graduated with honors and another 18 who were inducted into the National Honor Society.

Newfound

FROM PAGE A1

was a unanimous one for the school board, other decisions were not.

Some board members saw a proposal to raise school lunch prices by \$.25 as being too steep an increase. Suzanne Cheney of Alexandria said she would rather see a \$.20 increase.

Business Administrator Michael Limanni had asked for a 10 cent increase last year, which he said would help to cover the losses that otherwise would require using general funds. The board did not approve that increase, and this year, Limanni said he was proposing the \$.25 increase to raise approximately \$25,000 over the course of the year. He anticipated that other changes, such as re-designing menus and promoting breakfast sales, would make up the other \$75,000 needed for the program to become self-sustaining.

Limanni said the district already is squeezing the budget by using part-time workers to avoid the cost of paying benefits, and he noted that, with the district's tax cap, budgets are getting tighter and tighter ev-

ery year.

He provided a memo with a chart that showed 2014-15 data, with the district serving 5,539 meals and taking in \$14,772.50 per month. A US Department of Agriculture calculation recommends a minimum increase of \$.17, he stated.

The proposed \$.25 increase would raise the price of a meal at the middle and high schools from \$2.75 to \$3, while elementary school lunches would increase from \$2.50 to \$2.75.

School Board Chair Jeff Levesque of Grotton said the amount coming out of the general fund is increasing every year, and he would rather make small increases now than have to raise prices by a large amount in the future.

When it came to a decision, the board approved the \$.25 increase by 4-2 vote.

Only Vincent Paul Migliore of Bridgewater dissented on a vote to give the administration authority to develop a response to the Hill School Board's request for proposals for superintendent services. He noted that Hill described the job, which involves both administrative and business services, as

being ideal for someone who is semi-retired.

"I would hate to take away that opportunity for someone," Migliore said, "and I'd also hate to burden the superintendent with more duties. So I'm opposed."

Buckley said her request was only to allow them to consider a response, and that any proposal would come back to the board for approval before going to Hill. She said the central office would have to discuss whether they felt they could provide the services to Hill without detracting from the Newfound duties, and added, "We'd have to deal with another school board, and might not want to do that."

With the board's vote to allow the superintendent to draft a response, administrators now will have that discussion.

There was a brief discussion about finding a replacement for Bristol's representative to the school board, Benjamin LaRoche, who resigned for personal reasons. Buckley said the school board could appoint someone to fill out LaRoche's term, ending next March, or they could ask the Bristol Board of Selectmen to nominate a replacement.

Run

FROM PAGE A1

though, when their classmate Will Bednaz asked them to support Barton Center.

Will's mom, Stephanie Bednaz, said Will was diagnosed with Type 1 diabetes a little over a year

ago. Since then, he has undergone life changes that include healthy eating and proper exercise.

He has already had great experiences attending a special camp for kids with diabetes at Barton Center and, as a fourth grader at BHVS, thought it would be great



DONNA RHODES

Stephanie Bednaz slipped another band on her son Will's wrist to track how many laps he ran with his fourth grade classmates in their efforts to raise money for the Barton Diabetes Education Center. Will himself has diabetes and was glad his class chose the center for their annual community service event.

if this year's community service project could benefit the center.

"Will is the only student in his school with diabetes. I went into his class with him one day to explain all about diabetes, and they decided that that would be their project this year," Stephanie said.

During her visit, they also took part in a game of Diabetes Bingo, a fun way to learn healthy food choices.

Running, Bednaz said, is another great activity for a child with diabetes and thus the Diabetes Dash was created.

With assistance from fourth grade teacher Sherry Maxner and Connor, the children devel-

oped a pledge sheet to ask for support of the Barton Center.

"The highly successful organization's mission is to improve the lives of children with insulin dependent diabetes through education, recreation and support programs," they said. "We want to make a positive difference in the lives of children effected (sic) by diabetes."

The letter also asked for people to either sponsor a student with a donation for every lap they ran in their Diabetes Dash, or possibly consider a flat donation to the cause.

Last Friday morning they set out to dash around the field where they gladly earned the money for all the pledges

they had accumulated.

Connor said this year's project was more than just having the children hand a sheet of paper to family and friends as they asked for donations.

"We made sure they were well informed so they could talk to others about childhood diabetes," she said.

Fourth grade wasn't the only participating class in the dash though. Students at all grade levels were able to join in for a short time by dropping change in a penny jar and heading out for a run with the fourth graders.

Each penny, dime or dollar bill is slated for Barton Center.

"This is fund raising mixed with fun for the kids," said Bednaz as she handed out bands for the fourth graders to keep track of their laps.

Will was among those who led the way for much of the dash and said he was grateful that diabetes education was this year's service project.

"I think this is great. I'm glad everyone came out in support of my camp," he said.

His mom was very pleased to see everyone rally for such a good cause and hoped it not only educated others about diabetes but inspired people of all ages to live a healthy lifestyle and exercise often.

"This all helps kids with diabetes know they're not alone and empowers them," she said. "I'm also thankful for the professionalism and support from teachers like Mrs. Maxner, a Superwoman school nurse like Sue DeGrace, and Kathleen Connor."

Reading

FROM PAGE A1

to this year's summer reading fun there will be a free ice cream party at Minot-Sleeper this Friday, June 17. At that time, all children living in the Newfound Area School District are invited to stop by and learn more about all the reading excitement to come. Not only will they enjoy the cool treats and have a chance to sign up for the program but those who don't already have a library card can readily get one at that time.

"It only takes two minutes to get a card," said Miss Azra. "Just have your parents bring in something with their address on it and you're all set."

Special programs for "On Your Mark, Get Set, Read!" will also take place on Wednesdays at 1 p.m. during the summer months.

