

Sellers appeals Bristol election results

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Selectman candidate John Sellers, who lost the March 14 municipal election by 17 votes and a March 23 recount by 16 votes, has filed action in Grafton County Superior Court to invalidate the results, based on the handling of 30 absentee ballots and an error in listing the number of open seats on the Bristol Budget Committee.

Sellers had asked for a recount after the town election because of the narrow margin between Don Milbrand's 224 votes and his own tally of 205 votes. During the recount, at which town officials manually tallied the ballots that originally had been handled by a voting machine, Sellers picked up a single vote — not enough to change the election results.

After the recount, Sellers looked through the absentee ballots and found that some of them did not have the necessary affidavit stating the reason for requesting an absentee vote.

Deputy Secretary of State David M. Scanlan affirmed that, by law, voters must list one of four reasons for requesting an absentee ballot: being away on election day; being unable to get to the polls because of a religious commitment; having a disability that

prevents the voter from getting to the polling place; or being unable to get to the polls due to work requirements. There also is a provision for those in military service.

In submitting absentee ballots, the law requires voters to seal the ballots in an inner envelope and enclose an affidavit in an outer envelope with the voter's name, address, and voting place on the outside of the envelope. The town or city clerk then attaches the affidavit to the sealed ballot, which remains unopened until submitted to the moderator on election day.

Believing that procedure had not been followed, Sellers asked that all ballots be sealed after the recount and, the following Monday, he filed his appeal.

The court filing also noted that Bristol's ballot stated there were three openings on the budget committee when, in fact, there were four. As a result, the budget committee will be called upon to choose a fourth member; the law does not allow the next-highest vote-getter to assume the seat.

In announcing the error at town meeting, Moderator Edward "Ned" Gordon said it had occurred because of a misprint in the previous year's town report where Milbrand's term

on the budget committee was listed as ending in 2018 instead of 2017.

Bristol officials said they had not yet been served in the case, so they had no comment on Seller's lawsuit.

Towns ponder future of vacant House seat

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — While the towns comprising Grafton County District 9 consider a special election to fill the unexpired term of Jeff Shackett, R-Bridgewater, who resigned 30 days after being sworn in for his fourth term in the New Hampshire House of Representatives, candidates already are lining up for the job.

Deputy Secretary of State David M. Scanlan said it would take only a single town asking for a special election to trigger the process, with the request going to the Governor and Council for action. If that body were to approve the request, interested parties would have a window of Monday through Friday of the following week to file for the office.

Paul Manganiello, vice-chair of the Bristol Board of Selectmen, raised the question of a special election at a recent meeting of that board, saying that, while he was concerned about the cost of doing so, he also thought Bristol residents — and those in the other towns of the district — would want full representation in Concord sooner, rather than later.

District 9, which covers the towns of Alexandria, Ashland, Bridgewater, Bristol, and Grafton, has two representatives. Last fall, voters elected Shackett and Robert Hull of Grafton to represent them.

In his letter of resignation, submitted by email on Feb. 17, Shackett wrote, "Do [sic] to a significant increase in travel for work, it has made it next to impossible for me to make the required commitment my constituents deserve. I have enjoyed my three terms serving the people of New Hampshire and wish you all the best moving forward."

Five days after Shackett's resignation, Joshua Adjutant, the Marine Corps reservist from Bristol whom Shackett defeated in the fall, launched a gofundme campaign, announcing,

"With the recent resignation [sic] of Representative Jeff Shackett, Josh Adjutant is entering the special election to

replace him and bring to Bristol representation that will enable us to help fight the opioid

SEE SEAT, PAGE A15



DONNA RHODES

There's always a silver lining...

When more than a foot of new snow fell on the Newfound Region on April 1, Judy and Steve Lilley of Bridgewater decided to make "lemonade" out of the lemons Mother Nature dished out this spring by taking a peaceful snowshoe hike along the trails at Grey Rocks Conservation Area.

Community-wide cast brings
"Shrek" to the stage at Newfound

BY DONNA RHODES
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BRISTOL — Children, teens and adults of the Newfound Region will take their talents to the stage at Newfound Regional High School this weekend when they present this year's community-wide production of "Shrek the Musical."

The character Shrek is the son of two ogre parents who cruelly send him off

SEE SHREK, PAGE A15

COURTESY

The community-based cast of "Shrek the Musical" held dress rehearsals earlier this week at Newfound Regional High School, and looks forward to presenting the popular Broadway production to the public through three fun-filled performances this weekend.

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Local bed & breakfasts team up to host annual Muffin and Scone Tour

BY DONNA RHODES
drrhodes@salmonpress.news

REGION — The Lakes Region Bed and Breakfast Association will be hosting their second annual Muffin and Scone Tour over the weekend of April 22-23, and participating inns in Central New Hampshire welcome all to experience the comfortable and unique accommodations found at each of their quaint overnight and vacation getaways.

"This is something we're trying to do every year now. It's a great way to take a ride, enjoy some food and see what each of these bed and breakfast inns have to offer their guests," said



COURTESY

Pleasant View Bed and Breakfast in Bristol is one of seven beautiful bed and breakfast establishments that the public is invited to visit during the second annual Muffin and Scone Tour.

Heidi Milbrand, secretary of the association.

Maps to locate all seven of the membership inns will take

everyone on a great springtime drive through the Lakes Region. While people can begin their journey

anywhere along the route, they have the opportunity to drive from Milbrand's beautiful Pleasant View Bed

and Breakfast near the beaches of Newfound Lake in Bristol, and then head south on Route 3A to the elegance of the Marie Atwood Inn, located just north of Franklin. From there tour-takers can drive to the nearly 200-year-old Lake House at Ferry Point on Lake Winnisquam in Sanbornton, then travel to Meredith for a few other special stops. First up in that area is the Nutmeg Inn, built in 1763, followed by the sprawling grounds and woodlands that surround the elegant Ballard House on Pease Road. The charm of Tuckernuck

SEE TOUR, PAGE A15

BY DONNA RHODES
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to North Main Street, in the vicinity of Kelley Park and the Tapply-Thompson Community Center, where one



COURTESY — BRISTOL POLICE DEPARTMENT

"If you locate a needle, please contact the Police Department to dispose of them. We ask that you stand by until we arrive to assure the safety of others," Bristol Police said in a notice to the public this week.

BY DONNA RHODES
drhodes@salmonpress.news

Finally, the New Hampshire Humane Society will hold a Spring rabies clinic at their shelter, on Saturday, April 29, from 9 a.m. to noon. Cats will be seen

A black and white portrait of a woman with short, dark, wavy hair, wearing glasses and a beaded necklace. She is smiling and looking towards the camera. The background is a vertical wood grain. A large, solid black crescent moon is positioned in the upper left corner of the image.

COURTESY

She's the author of 11 books, including "N is for NH," an ABC book. Other books include "The Iciest Diciest Scariest Sled Ride Ever!" a picture book, illustrated by Jennifer Thermes; "Moved and Seconded: NH Town Meeting"; "Headin' for the Rhubarb, A NH Dictionary (well, kinda)"; and "The Best Revenge," named one of five essential NH Books by NH Magazine and Outstanding Work of Fiction by the NH Writers Project. For more information about the program on April 22, call 252-4440.

A black and white photograph of a tall, ornate candelabra. The candelabra has a central stem with several lit candles. At the top, there is a large, dark feather arrangement. The candelabra is displayed on a small, light-colored pedestal against a plain background.

COURTESY

Sue Cram of New Hampton Garden and New Hampton Garden Club member once again displayed her amazing talent in three categories at the recent 2017 Boston Flower and Garden Show. In Division II was a class titled "Super Pollinators." A genre featuring steam-powered machinery rather than advanced technology. Using black ostrich feathers, gears, a steam pipe, copper pipe, tropical Pink Mink Protea and maroon calla lilies completed the design. Cram also entered in Division II, "Legends in their Own Time" a class titled "Strength", a traditional line mass, in the early twentieth century, (1930-1060) requiring antique roses, utilizing a tall candlestick with a reverse crescent, she scored a Blue. Judges Comment: Graceful and elegant design of heirloom flowers, carefully crafted. Proportion of container to floral design affects balance. She crafted a "Bracelet for Wonder Woman" executed entirely of dried plant material. Judges comments on this design were: Excellent use of gourd as a "leather cuff". Intricately tooled and embellished design is superbly crafted! She won the Blue and the the Top Award Artisan Award. This award's requirement is on exceptional craftsmanship and skillful unique manipulation of the materials. Fern Doucette, also a member of New Hampton Garden Club, entered Div I on the Friday entry day, Super Powers and class "Transformation", requiring a stretch design. Black wood frames of upside down triangles, made by Bob, Anthurium's and woven manipulated Areca palm.

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Tues. - Thurs: 3:45 & 7:00 PM

GHOST IN THE SHELL PG-13
Fri. & Sat.: 1:00, 4:00, 7:00 & 9:30 PM
Sun. & Mon.: 1:00, 4:00 & 7:00 PM
Tues. - Thurs: 4:00 & 7:00 PM

BEAUTY & THE BEAST PG
Fri. & Sat.: 12:30, 3:30, 6:30 & 9:15 PM
Sun. & Mon.: 12:30, 3:30 & 6:30 PM
Tues. - Thurs.: 3:30 & 6:30 PM

Join us for the advance screening of
Fate of the Furious Thurs., 4/13 at 7:00 pm

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Newfound Area Charitable Fund seeks applicants for 2017 road race

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

plicants for the 2017 race proceeds. "The NACF is dedicated to assisting local charitable groups and causes that promote wellness, fitness and health education and activities in the Newfound region," says Audrey Goudie, NACF President. Each year, local charitable organi-

zation(s) exemplifying these goals are selected to receive the proceeds from this exciting community event. Goudie continues, "Since the first Run Your Bun Off road race in 2010, we have given back \$50,000 to causes and programs in our community."

Past beneficiaries include:
2010 & 2011 Bristol Community Services (\$2,500 & \$3,400)
2012 & 2013 Jacob Earl Messersmith (JEM) Memorial Scholarship Fund (\$7,500 & \$7,000)
2014 Day Away Program (\$4,250) & New-

found Pathways (\$4,250)
2015 Newfound Audubon Center (\$4,500) & Voices Against Violence (\$5,500)
2016 Newfound Lake Region Association (\$6,000) & Slim Baker Foundation (\$2,500)

The NACF Board is now seeking applications from non-profit, charitable organizations from the greater Newfound area which wish to be considered as the 2017 Run Your Buns Off 4.2 miler race beneficiary.

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

If your non-profit group is interested in applying, please visit the Run Your Buns Off Facebook page to download

the application now or email runyourbunsoff@gmail.com and one will be emailed to you. For more information, please contact Garlyn Manganiello at 744-6035.

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

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

Newfound hosting Jazz Night April 11

BRISTOL — The Newfound Music Department is pleased to host "Newfound Jazz Night," a concert featuring our local jazz talent. The concert is scheduled for

Tuesday, April 11 at 6:30 p.m. at Newfound Regional High School.

Among the performers will be the Newfound Memorial Middle School Jazz Band under the di-

rection of Jennifer Stevens, and the Newfound Regional High School Jazz Band, under the direction of Edward Judd.

Also featured will be an adult jazz group that

will include Mr. Judd, as well as Newfound's new elementary band instructor Gregory Palmer, and local musician Neil Martin. Admission is free.

Pasquaney Garden Club begins spring season

BRISTOL — Welcome spring! Even though the ground has not thawed and green sprouts are few and far between, all of us are beginning to feel Spring Fever. The Pasquaney Garden Club program committee has been hard at work over the winter looking for fun and interesting programs for the new season.

The first program will be on April 18 at 9:30 a.m. at the Bristol Baptist Church, where Fern Doucette will lead a workshop on creating a "Kokedama": also known as a Japanese Moss Ball, poor man's Bonsai or string gar-

den! Come have fun, work with plants or just observe the process. Refreshments will be served. Those wishing to participate in the work shop should call Nancy at 744-9485 before April 10th to sign up. Please bring some news paper, a small trash bag, scissors and a medium sized soup bowl to hold your plant while you are working on it. The cost is \$5 per person to cover plants and materials.

Other events coming up soon include the first spring workday in the Butterfly Garden behind Minot Sleeper Library. This will take place on April 25 from

9-11 a.m. This beautiful garden thrives because of the volunteers who care for it every year. Please come and help us "wake it up" for the season. Gloves and a trash bag are helpful in clearing away winter! The work is not heavy, and you may help even if you can only come for a little while during that morning. This is a wonderful way to contribute to the beautification of our community.

The Pasquaney Garden Club welcomes anyone who has an interest in planting, flower arranging, maintaining our local ecology, beautifying the com-

munity, or just making friends! Please join us at the April meeting and obtain information about the programs and projects planned for this season. There really is something for every interest. Remember these dates! April 18 at 9:30 a.m. for the Kokedama & April 25, 9-11 a.m. at the Butterfly Garden.

Bristol Baptist Church announces Sonrise service

BRISTOL — Bristol Baptist Church, located at 30 Summer St. in Bristol, will be holding their annual Sonrise service on Sunday, April 16. We will meet on the Central Square in downtown Bristol at

6 a.m. Breakfast will be served at the church

following the service. Please call 744-3885 for more information.

