THURSDAY, JUNE 15, 2017

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COMPLIMENTARY

Newfound schools to utilize independent food service

BY THOMAS P. CALDWELL Contributing Writer

BRISTOL Newfound students will have new food choices next year, and the school district will no longer be subsidizing the lunch program, with Newfound Area School Board's decision to award a management

The contract is contingent upon the company agreeing to honor the accumulated sick time of current lunch workers who will be retained by the firm to operate the program under its management. Should the company disagree with

contract to Fresh Picks the stipulation, the contract would go back before the school board for further discussion.

> Business Manager Michael Limanni, who recommended Fresh Picks over the other company bidding for the contract Abbey Food Services Group—urged the board SEE **FOOD SERVICE**, PAGE A11



T-ball and treats

Following their final practice session, members of the Diamond Back T-Ball team enjoyed ice cream from Newfound Grocery in Bridgewater, courtesy of their coaches Dennis Fitton and Ricardo Rivera. Closing ceremonies for 2017 Tapply-Thompson Community Center's youth baseball program are scheduled for this Friday, June 16, at Wells Field on Route 104 in Bristol.

Alexandria officer recovering after exposure to unidentified substance during traffic stop

BY DONNA RHODES

drhodes@salmonpress.news

ALEXANDRIA — A seemingly routine traffic stop near the intersections of Pattee Hill Road and Route 104 in Alexandria earlier this week ended with a police officer from that community being transported to the hospital after he reported feeling ill upon exposure to an unknown white, powdery substance he discovered with while searching the

The incident occurred just before noon on Tuesday, and emergency medical crews from Bristol were dispatched to the scene to assist the officer in distress.

Alexandria's Police Chief, Donald Sullivan, reported that Officer David Suckling (who also serves as Danbury's Chief of Police) stopped a vehicle he observed driving erratically along Route 104. After obtaining consent to search the vehicle, Suckling opened a container inside the car and was then exposed to the unidentified substance. He began to feel ill after the contact, and was subsequently transported by ambulance to a nearby hospital.

"He was released a short time later, and is doing fine," Sullivan reported late Tuesday afternoon.

The vehicle, identified as a gray Jeep Cherokee

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registered in New Hampshire, was later hauled from the scene by DC Towing and Recovery and escorted by a Bristol police vehicle.

"The female driver was arrested and charged with Possession of Narcotics, and is being held on cash bail pending arraignment," the chief said. "She was also arrested on a warrant

out of Belknap County Superior Court, and is being held on that charge as well."

The chief added that Officer Suckling was cleared by medical personnel and was back on duty later that day. He concluded his statement by thanking everyone in the community for their support and well wishes for his officer.

North Woods Gifts & Gallery joins the Central Square community drhodes@salmonpress.news

BY DONNA RHODES

BRISTOL — North Woods Gifts & Gallery is the newest member of the Central Square business community in downtown Bristol, offering items from local artists who focus



The Bristol Farmers' Market and Crafts is open each Saturday at Mill Stream Park on Route 3A (Lake Street) just outside downtown Bristol.

Bristol Farmers' Market is the perfect place to spend a summer morning

BY DONNA RHODES

Drhodes@salmonpress.news BRISTOL —

seasonable weather finally here, the 2017 With Bristol Farmers' Market and Crafts is a most pleasurable place to SEE **MARKET**, PAGE A11

Put yourself in the spotlight with a Newfound Landing Selfie!

REGION — Here at the Newfound Landing, we believe that each and every one of our readers has a unique story to tell, and we want to give you an opportunity to share yours with a New-

found Landing Selfie! Tell us a little about yourself by responding to the following questionnaire and submit your answers to us at newfound@salmonpress.com, along with a "selfie" (or self-taken photo), and let us put you in the spotlight! We will choose one "Selfie" each week for publication, so be sure to read the paper regularly because yours might be next!

The Newfound **Landing Selfie profile**

Name:

Occupation:

I live in:

Family (Are you married? Do you have children?):

Pets:

How long have you lived in the area?

Do you have a favorite food?

What is currently your favorite TV show?

What is your favorite travel destination?

What's the best part about your town?

Who has been the greatest influence in your life?

Who is your favorite musical artist?

What is the greatest piece of advice you have ever been given?

Favorite Sports team:



Justin Wheeler of Hill recently opened North Woods Gifts & Gallery on Central Square in Bristol, a quaint shop featuring local paintings and photography along with an array of all occasion cards, note cards and handcrafted gift items.

on the beauty of the Newfound Region.

Owner Justin Wheeler is an artist himself, taking professional photographs of nature and scenery for over six years now. Many of his framed photographs are on sale in his new shop but some of the scenes he has captured are also available in other unique ways.

Wheeler enjoys graphics work well as time peering through his camera lens, so he began transferring some of his photos onto coffee mugs. Many come with a printed theme to fit the photo such as "Live Free and Hike" or "Live Free and Fish" while others simply are adorned with images of Newfound Lake, Cardigan Mountain and other scenic locations.

In addition to the mugs, another unique business venture of his that he features at North Woods Gifts & Gallery is "Bottoms Up Flasks," polished metal flasks and drink ware that can be cus-

much of their talents tomized with photos and graphics to suit any occasion.

"These have become really popular as groomsmen gifts for weddings. I can put any photo and message on them that someone wants right here at my shop," said Wheeler.

For several years, all of his work was done right out of his home in Hill while Wheeler held a fulltime job as well. He said one day he looked around though and realized his photographs, mugs and flasks had outgrown the house.

"Something needed to be done about it, so I gave up my job, found this shop and started my own business instead," he said.

Wheeler is a member of the Lakes Region Art Association and there he met many other talented artists who were happy to help fill his new gallery with their own artistry.

Plymouth resident Pamela Charon was last week's featured artist at North Woods, with her simplistic yet eye-catching paint-SEE **NORTH WOODS**, PAGE A11

Putting the 'care' in community healthcare

BY MARCIA MORRIS

Contributing Writer

PLYMOUTH — Pemi Baker Community Health (PBCH) took a moment out during the annual Luncheon and Fundraising Auction last week to remember what it is all about, and to honor the many devoted hospice volunteers who care so deeply, give so much.

The spirited event, held this year at the Rumney Rocks Bistro, is always a highlight of the year for the PBCH family, with board members, staff, volunteers and supporters joining together to raise funds for some of the programs that go "above and beyond" to make a difference in our community.

"The work we do is extremely challenging but also very rewarding and the event was energizing. I feel privileged to work with this amazing PBCH staff and to be part of an organization that supports a healthier you from the beginning to

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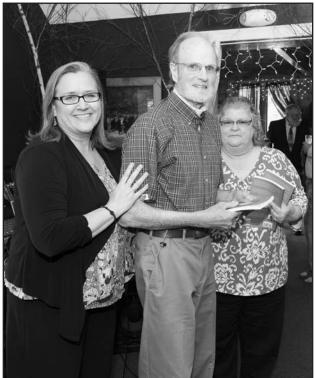
the end of life," said Executive Director Chandra Engelbert.

In addition to a wide range of professional services, from Home Health, Palliative Care, Hospice, Outpatient Occupational/Aquatic Therapy, and Community Care Programs that support optimum health at every stage of life, PBCH provides a warm and welcoming atmosphere to encourage each program participant to strive for their own personal best wherever they may be on their path to wellness.

Engelbert says that her staff excels at creating an accepting non-judgmental where environment everyone can feel comfortable and at home whether they are recovering from illness, addressing a chronic health problem like obesity or diabetes, or striving to achieve fit-

The team at PBCH also includes a large number of trained vol-

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Phil Preston was amongst the longest serving volunteers celebrated at the Pemi Baker Community Health Luncheon last week. Left to right: Hospice Manager Mary Frances Drake, Phil Preston, Hospice Administrator Darlene Toomey. Training for hospice

volunteers takes place this upcoming weekend. unteers who contribute countless hours to make sure that comvisits for company and comfort, running errands, and providing respite for caregivers so they can take a break. Hospice Manager

Mary Francis Drake said that PBCH is offering volunteer training to any interested community members this Friday June 16, from 4 until 8 p.m. and Saturday, June 17, from 9 a.m. until 4 p.m. Anyone interested in attending this free training should contact Hospice Administrator Darlene Toomey at 536-2232.

Amongst the longest serving volunteers honored at last week's celebration was Phil Preston, who has served the hospice program for 13 years with

constant and reliable devotion. In his quiet and dignified way, Preston has been a source of strength and comfort as he has accompanied community members on life's final

Other hospice volunteers recognized at the event were Mindy Beach, also with 13 years of service, Leslie Backstrom, Pat Bradley, Deb Braley, Karen Burnell, Resa Cirrincione, Leonetta Doyle, Cecile Frechette, Irit Levy, Lesley Nelson, Katherine Piper, Kathleen Proulx, Olivia Saunders, Sharon Smith, Barry Sawyer, Rebecca Sayre, Louis Stivali, Sue Wallor, Lee Webster, Marilyn Wixson and Karen Young.