On July 6, there will be a formal, laughter-filled kick-off for the whole program at Tapply-Thompson Community Center with performer Steve Blunt,

a well-known children's musician whose songs and entertainment are sure to entertain all.

Other special programs will include visits from members of the Newfound Regional High School athletic department on July 13, where local athletes will visit with the children and read along with them. On July 20th will be a sports craft bonanza and on July 27, representatives from the Children's Museum in Dover will bring some amazing inventions to the library.

Finally, on Aug. 3, an exciting presentation on falcons from Noble Sport Falconry will cap off the special summer programs.

Besides "On Your Mark, Get Set, Read!" Minot-Sleeper Library also holds a Lego Drop In for youngsters of all ages from 4-6 p.m. each Thursday along with a number of adult reading groups and presentations scheduled throughout the weeks to come.

A full schedule of all the upcoming programs can be found at www.minotsleeperlibrary.org.



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Hill

FROM PAGE A2

municipal water system has been tested several times, including annually for the past several years, with testing of five sites to take place in the near future. He added that they do not test at the school because they are unable to guarantee the validity of the testing, which relies on standing water, when they cannot be assured that no one has run water through the system prior to tests. He said, however, that the plumbing in the building had been completely redone during the building renovations, with the exception of the sprinkler system, which is segregated from the drinking water.

In ongoing business, the district has received

no letters of interest regarding the providing of superintendent and business management services. With Franklin seeking withdrawal from School Administrative Unit 18, Hill would be the sole remaining district, and would not need full-time services.

The school board also has not resolved the trash disposal issue. The selectmen had offered to haul trash from the school to the Hill transfer station until the town's insurer objected on the basis of liability. Bergquist said she would follow up to find out the district's liability and what options are open for the service.

At the start of the meeting, Pastor Dan Boyce sought the board's permission to offer an after-school club, but

the board informed him that, once classes end, the building belongs to the town, so he would need to seek permission from the Hill Board of Selectmen. Henry asked him not to refer to the club as an after-school program, since it would have nothing to do with the school.

Both Lewis and LeGallo said that having the program at the school would pose no liability to the school district, since it is not a school program.

Boyce said there would probably be four adults for each night, with all volunteers going through background checks. The program would start as one night a week, unless there was enough interest to expand to two nights.

Notebook

FROM PAGE A5

soon after, Monroe Dam, likewise inundating falls and rapids. I vividly remember my grandfather Merton White taking me at the age of six or so to a promontory near Littleton, where we could look down on logging crews and bulldozers at work along the soon-to-be-flooded river far below.

Today, the entire complex of dams and reservoirs--from Monroe Dam to Moore Dam and all the way up to Second Lake--is manipulated to produce electricity for TransCanada Hydro Northeast. It maintains a great picnic, launching and swimming area at First Connecticut Lake, and at many other sites on down the system. I once had a fine time visiting with one of the

company's maintenance crews as they picked up trash at what has become, unfortunately, a traditional party site where the backed-up waters of Moore Dam Lake lap at one of the few remaining free-running stretches of the fabled Fifteen Mile Falls.

+++++

And now we get into the "What if?"

The power from Moore and Monroe dams represents a mere trickle on a national scale. What if the growing contributions of solar and wind and biomass were perceived as mitigating the removal of hydropower on the Upper Connecticut, and gravity, as in "hydro power," was downgraded as a viable "renewable," on the basis of its widespread collateral damage?

What if shoreline owners in Pittsburg found their wharfs and boats and camps and businesses looking not out across the waters of Lake Francis but instead down into the original upper river valley?

And what if the Fifteen Mile Falls, buried for lo these many generations, were suddenly running open and free, their valleys recolonized by trees, people and fish?

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

CADY

FROM PAGE A4

for medical purposes. When states pass these laws, they completely bypass the FDA's drug approval process. This makes it hard for doctors to determine whether marijuana is actually safe and effective for a particular condition, to know how much to prescribe, and to ensure the purity of each "dose."

Most state medical marijuana laws condone smoking marijuana for medical purposes.

Smoking can cause damage to the lungs and secondhand exposure can be harmful to others. Smoking is not

a medically-accepted way to take medicine and is not recommended by research nor the FDA. In addition to the health concerns, smoking makes it impossible for doctors, or patients, to determine exactly how much of the drug the patient is ingesting. In addition, marijuana use can lead to or exacerbate pre-existing mental health conditions, addiction, cognitive and respiratory problems, and other negative consequences such as impaired driving.

Regular medicinal use of marijuana is a fairly new practice. For that reason, its effects on people who are weakened because of

age or illness are still relatively unknown. Older people and those suffering from diseases such as cancer or AIDS could be more vulnerable to the drug's harmful effects. Scientists need to conduct more research to determine if this is the case. National Institutes of Health (NIH) and other researchers are continuing to explore the possible uses of THC, CBD, and other cannabinoids for medical treatment. Scientists are conducting pre-clinical and clinical trials with marijuana and its extracts to treat numerous diseases and conditions.

For more information on marijuana and its health effects visit our Web site at www.cadyinc.org.

Stay tuned for more information on the recently implemented NH state law that opened four medical marijuana dispensaries across the state, including Sanctuary ATC, in Plymouth. For more information on state laws related to marijuana, visit: www.whitehouse.gov/ondcp/state-laws-related-to-marijuana.

Capital

FROM PAGE A5

ernment?

The Senate agreed with the concept and recognized the need for more law enforcement officers who would be able to quickly respond to issues in the North Country. Unfortunately, the legislation originally proposed could have caused more harm than good. Simply put, the original bill, however well-intended, was bad legislation.