Bristol Baptist Church Maundy Thursday service set for April 13

BRISTOL — Bristol Baptist Church, located at 30 Summer St. in Bristol, will have their annual Maundy Thurs-

day service on April 13 at 7 p.m. This will be a communion service. For more information, please call 744-3885.

Rotary clubs make grants for Mayhew Program solar panels

LITTLETON--Matching funds donated by four area Rotary clubs have helped make it possible for the Mayhew Program to install solar panels to reduce its energy costs. The Mayhew Program challenges and helps at risk New Hampshire boys through both a residential summer program and year-round mentoring.

"This cooperative effort by local Rotary clubs is an excellent example of one of the things our clubs do best - working together for the betterment of young people in our communities," said Jay Polimeno, Rotary District 7850 Governor and a member of the Lincoln-Woodstock club.

The Rotary clubs of Bristol, Lincoln-Woodstock, Littleton and Plymouth together donated a total of \$3,000 to match a grant in the same amount made for the Mayhew solar panels by the Rotary Foundation.

"We greatly appreciate this generous support of our project by the area's Rotary clubs and the Rotary Foundation," said Mayhew Executive Director Jim Nute. "This project will help Mayhew save between \$3,500 and \$4,000 in annual electricity expenses. This is money that will now be used to directly strengthen our



COURTESY PHOTO

Area Rotary clubs recently presented the Mayhew Program with grants for solar panels. Shown at the event are Bob Broadhurst, President of the Bristol club; Bob Muh, Littleton club president; Sharon Thorne, assistant treasurer and project grant writer, Plymouth club; Jim Nute, Mayhew Executive Director; Bill Clark, Plymouth club president; and Jay Polimeno, Rotary District 7850 Governor and member of the Lincoln-Woodstock club.

work with the boys."

Each year, boys in the Mayhew Program participate in a rigorous and vibrant 25-day summer camp experience on Mayhew Island on Newfound Lake in Bristol. Each boy is expected to participate in challenging work and other activities and receives praise and rewards for outstanding effort and improvement. Between summers for all eight years of their Mayhew involvement - from age 10 through their high school graduations - the boys receive comprehensive mentoring from Mayhew's staff. Mayhew's goal is for each boy to learn to be successful, be responsi-

ble for his actions, and be a valuable and respectful member of the community.

"Mayhew is a wonderful organization that we are very pleased to support," said Littleton Rotary President Robert Muh. "In doing so, we are carrying forward a rich tradition which was spearheaded by Paul McGoldrick and Carl Hilgenberg, two very active and valued members of our club who passed away recently."

The Bristol, Littleton, Lincoln-Woodstock and Plymouth Rotary clubs provide service to their areas through support of programs for youth, scholarships, and other

activities that impact local communities as well as Rotary International programs around the world. More information regarding these clubs and possible membership can be found on their websites, the addresses of which can be found at <http://rotary7850.org/clubdirectory/>.

Gospel singer Don Smith to perform at Bristol Baptist Church

BRISTOL — Bristol Baptist Church, located at 30 Summer St. in Bristol, will be hosting Don Smith, a Country Gospel

singer, on Sunday, April 23 at 6 p.m. Refreshments will follow. For more information, please call 744-3885.


Concerned about political and social justice issues? Join Plymouth Area Democrats April 19

PLYMOUTH — On Wednesday, April 19, the monthly meeting of the Plymouth Area Democrats (PAD) at the Plymouth Regional Senior Center will be a town hall-style event to which the community is invited. Please attend and voice your concerns about polit-

ical and social justice issues in New Hampshire and the nation!

All are welcome—Democrats, Republicans, and Independents—to share your stories and ideas. Whether your concern is about healthcare, the President's or Gov-

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April is Alcohol Awareness Month

BY DEB NARO
Contributor

A combination of federal, state, and local laws help shape the role alcohol plays in the United States, including how we manufacture alcohol, sell alcohol, decide who can drink alcohol, and our response to alcohol-related problems. The primary federal law governing alcohol policy is the 21st Amendment, which repealed national prohibition. It gives individual States control over whether to allow the sale of alcohol in the state, whether to allow importing alcohol into the state, how to distribute alcohol throughout the state, and possession of alcohol in the state. Some states offer local governments control over alcohol policy development and enforcement. Other States control alcohol policy at the state government level.

Even with this flexibility for the States, Congress retains the power to use financial and tax incentives to promote certain alcohol policies, such as the minimum legal drinking age. The Federal Uniform Drinking Age Act of 1984 sets the minimum legal drinking age to 21, and every state abides by that standard. According to this Act, the Federal Government can withhold ten percent of federal funding for highways from states that do not prohibit people under age 21 from buying or publicly possessing any alcoholic beverage. While every state abides by this standard, state law varies on specifics about possession and exceptions to the law, such as allowing people

under 21 to drink with their parents or allowing for established religious purposes. Forty-five states have exceptions to allow underage consumption of alcohol under certain circumstances. Five states (Alabama, Arkansas, Idaho, New Hampshire, and West Virginia) have no such exceptions.

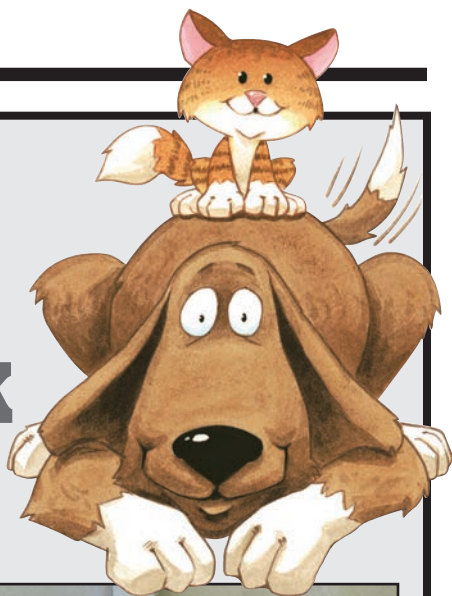
The U.S. legal drinking age has had a winding history. In the early 1970s, 29 states lowered their legal drinking age to 18, 19, or 20. But after a rise in drunk-driving crashes among young people, many states began to reverse the trend. A change in federal law eventually pushed all states to adopt a minimum drinking age of 21 by 1988. In recent years, however, the benefits of the Age-21 law have been challenged.

In 2006, a non-profit organization called Choose Responsibility started campaigning for a change in the federal law. Two years later, a group of more than 100 U.S. university presidents and chancellors known as the Amethyst Initiative called for a re-evaluation of the legal drinking age—citing a “clandestine” culture of heavy drinking episodes among college students as one reason that the Age-21 law is not working. Those moves grabbed a lot of media attention, and public health experts responded by launching new studies into the impact of the drinking-age law.

Although some want to lower the legal drinking age from 21, research continues to show that the law

SEE CADY, PAGE A15

PET of the Week Frosty



It isn't often that we actually know when a creature was born, but in the case of Frosty, we absolutely do. One of seven kittens born at the shelter to a little stray cat scooped off the streets back in March of 2014. That winter was particularly brutal!

She flourished in foster care and was quickly adopted as a naughty rambunctious kitten.

She was returned in September 2016 now a rather portly, but stately adult in her prime.

Frosty is outgoing and very interested in what humans are doing. Opinionated, requiring many toys



to keep her occupied, this gorgeous white and grey cat is unconcerned with the comings and goings at NH Humane Society. Promoted to Project Manager for our Catio installation, she has been regularly observed overseeing our builder, as walls,

windows and doors were installed. Power equipment, sawing, and stonemasons wearing large boots worried her not one bit.

To help her slim down, she has a special area in the shelter dedicated just to her. A cat that craves companion-

ship and the best seat in the house, that's Frosty! Pop in and visit with her, we are quite sure her beauty and sparkling personality will surely win you over.

Check www.nhhumane.org for more details.

Water is slowly losing its grip, but just doesn't want to let go

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



Water has a long journey to make when it falls on my hill as either rain or snow. In the warm months, when the ground is often saturated and there is no more room, it seems as though every new drop can't wait to begin the journey to Long Island Sound, 400 miles or so by main river stem but much longer than that, upwards of 500 miles (but who knows, really?) when taking in widely diverging and meandering tributaries.

Winter's water seems reluctant to leave when the first little signs of snowmelt appear in early spring. There is a magnetic quality to water anyway, each little drop somehow attracted to another, the sort of bonding that can make a mini-glacier on a roof hang on like an upside down nutcracker.

Metal roofs are nice because the snow eventually just slides off, but flatter roofs sometimes accumulate mini-snowfields that await warmer days for a little subsurface lubrication, like glaciers. For days now I've been watching one of these snowfields that has begun its creep down the front porch roof, each afternoon's sunlight urging it southward toward the sea, its bonding holding it together.

So there it clings, creeping and sliding down a bit every afternoon and then freezing again only to repeat the move the next day, gravity tugging away and the sun adding its muscle to



JOHN HARRIGAN

The frozen drops of rain locked in the porch roof's mini-glacier make a stubborn downward turn to the rear, resisting their trip to the sea.

the job, but winter's water holding on, the struggle between gravity and tenacity evinced by the growing curl over and under the eave.

Eventually it will crash down, my only concern then being that the dog isn't somehow, just then, exactly right there, at that particular moment in time, as dogs so often seem to be.

The snow is then back on the ground, becoming water again as it finds a way to join one of the Connecticut River's tens of thousands of tiny, al-

most miniscule tributaries. Several of those tiny tentacles are at work in the back barnyard and the swamp beyond, doing their little part to contribute to the river's eventual mighty roar.

As the early weeks of spring slip by, the bond of water indulges in a few half-hearted goodbyes and then dissipates with a rush, and suddenly built-up snow and ice are all too ready to part company as warmth and the tug of gravity rend all bonds asunder.

No longer does wa-

ter cling to its tenuous perches high above the level of the sea. It is in a hurry to get free and be gone, without even a wave or a goodbye or a “See you next year,” which it inevitably will.

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

Strategies for living

BY LARRY SCOTT

No matter who you are, no matter what you believe, no matter what you have or haven't done, this I believe to be true: God wants you to be the very best that you can be!

Each of us is who we are as determined by a wide array of factors.

Our age, our gender, our intellect, our personality, our upbringing, our mistakes and our accomplishments ... all have contributed to who and what we are. We may have made mistakes we regret but whatever the case, and within the context of our personality and

disposition, God wants you and me to be the very best that we can be.

Now I will grant that many are not certain there even is a God ... or that He is properly depicted in the Bible ... but even in light of their non-belief, the Bible

SEE STRATEGIES, PAGE A16

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April gifts

We in New England have long ago learned that weather will always be the controlling factor in activity planning. So a birthday celebration was cut short by a snowstorm. But Sunday worked fine. We will benefit from the precipitation as we garden next month. Enjoy the process.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Palm Sunday worship at the South Danbury Church will be at 11 a.m. on April 9. Rev. Gail Kinney, with singer-songwriter Keegan Farr, will lead the service. Conversation and refreshments will follow. All are welcome and encouraged to attend.

Rabies Clinic

The Rabies clinic is this Saturday the 8th from 1-2 p.m. at the grange hall. The fee is \$15/ animal. Bring your last rabies certificate to show the animal has been vaccinated before. Without the certificate each animal will need a booster shot next year. The town clerk will be present to register dogs.

Poetry and Pastries

Saturday, April 8 at 6:30 p.m. is poetry and pastries night, sponsored by the Friends of the Library and the Grange. Come enjoy some refreshments and support your neighbors on the grange hall stage. Even better, sign up at the door for your five minutes of fame. You may read, recite or even create a little skit with a friend. If you need ideas, contact someone from the friends group for suggestions. This is a great opportunity to become a stage star among the security and with encouragement of friends.

Save the dates

Coming in two weeks to the grange hall is the wicked good stories of Rebecca Rule. The program involves small tall stories made better by sharing some New Hampshire stories of your own.

If you have never been to a presentation by this native New Hampshire author, pencil this night into your calendar.

Chicken Pie Supper

On Saturday, April 29, the grange begins their monthly suppers with their ever popular chicken pie. The meal includes rolls, vegetable and brownie sundae dessert. Served from 5-6:30 p.m., the event will be accompanied by a Dutch/Chinese auction sponsored by the United Church of Danbury.

Groton

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

It doesn't seem like spring yet, but I guess it's out there somewhere. I'm sure we will not need to worry about a drought this year. I have been busy with elections and Town Meeting and missed a couple of weeks which I apologize for as I know many of you read this column to get Town news.

There was a Select Board Meeting on March 21. Some of the business that was discussed was a follow up from items that were brought up in Town Meeting. The minutes from Town Meeting should be posted on the Town Web site soon; when I finish typing them up. It was a long meeting with several important topics and much discussion. Thank you to Elizabeth Jespersen who organized the food and coffee and all those who brought food. Our new Moderator, Tony Albert, did a great job and we hope he sticks with it for a long time.

These are the 2017 Town Elections results:

Select Board for 3 years – Kyle Andrews

Treasurer for 3 years – Darlene Andrews

Planning Board for 3 years – Russell Carruth

Planning Board for 3 years – Deb Johnson

Cemetery Trustee for 3 years – Sharon Nelson

Local Auditor for 1 year – Otto Jespersen

Moderator for 2 years – Tony Albert

Trustee of the Trust Fund for 1 year – Gina Rescigno

Trustee of the Trust Fund for 3 years – Gina Rescigno

Library Trustee for 3 years – Otto Jespersen

Zoning Board for 3 years – Helen Martynzyn

Supervisor of the Checklist for 3 years – Gina Rescigno

Trustee of the Trust Fund for 3 years – Michele Lacroix

We are thankful to all who are willing to serve the Town in these elected offices, many of whom simply volunteer their time.