Gordon-Nash Library launches summer reading program

HAMPTON — The Gordon-Nash Library in New Hampton is again offering its Summer Reading Program to the families of the Newfound Area. This year's theme is Build a Better World and children's programming will be focused on building and construction as well as on ways to show kindness and empathy to

others. Three sessions will be offered each week. Tuesday evening programs, from 6:30-7:30 p.m., will feature performances and events for the whole family. Wednesday nights at 6:30 p.m., we will show family movies, rated PG. Our regular Thursday morning Story- gency vehicles and times at 10:45 a.m. will focus on stories and crafts for children of

all ages. The 2017 Summer Reading Program will begin on Tuesday, June 27 with a 6 p.m. ice cream social, followed by a performance by renowned New Hampshire musician TJ Wheeler. Wheeler is a roots-related musician who performs blues, jazz, and ragtime on a variety of stringed instruments, like seven string guitar, ukulele and banjo, all while foot-tapping percussion. He has received state and national awards for his lively music. This promises to be a high-energy, entertaining kick off to our Summer Reading Program. Funding for this Kids, Books, and the Arts event is provided by the Jack and Dorothy Byrne Foundation, CHILIS, Cogswell Benevolent

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Fri. & Sat.: 1:00. 4:00. 7:00 & 9:45 PM

Sun. & Mon.: 1:00, 4:00 & 7:00 PM

Tues. - Thurs.: 1:00, 4:00 & 7:00 PM

Fri. & Sat.: 1:30, 4:30, 7:30, 10:15 PM

Sun.: 1:30, 4:30 & 7:30 PM Tues. - Thurs.: 1:30, 4:30 & 7:30 PM

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Trust, and is supported in part by a grant from the New Hampshire State Council on the Arts and the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

Other Tuesday evening events at the library will be "Animal Architects" with animals from the Squam Lakes Science Center, a "Build-Your-Own-Fort" Night with a stuffed animal sleepover, CactusHead Puppets presenting "The Pied Piper of Hamlin," and a Toucha-Truck evening with construction and emermore. The Summer Reading Program will end on Aug. 1 with a 6:30 p.m. presentation from Bob Riordan, well-known New Hampshire performer, who promises to astound us with his magic and keep us laughing with his comedy. The annual ice cream party will follow.

Registration for the Summer Reading Program has begun. Stop in during regular library hours to sign up. The Gordon Nash Library is at 69 Main St. in New Hampton. For questions, please call the library at 744-8061 or email Christine Hunewell, Children's Librarian, at chunewell.gnl@gmail.com.

Events Committee announces theme for Bristol's 4th of July Parade

BRISTOL Bristol Events Committee has chosen "Four Seasons of Fun" as this year's theme for the 4th of July parade. Bristol and the surrounding area are truly a beautiful place where fun activities are available all year round. There is ample opportunity for hiking, biking, swimming, boating, skiing and

— The much much more.

Entry forms will be available at the Town Office and the TTCC. Once again the parade will line up at Freudenberg and proceed through the square. Judging will take place at 9:15 a.m., which is earlier than in the past. The parade will start at 10 a.m. Prizes will be awarded for the top three entries.

PBVRC hosting spaghetti dinner tomorrow night

ASHLAND — It dessert. seems like only yesterday since the last Pemi-Baker Valley Republican Commit-All-you-can-eat spaghetti dinner. This month's get-together will be held on Friday, June 16 at the American Legion Hall, 37 Main St., Ashland. It starts at 5 p.m. and goes to 7 p.m. The fixin's include spaghetti, meatballs, Italian sausage, salad, garlic

bread, beverages, and

How much does it cost? Tickets are \$10 at the door for adults, \$5 for children aged five to 12 years, and four and under are free, with a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged.

For more information, call Cindy at 536-3880 or cindy@hdat-



Edward Jones: Financial Focus

Diversify with Bonds (Even If Rates Are Low)

If you've needed a mortgage or another type of loan over the past several years, you've probably appreciated the historically low interest rates we've experienced. But if you've wanted to own fixed-rate investments, such as bonds, you might have been less pleased at the lowrate environment. Now, interest rates may be moving up somewhat, but even if they don't hit the heights we saw in previous decades, you can still gain some key advantages from owning bonds.

One of the biggest benefits provided by bonds is their ability to help you diversify a stock portfolio. Stocks and bonds often move in different directions - in fact, the same economic or political forces that can be bad for stocks might be good for bonds, and vice versa. Consequently, if you own a reasonable percentage of bonds, you may not be as vulnerable to the impact of those inevitable downturns in the stock market. Keep in mind, though, that diversification can't guarantee profits or protect you against losses.

Of course, the other major attribute of bonds is the regular income they provide through interest payments. Unless the issuer

defaults - an event that's at higher rates. So, if rates you purchase "investment-grade" bonds you can count on receiving the same payments for the life of your bond. Then, once your bond matures, you'll get back the original principal, again assuming the issuer doesn't default. The ability to receive regular payments may help improve your cash flow and possibly help you avoid selling stocks to meet unexpected costs, such as an expensive car repair. And holding your bond until maturity can help you plan to meet specific goals; for example, if your child will be starting college bond scheduled to mature at with an influx of cash you can use for tuition and other school expenses.

Still, despite the benefits of diversification, steady income and the repayment of principal, you may find it hard to ignore the relatively low interest rates you're seeing on your bonds. This is especially true if market rates rise, causing the value of your bonds to fall. (Investors won't pay you the full price – that is, the face value - of your bonds when

generally unlikely, assuming have risen and you want to quality, sell your bonds before they mature, you'd have to offer them at a discount.) One way of coping with

munity members at the

end of life feels cared

for and truly support-

ed. Trained volunteers provide many services

for patients and family

members such as home

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interest-rate movements is to build a "ladder" of bonds of varying maturities. When your short-term bonds mature, you can reinvest the proceeds in newly issued bonds that may offer higher rates, while your longer-term bonds continue to pay you greater income. (Generally but not always - longer-term bonds carry higher interest rates than short-term bonds.) Even within this type of in five years, you can buy a bond ladder, though, you will want to diversify your the same time, providing you holdings among different types of bonds from different issuers. In any case, be sure to evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial

circumstances. Don't ignore bonds constructing when and maintaining your investment portfolio. No matter what interest rates are doing, you'll find that bonds can play an important role in your portfolio.

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they can buy new ones issued



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Member SIPC

Zonta Club of Southern Maine supports the Circle Program

PLYMOUTH — The Zonta Club of Southern Maine (including members from New Hampshire and Maine) are part of the 1,919 clubs worldwide that make up Zonta International. Zonta is a women's organization (of over 30,000 members in 67 countries) with a mission to advance the status of women of all ages through service, advocacy, fellowship, and educational programs. According to the Zonta Club of Southern Maine, "The main objectives for Zonta are to achieve gender equality and empowerment of women. [The women of Zonta] believe that a better world can only be a reality when women have access to all resources, and are represented in decision making positions on an equal basis with men, when every woman is able to achieve her full potential."

In keeping with this mission, local Zonta members have always



been incredibly supportive of the girls and teens

organization with a mission to provide girls from low income families with new opportunities to de-

enrolled in the Circle Program. Zonta members Cheryl Dorfman and Micheline Roy re-

cently visited the Circle office to donate funds their club raised on behalf of the Circle girls and teens. In addition, they brought us a collection of warm hiking socks for TAP, our high

school leadership "Teen

Adventure Program."

has always shared a direct synchronicity of purpose with Zonta International. The Circle Program is a non-profit

The teens in TAP are

planning a week-long

camping and hiking

adventure trip into the

White Mountains this

coming summer, so the

socks will be put to im-

The Circle Program

mediate good use.

velop the skills, courage and confidence they need to handle the challenges in their lives. Circle does this by offering girls a unique combination of adult and peer support delivered through residential summer camp and year round mentoring programs. Currently, over 90 girls and teens are participating and they come from 32 towns

(Left) Zonta members Cheryl

Dorfman (left) and Micheline

Roy (right) deliver a check

to Circle Program Executive

Director Kathleen Kearns

in central and northern New Hampshire including the Greater Concord, Plymouth and Laconia

Plymouth Area Democrats welcome NH Sen. Dan Feltes on June 21

PLYMOUTH — On Wednesday, June 21, New Hampshire Sen. Dan Feltes will be the keynote speaker at the Plymouth Area Democrats (PAD) meeting at the Plymouth Regional Senior Center. Feltes serves as a State Senator for New Hampshire Senate District 15, representing the communities of Concord, Henniker, Hopkinton, and Warner. A minority member of the Senate Finance Committee, Feltes recently co-authored a Concord Monitor Forum piece entitled, "Why we can't afford the Senate Republican budget" with fellow State Senator Lou D'Allesandro. Feltes is guided by the fundamental belief that "to move New Hampshire forward, we cannot

afford to leave anyone

behind."

in the State Senate, Feltes worked for the better part of a decade as a public interattorney for New Hampshire Legal Assistance, representlow-to-middle income families and individuals, senior citizens, victims of domestic violence, and veterans. In addition to advocating in court, he was a community organizer and policy advocate. For four years he led the Housing Justice Project, overseeing the staff, grants, and legal work on housing access issues, including fighting housing discrimination and stopping foreclosures by big banks. In 2013, Feltes received the NH Bar Foundation's Robert E. Kirby award which is presented to "New Hampshire attorneys or younger who exhibit exceptional skill, civility and professionalism." Feltes has a law degree from the University of Iowa and a Master's degree in Public Policy from Georgetown Univer-



Dan Feltes

sity, focusing on economics and energy regulation.