Because this issue is important to our state and we wanted to make sure the North Country received the additional support from border patrol agents that it needed, we hit the reset button and started over. While Senator Carson (R-Londonderry) and I were not sponsors on the original bill, we were committed to assuring this legislation passed. Working with the Attorney General's Office, U.S. Border Patrol, the Sheriffs in Coos and Grafton counties, and various other Senate staff, we studied the issue carefully, did our homework and dedicated the time necessary to find a workable

solution for this longstanding issue. Several meetings were held involving stakeholders and experts. Fortunately, we were able to craft a reasonable solution and in early May, the Senate passed this legislation.

The new language reflected the work done to strike the right balance between how the legal protections for border patrol agents are provided when assisting local law enforcement and state troopers in New Hampshire while ensuring that there were no unintended consequences from the legislation.

The bill requires that border patrol officers undergo certification training by the New Hampshire Police Standards & Training Council. With this certification, border patrol agents are able to assist state troopers and local law enforcement when making arrests and carrying out other enforcement duties in emergency situations. Also, because of this certification, liability protections are provided by their employer, the federal government.

We recognized that when a citizen needs

help from law enforcement, they don't care which agency answers the call, they simply need help, and we need to make sure those who answer the call are appropriately protected. Maintaining the safety and offering protection for New Hampshire's families is essential and we were pleased that the full Senate agreed to our solution and the bill was recently signed into law. This legislation provides the right balance by allowing border patrol to assist local law enforcement in serving the North Country, while providing them with the proper protections they need. I was especially proud that we made the commitment to put in the time and hard work to ensure this measure was properly handled, resulting in a workable solution to this complex issue.

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

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Newfound presents spring sports awards

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound Regional High School spring sports awards were held on Tuesday, June 7, with athletes from the baseball, softball and track teams honored for their accomplishments.

Additionally, a pair of athletes were honored for playing three sports a year for all four years of their high school careers. The 12-sport athlete honor was presented to Jasmine Patten, who played field hockey, basketball and track and to Bridget Lavin, who competed in volleyball, basketball and track.

For the baseball team, coach John Larsen presented the Most Improved Award to Jared Prince.

Rookie of the Year for the baseball team went to Logan Rouille, while the Most Productive Player went to Ricky DeLuca. The Pabst Award was presented to Tate Miller.

The Bears Booster Club Student Athlete Award was also presented to Miller.

For the softball team, the Dedication and Hard Worker Award was presented to Katie Drapeau.

Defensive player of the Year was presented to Hayleigh LeTourneau, while Ashlee Dukette was named Rookie of the Year.

The Bears Booster Club Student Athlete Award for the softball team was presented to Amanda Johnston.

For the boys' track team, senior Noah Fogg was named Most Valuable Player.

Dustin Bucklin was presented with the Coaches Award and Marcus Peterson was named the team Rookie

of the Year.

The Bears Booster Club Student Athlete Award for the boys' track team was presented to Mac Camara.

Patten was named

the Most Valuable Player for the girls' track team.

Breana Shepard was presented with the Most Improved Award and Becky Norton won

the Coaches Award.

The Bears Booster Club Student Athlete Award was presented to Molly Schilling.

Athletics Director Peter Cofran then pre-

sented the Cathy Leaver Athletic Director's Award to Deb and Peter Patten for their outstanding volunteer service to the athletic program for many

years.

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

Pythons control second half, knock off Bobcats in semis

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Plymouth boys' lacrosse team has made it a habit of making it to the Division III semifinals. It's taking the next step that has been the big obstacle for the Bobcats.

After their upset of second-seeded Kearsarge in the quarterfinals, the Bobcats advanced to their fourth Final Four in five years, taking on Pelham at Bank of New Hampshire Stadium at Laconia High School on Tuesday, May 7.

Four hours after they took the field for warm-ups, the Bobcats were once again on the short end of the stick, dropping a 13-7 decision to the Pythons.

"One half that got away from us doesn't define the whole season," said Plymouth coach Glenn Mausolf. "You always want to go that one extra game, but at the same time, I'm proud of the kids."

"They came together this year and took advantage of the chances that we had," the Bobcat coach added.

The first half was a back and forth battle, with neither team able to seize control. The goal differential was never more than one until the third quarter.

Out of the gate, Chris Patnaude was on fire in the Plymouth net, as he turned away three bids right away before the Pythons got on the board with 9:17 to go in the first quarter for a 1-0 lead.

Plymouth bounced back right away, scoring just 47 seconds later when Connor Nolan fired a shot past the Pelham keeper to knot the score at one.

After Patnaude turned away another Pelham bid, the Bobcats took the lead with seven minutes to go. Nolan made a great pass across the crease to Nolan Farina, who fired the ball past the keeper for a 2-1 lead.

Just 29 seconds later, the Pythons came back and tied the score at two.



JOSHUA SPAULDING
Chris Patnaude makes a save as a Pelham attacker goes flying in semifinal action on June 7.



JOSHUA SPAULDING
Ethan Richard races the ball up the field during semifinal action in Laconia.



JOSHUA SPAULDING
Evan Bolognani looks for an open teammate during his team's game June 7 in Laconia.

Nolan came away with a nice steal but sent a shot wide and Garrett Macomber also sent a shot wide of the net. Farina came through with a nice pass to Connor Magowan in front of the net, but the Pelham keeper held on for the save.

With just under three

minutes to go in the first quarter, the Pythons got in close and put the ball past Patnaude to take the lead at 3-2.

Plymouth came right back, with Farina finding Evan Bolognani with a nice pass and the senior buried the ball for the tying goal.

Pelham came back and scored off a rebound with 1:39 to go in the first quarter to take a 4-3 lead and Patnaude held on for a save in the final minutes as the game went to the second quarter with Pelham up 4-3.