During Town Meeting, it was voted to put money into the Atwell/Orange Bridge project and that will be going ahead. There will be another meeting in May and as soon as a design is decided upon and bids taken and decided on, the project will be progressing.

The Planning Board is now reaching out to interested community members to work with us throughout 2017 to create regulations that will maintain our Town character and preserve our environment. The result of the 2017 work will be brought to the residents at public hearings and for vote at 2018 Town meeting. If you are interested in expressing your vision and working with the Planning Board please contact us by early April.

A draft of the Master Plan is under the Planning Board tab on the Town Web site. Notice is hereby given that the Groton Planning Board will hold a continued public hearing on Wednesday, April 26 at 7 p.m. at the Groton Town House, 754 North Groton Rd., Groton. This hearing is to continue the discussion on the revised Master Plan that started

at the Public Hearing on Wednesday, Feb. 22, and was continued on March 29.

Meetings Coming Up:

Select Board Work Session Tuesday, April 18 at 5 p.m.

Select Board Meetings will continue after elections with every other week meetings at the Town House at 7 p.m. April 18 is the next meeting date.

Planning Board Meeting and Public Hearing – Wednesday, April 26 at 7 p.m. at the Town House Conservation Committee Meeting – Wednesday, April 13 at 7 p.m.

The Select Board Office will be closed Tuesday, April 25th through Friday, April 28 and will reopen on Monday, May 1.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Poetry Program

Recognizing April as National Poetry Month, the Friends

of the Hebron Library will sponsor an Evening of Poetry on Monday, April 17 at 5:30 p.m. at the Library (Located on Church Lane in beautiful downtown Hebron).

Kate Donahue of Plymouth will share some of her writings which will be followed by a question and answer time. Local authors are invited to come and share their poetry.

This program is free and open to the public; refreshments will be served. Further information may be had by calling 744-7998 or 744-3597.

26th Annual Hebron Fire Department Rescue Rabies Clinic

On Saturday, April 8 from 1-2 p.m. at the Hebron Public Safety Building you can get your dog or cat their rabies shot for \$12 (any town welcome) and a Microchip Procedure done for \$45, which includes paperwork, registration and in-

sertion. Licenses are available for Hebron residents that day. Please call ahead with number of animals to be vaccinated 744-5584 or 744-3371. What other event do you know of that has been going on for more than a quarter century?

Bristol Baptist Church Happenings

Bristol Baptist Church, located at 30 Summer St. in Bristol, will have their annual Maundy Thursday service on April 13 at 7 p.m. This will be a communion service. For more information, please

call 744-3885.

Bristol Baptist Church, located at 30 Summer St. in Bristol, will be holding their annual Sunrise service on Sunday, April 16. We will meet on the Central Square in downtown Bristol at 6 a.m. Breakfast will be served at the church following the service. Please call 744-3885 for more information.

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How Can the Sandwich Generation Relieve Financial Stress?

Don't worry too much if you haven't heard, but April is National Stress Awareness Month. Of course, stress can present emotional and physical challenges to all of us, but if you belong to the "sandwich generation" – that is, you may be caring for aging parents while still supporting your own children – you may be facing some financial stress as well. What can you do to relieve it?

For one thing, be aware that you're certainly not alone. About one in seven middle-aged adults is providing financial support to both an aging parent and a child, according to the Pew Research Center.

Still, knowing that you have plenty of company won't provide you with solutions for your own situation. So consider the following:

- **Suggest "downsizing."** Are your parents still paying a costly mortgage on a house that's now too big for them? You might want to encourage them to think about downsizing. They may be emotionally attached to their home, but they might benefit substantially if they moved someplace that's less expensive.
- **Talk to parents about their income sources.** Are your parents maximizing their

Social Security payments? Are they following a sensible withdrawal strategy for their IRA, 401(k) or other retirement accounts? You may want to recommend that they work with a qualified financial professional.

- **Discuss all legal arrangements.** Be aware of your parents' estate plans and the status of important legal documents – will, living trust, power of attorney, health care directive, and so on. When the time arises for any of these arrangements to take effect, you don't want to face any unpleasant – and possibly costly – surprises.
- **Find out about health care.** Try to learn about your parents' health insurance coverage. And have they done anything to protect themselves from the potentially catastrophic costs of long-term care, such as an extended nursing home stay? You may not be able to do a great deal for them in these areas, but at the least, you may be able to get them to take some positive action on their own behalf.
- **Don't ignore your own retirement savings.** Even if you can afford to provide some financial support to your parents,

don't shortchange yourself when it comes to your own retirement savings. You don't get a "do-over" when it comes to putting away money for retirement, so contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan.

- **Prioritize your investment choices.** If you would like to help your children go to college, you might want to consider a college savings vehicle. Still, you may need to prioritize your investments. After all, your children will likely have a variety of options – such as loans and scholarships – to help them pay for school, and they may also be able to reduce costs substantially by going to a community college their first two years. But you are basically "up against the clock" when it comes to saving for retirement, so you'll want to take that into account when allocating your investment dollars.

Belonging to the sandwich generation can certainly produce feelings of anxiety. But by following the above suggestions, you may be able to reduce some of this stress. And by doing so, you can help your parents, your children – and yourself.

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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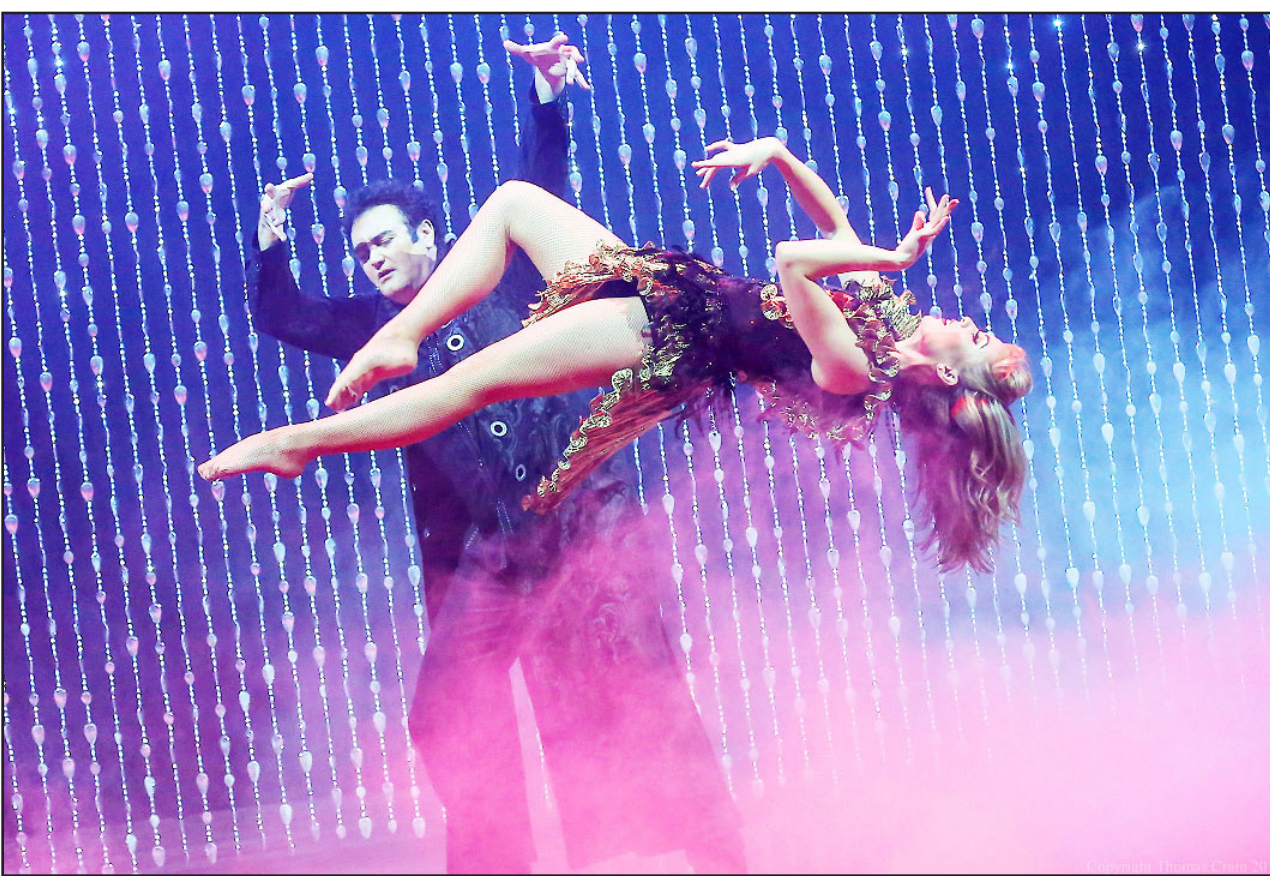
PLYMOUTH — The Flying Monkey Performance Center presents Illusionist Rick Thomas on Friday, April 7 at 7:30 p.m. Thomas is a veritable star in Las Vegas, but has also developed legions of international fans from his world tours. Tickets for this show start at \$39.

Rick Thomas performs intriguing and innovative grand illusions in a unique show for a magical entertainer. The consummate showman, he weaves magic, music, dance and comedy into a seamless spectacle. The Los Angeles Times noted, “The slick showmanship of Rick Thomas is a riveting visual delight...”

High honors include the coveted ‘Magician

of the Year’ by the Academy of Magical Arts, ‘Stage Magician of the Year’ by the World Magic Awards, and ‘2016 Illusionist of the Year’ by the International Magicians Society, joining the ranks of previous winners: Penn and Teller, Siegfried and Roy, and David Copperfield. Thomas has performed for 15 years in his own show in Las Vegas, and has been featured on numerous national television specials including the NBC specials “The World’s Greatest Magic” and his own special on ABC that aired throughout Asia.

“From the time the show starts until it ends with a “blast,” it is two hours of truly magical non-stop entertainment with a variety of illusions; close up magic;



The Flying Monkey Performance Center presents Illusionist Rick Thomas on Friday, April 7 at 7:30 p.m. Thomas is a veritable star in Las Vegas, but has also developed legions of international fans from his world tours.

Documentary on legendary alpinist Jeff Lowe to screen at Flying Monkey

PLYMOUTH — Jeff Lowe, legendary American alpinist, stars in the multi-award winning film “Metanoia” that will be premiering at the Flying Monkey on April 19 at 6:30 p.m. as a fund-raising event.

Multiple award-winning documentary film, “Jeff Lowe’s Metanoia,” is the story of a legendary athlete’s rise to the top of his sport and his devastating fall from grace that precipitated perhaps the boldest solo

mountain climb in history; twenty years later, Jeff embraces a debilitating disease with the same vision, courage and grace that he brought to his climbing.

Lowe helped make climbing what it is today - through technical innovation and inspired teaching and special events. He made more than a thousand visionary first ascents, including the never repeated “Metanoia” on the North Face of the Eiger, where

he experienced a spiritual transformation that continues to this day. Lowe’s story inspires us all, as he brings the creativity and strength that characterized his brilliant climbing career to the challenges that he faces today: life in a wheelchair and his own mortality. Jeff does the best he can with what

he’s got from where he is right now. This film is a must see for anyone who has ever faced a challenge.

The Ivy league Advisory Group presents the film, including a Question and Answer session following the film with

Lowe himself.

Special Thanks to the sponsors of “Jeff Lowe’s Metanoia” – Vasque, a division of Red Wing Shoes, Camelbak, Lowe Alpine, The North Face, Adidas Outdoor, Petzl, Arc’teryx, Polartec and many more...

...doves, dogs, color, brightness, dancing, music, and action that will knock your socks off,” says Seth McNally of The Flying Monkey. “The magic might be an illusion, but the fun and excitement will be real.”

Tickets to see Rick Thomas are \$39, and \$49 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeynh.com.

NH Music Festival & Heifetz Institute announce partnership

Joining forces to expand & promote classical music performance and education in NH

PLYMOUTH — The New Hampshire Music Festival (NHMF), based in Plymouth, and the Heifetz International Music Institute, based in Staunton, Va., announced earlier this week a new partnership designed to broaden the the exposure to high-level music-making to audiences throughout the Granite State, exposing primary school students to inspiring classroom performances, master classes, and workshops, as well as creating opportunities for the supremely gifted young Heifetz Institute musi-

cians to perform with NHMF’s acclaimed professional orchestra.

Building on the historical residency and performance history of the Heifetz Institute in Wolfboro, the New Hampshire Music Festival has announced its 65th Season this summer will include two full orchestra concerts at Kingswood Regional Performing Arts Center (July 8 and Aug. 5) and two chamber music concerts at Anderson Hall on the campus of Brewster Academy (July 15 and July 29).