In his first term in the State Senate, Feltes received numerous awards for his bipartisan work on critical issues facing Granite Staters. He was named an Early Learning Champion in both 2015 and 2016 by Early Learning NH for his bipartisan work on early childhood education, including full-day kindergarten. Feltes received Legislator of the Year awards in 2015 from the NH Homebuilders, and in 2016 from Housing Action NH, from Ski New Hampshire, and from New Futures, with the latter awarded for his bipartisan work to combat the heroin and opioid crisis. Also in 2016, Feltes received the first Kennedy-Clinton award from the NH Democratic Party.

Feltes and wife Erin live in Concord, and both grew up in working class families. Their upbringing was the foundation of Feltes' commitment to ensuring opportunity for everyone, not just the elite or well-connected few.

All are welcome to attend the PAD meeting, which will start at 5:30 p.m. with a potluck dinner. Senator Feltes will speak at 6:45 p.m., following a brief business meeting. For more information, call Joyce Weston at 536-2856.

Granite United Way announces more than \$1.1 million in community investments

Central Region volunteers announce funding for local programs

REGION — Granite United Way's annual campaign mobilizes more than 20,000 donors and corporate supporters to raise more than \$8.7 million across the state of New Hampshire. The campaign benefits more than 750 nonprofit agencies and programs providing services to more than 350,000 individuals. Volunteers are mobilized from each local region in its footprint to review and vet proposals and make funding decisions based upon strict criteria that ensures investments are held to the highest standards and are producing the greatest, most cost-efficient impact. In addition to the volunteer-led grant investment process and donor designation program, initiatives like Volunteer Income Tax Assistance (VITA), the 2-1-1NH information & referral line and Family-Wize, a prescription drug discount program deliver a combined total of nearly \$14 million in support to residents across New Hampshire.

Local volunteers on Granite United Way's Community Impact Committee dedicated the last few months to

evaluating proposals and determining their investment decisions for the Central Region. Together,

with the volunteer Board of Directors and the Central Region Community Impact Committee, announced that the 2016 Campaign would deliver more than \$1.1 Million in support during 2017 to the Central Re-

This year marks the first time the Central Region has accepted annual non profit proposals since ending the previous three-vear funding

"Our Central Region Community Impact Committee is filled with dedicated volunteers who are excited to lead

the United Way investments in this region," said Patrick Tufts, President and CEO of Granite United Way. "The Central Region has a long history of collaboration

and we continue to work with partners to address the needs of this region in New Hampshire. Together we have been able to provide support in areas like education, financial stability and prevention programs that are key to creating a healthy com-

munity."

In the Central Region, the Whole Village Family Resource Center serves as major resource in the region for programs focused on quality child care, developing strong parenting skills and achieving financial stability.

In 2016, Whole Village celebrated its 20th year with a luncheon and a community-wide ice cream social in August.

Granite United Way's work with Carroll Countv Coalition for Public Health continues to lead the way in public health

initiatives across the Central Region. This year they hosted a record number of informational

sessions for the public on the use of Narcan to save lives. To date, more than 118 kits have been distributed throughout the region.

Through the "Get on the Bus Challenge" this year, six new companies in the Central Region either hosted a workplace campaign or gave a \$1,000 corporate gift.

This year, Granite United Way sold their 95 Water Street, Laconia office to the Greater Lakes Child Advocacy Center when they were seeking additional space to expand their program. After the sale was

completed, Genesis Behavioral Health Care generously offered office space to Granite United SEE UNITED WAY, PAGE A11



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Thursday, JUNE 15, 2017

From the Editor's Desk

We're going to jail

It isn't often that we are placed in the position of making news ourselves rather than reporting on it, but we feel it is our duty to announce that our Editor is going to jail...for charity.

On June 29, we will be joining other notable locals from throughout the Lakes Region who are taking part in the Muscular Dystrophy Association's (MDA) "Lockdown" fundraiser — an annual event hosted by Cactus Jack's in Laconia during which individuals from the community are selected — or is targeted a more appropriate word? — by friends and colleagues for "arrest" and "jailed" inside the restaurant until they are able to post their "bail" (or fundraising goal) and secure their release. The proceeds from the "Lockup" are used to send children and teens afflicted with muscular dystrophy — an inherited disorder which causes a progressive weakening and breakdown of skeletal muscle tissue over time, leaving many sufferers unable to walk as they age — to one of the 75 week-long summer camps sponsored throughout the country by the MDA. These camps provide young MD patients with what may well be a once-in-a-lifetime outdoor experience, helping them engage in adaptive sports, arts and crafts, dances, and a myriad of other activities. For parents and guardians of children with MD, the camps also provide a much-needed break from the demands that come with a caregiver's role, allowing them to attend to their own physical, mental, and emotional needs for a while.

Unfortunately, the benefits offered by the MDA's summer camp program come at a price. It costs roughly \$2,400 to send just one child to camp for a week, making events like the Laconia Lockup a vital source of funding for

the organization.

We know from the overwhelming show of support we see each year for events such as the WLNH Children's Auction that residents of the Lakes Region, and its neighbors in the Newfound and Pemi-Baker regions, have enormous and generous hearts, and we strongly urge our readers to join us in supporting this important and wonderful cause by visiting our Editor's donation page at http://www2. mda.org/goto/BrendanBerube giving whatever they are able to give toward his efforts to raise his "bail." We, and the future campers who will benefit from your generosity, thank you from the bottom of our hearts.

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PET of the Week Whitt

This handsome longhaired tabby came to NHHS after his owner passed away. It wasn't long before we discovered he had a significant issue with his right eye – which galvanized our medical team to determine the best course of action was to remove it.

Whitt has adjusted well to his somewhat pirate like way of looking at the world, he doesn't have an eye patch, but would surely look just as handsome if he did. This one-eyed cat, who could certainly pass



himself off as a Maine Coon look-alike, is calm, easygoing and so

Aged about 12 years old, he is in all other

respects a wonderful healthy boy, now just waits that comfortable retirement home with plenty of windows for bird watching and laps for snuggling!

He is truly the kindest soul, and warms up to new people right away with lots of head scratches and some loving attention.

Please come and visit Whitt today! We promise you will fall in love with this handsome character.

Check www.nhhumane.org for more details.

The opioid epidemic may be even deadlier than we think

BY DEBRA NARO

Contributor

The opioid epidemic has led to the deadliest drug crisis in US history – even deadlier than the crack epidemic of the 1980s and 1990s. Drug overdoses now cause more deaths than gun violence and car crashes. They even caused more deaths in 2015 than HIV/AIDS did at the height of the epidemic in 1995.

A new study suggests that we may be underestimating the death toll

of the opioid epidemic and current drug crisis. The study, conducted by researchers at the Centers for Disease Control and Prevention (CDC), looked at 1,676 deaths in Minnesota's Unexplained Death surveillance system (UNEX) from 2006 - 2015. The system is meant to refer cases with no clear cause of death to further testing and analysis. In total, 59 of the UNEX deaths, or about 3.5 percent, were linked to opioids. But more than half of these opioid-linked deaths didn't show up in Minnesota's official total for opioid related deaths. It is unclear how widespread of a problem this is in other death surveillance systems and other states, but the study's findings suggest that the numbers we have so far for opioid deaths are at best a minimum.

Typically, deaths are marked by local coroners or medical examiners through a system; if the medical examiner marks a death as immediately caused by an opioid overdose, the death is eventually added to the total for U.S. opioid overdose deaths. But there is no national standard for what counts as an opioid overdose, so it's left to local medical officials to decide whether a death was caused by an overdose or not. This can get surprisingly tricky – particularly in cases involving multiple conditions or SEE CADY, PAGE A11

Letters to the Editor

On Northern Pass and wind powers

To the Editor:

I write to express my opposition to Northern Pass and comment on Wind Power in New Hampshire. I plan to speak this week in Concord at the hearing open to all to register their feeling. It's a project that is not needed for electric grid reliability, but does cut a swath through New Hampshire's most scenic landscapes, that will degrade natural, cultural, and recreation resources of, regional, state and national significance. I am opposed to it and were I a state representative, would vote against it.

On the use of wind power in New Hampshire, I am also opposed. Because the long-term costs of dismantling rapidly obsolete technology make it a bad fit for our environment. Renewable energy like this belongs where it "might" be pragmatic, and where

the tax-benefits of investing in it would make sense, not in pristine environments like Newfound Lake. Don't forget about this not-so-minor detail: the construction of wind energy in remote areas requires significant investment in transmission lines to bring the power to populated areas. The capacity factors for industrial wind (roughly 25 percent) is not adequate to make them useful sources, and without federal and state subsidies, industrial wind would simply not be sited in New Hampshire. Know that industrial wind development in New Hampshire is targeted to meet renewable energy goals of southern New England.