The two teams were able to battle back and

forth throughout the early second quarter, with neither team able to score for the first seven minutes of the quarter. Drew Hodges turned in good defense in front of Patnaude, who made a couple more saves. Zack Ross had a shot go wide and Bolognani had a shot stopped by the Python keeper. Nolan also had a shot denied, while Patnaude made a save and the Pythons had a pair of shots go wide.

The Bobcats were able to tie the game with 4:56 to go in the first half, as Ross got in close on a feed from Bolognani and buried the ball to knot the score at four.

However, the Pythons were able to score on a bounce shot with just 25 seconds to go to take a 5-4 lead heading to the half-time break.

The Pythons began seizing control of the game in the second half. After firing a shot off the post, Pelham took a 6-4 lead with less than a minute and a half gone in the half. Then just less than two minutes later, Patnaude made a save on a shot but lost sight of the rebound and it bounced back into the goal for a 7-4 lead.

Ross, Bolognani and Richie Caron got in the offensive zone but could not get past the defense. However, with 5:30 to go, Matt Rossner found Bolognani, who buried the shot for a 7-5 score.

Pelham went up 8-5 with 3:52 to go and then scored on a bounce shot with 2:42 to play, pushing the lead to 9-5.

The Bobcats did their best to hang in the game, as Farina found Bolognani, who made a nice move over the goalie's head and fired it in the net for a 9-6 score after three quarters of play.

Pelham scored a man advantage goal less than three minutes into the fourth quarter, pushing the lead to 10-6. Patnaude continued to shine in the net, as he made a couple more saves. However, the Pythons scored with 8:56 to go in the game to push the lead to 11-6. Pat-

SEE LACROSSE PAGE B6

Newfound seeking soccer coach

BRISTOL — Newfound Regional High School is looking for a varsity soccer coach. Please send letter of interest, resume and the names and phone numbers of three references to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH. 03222. Questions may be directed to Peter Cofran, Athletic Director, at pcofrans@sau4.org or 744-6006, x1507.

Pemi Fish and Game celebrating 75th anniversary July 3

HOLDERNESS — The Pemigewasset Valley Fish and Game Club will celebrate its 75th anniversary with a clam bake on July 3 from noon to 3 p.m. at the clubhouse at 295 Beede Road.

The non-profit club currently enjoys a membership of some 2,000 people of all ages who share a common interest in preserving habitat for fish and wildlife, good sportsmanship, safety and outdoor ethics, proper management of fish and wildlife resources and preservation and promotion of the shooting sports.

All of the ranges will be open during the anniversary celebration and club members will be available to offer demonstration and instruction and allow visitors to try their hand at shooting. A variety of handguns, rifles, shotguns and limited ammunition will be available for use free of charge.

Since its founding in 1941, following an organizational meeting at the Fireman's Hall in Ashland, the club has remained true to its charter and has steadily grown in membership, physical assets and the variety of activities available.

Guided by a 12-member board of directors, elected by the membership, the club owns 330 acres of property, the bulk of which is stewarded under a professionally developed wildlife/habitat/forestry/recreation long term plan.

Club facilities include a 50-foot, seven position indoor pistol range for most hand guns and .22 rifles; a 200-yard outdoor range with pits and a 300-yard range as well as 50 and 100-yard ranges with a covered firing line, cement pad and benches. The club also has a trap shooting range for shotgunners.

As part of the festivities a youth Savage Rascal .22 rifle and a Remington Model 870 pump action 12-gauge shotgun will be raffled. The drawings will be held at 4 p.m., and ticket holders need not be present to win.

Hamburgers and hot dogs will be served free throughout the day for badge wearing club members.

Special anniversary edition belt buckles with the club's Old Man of the Mountain logo and a matching challenge coin will be available for purchase during the event.

PLYMOUTH — Pemigewasset Chapter of Trout Unlimited will host a planning and development symposium on the Beebe River watershed, June 21 at 7 p.m. at the Common Man Inn, Plymouth.

Meier, Keller earn All-State softball honors

BY JOSHUA SPAULDING
Sports Editor

REGION — Players from the Kingswood, Plymouth and Prospect Mountain softball teams were named to the softball All-State teams, which were released by the New Hampshire Softball Coaches Association last week.

In Division II, Plymouth centerfielder Jordan Meier earned First Team honors.

Plymouth first baseman Tristan Keller earned Honorable Mention, as did Kingswood pitcher Maddison Rabideau.

Joining Meier on the First Team were fellow outfielders Nicole Andersen and Alyssa Lombardi of Goffstown, Carley Holtzhauser of Milford, Hannah Klaassens of Windham and Alyssa Pascucci of Trinity, infielders Jen Carson and Erin Tyrell (Player of the Year) of Milford, Rachel Estes and Alyssa Upton of Windham, Makayla Fleming and Taylor Gagnon of Goffstown, Courtney Lewis of Coe-Brown and Madison Robicheau of Souhegan, pitchers Abbey Bass of St. Thomas, Emma Campbell of Goffstown, Jaime Cleasby of Windham (Pitcher of the Year) and Caitlin Miller of Oyster River and catchers Sam Cushing of Souhegan and PJ Ross of Sanborn.

Second Team honors went to infielders Hannah Cochran of Souhegan, Olivia Grant of Portsmouth, Ellery Rasmussen of Sanborn and

Tickets for the clam bake, which includes a lobster, clams, corn on the cob and soda or water must be purchased prior to July 1. To order tickets, checks should

Four distinguished speakers, representing various groups will present plans for the Beebe River conservation land, including conservation easements and habitat improvement. Nancy Bell, the Vermont and

Rachel Rogers of Windham, outfielders Sarah Harris and Kerry Riley of Coe-Brown, pitchers Caitlin Catalanotto of Sanborn and Hailey Yabroudy of Souhegan and catcher Stephanie Bishop of Milford.