SEE **PARTNERSHIP**, PAGE A16

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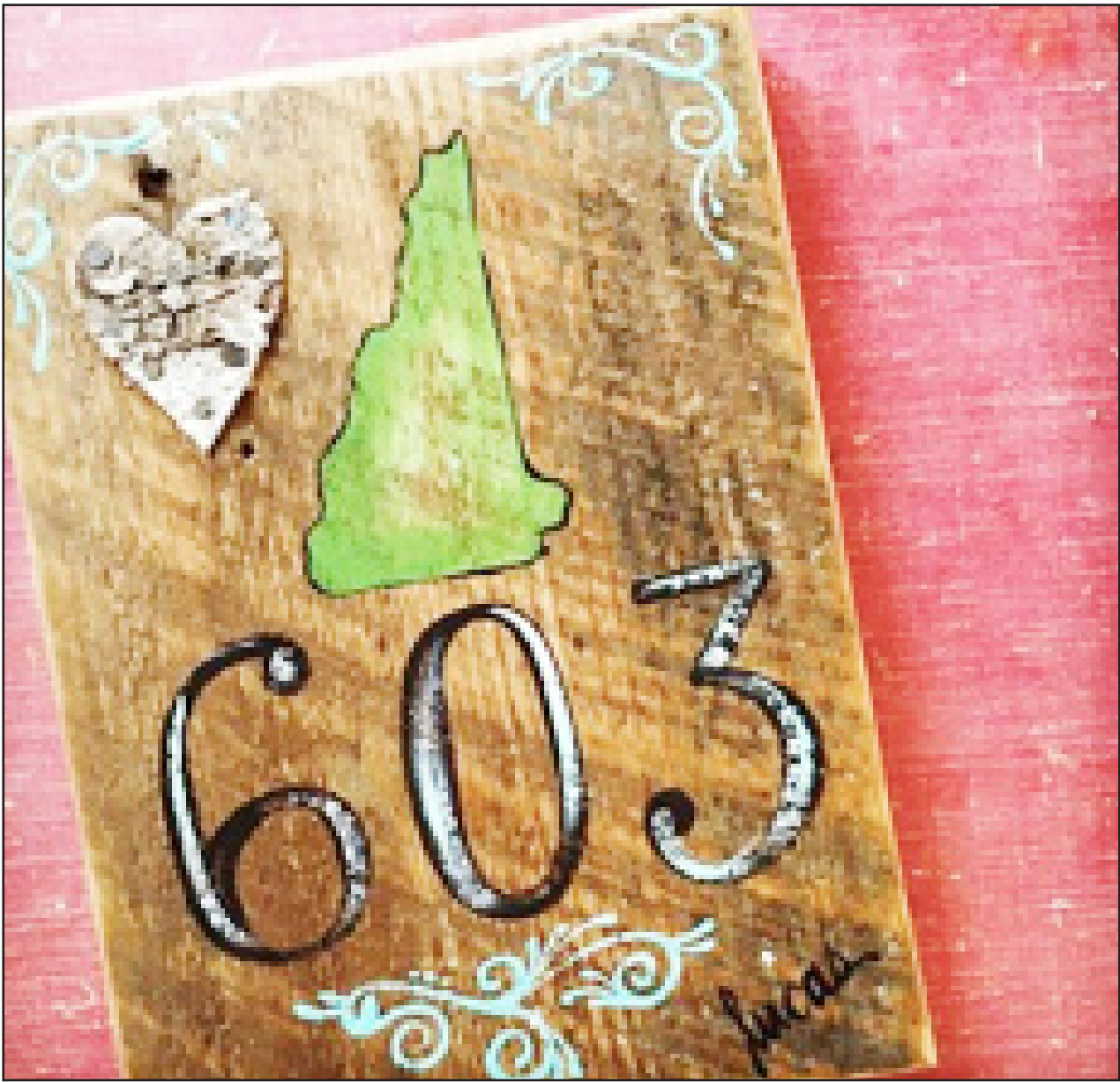
Judy Jewell Is Artistic Roots featured teacher for April

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

Stacey Lucas, a.k.a. Veggie Art Girl, will offer Spring Barn Board Sign Painting Class on April 19 from 5-7 p.m. Stacey will share the techniques that that she uses on her signs. She encourages students to look for their own sayings to use in their projects. Cost is \$25 for members and \$30 for non-members. .

On April 26, Suzan Gannett will offer Zen Doodle Spring Chicken Class from 5-7 p.m. Participants will learn various doodle designs and then use them to make their own special heart. Cost is \$20 for members, \$25 for non-members.

On April 27, Lynn Haust will offer a Melted Glass Spring Sun



Catcher Class from 5-7 p.m. Participants will create beautiful glass designs to place in a window and catch the light. Students will learn to use stringers, frit and how to cut

and place glass. Cost of the class is \$25 for members and \$35 for non-members

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

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

COURTESY

(Left) Stacey Lucas, a.k.a. Veggie Girl, is offering a sign painting class at Artistic Roots on April 19 from 5-7 p.m. Her class is very popular and you will come away with a product ready to hang. The class is \$25 for Members and \$30 for Non-Members. Sign up by calling Artistic Roots at 536-2750 or by stopping by the gallery at 73 Main St. The gallery is open daily from 10 a.m.-5 p.m.

“Fences,” “Lion,” and “Hidden Figures” slated for Flying Monkey Film Series

PLYMOUTH — The Flying Monkey Film series announces several new Oscar notable movies for its March and April line-up.

“Fences,” with Denzel Washington and this year’s Oscar winner for best supporting actress, Viola Davis. The film centers on a 1950’s sanitation worker Troy Maxson in Pittsburgh whose basketball talents were worth of NBA consideration, but the league did not admit African Americans at the time. The lost opportunity darkens Troy’s spirit and leads to decisions that undermine his values and responsibilities. Fences is showing March 22, 23, 25, and 26.

“Paterson,” starring Adam Driver and Golshifteh Farahani, is the story of a hardworking bus driver in Paterson, N.J., who follows the same routine every day. By contrast, his wife Laura’s world is ever changing, and new dreams come to her almost daily. Paterson supports her newfound ambitions; Laura champions his gift for poetry. The film quietly observes the triumphs and defeats of daily life, along with the poetry evident in its smallest details. Paterson is showing March 29 and 30 as well as April 2, 5, and 6.

Next up in the Oscar line up is “Lion,” starring Dev Patel and Nicole Kidman, based on the true story of Saroo, a five-year-old boy growing up in rural India who becomes separated from his brother and finds himself on an empty train to Calcutta, where he does not speak the language. He is eventually plucked from the slums and turned over to an orphanage where is adopted by an

Australian couple. As a young adult Saroo is plagued by his failure to find and reunite with this mother and brother when a friend suggests he use Google Earth to try to find his way home. Lion was nominated for six Academy Awards and is showing April 12, 14, and 15.

“Hidden Figures” is a hidden gem, with three Academy Award nominations and a powerful, true story about three African American women working for NASA in the 1950s and ‘60s, when gender stereotypes and segregation were still powerful forces in communities and industries, and America was trying to launch its first manned spacecraft. The film portrays the role of the Katherine Johnson, Dorothy Vaughan, Mary Jackson and other mathematicians in breaking gender and racial stereotypes at NASA and their contribution to NASA’s Project Mercury that sent Alan Shepherd of New Hampshire into space in 1961. “Hidden Figures” is showing April 16, 20, and 21.

Just in time for Easter, the Monkey’s silent film series features Cecil B. DeMille’s “King of Kings,” the story of Jesus’s life and death, with an introduction and live music accompaniment by Jeff Rapsis. “King of Kings” plays on Thursday, April 13.

Please note that dates and times for films may change. Also, look out for “La La Land” dates coming soon! For more information about these and other upcoming films and live performances, menus and promotions, please call 536-2551 or visit flyingmonkeynh.

com. The Flying Monkey Movie House and Performance Center is a 1920s era theater purchased and renovated by Alex Ray in 2010 to serve as a community and regional

cornerstone for the appreciation of music, theater and film in a small town venue. The Flying Monkey is a proud member of the Common Man Family.



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KINDERGARTEN REGISTRATION FOR 2017-2018 SCHOOL YEAR


The Newfound Area School District will hold its annual Kindergarten Connection for all children who will be entering kindergarten in August 2017 as follows:

- Tuesday, May 9 for children residing in **Bristol & Alexandria (744-2761)**
- Wednesday, May 10 for children residing in **New Hampton (744-3221)**
- Thursday, May 11 for children residing in **Danbury (768-3434)**
- Friday, May 12 for children residing in **Bridgewater/Groton/Hebron (744-6969)**


If you have a child who will be five years old on or before September 30, 2017, please call the school in the town you reside: Bristol Elementary School (744-2761), Bridgewater-Hebron Village School (744-6969), New Hampton Community School (744-3221) or the Danbury Elementary School (768-3434) as soon as possible. Appointment times and registration packets will be mailed to all parents with kindergarten eligible students.

Note: Children residing in Alexandria will attend either the Bristol Elementary School or the Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.


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SUMMER CAMPS '17

Things to consider before choosing a summer camp

Though February does not often elicit images of youngsters building campfires or playing games in the pool, the month more synonymous with the Super Bowl and Valentine's Day is a great time for parents to start thinking about summer camps for their kids.

Summer camp is often something kids look forward to, and something they will fondly recall long after they reach adulthood. For many kids, summer camp provides a first taste of independence, as youngsters spend significant time away from home without their parents for the first time in their lives. But as great an experience as summer camp can be for youngsters, it can be just as difficult an experience if parents don't find the right fit for their children. That's why it behooves

parents to start thinking about summer camps for their kids in winter, before camps start filling out their rosters, which tends to happen in early spring. The following are a few things parents should take into consideration when seeking a summer camp for their kids.

Staff

The right summer camp staff can make all the difference. Many children are understandably shy when arriving at a summer camp, as their friends from back home might not be joining them. That can make kids hesitant to participate in activities or less enthusiastic about those activities. But a good staff will know how to make kids feel welcome, which should help them come out of their shells and make the most of their summer camp ex-



periences. The quality of staffs can vary significantly depending on the camp, so it's important that parents ask camp representatives about their staffs before making any commitments. Ask how long the staff has been together and the types of training new and even veteran staff members undergo before the start of camp season? Does the training include first aid and emergency medical training and certification?

It's also good to ask about the vetting process the camp employs before hiring new staff, including the extent of its background checks. Are criminal background checks conducted? How many references must potential staff

members supply to be considered for employment? A good camp will be forthcoming with answers to all of your questions, so eliminate those that appear hesitant to share information about their staffs.

A day in the life

When vetting camps for kids, parents should ask what a typical day is like once the season hits full swing. Many parents want their youngsters to have a well-rounded experience, while others might want their kids to attend a more specialized camp, whether it's a sports camp focusing on a particular sport or a music camp devoted to helping kids become better musicians. Regardless of the type of

camp parents are considering for their kids, they should ask about what daily life at the camp is like. Ask to see schedules and how strictly camps adhere to those schedules. When considering specialized camps, ask the staff representative if kids will have the chance to simply have a little fun and which types of recreational activities are planned to give kids a break from what are often rigorous schedules.

Camp goals

Another thing parents must consider before choosing a summer camp for their kids is the goals of each individual camp. A camp should be dedicated to ensuring kids have fun, even when kids are attend-

ing more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camp can be lonely for some youngsters, especially those attending summer camp for the first time, but a summer camp that strives to promote friendship among its campers can reduce, if not eliminate, any feelings of homesickness.

Late winter is when parents should start looking at summer camps for their kids, and there are a host of factors moms and dads should take into consideration during the vetting process to ensure their youngsters have as much fun as possible.



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Grades K - 2: July 24 & 25
Grades 3 - 6: July 26 - 28