Respectfully,

Vincent Paul Migliore Bridgewater

Budgets, the legislature, and the Judiciary

To the Editor:

This is the 18th of my reports to the voters of Hill and Franklin on what is happening in Concord. This week and last had primarily been busy with budget issues. We did have one question come to light about the Fetal Homicide bill we passed previously.

Last week, I told you about the fetal homicide bill, SB66. This is where if the baby in the womb is injured in an attack on the mother, the attacker can be charged with the death of the baby. I supported SB66 and it will be going to the governor's desk shortly. But, I have heard from some people about a potential problem with the bill. We in effect gave total protection to the mother to kill her baby by exempting her from being charged if she has an abortion. The issue is "equal protection under law." Will the first person charged with killing the baby under this new law in an attack on the mother claim ".... if she can do it shouldn't I be allowed to do likewise?" Interesting interpretation and I suppose we will have to wait for the first court case.

Last week and this week, the House and Senate are in Committee of Conference (CofC) on the budget. There are several questions from some House members regarding the spending levels. Overall, the total budget is 3.5 percent higher over the two years. This keeps it within the predicted inflation rate. It can be argued that we should only look at the general spending we can impact and not include the school portion. This results in a 10 percent increase that is well over the rate of inflation. I disagree with

this analysis. We as legislators can affect the total budget, including the school portion, regardless of a court mandate, or as in this case with schools, a property tax pass through. This is like the federal level that refuses to look at Social Security because it is sacrosanct or existing law. The school portion is part of the budget and we can choose to change this spending as well. The judges cannot tell us how to spend the state's revenues and we should take back this legislative duty. In the end, the CofC will finalize the budget without any meaningful changes although there will be plenty of gnashing teeth on both sides. There will be an attempt by the minority to fail the budget and force a continuing resolution to freeze spending at current levels. This will kill some parts of the budget that are good. I predict that in the end a budget will pass that somebody hates and somebody loves. But the spending has been well debated and that is politics.

The Legislature will conclude its work by the end of June and begin work again in October. We have a few bills we will be studying but our work load will be much lighter. This means I may defer my weekly reports until October, but we'll see. Please contact me if you have any thoughts by email at dave@sanbornhall.net or you may call me at 320-9524 with your comments or if you just want to talk.

mments Cheers!

Dave Testerman NH State Representative Franklin and Hill

Listening to a lot of hammering, hoping that the Big Guy is back



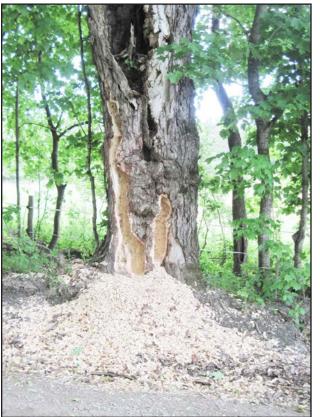
By John Harrigan Columnist

The hammering has been going on for about two weeks now, mostly in the punkie remains of an old stub, a big maple that has stood strongly along our rural road for the better part of two centuries.

Now its sugar-tapping days are over, but its hulking remains are still serving various food and shelter functions in the wildlife world---most noticeably, these days as a practicing, feeding place or showoff spot, I think, for every variety of woodpecker in the territory.

Downy, Three-toed, maybe even, we hope, the top hammerheads themselves, Mr. and Mrs. Pileated, are swinging by for a whack at the old man along the stone wall. And an impressive pile of chips is accumulating alongside the road, highly visible as a work in progress. From my lawn, porch or deck I can hear the birds down there, working away.

Each species of wood-



This old maple trunk just down the road, still standing strong, continues to serve various wildlife roles, in this case getting hammered to pieces by various woodpeckers.



A Three-Toed Woodpecker exhibiting its usual gravity-defying travel up (or turning around, down) a tree.

pecker has its typical rhythm, The Downy hammers its "dot-dotdot-dot-dot," a pause, then an almost exact

repetition. The Threetoed taps out a more muted "dot-dot-dot-dotdot," then two or three "dot-dots," and then an



for various insects crawling under the bark or boring away within.



The granddaddy of them all (at least in New England), the Pileated Woodpecker, biggest of the non-hunting woodland birds.

almost exact repeat of the first series. Meanwhile we listen for the distinct sound of the Big Boy, the Pileated, with its solid, strong, heavy "DOT-DOT-dot-dotdot-dot," followed by a

much more muted "dotdot-dot-dot." In there somewhere is more modest percussion from other species of the region.

For the past ten summers or so we have had a pair of Pileateds, the "we" being the four or five neighbors that form a sort of big circular route for these biggest of the non-raptor birds, save for the Ivory-billed, long thought instinct but then rediscovered, with great amazement and

joy, several years ago in the swamps of Arkansas, Florida, Mississippi and Louisiana.

Our Pileateds, their 30-inch wing-span taking up such an impressive area of air space, climb a bit and swoop, come up a bit and swoop, in the loop-de-loop so characteristic of the species. They are truly a majestic bird, a reminder of what we might have lost.

I hope our Pileateds are back, to make their haunting cry and funny flight and thud away at anything in decay, but having at it even on sound trees, their massive heads hammering their distinctive deep triangular excavations as they search for some insect they can hear boring within.

For those interested in the search for the Ivory-billed by birders who for generations had bemoaned its loss, and a deeper look into thoughts about wild places and the conservation movement, readers can seek out James Kilgo's Deep Enough for Ivorybills (1995).

It offers a striking look at what we have lost, and the just-born national conservation movement that managed to save so much of what we see, enjoy, and hear today---in my case all that thwacking, just down the hill.

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

Strategies for Living

BY LARRY SCOTT

Many years ago, in a rather tense conversation with a gentleman who was not the least bit sympathetic to my faith, I asked, "Jim, have you ever given thought to the resurrection of Jesus Christ?"

"Huh," he quickly replied, "many people have come back from the dead. That's no big deal!" In one short statement, he rejected one of the great facts of history. Jesus was to have no place in his life.

It was evident he had not given the fundamental cornerstone of the Christian faith an honest evaluation. Granting that many have been revived after clinical death, that has no bearing here. Take the emaciating effects of the scourging, the sword that was thrust into His side piercing the pericardial sac that surrounds the heart, and His burial for some 36 hours and, far from being a resuscitation, you have a genuine restoration of life for which there is no scientific explanation.

Study the record and you cannot be honest and help but conclude that Jesus did, indeed, arise from the dead. To me the most conclusive evidence, however, is to be found in the judgment

of the Apostle Paul. To the church in Corinth. he wrote: "For what I received I passed on to you as of first importance: that Christ died for our sins ... that he was buried, that he was raised on the third day according to the Scriptures, and ... appeared to more than five hundred of the brothers at the same time, most of whom are still living."

This, I would remind you, was from the pen of the Osama bin Laden of the early Christian church. A devout follower of God, sincerely convinced that Christianity was an abomination to his faith, Paul had done everything he could to eradicate what he believed to be a false and ungodly religion.

But something hap-

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pened to him on a journey he made to Damascus. He had an experience by which he concluded that Jesus had been for real, the promised Messiah for whom he had been praying from his earliest days. The transition from persecutor to preacher, from outright rejection of everything Christianity stood for to becoming an avid follower of Jesus Christ dramatically changed him and had a major impact on the course of history.

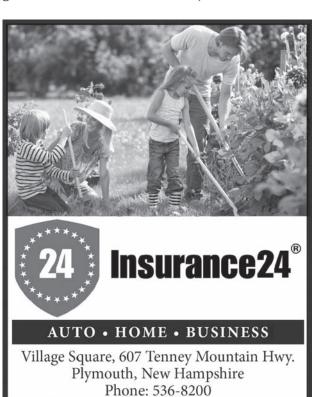
This to me is the strongest evidence for the resurrection. Paul was no push-over. He knew the facts of life and was well aware of how unique an event this was. A genius in his own right, he had no interest in proclaiming a faith that had no merit. He had opportuni-

Let No Woman Be Overlooked

ty to interview the Apostles and some of the over 500 people who had seen Jesus after the resurrection. So clear-cut was the evidence, so convincing were the eye-witnesses, Paul concluded he could no longer deny an event that had to have happened.

Jesus had been dead and had come back from death to verify the message He had preached. And Paul gave the rest of his days proclaiming the dynamic of his faith in Jesus and ultimately gave his own life in its defense. Jesus was truly dead ... but thank God Almighty, He arose to live again!

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







DANCING FEET STUDIOS

Services planned for Harold Hussey

CANDIA — Harold O Hussey, Jr. (Hal), 59, passed away on Jan. 18, 2017 in Richmond, Texas.

He was born Nov. 26, 1957 in Plymouth, to Harold, Sr. and Harriett Hussey.

Hal is survived by his sisters, Jan Doten and husband Charles of Fort Myers, Fla.; Judy Karkheck and husband Michael of Groton; sister Nancy Wight and husband Jon of Newry, Maine (since deceased); several nieces and nephews, cousins; and uncles Albert Dow of Plymouth, Leslie Dow of Macon, Ga., and Thomas Dow of Ryegate, Vt.

Hal will be sorely missed by his friends and family, and his memory will always be held in our hearts.