Honorable Mention was given to infielders Jocelyn Diamond of John Stark and Erin Thompson of Sanborn, outfielders Sasha Brock of Con-Val and Kenzie Day of Hollis-Brookline, pitcher Delaney Parker of Milford and catcher Madison Ovadek of Portsmouth.

Dan Drewniak of Manchester West was named the Coach of the Year and Sam Tatu of Goffstown was named the JV Coach of the Year.

Summer season kicking off at PSU Ice Arena

PLYMOUTH — The Plymouth State Skating Academy's summer session kicks off at the PSU Ice Arena on Sunday, July 10. Lessons will be on Sundays from 5:30 to 6:30 p.m.

Plymouth State Skating Academy offers both basic and advanced freestyle levels as well as beginner hockey lessons. Tuition includes a half hour of instruction and a half hour of free ice time to practice skills.

All levels of skaters are welcome from ages four through adult. Adult lessons go from 6 to 7 p.m. For more information and enrollment, visit www.plymouth.edu/arena/learn-to-skate. Please contact the rink (psu-icearena@plymouth.edu) or Skating Director Sarah Pirrotta-Benoit (sapirrotta@mail.plymouth.edu) with any questions.

The Plymouth State University Ice Arena offers public skating sessions throughout the year with many

be made payable to Pemi clam bake and mailed to Club Treasurer Jerry Thibodeau, 855 Quincy Road, Rumney, N.H. 03266.

Checks for the raffle

should be made payable to Pemi Rifle Drawing and mailed to Thibodeau.

More information about the event or club membership can be ob-

tained by calling Thibodeau at 786-9659.

Additional details about the club and membership can be found online at www.pemi.org.

Beebe River watershed talk slated for June 21

New Hampshire Director for The Conservation Fund, Colin Lawson, the New England Culvert Project Coordinator for Trout Unlimited, Benjamin Nugent, a Fisheries Biologist with New Hampshire Fish and

Game and Dave Pushee, currently Secretary of the Pemigewasset Chapter of Trout Unlimited who has been an advocate for the Beebe River since 2014 when he learned of The Conservation Fund's plan to pur-

chase over 5,000 acres in Campton and Sandwich, will be speaking.

All are welcome. Visit www.pemigewasset.org or like the group on Facebook for information.

Kingswood's Shelby Lindsay was also named to the Senior Game.

In Division III, Prospect Mountain placed three girls on the First Team.

Pitcher Brianna Burley, catcher Deanna Misiaszek and outfielder Alison Brown were all named First Team.

They were joined on the First Team by pitchers Kaylee Marshe of Franklin (Pitcher of the Year), Katlyn Coulter of White Mountains, Madison Labrie of Mascenic and Jen Landers of Berlin, catchers Anna Doherty of Franklin and Amber Gibbons of Campbell and infielders/outfielders Taylor Lavalee of Belmont, Samantha McNeel of Newport, Sarah Ratcliffe of

Pelham (Player of the Year), Alexis Blanchette of Hopkinton, Marissa DeBlaise of Winnisquam, Sam Newell of White Mountains, Hanne Nicols of Franklin, Shaeleigh Valliere of Berlin, Lily Rivera of Bishop Brady, Maddie Folcik of Kearsarge, Hailey Cardello of Campbell, Sierra Landry of Conant and Sarah Lachapelle of Gilford.

Second Team honors went to pitchers Hannah Cote of Campbell, Meghan Prescott of Belmont and Shannon Morin of Pelham, catcher Casey Wayrynen of Mascenic and infielders/outfielders Maddy Springfield of Conant, Emma Rousseau of Campbell, Olivia Crowley of Pelham, Lauren Bolstridge

of Winnisquam, Jillian Lachapelle of Gilford, Kasey Smith of Hopkinton, Megan McCoolle of Raymond, Cali Swormstedt of Laconia, Michaela Conley of Somersworth and Shannon Davies of Belmont.

Honorable Mention went to pitcher Stephanie Carl of Newport, catcher Emily Picard of Berlin and infielders/outfielders Racheal Capri and Hailey Haskins of Franklin, Raven Comtois of Mascenic and Emma Carroll of Newport.

Skip Dubois of Franklin was named Coach of the Year.

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

open hours throughout the summer. Call the

rink at 535-2758 or check the web site at www.plymouth.edu/arena for times.

Something went wrong, that's for sure

Back in 2010, I pulled the genius move of jumping over a chainlink fence in my attempt to cover a game from a closer angle. Evidently, I didn't land right and broke both bones in the lower part of my left leg.

Now, I had jumped over fences numerous times in the past and never had a problem, but evidently when you get old you can't quite do the things you used to do. I dealt with a number of months of physical therapy, living in a motel to avoid the stairs in my apartment and wobbling around on crutches.

For a little while on Friday afternoon, I thought I might be looking at a very similar situation, though as Saturday wore on, I came to the realization it isn't quite as serious (or at least it doesn't seem that way, anyway).

I had an appointment

SPORTING CHANCE



By JOSHUA SPAULDING

for a checkup with my car at the dealership in Berlin on Friday morning and after finishing up there, I made the short trek across Route 110 to my mother's house. In a phone conversation earlier in the week, she mentioned that one of the shutters on the back of the barn had blown off in the high wind earlier in the week.

After checking out the situation, it looked like a pretty easy fix, one I'd made before on a different shutter. It just involved getting the shutter stabilized and screwed back in. I hauled out the ladder and the drill and went to work. I got the shutter stabilized and then went up the ladder to screw it in at the top. I got both screws in before I realized that in my haste I had forgotten to make sure it was straight. So I took out one of the top screws and straightened the shutter out, screwing in the bottom screws. However, as I stepped off the ladder, I felt a massive pain in the back of

my lower right leg. It was like something had hit me in the leg and I couldn't put pressure on the leg.