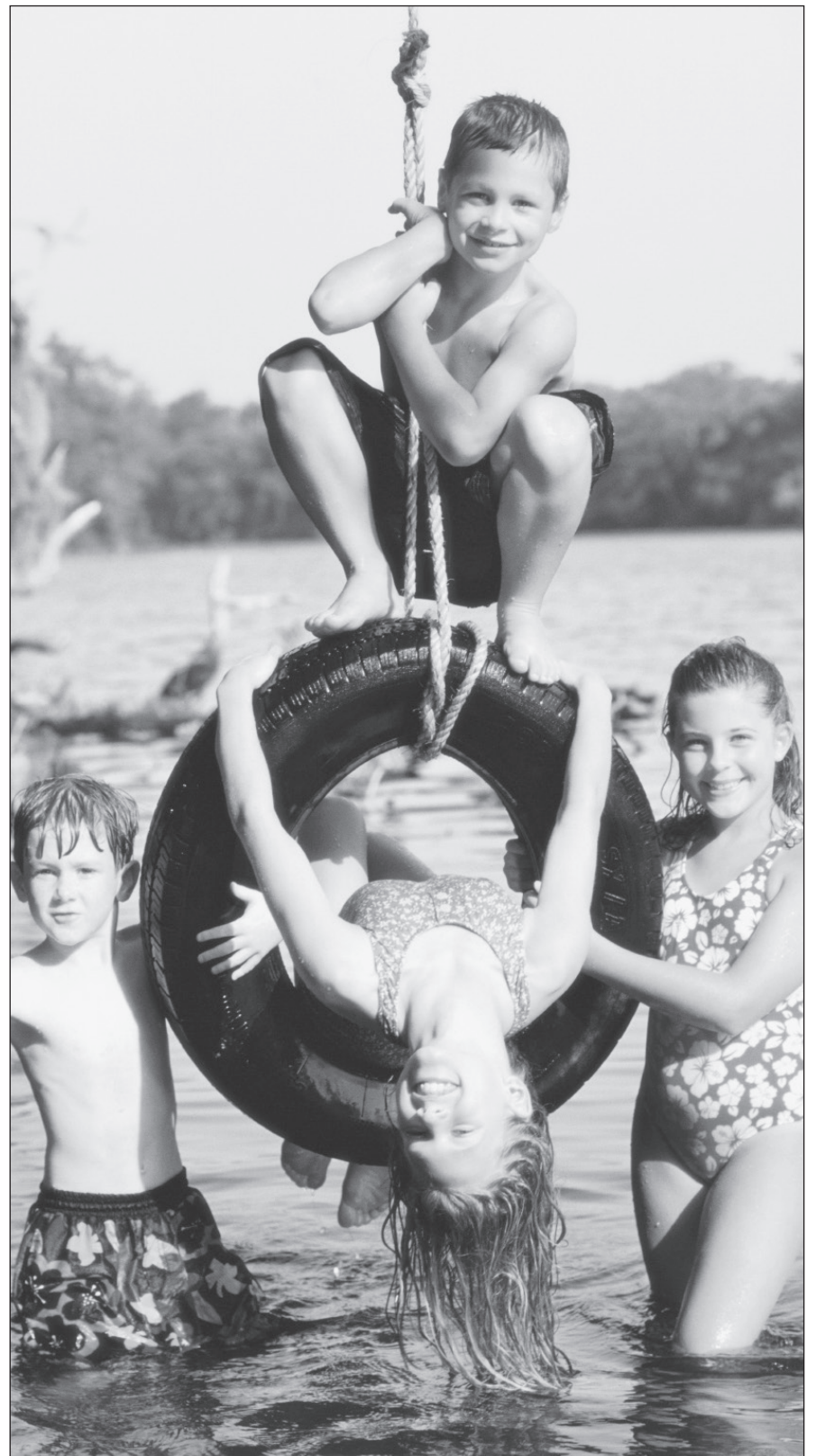
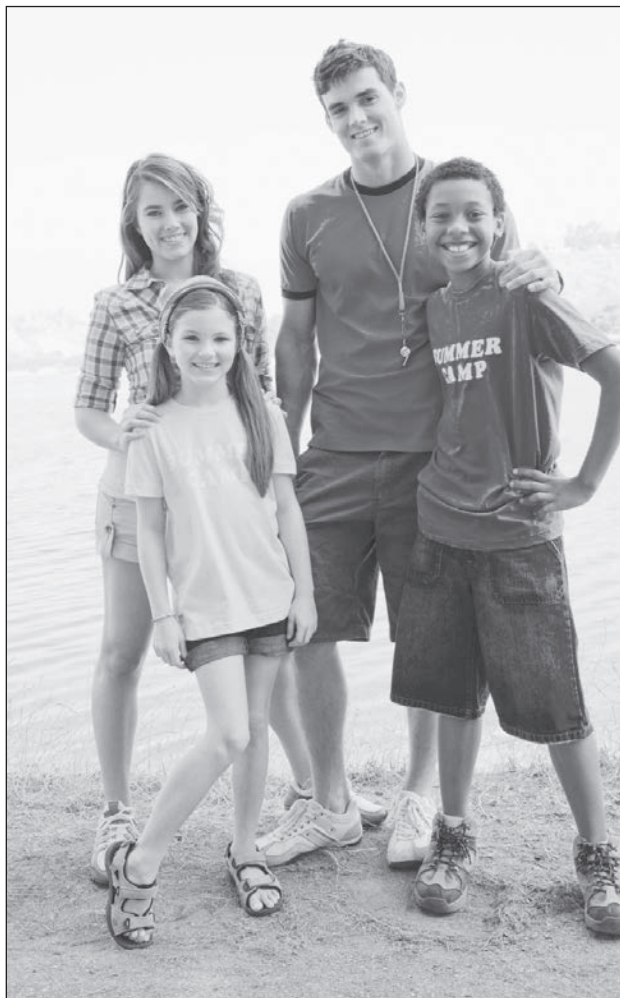
Sign up at NHBM.org
603-569-4554
399 Center Street • Wolfeboro



15th Annual SUMMER CAMPS '17

kids are attending more specialized camps that tend to be more strict. In addition, parents should look for a camp that wants its attendees to foster relationships with their fellow campers. Camp can be lonely for some youngsters, especially those attending summer camp for the first time, but a summer camp that strives to promote friendship among its campers can reduce, if not eliminate, any feelings of homesickness.

Late winter is when parents should start looking at summer camps for their kids, and there are a host of factors moms and dads should take into consideration during the vetting process to ensure their youngsters have as much fun as possible.



Teen Master Tennis Academy



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Wolfeboro Tennis Club
10 weeks, 3 days/week

Programs for Highly Motivated Youth who are ready to commit to the next level, Intermediate & Advanced Levels

Contact: Phil Eisenmann
603-267-7912
pjewoodworking@metrocast.net

KINGSWOOD CHILDREN'S SUMMER THEATRE ACCEPTING APPLICATIONS:



Workshops begin June 26th, (tentative start date).
Shows: July 28th, 29th & 30th. www.wolfeboro-arts.org

Summer @ the Center

Directed play, scheduled activities and local field trips for children up to age twelve. Drop-off and pick-up times are flexible, Monday to Friday, 7:15am to 5:30pm. —we will do our best to meet your scheduling needs. Visiting children and grandchildren welcome!

Sandwich Children's Center
54 Maple Street, Ctr. Sandwich.

For info, contact Jess at 284-7014



sandwichchildrenscenter.org

Town of Waterville Valley Recreation Department Summer Day Camp



10 Week Summer Day Camp Program
June 26-September 1, 2017
August 27th - Sept. 1st Trip & Travel Week
Monday-Friday 9am-4pm (8am before care avail.)
Age appropriate groups for 4-15 year olds

**Outdoor Adventures • Weekly Field Trips • Swimming
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Children 6 - 12 years old are welcome

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♦Free raffle for one week of Camp All Star for you and a friend or one week free child care for an infant or preschooler.

♦Meet other parents of students & campers

♦To learn more call Shannon at 603-569-1027



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FREE RANGE CHILDREN

Pemi-Baker Community Health trivia fundraiser a success

PLYMOUTH — Biederman’s Deli & Pub was near maximum capacity last Tuesday night, with spectators and 18 Trivia Teams competing in the latest FUNdraiser for Pemi-Baker Community Health.

Biederman’s supplied the fantastic food and libations, while MC, DeeDee Monahan kept the lively crowd rolling through five thought provoking rounds of trivia.

Congratulations to team “IDK-Flower Power” (Cara Tilton, Bart Coudert, Eloise Coudert & Anna Swanson) for being the victorious winners of the trivia night. We also want to congratulate team “Struck by Whitening” of Brand & Sawicki, DDS (Lizza



Biederman’s Deli & Pub was near maximum capacity last Tuesday night, with spectators and 18 Trivia Teams competing in the latest FUNdraiser for Pemi-Baker Community Health.

Pemi-Baker Community Health is a non-profit organization that has been caring for our neighbors in the greater Plymouth area for over 50 years. Over 50 staff members provide skilled nursing, home health aide services, physical therapy, aquatic therapy, occupational therapy, hospice and palliative care, social work and aquatic and fitness classes to nearly 900 clients annually.

Without the support and help of our community, PBCH would not be able to continue delivering personalized, compassionate, patient-centered care. Thank you to everyone involved in the night including Patti and Scott and the staff of Biederman’s for hosting the event.

Get your teams together and start studying for next year!

Grafton County ranks #3 in Robert Wood Johnson Foundation’s annual county health rankings

PLYMOUTH — Grafton County ranks third healthiest in New Hampshire, according to the eighth annual County Health Rankings, recently released by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI). The County Health Rankings are available at www.countyhealthrankings.org.

“One of the things the Central NH RPHN is focused on is the importance of healthy living in our community. This ranking shows that the collaborative efforts of the our local health care providers, public safety personnel, patients, families, and other members of our community are successfully responding to the public health needs of our community,” said Michelle McEwen, Central NH RPHN Lead.

Central New Hampshire Public Health Network is working with regional partners to address health outcomes, health factors, policies and programs identified by the Rankings and the Public Health Network’s Community Health Improvement Plan. Priorities of the Central New Hampshire Public Health Network include:

·Preparing for emergencies, including planning and exercising to quickly distribute medi-

- cations to residents;
- Impacting substance misuse by implementing evidence-based prevention programs;
- Facilitating the development of a robust regional substance use continuum of care; and
- Central NH CHIP priorities:
- 1. Prevent obesity through healthy eating and active living
- 2. Improve access to mental and behavioral health care services
- 3. Reduce substance misuse and addition through prevention, treatment, and recovery
- 4. Increase public health emergency preparedness
- 5. Improve health through support of fragile families and reduction of familial stress

“We will continue to work to transform public health in our community. It is our goal to continually improve our ranking for the benefit of residents,” said McEwen.

For information about Central New Hampshire Public Health Network, visit www.cnhhp.org.

Central NH Public Health Network is focusing on the County Health Rankings in recognition of National Public Health Week, April 3-9. For more information on NPHW, visit www.nphw.org.

To learn more about the County Health Rankings 2017 findings, go to countyhealthrankings.org. For more information about the Robert Wood Johnson Foundation visit www.rwjf.org. To read more about the University of Wisconsin Population Health Institute visit <http://uwphi.pophealth.wisc.edu>.

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Seniors are usually reluctant to give up driving. Taking the car keys removes their own ability to drive to the store, church, senior center, or library or to simply meet up with friends for coffee. The experience can be quite traumatic.

Remember: Age is just a number. A senior’s age is not reason enough for taking away the car keys. There are people in their 90s who drive safely, while others decades younger can be a real danger to themselves and others.

Focus on Physical and Mental Health and Abilities, not Age

The fact is, people age differently. Several factors place seniors at much greater risk for road accidents and affect seniors’ driving ability, including:

Vision problems. Cataracts, macular degeneration, glaucoma, and diabetic retinopathy can hamper driving ability. (Cataracts and glaucoma can be surgically corrected.) Poor depth perception, narrowed peripheral vision, poor judgment of speed, poor night vision, and increased sensitivity to bright sunlight, headlights, and glare can all become problems with age.

Lack of physical ability. Driving takes dexterity, ability, and strength to control a vehicle at all times. Range-of-motion issues, such as inability to look over the shoulder,

Taylor, Michelle Lauriat, Sally Lenentine & Diana Nesbitt) for securing the Best Dressed to Theme prize. All 18 teams were dressed to the hilt: from flower power hippies to caped crusaders, which added to the fun of the evening.

Pemi-Baker would

also like to congratulate and thank the team “The Early Risers” (Marsi Wisniewski, Ted Wisniewski, Pat Palmer & Mike Reynolds) for being our highest fundraising team. All 18 teams and spectators donated generously over the course of the evening.

When should you take away the car keys?

ly, even on familiar roads, and having trouble reading street signs or navigating directions

- Acting startled, claiming that cars or pedestrians seem to appear out of nowhere
- At-fault accidents, more frequent near-crashes, dents and scrapes; traffic tickets or “warnings” by authorities
- Not using turn signals/keeping them on without changing lanes, lane drifting, driving on the wrong side of the road

Having the Conversation
Talking to a senior about the need to stop driving is one of the most difficult discussions you may ever face, and there may be resistance. However, it’s better to get advice from someone familiar than by an order from a judge or the DMV. Harriet Vines, author of Age Smart: How to Age Well, Stay Fit and Be Happy suggests the following:

- Be empathetic, not confrontational
- Keep the conversation non-accusatory, honest, and between “adults”, not “child and parent”
- Help the senior gain comfort in asking for assistance

Alternative Transportation
Research other available transportation. Call the local Area Agency on Aging for ideas and talk to your family members about being volunteer drivers. Also, help the senior make a schedule. He or she can plan activities and combine trips on days when a caregiver can drive.

Stress Your Concern for Safety

Involve the senior in the conversation. You may find a positive reaction when talking honestly about your care and concern for their safety. A person 70 or older involved in a car accident is more likely to be seriously hurt, require hospitalization, or die than a younger person involved in the same crash.

If a senior is still capable of driving, suggest enrollment in a Mature Driving course. It may qualify a senior for a discount on auto insurance. AARP has a driver’s safety course at <http://www.aarpdriversafety.org/>.

Comfort Keepers® Can Help. Our Interactive Caregiving™ keeps senior clients engaged physically, mentally, and emotionally while living independently at home. One of our many Companionship Services can include help with transportation. Call your local office today to find out more.


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 for more information.



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

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

BRISTOL UNITED CHURCH OF CHRIST
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SATURDAY, APRIL 8TH
FROM 5:30 – 7 PM

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PUBLIC WELCOME!