Graveside Services for Hal will be held June 17, 2017 10 a.m. at the Holbrook Cemetery in Candia.

Peter Thomas Shokal, 65

BRISTOL — Peter Thomas "Tom" Shokal of Bristol passed away on Friday, June 2, 2017 at Concord Hospital after a period of declining health.

He was born in Nashua on April 19, 1952 to the late Peter and Barbara (Latour) Shokal. Tom was predeceased by his parents, Peter and Barbara, and also his sister and brother-in-law, Carole and Charles Beaulieu.

Tom graduated from Nashua High School in 1970. He was a carpenter by trade, and a lover of antiques. Tom's greatest love was the joy of his family. He lived in Alabama for many years, but returned to New Hampshire to be closer to his

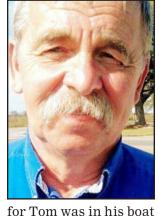


on Newfound Lake with family around him, spending time with his granddaughters sitting around a bonfire, or watching one of his nephews' sports games.

Tom will be lovingly remembered by his daughters, Alisha Shokal of Tilton, Janet Shokal of Bristol, and

Gilmanton, and by his granddaughters, ivia, Erika, Ava, and his yet unborn granddaughter. He will also be remembered by his sisters, Rosemary Lampron of Homosassa, Fla., and Janet Mattie of Nashua; also his brother and sister-in-law, James and Melanie Shokal of Alexandria. Tom will be remembered fondly by his nieces and neph-

celebration of Tom's life was held on Saturday, June 10, at noon at The Homestead Restaurant in Bristol. Burial will be at a later date. In lieu of flowers, donations may be made to the American Heart Association or



Stephanie Masters and the American Lung Association. family. A perfect day her husband Logan of HARRIS family furniture LASTING LUXURY Limited Time Savings SAVE UP TO **FINAL WEEK** SALE ENDS JUNE 4[™] OUR BIGGEST SAVINGS EVENT TO DATE Take advantage of 0% DEFERRED INTEREST FINANCING

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Alexandria

Judy Kraemer 744-3532 judy7@metrocast.net

From the woods

The daisy fields are in full bloom. The tiger swallowtail butterflies are darting in and out everywhere. Soon the fireflies will be enjoying the flowers every evening. Fountain is working again, the birds will be in and out

If only the black flies would leave.

From the town

Mr. Tuthill requested a moment of silence in observance of the 73rd anniversary of D-Day.

The minutes of the May 30, 2017 meeting were approved.

Items Reviewed and Signed

Notice, Agreement and Release of Municipal Liability and Responsibility per NH RSA 674:41: Map 411 Lot 62 Ronald & Annette Michaud (regarding building a driveway access on a Class VI or private road)

Purchase Order: E.W. Sleeper for extension on roller rental

Property Tax Abatement: Map 406 Lot 119-99M Deluca

Property Tax Supplement: Map 406 Lot 119-99M Mousseau

Abatement ply: 409-3 Shawn Goldthwaite

Appointments/ **Department Heads**

Vincent Migliore, Candidate for State Representative Grafton District 9

Mr. Migliore introduced himself as a candidate for State Representative in Grafton District 9; he reviewed his experience and position on various top-

Sue Cheney, **Supervisors** of Checklist

Mrs. Cheney went over the expense of covering the primary and election to fill the position of State Representative for Grafton District 9; she estimated that the primary and election will put the expenses for the supervisors of the checklist and voting over by around \$3,000.

Jeff Cantara, **Road Agent**

Mr. Cantara provided an update on progress for the highway department:

Spring grading is behind due to the rain; they have been working on clearing ditches.

Mr. Cantara expressed concerns regarding the highway department budget.

Work on Knowles Hill Road Bridge may begin as early as next week.

Guardrail is needed to finish the bridge on Brook Road; Mr. Cantara is obtaining price quotes.

Paving may not start until the end of July.

They are addressing beaver concerns on Bog Road.

A Highway Advisory Committee meeting is scheduled for Thursday, June 8th at 4:30pm.

Business

Lakes Region Planning Commission: Electricity Supply Aggregate

The Selectmen reviewed an email from Lakes Region Planning Commission regarding their plan to get allow communities to pool together to shop for lower electricity supply rates. The Selectmen would like to provide LRPC with a breakdown of usage so that we could potentially participate in the program.

Town-owned propertv

The Selectmen reviewed town-owned properties taken via tax deed to determine which properties to sell via public auction this year; the Selectmen will start the process to sell the following lots:

Map 409 Lot 24-3, 1.83 acres on Knowles Hill Road

Map 413 Lot 12: 2.26 acres on King Road

Map 414 Lot 85: 159 Morrison Road

Map 417 Lot 21: 5.37 acres on Lakeview Heights

Map 417 Lot 42: 7.9 acres at 1041 Cass Mill Road

The Selectmen discussed a concern received from Newfound

Lake Region Association regarding vehicular damage to Goose Pond/Sugarloaf Ridge Conservation Area; Mr. Cantara said that he spoke to Chief Sullivan and there is an

ongoing investigation

into the matter.

Mr. Caron said that he received a phone call from Mike Corliss regarding his interest in selling a piece of property that he owns on Ragged Mountain Highway.

Danbury

Donna Sprague huntoonfarm@myfairpoint.net

South Danbury Church

The regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, June 18. Conversation and refreshments will follow. All are welcome. Services will continue to be at the church during the during the LCHIP preservation work.

Chicken BBQ

Saturday the 17th is Blazing Star Grange's annual chicken bbq. Chef Todd returns with his radio and recipe for perfectly barbecued chicken. Supper goers get their choice of breast or leg quarter along with a buffet of baked beans, salads and strawberry shortcake dessert. The price is \$9/ adults, \$4 for kids under twelve and under three is free. The supper is served from 5-6:30 p.m. Take outs are available.

Memorial Service

Friends and family of Alan Brownell will gather on Hippy Hill on Saturday, June 17 at 1 p.m. for a short memorial service. All are welcome.

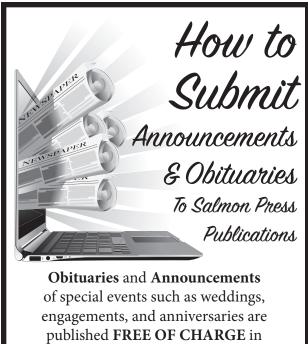
Groton

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

There will be a special open house at the Groton Historical Society Museum on North Groton Road near intersection with Halls Brook Road on Saturday, June 24 from 1-3 p.m. The Historical Society has collected memorabilia from the life of Pam Yinger who lived many years in the Town of Groton and was active in many ways in Town life and also her church. From an article in the Record Enterprise, Aug. 18, 2011 on one of the Children's books that she wrote during her life here in Groton. "Her first children's book entitled 'An American Indian Story' with exquisite, colorful drawings, photographs and typography by the very talented Sheila J. Andrew." "She originally wrote the story as a young woman inspired by two Native American dolls that were given to her as a child by her mother." Pam was active with the Groton Historical Society, the Groton Town Library and took on many other civic responsibilities and church activities. We hope you will

all show up to see this

SEE TOWNS, PAGE A7



any/all Salmon Press newspapers. **Obituaries** can be sent to:

obituaries@salmonpress.com Wedding, engagement, and anniversary **announcements** are welcome at: weddings@salmonpress.com

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

the submission process.

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

NEWFOUND LANDING, THURSDAY, JUNE 15, 2017 A7

Ashland Community Church

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

Sundays

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

9:25 a.m. KidZone for K-grade 6; Special Needs Ministry for high school aged teens and adults

11 a.m. Contemporary Worship Service

11:15 a.m. KidZone for K-grade 6

11:15 a.m. Youth Sunday School

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

KidZone

display and other dis-

plays at the Museum

in helping with Old

Home Days in Groton,

please submit your

name to the Select

Board Office: select-

men@grotonnh.org or

744-9910 and Christina

Goodwin will contact

you. If you'd like to

put up a display/craft

or other booth or have

an entry in the parade

you could also contact

as there will be pa-

perwork to fill out for

this. There will be a

Groton Old Home Day

Committee meeting on

Tuesday, June 27 at 5-6

When minutes count

and Groton are offer-

ing a 911 reflective, two

sided sign through the

Hebron Fire Dept. Due

to the high visibility

factor noted in Hebron

and Groton the Bridge-

water Fire Dept. is now

offering the same ser-

vice through their Fire

Dept. Both Fire Chiefs

agree: "If we can't

find you we can't help

you!" Often minutes

do count.

The towns of Hebron

Goodwin

Christina

If you're interested

for this Open House.

Towns

FROM PAGE A6

Debbie Madden leads

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

Special Needs Minstry

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

New College/Career **Group (ages 18-25)** Monday nights

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

Small Group Study Building Your Marriage to Last

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

Childcare provided for infants through sixth

Your marriage is under construction every

through the Bridgewa-

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

Who Needs God?

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

Axyon Youth Ministry, for grades 6 through 12

Fridays from 6:30-8:30 p.m. at Mill #3 (39 Winter St.), just around the corner from the church. This youth ministry will be meeting every week, and is led by our youth and worship pastor, Aaron Stout, along with our volunteer youth leader staff. This youth group ministry is open to youth not only from Ashland, but surrounding towns as well. Spread the word and bring your friends.