I managed to get the ladder and drill back to the other side of the barn and got inside but knew something wasn't exactly right. My first thought was the Achilles, but there was no swelling and the pain was only in my lower leg, not in the ankle like an Achilles injury was supposed to be.

Whatever the case was, I borrowed crutches my mother had used after her knee surgery a few years ago and used them as a support system of sorts, not really walking with them but using them to help out. I tested out my leg in the car and realized that I could drive without a problem, so I decided to keep on with the plans I had for Friday, which was to head to Massachusetts to spend the night before Saturday's New England Track Championships. I made it to Sturbridge, Mass. before 7 p.m. and when I woke up in the morning, the leg felt better, though still plenty sore. I went to the meet and used one crutch as support but truthfully, still didn't

SEE CHANCE PAGE B6

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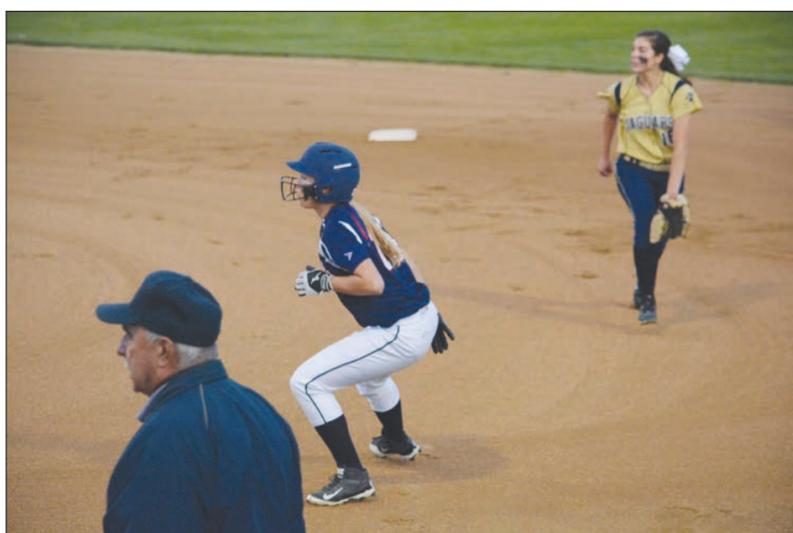
JOSHUA SPAULDING

The Plymouth softball team heads onto the field prior to the start of the Division II semifinals. Allison Carey makes a throw from second during the Division II semifinals on June 8.



JOSHUA SPAULDING

Jevan Sandhu had another strong day in the pitcher's circle for the Plymouth Bobcats in the semifinals.



JOSHUA SPAULDING

Jordan Meier takes a lead off first in semifinal action against Windham.



JOSHUA SPAULDING

Allison Carey makes a throw from second during the Division II semifinals on June 8.

Jaguars too much for Bobcats in semifinals

BY JOSHUA SPAULDING
Sports Editor

MANCHESTER — The Plymouth softball team took another step in its playoff progress but the next step was not to be.

After being eliminated in the quarterfinals last year, the Bobcats took the next step in moving on to the semifinals but top-ranked Windham proved to be too much on Wednesday, June 7, at Southern New Hampshire University in Manchester.

"We've got to put the bat on the ball," said coach Brian Blanchard. "She (Windham's pitcher) kept us off the bases.

"Their pitcher did a great job with our hitters," Blanchard said. "We've been hitting the ball all year long."

Save for one inning, the Jaguars and Bobcats played a pretty even game, with just two runs crossing the plate out-

side of the fifth inning.

That fifth inning, however, proved to be too much for the Bobcats, as Windham put seven runs on the board in that frame on the way to the 9-0 win and a trip to the semifinals.

Jordan Meier worked a leadoff walk to get the Bobcats on the bases in the first inning, but after a pair of strikeouts, she was gunned down in a close play at second as she tried to swipe the base.

Pitcher Jevan Sanhu struck out Windham's leadoff hitter in the bottom of the inning and then got a fly ball to right that Taylor Eaton hauled in. However, the next batter dropped a base hit in short left field and then a double plated the first run of the game. Sandhu got a groundout to Emma Cooper at third to end the inning.

Plymouth went in order in the top of the

second inning and Sanhu got some defensive help in the bottom of the inning. After a one-out double, the next batter hit a fly ball to center that Meier caught. The junior then fired the ball to second to double the runner off second to end the inning.

Plymouth went in order again in the top of the third inning and Windham was able to tack on another run in the bottom of the inning. A base hit, a bunt hit and a sacrifice bunt put two runners in scoring position and the next batter grounded to shortstop, plating the second run of the game before Sandhu got a pop fly to Allison Carey at second base to end the inning.

Meier led off the top of the fourth inning with a bunt hit and Jackie Gaumer attempted to move her over with a bunt, but it was popped up and the catcher made a nice

catch and then fired to first to double Meier off. Sam Gaumer beat out an infield hit to keep the inning going but she was stranded at first.

Jackie Gaumer made a nice play from her shortstop position, racing out into shallow left to catch a pop fly and Sandhu got another strikeout to end the inning.

The Bobcats went in order again in the top of the fifth inning and the Jaguars blew the game open in the bottom of the inning. A leadoff base hit, stolen base, walk and bunt hit loaded the bases. A grounder off Sandhu's glove to Carey at second allowed the first run of the inning to score and a base hit and an infield hit pushed the lead to 6-0. Another base hit drove in two more runs and after a grounder back to the circle for the first out of the inning, a bunt hit plated the ninth run of the game. Sandhu then got a fly ball to center and another to right to close out the inning.

Plymouth went in order in the top of the sixth and Sandhu set the Jaguars down in order in the bottom of the inning.

With two outs in the bottom of the seventh inning, Tristan Keller had Plymouth's third hit of the game but she was stranded and the game finished out with Windham taking the 9-0 win.