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Department of Health and Human Services
Division of Public Health Services

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	306 Berry Rd.	Single-Family Residential	\$176,533	Dennis D. and Starla Watson	Robert J. and Kelley L. Scavuzzo
Campton	27 Condo Rd., Unit	Condominium	\$69,000	Scott A. and Joanne O. Royley	Walter A. and Cindy M. Pigeon
Campton	791 NH Route 175	Multi-Family Residential	\$224,933	Judith J. Remuck	Bret J. and Sarah M. Kulakovich
Campton	414 NH Route 49	Commerical Building	\$400,000	Northway Bank	Campton DG LLC
Campton	7 Overlook Rd., Unit 3	Condominium	\$81,375	Jay I. Moskowitz	PHH Mortgage Corp.
Campton	59 Pinnacle Rd.	Single-Family Residential	\$251,000	James C. Wenhart	Thomas W. and Tina J. Herrington
Campton	54 Ryder Rd.	Single-Family Residential	\$275,000	Edward A. Jones	Zachary S. and April S. Zieroff
Campton	83 Spring Hill Rd.	Single-Family Residential	\$190,000	Wayne E. and Kathleen B. Weigold	Jane Streeter
New Hampton	238 Pinnacle Hill Rd.	Single-Family Residential	\$234,000	John J. and Shirley R. Donovan	Christopher W. Hoover
Plymouth	84 Eagle's Nest Rd., Unit 84	Condominium	\$169,933	Howard A. and Joan L. Cole	Daniel and Kirsten Flaherty
Plymouth	56 Pleasant St.	Multi-Unit Apartment Building	\$427,000	Pino Colasante	Chp Properties LLC
Thornton	16 Bear Chase Rd., Unit 7	Condominium	\$135,000	Jennifer M. Murphy	Lynn M. and Brian J. Currier
Thornton	75 Mad River Rd.	Single-Family Residential	\$121,532	Wayne P. Hewes and US Bank NA	US Bank NA Tr.
Thornton	869 Upper Mad River Rd., Unit 6	Condominium	\$84,000	Jan T. and Claire L. Galkowski	Brian L. Herbert
Waterville Valley	28 Forest Knoll Way, Unit L1	Condominium	\$329,000	Notowitz FT and Harry Notowitz	Kris L. Nelson and Wendy Kingman-Nelson
Waterville Valley	38 Snows Mountain Rd., Unit 1	Condominium	\$430,000	Kenneth G. and Barbara A. Johnson	Richard A. and Helen C. Rita

ABOUT THE REAL REPORT

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

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

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

Central NH Chamber welcomes newest board member, Sarah Young

PLYMOUTH — Central New Hampshire Chamber of Commerce is pleased to announce that Attorney Sarah Young of Wescott Law has accepted a position on the organization's Board of Directors.

"We are thrilled to have Sarah as part of our team. We're confident her skills will be a great asset to the Chamber and help us move forward," states Frank Cocchiarella, Executive Director of

the organization. "It's exciting to have her and her family as part of the Central New Hampshire community."

Young was introduced as the newest board member to a large group in attendance at the chamber's recent membership drive event, held March 28 at the Common Man Inn and Spa in Plymouth.

"I am so pleased to join the board and be-

come more involved in the Central New Hampshire business community," states Young, a new resident of that area who, along with her husband and young son, relocated from New York City to Rumney in the fall of 2016.

"We are thrilled to support Sarah's involvement with the Central New Hampshire Chamber of Commerce. The firm has had a strong presence

in the greater Bristol/Plymouth area for decades, and with Sarah's relocation to Rumney, we are looking forward to growing our presence and involvement in the Chamber along with the communities it serves," states Attorney Allison Ambrose, Managing Partner of Wescott Law.

The firm, which recently became a member of the CNHCC, also belongs to the chambers of commerce in



Sarah Young

COURTESY PHOTO

Franklin Savings Bank hosts first time home buyer seminar

Event will provide valuable information on the home buying process

FRANKLIN — If you are thinking about purchasing your first home, but are not sure where to begin, then you will not want to miss Franklin Savings Bank's First Time Home Buyer Seminar on Wednesday, April 5 from 5:30 to 7:30 p.m. at the Community Learning Center (located behind Tilt 'n Diner) in Tilton. The event will be held in partnership with the Bean Group, Summit Title Services Corp., Grand View Home Inspections and The Insurance Outlet.

Attendees will receive valuable information on common questions to home ownership, including:

- How much money do I need for a down payment?
- Which type of loan would be best for me based upon my financial situation?
- Why should I utilize a realtor to assist me with my search?
- What is a home in-

spection and should I have one performed?

• And much more.

As an added benefit, attendees will receive a complimentary pre-qualification from FSB at the seminar or at their convenience.

To register, contact Dawn Phelps, AVP, retail lending officer, at 528-2245, via email at dawn.phelps@fsbnh.bank, or you may register online by visiting www.fsbnh.bank. Seating is limited, and advance registration is required. This event is free and will include a light dinner followed by a one-hour presentation.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices

in Bristol, Boscawen, Tilton, Laconia and Gilford, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Nashua and Rochester. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains

committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

Laconia, Meredith and Portsmouth.

Wescott Law is a full-service law firm celebrating ninety years of trusted service and community involvement in the greater Lakes Region area. The main office is in Laconia with additional satellite offices in Bristol, Meredith and Portsmouth. For more information on the firm, their attorneys and practice areas, please go to wescottlawnh.com or call 524-2166.

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Have enough?



BY MARK PATTERSON

Some clients want to work well beyond traditional retirement years however some clients want to retire early by today's standards.

Instead of focusing
on total assets needed

It sounds like a tall order and it is. This plan depends on the amount of income that we have to derive from the client's assets. We must also look at Social Security benefits that typically play a big part in the client's retirement income. Congress has done away with some previous filing strategies but it still makes sense to look at varying scenarios regarding when you the client starts receiving benefits.

A common yet dated strategy has been to take 4 percent of

There are ways to mitigate these risks us-

ing investment-grade quality corporate bonds and possibly an “A” rated fixed indexed annuity with good income riders to provide a sustainable, steady income. Once you have met your income goals, we are able to invest the rest of the assets for growth. Because we have the income

It can be very beneficial to plan sooner than later. The first step in this process is to figure out a realistic budget and income needs come retirement. A

good financial planner that has expertise in planning for retirement income and asset management is a great place to start.

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

Altrusa of Meredith offering scholarships

Scholarships are in-

tended for individuals upgrading their job skills (for example but not limited to – LNA programs, recertification programs), undergraduate students and graduate students. Those interested are encouraged to apply by March 31. Applications

For further information, contact Linda Matson at 279-5929 aor

Phyllis Hamblet at 279-6794. In 2016, Altrusa awarded \$5,000 to students and the Altrusa Scholarship Committee looks forward to receiving and reviewing the applications for 2017 scholarship awards.

“Building Community” the theme of this year's Choose Franklin Community Day

The event will begin with a parade at 10 a.m.,

A fair will be held at Odell Park from 10 a.m. to 3 p.m., and will include vendors, crafts, food, games, amusements and entertain-

If you are a crafter, local businessperson or member of an organization who would like

Remember to sign up soon; after April 21, a \$10 late fee will be assessed if space is available.

LRGHealthcare
care. compassion. community.

Dear Patient,

On April 1, LRGHealthcare is launching a new electronic health record (EHR) system that will provide tremendous benefit to you: our patients. This organizational-wide computer system will help us better serve you by allowing your health care providers to share information seamlessly to provide effective and timely care, both in the office and the hospital.

In anticipation of the new EHR, there are a few things you should know:

- **Beginning April 1**, please plan to arrive 20-25 minutes before your scheduled appointment, or outpatient testing. This will allow the extra time needed to enter your demographic data, review your medical history, medications, allergies, immunizations, as well as other data needed for the new EHR.
- Depending on your medical history, we may ask you to review and verify some information prior to your next appointment.
- As always, please remember to bring your ID and insurance cards to your appointment or outpatient testing.

As with any system change, our staff members (Including your provider) are learning new ways to do their work. We will do our best to minimize any disruption in our services to you; we ask for your patience as we work together to improve healthcare services in our community.

One of the most exciting new services is the *myPatient* Portal. The interactive *myPatient* Portal system empowers you to take a more active role in your care; providing easy, secure access to your health information, including online communication with your healthcare team. The *myPatient* Portal will give you access to your laboratory and radiology results, medications, allergies, educational information and more. Enrollment for the new *myPatient* Portal will begin April 1.

Our ultimate goal in implementing this new system is to make your experience with LRGHealthcare even better. We appreciate your support and willingness to partner with us as we get ready, set and go-live with this new innovative computer system.

If you have any questions, please talk with your healthcare provider or any member of your healthcare team.

Sincerely,

Your Healthcare Team

Lakes Region General Hospital / Franklin Regional Hospital / Laconia Clinic / Belknap Family Health (Belmont & Meredith) / Caring for Women / Convenience Care / Hillside Surgical Center / Hillside Medical Park / Interlakes Medical Center / Wellness Centers / Weight Institute of New Hampshire (WINH) / Advanced Orthopaedic Specialists (AOS) / Dental Resource Center / ENT Associates of NH / FRH Internal Medicine / Laconia Internal Medicine / Lakes Region Family Practice / Lakes Region Surgical Associates / Vascular Surgery & Wound Healing Center / Sleep Evaluation Center / Moultonboro Family Health / Newfound Family Practice / Occupational Health Services / Pulmonary & Critical Care Medicine / Westside Healthcare

Seat

FROM PAGE A1

crisis, bring jobs to our area, and bring funding to our schools.”

Adjutant also launched a Web site, www.joshadjutantfornh.com, stating, “I plan to go to Concord, not to push a personal agenda, but rather as a vehicle in which those in the community can be heard, be active, and get done the things to make New Hampshire and Newfound, strong for years and generations to come.”

Also interested in Shackett’s seat is former Republican gubernatorial candidate Andrew Hemingway of Bristol, who said, “I believe that, with Republicans in control of the Legislature and with a Republican governor, it is a good time to be directly involved.”

The candidates’ announcements are premature, since no town has formally asked for a special election. The next scheduled general election is Nov. 6, 2018.

Another Bridgewater resident has indicated his intention to run for Shackett’s seat but, in a letter to District 9 towns, Vincent Paul Migliore urged them not to seek a special election.

“As a resident, I recognize the tax burden facing residents of this District,” he wrote.

“Our state constitution provides for adequate representation through November, 2018 so we do not need to expend the funding for an election just to add yet another single voice in Concord prior to the normal two-year cycle.”

Migliore, who serves on the Newfound Area School Board and on the Bristol Economic Development Committee, noted that he has transferred his business — Budget Blinds of Bristol — to a new owner, “which frees me to represent this constituency on a full-time basis. But, I can wait. I do not have the political yearning, nor the ambition of a youthful but, yet-to-be-tested individual seeking a career in politics vs. paying dues and gaining some life experience before doing so first. Nor am I a CEO with brand new employment responsibilities, a father of four young children and planning to be Governor before reaching the ripe old age of thirty-something. ... I know better than to make the same old *promises* of a newly idealistic or simply robotic politician. Rather, I make the simple commitment to constituent service and to actually attend the deliberations of our citizen legislature when it’s *in-session*, not just when it fits me, or around my own schedule or is secondary to a

job and career search, or the need to address business self-interests.”

Scanlan said the earliest date someone could be elected to fill the vacant seat would be about two months after a town files its request, while it more likely would take three and a half months. By that time, the 2016 session would have recessed, so the successful candidate would not have a meaningful role until the legislature reconvenes in 2018.

Tour

FROM PAGE A1

Inn, overlooking Lake Winnepesaukee in downtown Meredith, is just a few miles further up the road.

The final stop for the tour is the Inn on Golden Pond in Holderness, a short, scenic ride up Route 3 from downtown Meredith. The inn is situated across the road from the shores of Squam Lake where the iconic movie “On Golden Pond” first introduced the world to the beauty of New

Shrek

FROM PAGE A1

to make his way in the world on his seventh birthday. As he heads off from home, his parents warn him that he will be scorned due to his looks and he will face not only a world that hates him, but a very unhappy future.

Shrek sadly makes his new home in a dismal swamp for many years before he is visited by a host of famil-

iar fairy tale creatures. Among them are the Three Little Pigs, Peter Pan, the Big Bad Wolf, Humpty Dumpty, the Mad Hatter and the Sugar Plum Fairy. From there his lonely life is turned around and the adventures, as well as his new life begin.

The musical includes many great songs, such as “Big Bright Beautiful World,” “The Story of My Life” and other memorable tunes that

will have the audience enchanted by this mythical tale and the message it brings.

“Shrek the Musical” will take place at Newfound Regional High School in Bristol at 7 p.m. on Friday and Saturday, April 7 and 8, with a special matinee at 2 p.m. on Saturday. Tickets, which are still available at the door, are \$10 for Reserved Seating in the front of the theater, or \$7 for General Admission.

Hampshire’s lakes.

“They’re all so different and each place has its own, individual personality,” said Rebecca Daniels of Lake House at Ferry Point.

Besides tours of the accommodations, innkeepers at each stop will also serve refreshments to their guests that weekend.

“There’s nothing better than muffins and scones from a bed and breakfast,” said Milbrand.

While other offerings may vary from place to place, beverages such as coffee, tea

and lemonade will also be available.

Besides the fun of the tour, all that have their ticket marked at each of the seven locations by Sunday afternoon will be entered in a special drawing for the chance to win a \$150 discount toward a stay at any of the participating bed and breakfast inns.

The tours will be held from 1-6 p.m. on Saturday, April 22, and 1-3 p.m. on Sunday, April 23.

Tickets for the Muf-

fin and Scone Tour are \$10 per person and may be purchased in advance by contacting either Heidi at 744-5547 or Annmarie at 279-5521. They will also be available on both days from any of the locations where people choose to start their adventure.