Mondays

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

It is our desire to help you understand God's incredible grace and love. If you have any questions, please call Pastor Ernie Madden at (office phone number) 968-9463, (home phone number) 968-7770, or his cell phone at 412-2046. You can also e-mail him at accernie@ hotmail.com, or visit the church Web site, ashlandcommunitychurch.com.

We believe that you will love it at Ashland Community Church. We are a friendly, loving and caring church that studies and shares the word of our Dear Lord and Savior. Our vision is to become a church that un-churched people will love to attend. Our mission is to lead people to live and love like Jesus, and to help others to do the same.

The service is elective, and costs \$15 per sign. To encourage resident participation, all three town offer free installation. Bridgewater signs can be ordered through the Bridgewater Fire

It is hoped all res-

found on the Hebron and Groton Town Web Sites, at either Town Office, at both Town Clerk Offices as well as at the Hebron Fire and

Completed should be mailed to:

HFD 911 Signs

PO Box 188.

(OR) Hand delivered to the Hebron Town Office between 8:30 a.m. and Noon any week-

made payable to: H.F.D.

Your sign(s) will be

The location of your sign will be your choice but the Fire and Police Department. hope it will be in conjunction with their wishes. The reflective sign(s) should be placed in a highly visible location for both day and night viewing from both directions. They should be adjacent to the road, your driveway or on your mail box if it is in

Department.

idents will take part, improving emergency response times for fire, police and mutual aid coming from surrounding towns because they are not familiar with our roads. The signs also facilitate deliveries by the Postal Service, UPS, and Fed Ex.

Order forms can be Police Departments.

Town of Hebron

Hebron, NH 03241

day.

Checks should be Improvement Fund.

installed within two weeks after your paid order is received.

front of your residence.

Real church, real people, real simple. We look forward to

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

Ashland Episcopal (St.Mark's Church)

Our Sr. Warden, Deb Holland, is recovering from surgery at Mass. General Hospital. Cards may be sent to her home address at PO Box 165, Holderness, NH 03245.

A beautiful Ascension Day service was held on Thursday, May 25 at St. Mark's Church. It was celebrated by Rev. Robin Thomas Soller from Trinity Episcopal Church, Meredith NH assisted by Deacon Maryan Davis. The congregations from from Holy Spirit and Trinity Church were invited to join us. A special coffee/social hour was held in Sherrill Hall after the service. coming We are

home! On Sunday, June 11, we will return to St. Mark's Church, Ashland for the 9:30 a.m. Sunday Service for the summer and fall months. Sunday School will be held in Sherrill Hall at the same time and all children are welcome to attend. For any further information concerning Sunday School, please contact Jean Murphy at 253-7294. The eight a.m. service will continue to be held at Holy Spirit in Plymouth. Our usual coffee/social hour will be held in Sherrill Hall following the service on Sundays. Everyone is always welcome at St. Mark's, the friendly church. For any further information please call St. Mark's office anytime and leave a message or during office hours on Fridays 10 a.m. to 12:30 p.m. For pastoral emergencies, please call Deacon Maryan Davis at 548-

Rev. Randy Dales will be undergoing hip replacement surgery and will be recovering from June 12 into July. In his absence, Allan Knight will be guest celebrant on June 18 and July 2. Jane van Zandt will be guest celebrant on June 25.

Family Worship Center Ply. Assembly of God

Greetings from Family Worship Center Assembly of God church located at 319 Highland St., Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Family Worship Center. Please feel free to contact out Pastor, Rev. Glen Yunghans at 726-0254 or 536-1966.

Our upcoming schedule is as follows:

Thursday, June 15

On Thursday, June 15 ome out and join us for our family night at church. We offer the following programs from 6:30 to 7:30 p.m.:

Royal Rangers: Boys from Elementary School through High School

MPact: Girls from Preschool through High School

Adult Bible Study: In our fellowship hall, Pastor Glen is currently leading this study.

Please come out to this time of fellowship and training.

Sunday, June 18 **Sunday Morning**

Come on out and enjoy Bible and Bagels before Bible Study, and get a cup of juice, or coffee and a bagel from 8:30-9 a.m. Following this is our Sunday School classes for all ages from 9:00-10:00. Immediately after Sunday School we head into our regular Sunday Morning Worship Service, which features contemporary music and a Biblical message brought by our Pastor. We offer Children's church and nursery during our services.

Sunday Evening

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

SEE **CHURCHES** , PAGE A9

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TOWN OF HEBRON

Phone: 603-744-2631 • clerk@hebronnh.org

HEBRON ZONING BOARD OF ADJUSTMENT MEETING <u>AND HEARING AGENDA</u>

JUNE 20, 2017 • 7:00 P.M. Land Use Room, Hebron Town Office

You are hereby notified that the Hebron Zoning Board of Adjustment (ZBA) will meet in the Land Use Room, Hebron Town Office, at 7:00 p.m. on Tuesday, June 20, 2017, to address the following:

- 1. Minutes and other administrative matters
- 2. Hearing of the Newfound Lake Region Association's application for special exception under Article IX, Section F, of the Hebron Zoning Ordinance to permit the construction of an observation platform on a nature trail situated within wetlands and shoreland buffer areas on its land known as the Grev Rocks Conservation Area on North Shore Road (Tax Map 17A, Lot 5-1) (Case #271)
- 3. Any other business that may come before the Board

Peter N. Carey, Chairman

The Hebron Fire Dept. researched to find the most visible color available. They found a metal reflective red background with reflective four inch white numbers topped the list from the

farthest distance both day and night. The high visibility and ease in finding locations with these signs has improved response time to locations with the signs. Ease in finding locations is the main reason the Bridgewater Fire Dept. decided to extend the signs into their town.

The first step to offering good Emergency Services is to find you without delay. The red and white signs are very helpful in accomplishing that goal. The service is elective and costs \$15.00 per sign. To encourage resident participation all three town offer free instal-Bridgewater signs can be ordered

ter Fire Department. It is hoped all residents will take part, improving emergency response times for fire, police and mutual aid coming from surrounding towns because they are not familiar with our roads. The signs also facilitate deliveries by the Postal Ser-

vice, UPS, and Fed Ex. Order forms can be found on the Hebron and Groton Town Web Sites, at either Town Office, at both Town Clerk Offices as well as at the Hebron Fire and

Police Departments. Completed

should be mailed to: Town of Hebron -

HFD 911 Signs PO Box 188, Hebron, NH 03241 Hand delivered to

the Hebron Town Office between 8:30 a.m. and Noon any weekday or the Groton Town office Mon-Clerks day, Wednesday, and Friday 9 a.m.-4 p.m. or Tuesday 4-6 p.m. Forms are available at these offices.

Checks should be made payable to: Improvement Fund.

Your sign(s) will be installed within two weeks after your paid order is received.

The location of your sign will be your choice but the Fire and Police Departments hope it will be in conjunction with their wishes. The reflective sign(s) should be placed in a highly visible location for both day and night viewing from both directions. They should be adjacent to the road, your driveway or on your mail box if it is in front of your residence.

Meetings Coming Up

Select Board Meetings will be held every first and third Tuesday, so the next meeting will be June 20th at 7 p.m. at the Town House.

Select Board Work Session, Tuesday, June 20 at 5 p.m.

The Town Clerk/ Tax Collector Office will also be closed Aug. 18 through Aug. 23 for vacation.

Planning Board Meeting is scheduled for June 28th at 7pm at the Town House.

The Select Board office will be closed June 26th in the afternoon from 3:30 until around 4:30 p.m.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

When minutes count

The towns of Hebron and Groton are offering a 911 reflective, two sided sign through the Hebron Fire Dept. Due to the high visibility factor noted in Hebron and Groton the Bridgewater Fire Department is now offering the same service through their Fire Dept. Both Fire Chiefs agree: "If we can't find you we can't help you!" Often

minutes do count. The Hebron Fire Department researched to find the most visible color available. They found a metal reflective red background with reflective four inch white numbers topped the list from the farthest distance both day and night. The high visibility and ease in finding locations with these signs has improved response time to locations with the signs. Ease in finding locations is the main reason the Bridgewater Fire Dept. decided to extend the signs into their town.

The first step to offering good Emergency Services is to find you without delay. The red and white signs are very helpful in accomplishing that goal.

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A8 NEWFOUND LANDING, THURSDAY, JUNE 15, 2017



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From Time to Time

NH Master Chorale concert encompasses all of life

PLYMOUTH — The New Hampshire Mas-Chorale's spring concerts, on June 17 in Concord and June 18 in Plymouth, embrace life's gamut.

The program, titled From Time Time, ranges from the innocent hope embodied in a newborn baby to the funk and lustiness of youth, and from the dawning sense of life's limitations in middle age to the poignancy of failing health and memory in the twilight years.

The centerpiece is a new commissioned work provocativeentitled "Smoking, Drinking, Messing Around," featuring the poetry of Liz Ahl set to music by Jonathan Santore, the Master Chorale's composer-in-residence. It's Santore's 19th commission from the Master Chorale over as many years, and his third collaboration with Ahl.