"Our defense played well," said Blanchard. "They had some good, solid hits."

The Bobcat coach noted that the experience of getting to the semifi-

nals will likely be a good building block for his young team, which includes just three seniors, Carey, Sam Gaumer and Aubre Joslin.

"We've got some good young girls," Blanchard said. "We get them all back."

He praised the work of his seniors as well, singling out Gaumer, who has been the team's starting catcher for her entire high school year.

"It won't be easy to replace her," Blanchard said. "She's been there for four years."

The Bobcats finished as the fourth seed in Division II and defeated Kingswood and Souhegan in the first two rounds of the playoffs.

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

Abenaki Water Ski Club hosting four tournaments this summer

WOLFEBORO — Wolfeboro's Abenaki Water Ski Club is once again sponsoring four USA Water Ski sanctioned water ski tournaments in Back Bay this summer. Wolfeboro's Back Bay is home to the only ski site in New Hampshire with a slalom course and ski jump and this is the 36th year the club has been on the water there.

On Saturday, June 25, the 28th annual New Hampshire Open will kick off the season featuring slalom, trick and jumping events in all age groups. Following on Saturday, July 23, will be the 36th annual Lakes Region Open, another three-event tournament

and on Saturday, Aug. 6, the three-event New Hampshire Water Ski Championships will be run. All three tournaments attract many of New England's best water skiers, from skiers as young as seven years old to nationally ranked seniors in their 70s. Slalom begins at 8 a.m. for each tournament followed by tricks and ending with jumping in mid-afternoon. Rain dates for each tournament are the following day.

The final event of the summer is the 15th annual New England Slalom Championships on Saturday, Sept. 10, beginning at 8 a.m. and running until 5 p.m. This event attracts many of

the top skiers from all over New England and beyond with intense competition in each age group.

Spectators are welcome and all events are easily viewed along the Bridge Falls Path behind the Wolfeboro Railroad Station in downtown Wolfeboro.

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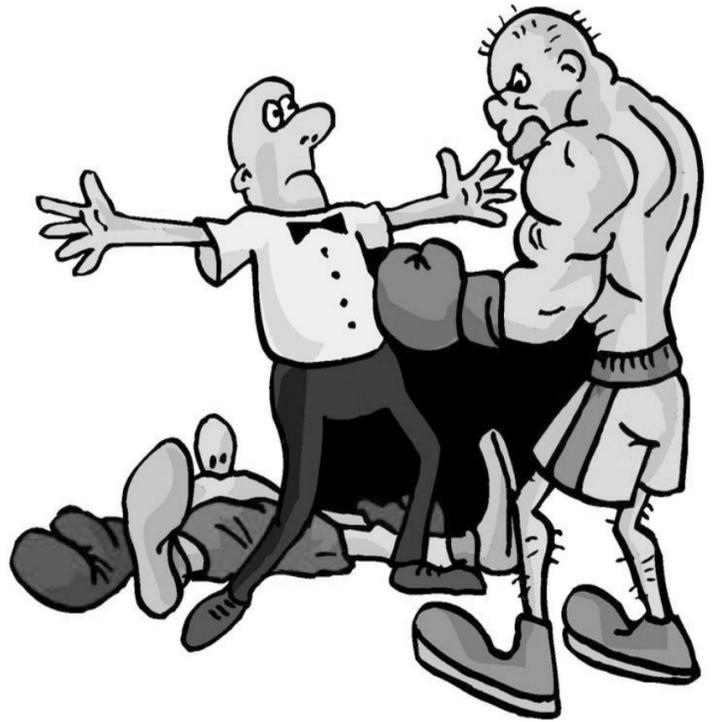
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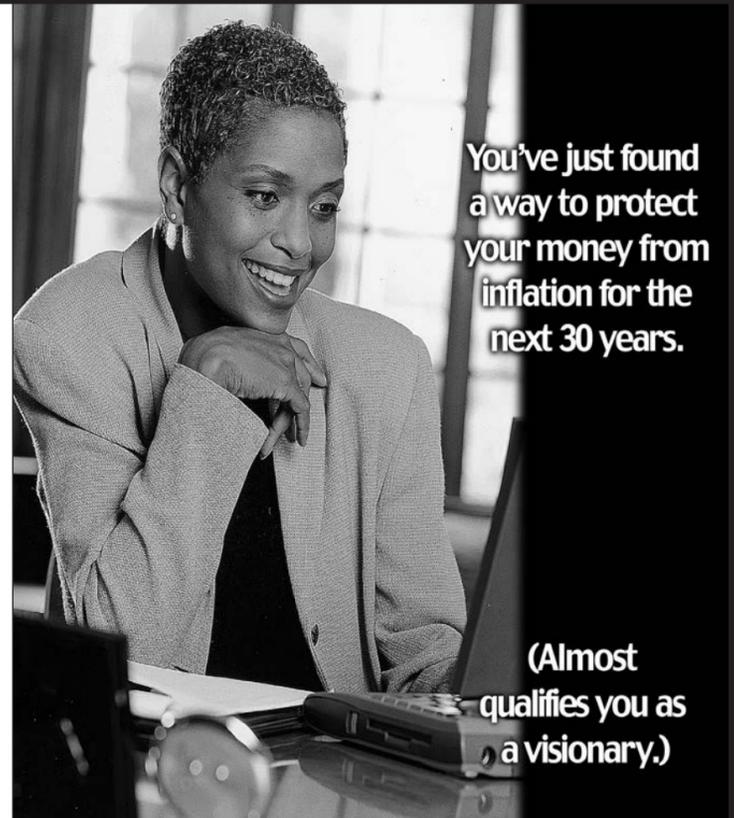


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Contact me at brucepellerier4@gmail.com or 603.326.8175

NEW HAMPTON PUBLIC WORKS DEPARTMENT

FULL-TIME JOB OPENING FOR TRUCK DRIVER/EQUIPMENT OPERATOR

Candidates should possess a New Hampshire Commercial Driver's License (CDL) Class B, with a DOT medical card (or able to obtain one within 90 days). Heavy and light equipment operation experience. They should have knowledge of road construction and related equipment and be able to perform manual tasks related to highway maintenance, as well as general vehicle and equipment repair and maintenance. Successful completion of a pre-employment drug test, medical examination and background check will be required.