Those who wish to enjoy a full bed and breakfast experience with a stay at any one of the participating inns that weekend will find discounted rates, too, which include free tickets for the tour.

Egg Hunt

FROM PAGE A2

for lots of fun, lots of candy & lots of prizes! Not only do we offer egg hunts to kids of all ages, we also have face-painting, balloon twisting, a coloring contest, music & more!

TTCC staff & volunteers hide more than 1,500 eggs & candy for the kids to find! There will be a huge prize counter full of prizes as some eggs contain “prize winner” tickets & there will be a grand prize winner each round who will win a basket full of goodies!

There is no entry fee for this fun community event. We simply ask for a donation at the door to help us cover costs. There will be a small fee if your child would like a balloon animal made special for them.

If you have any questions, please don’t hesitate to contact the TTCC office by call-

ing 744-2713, emailing ttcc@metrocast.net or visiting us at 30 N. Main St. in Bristol!

Information on this

program & more can be found online at www.ttccrec.org or find us on Facebook at www.facebook.com/TTC-

CREC!

We look forward to seeing you all at the TTCC on April 15!

PAD

FROM PAGE A3

ernor’s proposed budget, the opioid crisis, immigration, public education, workers’ rights, voter suppression, paid family leave, women’s or LGBTQ issues, or something else, PAD wants to hear from you. Let’s discuss how we can fight effectively for those struggling in our community. Come, be heard, and take action.

Emma Van Ness, PAD Treasurer, will facilitate the Open Forum. Several New Hampshire Legislators will also be present to respond to questions and concerns.

Also featured in PAD’s agenda on the 19th is Jessica Sherkanowski, speaking about a benefit walk in Tilton on May 6 for the Teen Challenge Program and Hope for New Hampshire Recovery. This event will be the

third annual Walk for Addiction Awareness, and the hope is to collect pledges in support.

All are welcome to attend the PAD meeting, which will start at 5:30 p.m., with a social hour and potluck dinner. The Open Forum will take place following Jessica Sherkanowski’s presentation and a brief business meeting. For more information, call Joyce Weston at 536-2856.

CADY

FROM PAGE A4

saves lives. In a supplemental issue to the Journal of Studies on Alcohol and Drugs, researchers found that the age 21 and over alcohol laws are associated with lower rates of drunk-driving crashes among young people. And it seems the laws also curb other hazards of heavy drinking—including suicide, dating violence and unprotected sex.

“The evidence is clear that there would be consequences if we lowered the legal drinking age,” said lead researcher William DeJong, Ph.D., of Boston University School of Public Health.

Education can help discourage underage drinking. Often, youths buy into the myth, for instance, that “everyone is doing it,” when in fact that is not the case. There are many young people who do wait until age

21 to drink. Providing a realistic picture of true “drinking norms” can be an effective prevention and harm reduction strategy.

To reduce the incidence of underage drinking, parents must understand the seriousness of the problem and talk with their children about choices and consequences. For more tips on how to start the conversation, visit the CADY Web site at www.cadyinc.org.

Newfound Area School District

Employment Opportunities for the 2017-2018 School Year

Newfound Regional High School

- **Math Teacher** - Strong knowledge of CCSS, use of technology in the classroom, and a positive mathematical mindset. Geometry and Algebra II experience preferred.
- **Social Studies Teacher**
- **Student Assistant Program Coordinator** - MA in mental health field required. LADC certification preferred.

New Hampton Community School

- **Guidance Counselor** - 3 days a week

Elementary Schools

- **General Music** - Responsible for general music classes in four elementary schools

District Wide

- **Teacher of English Language Learners** - 2 days a week
- **Vision Specialist** - 1 day a week
- **Certified Occupational Therapy Assistant** Full Time

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 an application go to:
<http://www.sau4.org/human-resources/employment-information>

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Strategies

FROM PAGE A4

ble portrays a God so loving, so interested in our well-being, a God who is “with us” even though we may have little interest to be “with Him,” that He is committed to help us be the very best we can be.

The Apostle Paul once wrote, “God demonstrated His own love for us in this:

while we were still sinners, Christ died for us.” With no strings attached, without any assurance that you and I would even care, God gave His very best that you and I might become our very best.

It is here that we begin to understand some of the limitations God puts on our freedom. God wants only what is best for us and knows, because this is the way

He made us, that we are quite capable of pushing our freedom to extremes. He made us with a powerful drive to survive, otherwise life’s pressures would have driven many of us to suicide ... He made us with a profound dissatisfaction with the status quo, otherwise we would never fight toward a better tomorrow for our children ... He made us with a drive to procreate, oth-

erwise the human family would soon vanish from the earth ... and we could go on. All of these character traits are admirable and, indeed, necessary to our survival. God’s limitations, you see, are not because he has no sensitivity to our drives and desires; His limitations are because He doesn’t want us to self-destruct!

Rick Warren, writing in “The Purpose

Driven Life” (page 25) says, “There is a God who made us for a reason, and your life has profound meaning! We discover that meaning and purpose only when we make God the reference point in our lives.”

Now we can see the profound reason God invites us, through Jesus Christ, into a personal relationship with Himself. The more complete our union with Him the

more successful we will be in becoming the best that we can be. Life’s very best, in short, begins right here.

But how to discover and know this God, well now, that is the question isn’t it? We will explore this concept together in the weeks to come.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Partnership

FROM PAGE A7

“The Heifetz Institute’s devoted classical music lovers have been wonderfully responsive to our recent performances in Wolfeboro and we are thrilled to be making a commitment to the community and expand the Festival’s season,” said Deb Kosits, Executive Director of the New Hampshire Music Festival.

Collaborating with Benjamin K. Roe, Executive Director of the Heifetz Institute, both organizations are committed to mutual promotion of their seasons and share a long-term goal of creating opportunities for the young Heifetz musicians to participate in the Festival’s summer chamber music and Music in the Mountains series. The unique training received by Heifetz musicians offers the audience an enormously engaging and inspirational concert experience. Both or-

ganizations look forward to passing on the benefit of that experience to Grafton County area grade schoolers who will have the opportunity to participate in classroom workshops and side-by-side performances with the Heifetz musicians while they are on tour in New Hampshire.

“During its decade in New Hampshire, the Heifetz Institute really came of age,” notes Executive Director Roe. “Founder Daniel Heifetz’s pioneering vision of combining high-level string instruction with the unique cross-disciplinary Heifetz Performance & Communication Training © system, designed to teach young musicians to communicate the emotion of music, beyond mere technical agility and beautiful playing, were truly refined and realized in Wolfeboro. Our summers at Brewster Academy (2002-2011) were marked by exponential

growth in the Institute’s quality, popularity, and national reputation, and we are thrilled both to return to our Granite State roots, as well as to advance our shared goal with the New Hampshire Music Festival’s mission to redefine and popularize the classical music concert experience for audiences in the Lakes Region.”

Kicking off the partnership for 2017, the Music Festival is pleased to be hosting a performance of a quartet of Heifetz artists, to be held at the Smith Recital Hall at Plymouth State University’s Silver Center for the Arts on Friday April 14, 2017 at 7:30 pm. “Communicate – Engage – Inspire” is the motto of the Heifetz Institute, and you will witness living proof of that mission when four brilliant Heifetz artists – violinist Rachell Wong, violist Andrew Gonzalez, cellist Ben Fried and pianist Carlos Avila pres-

ent a program that will feature some stunning Baroque virtuoso pieces, timeless favorites by Rachmaninoff and Manuel De Falla, some cross-over Celtic fiddling, and will culminate with a complete performance of Robert Schumann’s Piano Quartet in E-flat major, one of the true masterworks of chamber music. Go to www.nhmf.org and can be purchased in advance for \$20 for adults and free for students.

About The New Hampshire Music Festival

The New Hampshire Music Festival is a summer festival that honors the tradition of classical music while exploring new artistic paths. Our organization offers patrons an engaging, immersive festival experience by presenting world-class performances of symphonic, choral and chamber music. Strong collaborations

with community partners are a hallmark of this important cultural institution, enabling transformative music experiences and educational programs to students of all ages.

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

About the Heifetz International Music Institute

Founded in 1996, The Heifetz International Music Institute is held on the campus of Mary Baldwin College located in Staunton, Va., for six weeks each summer. The Institute is highly selective, as hundreds of the most brilliant and deserving young string players (violin, viola, and cello) from all over the globe apply to the Institute for only 80 openings. The Heifetz

Institute is unique in the music world, with a stated mission to develop the expressive potential of every performer. Through the innovative and cross-disciplinary Heifetz Performance & Communication Training ©, the Institute teaches musicians to communicate the emotion of music, beyond mere technical agility and beautiful playing, to explore their creative potential, and to redefine the concert experience. As an experiential program, students then put their training in both areas on display via the Institute’s 40-plus “Festival of Concerts,” average one public concert per day from the end of June to the middle of August each summer, including such popular programs as its “Celebrity Series,” “Stars of Tomorrow” and multi-genre “Heifetz Hootenannies.” The Heifetz Institute’s National Program of Outreach and Career Development, Heifetz on Tour, consists of year-round concerts and residencies throughout the country, forming partnerships with cultural institutions in both major cities and rural areas. From 2002-2011, the Institute was located on the campus of Brewster Academy in Wolfeboro.



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What’s Happening at
Plymouth State University

MARCH 31 – APRIL 28



Free Biometric Health Screenings

PSU Nursing and Health Education & Promotion students and staff will be offering a series of biometric health screenings to the campus and community free of charge during the month of April on the Plymouth State campus.

Nursing students under the supervision of PSU Nursing faculty, will conduct measurements (typically done as part of annual health assessments) such as heart rate, blood pressure, cholesterol, height and weight, and blood sugar levels.

Screenings will take place on Friday mornings at ALLWell North (track-level lobby) March 31–April 28th from 6:30–8:30 am. Testing will also be held in the Hartman Union Building (HUB) room 118 on the same dates from 10:30 am–12:30 pm. Drop in, or schedule a time at <http://tinyurl.com/j8atdze>.



For information about screenings, directions, or to schedule specific times, contact: Barbara McCahan at bmccahan@plymouth.edu or 535-2578.

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Newfound Landing Sports

Section **B**
Thursday,
Thursday, April 6, 2017

What's On Tap

The spring season is scheduled to be full swing in the coming week, with Mother Nature obviously having a say in that.

The Newfound track team will be opening the season today, April 6, at 4 p.m. at Moultonborough. The team will be at Inter-Lakes on Tuesday, April 11, also at 4 p.m.

The Newfound baseball team will open the season at Newport with a 4:30 p.m. game on Monday, April 10.

At Plymouth, the boys' tennis team will be at Trinity on Friday, April 7, will be hosting Pembroke on Monday, April 10, will be at Goffstown on Wednesday, April 12, and will be hosting Bishop Brady on Thursday, April 13, all at 4 p.m.

The Plymouth tennis girls will be hosting Trinity on Friday, April 7, will be at Pembroke on Monday, April 10, and will be hosting Goffstown on Wednesday, April 12, all at 4 p.m.

The Plymouth lacrosse boys will be opening the season by hosting Belmont at 4 p.m. on Tuesday, April 11.

The Bobcat girls' lacrosse team will be at Belmont for a 4 p.m. game on Tuesday, April 11.

The Plymouth baseball team will open the season by hosting Bow at 4 p.m. on Wednesday, April 12.

The Bobcat softball squad will open the season on Wednesday, April 12, at 4 p.m., hosting Lebanon.



Ben Morrill is one of the key returning seniors for the Newfound track team.

JOSHUA SPAULDING

Track Bears ready to roll with familiar and new faces

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Despite the white stuff on the ground, the spring sports season has officially begun at Newfound Region-

al High School.

The track team is the first Bear squad scheduled to open the season and coach Mike LaPlume is excited by some solid returning athletes and

some newcomers who should make some noise.

Some of the top returning players will be in the throwing events, where LaPlume sees the possibility of a Division

III championship or two.

Leo Ntourntourekas in the shot put and Becky Norton in the discus are two of the people LaPlume expects good things from.

"We are hoping for a great season in the shot put, if not a possible D3 championship (for Ntourntourekas)," LaPlume said. "Same in

SEE **TRACK** PAGE B6



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Not responsible for typographical errors.

Spring SPORTS 2017 SCHEDULES

NEWFOUND REGIONAL HIGH SCHOOL

JV Baseball 2017

DATE	OPPONENT	H/A	TIME
4/10	Newport	H	4:30
4/14	Inter-Lakes	A	4:30
4/17	Kearsarge	A	4:30
4/21	Belmont	H	4:30
5/1	Mascoma	A	4:30
5/3	Kearsarge	H	4:30
5/8	Belmont	A	4:30
5/10	Berlin	H	4:30
5/15	Somersworth	A	4:30
5/17	Mascoma	H	4:30
5/19	Raymond	H	4:30
5/22	Berlin	A	4:30
5/24	Stevens	A	4:30
5/26	Inter-Lakes	H	4:30

Preseason begins on Mon. Mar. 20.

JV Softball 2017

DATE	OPPONENT	H/A	TIME
4/14	Inter-Lakes	A	4:30
4/17	Kearsarge	A	4:30
4/19	Laconia	A	4:30
5/1	Mascoma	A	4:30
5/3	Kearsarge	H	4:30
5/10	Berlin	H	4:30
5/11	Laconia	H	4:30
5/15	Somersworth	A	4:30
5/17	Mascoma	H	4:30
5/19	Raymond	H	4:30
5/22	Berlin	A	4:30
5/24	Stevens	A	4:30
5/26	Inter-Lakes	H	4:30

Preseason begins on Mon. Mar. 20.