Like Master Chorale music director Dan Perkins, Santore and Ahl are on the faculty of Plymouth State University.

Perkins says the program's concept springs from a personal place – a reminiscence of his 26 years on the Plymouth State faculty.

"For me, this is kind of an examination of quarter-century of making music in New Hampshire," Perkins says. "It's nostalgic to some extent. And funny. Imagining the incredible range of experiences I've had here. It's a look-back at what we've been able to do – in the knowledge that someday it's going to end. We can't continue to do this forever. And that's OK."

He hastens to add that the end appears nowhere near.

This is the Master

Chorale's 14th season. The 31-voice chamber chorus holds a unique place in New Hampshire's musical life.

Perkins characterizes it as "a group of trained and experienced musicians, many of whom are music educators, some of whom are professional musicians, who work together to create concerts that are eclectic and diverse. We get to do anything we want, from Sondheim to Bach."

savs he Santore writes music for the Master Chorale with its distinctive sound and capabilities in mind.

"It's a smaller choir, working at a very high level of musicianship," Santore says., "Dan has selected voices that blend extremely well. It's a very focused sound, a very cohesive music unit. That really informs the relationship."

Perkins and Santore say the process of creating this newest commissioned work was different from usual. Normally Perkins comes up with a precise idea of what he wants, Santore says, but this time was more open-ended.

Both say they were searching for "something edgy," or as Santore puts it, "something a little more roistering" than his last piece for the group, a piece commemorating the Civil War.

It all started with the title, "Smoking, Drinking, Messing Around."

"The title came first," Santore says. "I thought it would be entertaining to write a piece about smoking, drinking and messing around."

Once Santore Perkins agreed on the title, the composer went to his friend and frequent collaborator Liz Ahl, who sent him a packet of poems and gave him the freedom to pick and

"I love Liz's stuff at a level I almost can't put into words, which is odd because I write music that conveys her words," Santore says. "I hear her voice in everything she writes. Some of it's funky, some of it's tender and some of it's astonishingly personal."

The first of the five movements, for example, is both funky and personal. It's called "When We Smoked."

"That poem is autobiographical, for sure," Ahl laughs. She's a former smoker who kicked the addiction 14 years ago. The first line – 'We were happier when we smoked' -- came to her readymade from an offhand comment of a friend who'd also quit smoking.

"As soon as the friend said it, I thought 'I have to use this in a poem," Ahl says. "It's simultaneously the most ri-

diculous thing and it felt so true. Of course, we weren't happier because we smoked. But we were happier in a way that everyone was once happier. And you make up all sorts of reasons why you were happier."

Another, very different, piece in the program is called Smoking Can Kill. Written by the Finnish composer Jaakko Mantyjarvi, it sets to music the warning on cigarette packages, in the fa-la-la style of a Renaissance madrigal.

Mantyarvi also contributes "The Lusty Smith," a rollicking tale of a young blacksmith and a buxom young damsel.

In the same boisterous frame is a drinking song, "The Inn," based on Lithuanian folksongs set by Algimantas Braz-American-flainskas. vored rowdiness, with an evocation of wide-open spaces, comes from "The Settling Years," three "pioneer texts" set by Libby Larson.

In striking contrast are jazzy, note-bending settings of the African-American Langston Hughes in two pieces by Elizabeth Alexander and William Averitt.

Perkins notes that Alexander's piece, Folks, "I'm Tellin' You," underscores the program's "live-life-right-now" theme: "Birthin' is hard and dyin' is mean," the lyrics go, "So get yourself a little lovin' in between." In yet another com-

pletely different mood are three pieces on the beginning and ending of life. "Jenny Rebecca" by Carol Hall (arranged by Clair T. McElfresh) is a tender lullaby for a fourday-old girl. "The Earthly Rose" is a setting by Latvian composer Eriks Esenvalds of an Emma

Jones poem about a traveler who returns home to her failing parents. And When Memory Fades, with music by Jayne Southwick Cool and lyrics by Mary Louise Bringle, is about the twilight of life.

The Master Chorale will perform From Time to Time at the Eagle Square Atrium in Concord on Friday, June 17 at 8 p.m., with appetizers and cash bar from 7 p.m.; and at the ice arena lobby of the Plymouth State University Welcome Center on Sunday, June 18, at 4 p.m., with intermission appetizers and cash bar.

Tickets are available at nhmasterchorale. org and at the door for \$30, or \$25 for seniors and \$15 apiece for groups of 10 or more. Admission is free for undergraduates and students from kindergarten through high school.

Common Man hosts 12th Annual Winnipesaukee Wine festival at Church Landing

MEREDITH — The Common Man family in New Hampshire is hosting its 12th annual charitable Winnipesaukee Wine Festival featuring samples of more than 100 wines, beers and spirits from around the world to benefit Girls at Work,

A partnership between The Common Man Family of Restaurants and The Martignetti Companies of New Hampshire, the festival takes place on Thursday, June 29 from 5:30 - 8 p.m. in Winnipesaukee Ballroom at Church Landing on the shores of Lake Winnipesaukee in Meredith. The event is sponsored by Meredith Village Savings Bank, with promotional support from Venture Print Unlimited, Inc. in Plymouth.

Featuring craft beer and spirits from local, national and international producers, the event includes a VIP room in the Carriage House at Church Landing, offering exclusive wines and a commemorative



The Common Man family in New Hampshire is hosting its 12th annual charitable Winnipesaukee Wine Festival featuring samples of more than 100 wines, beers and spirits from around the world to benefit Girls at Work, Inc.

glass. Tickets to the Distilling, VIP room are \$125, which also includes access to the Grand Tasting. Tickets to the Grand Tasting are \$75 in advance and \$85 at the door, while supplies last. Purchase tickets online at thecman.com/calendar under the Winnipesaukee Wine Festival event listing, at Lakehouse Restaurant in Meredith, or by calling 968-9330. Space is limited and advanced tickets are strongly suggested.

Wineries and breweries participating in the 12th Annual Winnipesaukee Wine Festival include Tamworth Brewing Company, Amoskeag Beverages and Cisco Brewery of Nantucket. Triple 8 will serve custom martinis down a luge ice sculpture created by Jeff Day of Not So Plain Jane's in Rumney. Also attending are Tito's Handmade Vodka, Hendrick's Gin, Cold River Vodka, Treasury Wine Estates, Cline Cellars, Rombauer, Caymus, J Lohr, and Bogle, among others. The Common Man,

Lakehouse Grille, Camp. Town Docks, The Corner Lago, House Inn, Ooo La La Creative Cakes,

Burner Bistro, Ben & Jerry's and other local restaurants will provide hors d'oeuvres and food to accompany the wines. Entertainment will be provided by jazz duo Don Williams and Dave Tonkin, and numerous prizes will be up for grabs at a live auction and raffle, including a seaside getaway in Nantucket, an overnight stay at Church Landing at Mill Falls in Meredith and a getaway to an Adirondack-style cabin. Oneof-a-kind silent auction items built by young women in the Girls at Work program will be up for bid, and participants of the program will conduct building demonstrations in a tent just outside the event hall.

pre-Wine Festival Beach Party at the Common Man's Town Docks outdoor Tiki Bar overlooking Winnipesaukee in Meredith will be held the night before on Wednesday, June 28 starting at 6 p.m. The evening will feature

SEE WINE FEST, PAGE A12

Churches FROM PAGE A7

Looking Ahead:

Saturday, June 17: 10

a.m. Ladies' and Men's Fellowship in the Fellowship Hall. Contact the church for more information.

Sunday, June 25: 10 a.m. Service, will be a baptism Service, please contact Pastor Glen if you have any questions or desire to be baptised.

Our Schedule Sunday:

8:30 a.m. Bible and Ba-

9 a.m. Sunday School 10 a.m. Morning Service

Monday: First and third Monday of the Month

10 a.m.-2 p.m. Help-

ing Hands Food Pantry Thursday:

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

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

Saturday:

Third Saturday of the month: 10 a.m. Ladies Fellowship

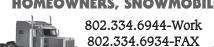
Last Saturday of the month: 10 a.m. Men's Brunch

Our Mission Statement:

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Please give announcements for Sunday Bulletin to the church office by 4:30 p.m. on Tuesday by email: fwcag@ hotmail.com or gyunghans@hotmail.com, or contact the church, 1-603-536-1966 or Pastor, 1-726-0254. Everyone is welcome to all of our services. The church is handicap accessible on the east entrance. Please note the church's Web assemblyofgodplymouthnh.org.

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A10 NEWFOUND LANDING, THURSDAY, JUNE 15, 2017

Mid-State Health Center receives award from Northeast Delta Dental

Funds support installation of upgraded and new equipment in its oral health clinic

State Health Center recently received an award from Northeast Delta Dental to acquire new equipment for its growing Oral Health Program in its Bristol office. Since adding oral health to its integrated primary care model in 2014, Mid-State's dental team has been hard at work bringing much-needed oral health services to the region.