Includes employee benefit package. Pay commensurate upon experience. A job description is available on line www.new-hampton.nh.us.

Interested and qualified persons can obtain an application at the town office or submit a resume to: Attn: Public Works Department at the Town Office, 6 Pinnacle Hill Road, New Hampton, NH 03256, no later than 4pm on June 30, 2016.

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We are seeking an **Executive Assistant, Sales Associates** and an **Experienced Vacation Rental Manager** to join our team in several offices.

Executive Assistant - this professional position requires excellent computer skills, administrative and organizational abilities and will require possibly splitting time between 2 of our offices in Northern NH.

Sales Associates - Passionate about helping others? You could have: flexibility in your schedule, the ability to set your own hours & control your own income. You'll work independently but with the benefit of a strong & successful team supporting your efforts! Our standards and expectations are high, and our team is committed to the highest standards in the industry.

Experienced Vacation Rental Manager - Is customer service your thing? Do you enjoy helping others? This position offers a base salary, plus bonus and offers you flexibility in your schedule and the ability to work independently but with the benefit of a strong & successful team supporting you.

To learn more about these opportunities, email your resume to Broker/ Owner Andy Smith at: andy@peabodysmith.com. All inquiries will be confidential.

TOWN OF NEW HAMPTON Public Works Department

The Public Works Department has an immediate opening for a Temporary, Part-Time employee to work in the Transfer Station/Recycling Center, June through September, Saturdays from 8:00 am to 4:00 pm and additional time if needed. Please submit a letter of interest with a completed employment application which can be obtained at the New Hampton Selectmen's Office, 6 Pinnacle Hill Road, New Hampton, NH or call and one can be mailed to you. The completed application can be returned to the Selectmen's Office during normal business hours, Mon-Fri., 8:30 to 4PM. The position is open until filled.

New Hampton is an equal opportunity employer.

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 SQUAM LAKE COTTAGE: Quintessential cottage with knotty pine throughout, LR with fireplace, screened porch, awesome views and fantastic sandy beach. MLS# 4494331 \$969,000	 LOCATION: Situated right up the road from the marina and town beach on Squam Lake and set back off the road for nice privacy. Many new upgrades. MLS# 4489173 \$210,000	 BOATHOUSE ON SQUAM: Beautiful Adirondack home with level yard and sandy beach area. Included is a two bay boathouse with guest quarters. Stunning throughout. MLS#4455699 \$1,975,000



www.SalmonPress.com

Come learn about fly fishing on July 9

WATERVILLE VALLEY — Learn how to fly fish in only one day, Saturday, July 9, from 9 a.m. to 3 p.m. The class is

hosted by the Waterville Valley Recreation Department and the Pemigewasset Chapter of Trout Unlimited. The instructors

are certified by the NH Fish and Game Department and bring a wealth of experience and knowledge to help the beginning



COURTESY PHOTO

FUNdamnetals of Fly Fishing will take place in Waterville Valley on July 9.

angler get started. FUNDamentals of Fly Fishing will include what makes fly-fishing unique, rod reel and line

assembly, basic equipment, casting instructions, knots, fish habitat, fish forage, fish identification, fishing ethics,

fly-tying and will answer any question you have about fly-fishing.

Rods will be provided but bring your own or borrowed equipment if you have it (recommended 5/6 weight fly rod and reel, 5/6 weight floating line). The class will be limited to the first 10 registrants. Must be 10 or over, minors must be accompanied by parents. A fee of \$10 will be charged to cover facility cost. Hats and glasses are recommended for the casting session. It's an all day event so bring a lunch.

For additional information or to register, contact the Waterville Valley Recreation Department, Noon Peak Road at 236-4695 or e-mail recdirector@watervillevalley.org.

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Chance

FROM PAGE B2

feel that bad. I made it back home with no problems and even got up the apartment stairs with a full laundry basket without an issue.

I was making a doctor's appointment on Monday after this was

written, so I still don't know exactly what the problem is. But I'm guessing it will keep me from the elliptical in the gym for a while.

Finally, have a great day James Cross.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independ-

dent, 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.

Lacrosse

FROM PAGE B1

naude made another big save in close on a Pelham bid and Nolan fired a shot off the post.

Nolan was able to get the Bobcats back on the board with 5:51 to play in the game on a feed from Ross to cut the lead to 11-7. However, with 3:44 to go Pelham scored again and added a 13th goal with 3:12 to play.

As the clock ticked under two and a half minutes to go in the game, lightning flashed in the sky and the referees pulled the players off the field.

The delay lasted just about two hours and when the game resumed, the Pythons retained possession for most of the time and finished off the 13-7 win to advance to the Division III finals.

"I can't fault the effort, but at the same time, we couldn't get possession in the second half," Mausolf said. "Ground balls were really important tonight and they won the 50/50 balls."

"It keeps the pressure on out defense and limits the offensive chances as a result," Mausolf noted of the possession Pelham

was able to maintain in the second half.

The Bobcat coach also praised the work of his keeper, who turned in another stellar effort.

"Chris had a terrific year," Mausolf said. "He made a lot of great saves. He was instrumental today."

The Bobcats finished the regular season at 9-5 before knocking off Kearsarge in the first round of the tournament.

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

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