Track & Field 2017

DATE	OPPONENT	H/A	TIME
4/6	Moultonborough, Berlin, Franklin, Woodsville, Newfound, Laconia, White Mts., Newmarket, Epping	A	4:00
4/11	Inter-Lakes, Newfound, Raymond, Berlin, Laconia, Franklin, Sunapee, Woodsville	A	4:00
4/15	Corneliusen Relays, Hinsdale, Stevens, Mascoma	H	10:00
4/18	Gilford, Inter-Lakes, PCA, CC, Newfound, Bow	A	4:00
5/4	Laconia, Franklin, Hinsdale, CC, Kearsarge, Raymond, MA, Campbell, Newfound	A	4:00
5/9	Berlin, Belmont, MA	A	4:00
5/13	Bristol Lion's, Inter-Lakes, Plymouth, Franklin, Kennett, Berlin, Campbell, Epping, Newmarket, Prospect Mt.	H	9:30
5/16	Moultonborough, Inter-Lakes, Newfound, Belmont, Campbell, Winnisquam, Belmont	A	4:00
5/20	Belmont-Wilderness Championship	A	9:00
5/27	D III Championship-Belmont	A	TBA
6/3	Meet of Champions	A	TBA

First practice—Mon. Mar. 20.
Schedule subject to change



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Spring SPORTS 2017 SCHEDULES

NEWFOUND REGIONAL HIGH SCHOOL



Varsity Baseball 2017

DATE	OPPONENT	H/A	TIME
4/10	Newport	A	4:30
4/14	Inter-Lakes	H	4:30
4/17	Kearsarge	H	4:30
4/21	Belmont	A	4:30
4/26	Stevens	A	4:30
5/1	Mascoma	H	4:30
5/3	Kearsarge	A	4:30
5/8	Belmont	H	4:30
5/10	Berlin	A	4:30
5/12	Hillsborough	H	4:30
Northeast Delta Dental Stadium			
5/15	Somersworth	H	4:30
5/17	Mascoma	A	4:30
5/19	Raymond	A	4:30
5/22	Berlin	H	4:30
5/24	Stevens	H	4:30
5/26	Inter-Lakes	A	4:30

Preseason begins on Mon. Mar. 20



Varsity Softball 2017

DATE	OPPONENT	H/A	TIME
4/14	Inter-Lakes	H	4:30
4/17	Kearsarge	H	4:30
4/19	Laconia	H	4:30
4/21	Belmont	A	4:30
4/26	Stevens	A	4:30
5/1	Mascoma	H	4:30
5/3	Kearsarge	A	4:30
5/8	Belmont	H	4:30
5/10	Berlin	A	4:30
5/11	Laconia	A	4:30
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5/17	Mascoma	A	4:30
5/19	Raymond	A	4:30
5/22	Berlin	H	4:30
5/24	Stevens	H	4:30
5/26	Inter-Lakes	A	4:30

Preseason begins Mar. 20



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Predator Bantams take state title

PLYMOUTH — The Plymouth Predator Bantam team, coached by John Semertgakis, John Devlin and Carolyn Sanatamaria, took the state championship in Rochester on the evening on March 12. The team entered the tournament with a late game on March 10 and entered the championship game against New Hampshire East on Sunday.

Both teams played a great game with Plymouth defenseman Stephen Morrill scoring the first goal at 1:09 of the first period. NH East's Damon Chase

took the first penalty at 5:43 for hooking. The penalty was killed and Morrill took a penalty for roughing. The first period ended with Plymouth in the lead by a 1-0 score. NH East tied the game at 3:04 in the second period with a goal scored by Paul Owen, assisted by Nick Beane. Plymouth scored the go-ahead goal at 5:48, an unassisted tally by Ian Tryder. Plymouth scored again at 11:06, with Cody Bannon getting the unassisted tally. The second period ended with Plymouth in the lead, 3-1.



The Plymouth Predator Bantam team celebrates the state championship.

COURTESY PHOTO

Good numbers out for Plymouth boys' tennis

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — After getting outside right at the start of the season last year, this year's late snow had the Bobcats scrambling to share limited gym space as the season got under way. Thanks to Plymouth State University, the Bobcats were able to get on tennis courts in the first week of the preseason, as the college was on vacation and let the high school teams use their indoor courts.

"We got to practice two or three times at Plymouth State," said coach Hayden Roma. "We were lucky."

"Since then, we've been practicing at 6 a.m. because everybody's fighting for gym space."

The Bobcats will have 16 kids out for the team this year, split evenly among returning players and newcomers.

The team's captain will be junior Lucas Johnstone, who has been on the team for the past three seasons and will likely be one of the team's top players in the lineup.

Roma only has two seniors on the team, one returning veteran and one newcomer.

The returning player is Christopher Hobbs, who will likely start the season as the top of the team's ladder. The newcomer is Tucker Boyd, who will be fighting for playing time as he takes his swings for the first time.

The other two juniors joining Johnstone are both back on the team for another season. Troy Tedeschi and Odin Bickford will both be looking to get time on the courts for the Bobcats.

Roma's biggest class is the sophomore group, with eight kids, including five returning players.

Adam Means and Jackson Morrell will both be in the top six to start their sophomore seasons. Classmates Roger Babin, Cameron Donnell and Graham Pogue will all be battling for spots on the court for the Bobcats.

There are three new sophomores, with Jackson Palombo and Shev Patel coming over from the basketball team and Mike Johansson coming from the baseball team. All three will be looking to improve their game and earn playing time.

The team is rounded out by three freshmen in Eric Bickford, Jeff Stewart and Diego Blaylock, a transfer from Inter-Lakes.

Roma is excited about the team he has this season and has enjoyed working with this group of players.

"They're all good kids and they're all working hard," Roma said. "I enjoy working with them, I like this group."

The Bobcat coach notes that after making the playoffs last season, the team has a goal of making the playoffs once again and continuing in the right direction.

"We're obviously thinking about making the playoffs again and getting better as the season goes along," Roma said. "We can't wait to get outside."

"We're ready to go," the Bobcat coach continued. "I expect good things from these kids."

The Bobcats will once again play a pair of matches each against Kennett and Kingswood, along with two matches with Kearsarge and Trinity and one match each with Pembroke, Goff-

stown, Bishop Brady, Windham and Milford.

The Bobcats are slated to open the season on Friday, April 7, at 4 p.m. at Trinity and the first home match is scheduled for Monday, April 12, against Pembroke, also at 4 p.m. The Bobcats will be at Goffstown on Wednesday, April 12, at 4 p.m. and hosting Bishop Brady at 4 p.m. on Thursday, April 13.

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

A new Survivor season means another trip to New York City



caught the train to New York City, which drops me off right at Penn Station below Madison Square Garden.

I usually try to do some sort of tourist thing in the few hours before a group of podcast fans gets together for a pre-show dinner. In the past I've gone up the Empire State Building and Rockefeller Center, among other things. This year I switched things up and met up with some fellow RHAP fans for a pre-dinner event.

After a quick bite to eat at Shake Shack, which has become a regular stop for me when I head to New York, I joined some fellow pod-

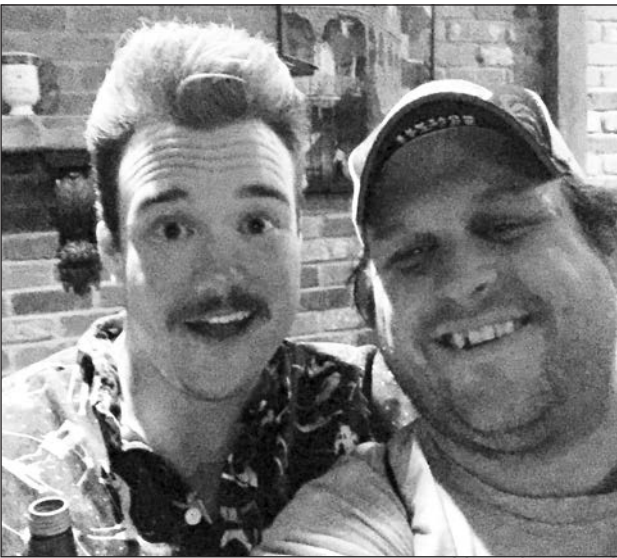
also coached Newfound's inaugural unified soccer team this past fall. For the track team, he will be focusing on weight conditioning and technique with sprinters and shot put throwers. Fortier will be working with the throwers and Wilkins will be working with the jumpers.

LaPlume will be joined by fellow returning head coach Charlie Therriault and returning assistant coach Kendra LaPlume.

The Bears are scheduled to open the season today, April 6, at Moultonborough. They are also scheduled to be at Inter-Lakes on Tuesday, April 11.

The team's two home meets are the Corneliusen Relays on Saturday, April 15, and the Bristol Lions Invitational on Saturday, May 13.

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



JOSHUA SPAULDING

I MADE sure to get a selfie with Survivor contest Zeke Smith during my trip to New York City on March 22.

cast fans at an Escape the Room in Manhattan. Our group was able to successfully navigate our way through the game, with a little help from a few clues, and managed to get out with less than two minutes to spare. While I didn't contribute a hell of a lot to the team, I was able to figure out the first clue that opened our first lock. I had done one of these games in Los Angeles (also at an RHAP event) and enjoyed it and this one was also quite enjoyable. I also got the chance to meet a few new fans of the podcast, which is always nice.

After we had dinner at Virgil's just off of Broadway, we made our way to Carolines on Broadway, where the RHAP show was being held and found a seat to the side of the stage.

The episode of Survivor on March 22 was one of the best ones we've had in a while, featuring an insane twist that saw two tribes (out of three) heading to tribal council, where they only voted out one person. In what was one of the craziest tribal councils I've seen, groups of people got up and started talking in secret groups as names flew back and forth. The 300-plus folks in the room were absolutely devastated when

with an assist by Morrill for the 7-1 win.

Semertgakis commented on the team, "This is a special group of young athletes, and it was the perfect ending to a magical season. These kids have earned this championship, not just with the effort from this year, but with hard work and dedication over multiple seasons. They will leave this program with the legacy of being the first state champions in Plymouth Predator history."

fan-favorite Malcolm Freberg was voted out when Tai Trang played an idol for Sierra-Dawn Thomas, cancelling out all six votes against her.

Rob and Stephen hosted a great discussion that featured great input from a number of Survivor alums, including season 23 winner Sophie Clarke, Bret Labelle and Chris Hammons from last season, Liz Markham and Billy Garcia. Once the discussion ended, we headed to a bar a few blocks over for the after-party, where more Survivors made appearances, including Aubrey Bracco, Andrea Boehlke and Zeke Smith from the current season.

I headed out at about 1 a.m. and made my way back to Penn Station, where I caught the 2:40 a.m. train back to Boston. I did manage to get some sleep on the ride back and even better, the train arrived about 15 minutes early, which allowed me to catch the 8 a.m. bus to Dover instead of having to wait for the 9 a.m. run.

Once again, it was a long day with very little sleep, but it was a complete blast and I'm looking forward to the next live event, which takes place next month in Toronto.

Finally, have a great day Paul and Chelsea Stewart.

Track

FROM PAGE B1

the discus (for Norton)."

Joining them in returning to the throwing pits are junior Patrick O'Neil in the javelin, junior Mackenzie Brunt in the shot put, senior Megan Gebhardt in the shot put and discus and junior Ethan Pruett in the discus.

The jumping team is fairly young, but the Bears have a group of returning athletes who they expect good things from in the coming season.

Sophomores Reid Wilkins and Justin Shokal and junior Quentin Dancewicz-Helmert will lead the way for the jumping team this spring.

"We hope to be strong in all jump events," LaPlume said. "We have a group of young jumpers that we are hoping for great things from this season."

On the distance side, LaPlume said the Bears

will be looking to junior James Shokal in the 3,200 and classmate Brad MacDonald in the 1,600.

On the sprinting team, senior Ben Morrill will lead the way in the 100 meters, while Tielar Mitchell in the 300 hurdles and Tim Libby in the 110-meter hurdles will help to lead the way.

While it's tough to judge some of the newcomers without having the benefit of being on the outside track in the preseason, LaPlume said there are some solid newcomers who should contribute during the season.

Junior Cam Anderson joins the team for the first time and will be looking to contribute in the sprints and the jumps, while sophomore Mason Dalphonse will be competing in the throwing events and possibly in a jumping event or two as well. Freshman Alexis Raimondi will contribute in the javelin, while classmate

Kyle Rosendahl will be running distance events after leading the Bears in the cross country season. Fellow freshman Amy Combs also had a successful freshman campaign in cross country and will be running sprints and middle distances for the track team this spring.

The Bears will also be adding a few unified athletes to the team this spring, with Cole Frye, Jon Blake, Zeke Richardson and June Hagan are on board, while Charles Gould and Alec Dostie have joined the team to work with the unified athletes.

Additionally, the Bears will be adding John Lellos, Craig Wilkins and Andrew Fortier to the coaching staff this spring, the latter two as volunteer assistants. Lellos is a 2007 Newfound graduate who went on to the Citadel and is now the head of the social studies department at Newfound. He