"Our dental team is very appreciative of the continued support from companies like Northeast Delta Dental. Their contribution helps us deliver high quality, comprehensive oral health services to our community," shared Dr. Kelly Perry, Mid-State's Dental Direc-

The dental program currently serves more than 1,200 community members of all ages and the demand for services continues to grow. With the investment from the Northeast Delta Dental, Mid-State installed upgraded and new equipment to ensure it is able to continue to serve the growing oral health needs of the region it serves.

"Mid-State Health Center truly grateful for Northeast Delta Dental's support and we are excited to make our dental operations even more effective," said Sharon Beaty, Mid-State's CEO.

Mid-State is accepting new patients of all ages and encourages anyone interested in learning more about Mid-State's dental



Mid-State's Becky Chicco enjoying the efficiency of the new equipment acquired with the award from Northeast Delta Dental.

team and its services to visit them on the As part of its commu-

org or call 603-744-6200.

model, Mid-State ensure access to these their ability to pay by

community regardless web at midstatehealth. nity health center services for all in the offering a sliding fee

scale for those who

Skin cancer in seniors: Development, identification, and risk reduction

BY MARTHA SWATS

Owner/Administrator Comfort Keepers

On the Rise

form of cancer in the United States, affecting more than one million people every year – many of whom are 65

years of age or older. While many are aware of the three types of On the Surface and skin cancer - basal cell carcinoma, squa-Skin cancer is con- mous cell carcinoma, sistently reported to and melanoma - the be the most common actual development of skin cancer may not be as well known. Below you will learn how skin cancer forms, the between differences the three types, and how your aging loved ones can identify and reduce the risk of skin cancer.

Development and Types of Skin cancer

The outer-most layer of our skin, known as the epidermis, is as ultraviolet rays (from the sun or artificial sources like tanning beds) come into contact with the skin, DNA within the skin cells can become damaged, resulting in mutations. These mutations can then cause

skin cells to multiply in quick succession, eventually invading the dermis layer of the skin. The classification composed of three of skin cancer depends originated.

> Basal cell and squamous cell carcinoma, common two very types of skin cancer, are considered highly curable and have been linked to those who spend a considerable amount of time outside and thus are frequently exposed to the sun. Melanoma, though less common, is recognized as more serious and potentially life-threatening. Resulting from the rapid growth of the aforementioned melanocyte cells, melanomas tend to manifest

or even form moles themselves.

For men, melanoma generally develops on cells: squamous, basal, solely on the epidermal the head or neck, and and melanocytes. Over skin cell from which it for women, it is often found on the legs, arms, or other extremities. That being said, melanoma can certainly develop in other areas of the body (wherever melanocytes are found), including the mouth, eyes, and even gastrointestinal tract. Unlike squamous and basal carcinoma, melanoma is seen largely in those who have experienced sunburns from excessive exposure to the sun's UV ravs.

Identifying Melanoma

Although the three types of skin cancer are generally considered curable if detected early enough, the possibility of early detection is largely contingent upon one's own self-examination. To help with identification of melanoma-related areas, the American Academy of Dermatology has created an easy and helpful system. If your aging loved one is concerned about a particular mole or series of moles, help him or her follow the ABCDE's of melanoma.

Asymmetry: If you were to draw a line right down the middle of the mole and both sides looked the same (or symmetrical), there's a

good chance it is benign. If, however, the two sides don't match SEE **COMFORT**, PAGE A12

Plymouth State

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Photo (I to r): Kathleen Edwards and Katie Chevalier, DPT

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Food Service

FROM PAGE A1

to accept the bid without any conditions, saying it is important to have the contract in place. He said he would continue discussions with Fresh Picks about the current liabilities and attempt to guarantee the workers' earned sick pay, but that he might not be able to preserve those benefits.

Vincent Paul Migliore of Bridgewater insisted on the conditional approval, saying the school district owed it to the food services workers, many of whom have been with the district for many years.

Under the terms of the contract, the company will provide \$60,000 in capital improvements for the food services program over a five-year period. The district has been trying to modernize its equipment, but efforts to make the meals support the program have failed, requiring an infusion of capital from the general fund.

"The programs cannot sustain themselves,"

Limanni said, "but a professional management company has the resources to do improvements each year."

The contract calls for a one-year probationary period, renewable for up to five years.

Both companies made presentations to the school board during a special meeting earlier this month. Suzanne Cheney of Alexandria said she spoke to officials in the Plymouth schools that utilize Fresh Picks Café, and they are very pleased with the company.

"They have a lot of efficient ways of doing things," she said, "so they might spend the same amount and get a lot more for it."

Limanni said the company would bring in a program director to train the current employees, noting that the NH Department of Education reviews and certifies the process.

Board Chair Jeff Levesque of Groton said he, too, had spoken with the Plymouth superintendent, "and no one had

anything negative to say about Fresh Picks. ... There's individualized training and support. Meal participation is up considerably."

When it came time for a vote, Levesque offered the motion to approve the bid, contingent upon the company accepting the transfer of sick time benefits accrued as of June 30, and his motion passed unanimously.

The school board also set meal prices for next year at the current rate.

In other business, the board approved the capital improvement program that had been presented on May 8; approved a football field trip to Encore football camp; and ratified staff nominations and resignations approved by the superintendent.

With 39 students signing up for seventh-grade French, the board approved the hiring of a one-tenth full-time-equivalent teacher to handle one section, keeping the enrollment to no more than 20 in a classroom.

tance from trained tax

professionals to ensure

North Woods FROM PAGE A1

ings, and this week it is Shirley Glines of Center Harbor and her lake-themed pillows in the spotlight. Marian Federspiel of Meredith contributes amazing digital artwork, all created on her computer, while Gerri Harvey of Gilford and Beverly Shanley of Meredith have beautiful paintings of their own for sale, too.

The photos and paintings cover the walls of the gallery, but the floor space has even more art and gifts to browse.

Kristen Awrich of Danbury works in glass and has several items available that make the perfect gift or home décor piece. In addition to his mugs and flasks, Wheeler has a display of ornaments and sun catchers, and Tilton resident Shelley Cram's beautiful handmade quilts can be found at the shop, too.

Charon also has a rack filled with note cards featuring her art, and Akiesha Young of Hill creates her own all-occasion cards that anyone would be pleased to receive.

"Her cards are fabulous. They're better than any Hallmark card and priced better, too," Wheeler said in praise of Young's

North Woods Gifts & Gallery opened just a

vendors from several

month ago but it is already becoming a go-to place for Newfound Region artwork. Wheeler said he's pleased with the great reception and is excited to now be part of the Bristol business community.

"I love the beauty of the area and the artistic ambiance of the historic downtown square," he said. "The compliment each other and I am looking forward to being an integral part of that."

North Woods Gifts & Gallery is located at 22 Central Square, and is open Tuesday through Saturday from 10 a.m. until 6 p.m., and from 10 a.m. until 3 p.m. on Sundays.

FROM PAGE A1

Market

spend a summer morning, shopping for local goods while enjoying time along the banks of the scenic Newfound River.

Each Saturday,

munities a better place. Granite United Way is rated a Platinum Participant by GuideStar and a Three Star Charity Navigator, two of the nation's largest nonprofit rating

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region

(Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For

more information, visit www.graniteuw.org.

area towns set up their booths to sell hundreds of handcrafted items and as crops grow, so will the availability of food items raised on nearby farms. Until then, there are

handcrafted jewelry items, quilts and knitted goods for the home, floral wreaths and Dave Redman's spectacular framed photos of the Newfound Region.

hanging Unique bottle lanterns, whimsical moose sachets filled with either cedar or balsam, placemats, decorative potholders and even homemade preserves can also be found.

"I make all the preserves from berries that I handpick myself," said Diane Cole of Over the Ledge in Ashland.

Cloth tote bags, credit card holders and purses are made in Alexandria while another booth offers floral wreaths, some great research can't speak to ceramic drink coasters and plaques.

For children there are adorable handmade stuffed animals, decorative headbands and barrettes, bibs and baby neck bandanas from Cat's Crochet in New Hampton.

Local woodworkers also have handcrafted

wooden utensils, signs, cribbage boards, and clocks that make great gift items for dads. And for the outdoors sports enthusiast, Joe Kraemer of Alexandria has a wide array of his handtied fishing flies avail-

Some weeks baked goods can be found and for those looking to have a bite of lunch before or after shopping, Roadside Grill has plenty to offer with picnic tables nearby along the waterfront to relax and enjoy it all.

No two weeks are ever the same as new vendors arrive or regulars add new items to their booths.

"You never know what or who you'll find here from week to week. It's always different," said Nancy Mills of Brownie's Beads.

Located at Mill Stream Park on Route 3A, just north of downtown Bristol, the market is operated by the Bristol Lions Club and open from 10 a.m. until 2 p.m. each Saturday until October. Those interested in renting booth space can find applications on the Bristol Farmers' Market and Crafts Facebook page or through Joe Kraemer at either jbkjak@metrocast.net or 744-3532.

United Way

FROM PAGE A3

Way for their Laconia team.

Partners like Marti Ilg, Executive Director, for Lakes Region Child Care Services, Inc. and Penny Pitou, Loyal Contributor and Leadership donor to United Way, support the vision of Granite United Way's work in the Central Region and their focus on Education, Income and Financial Stability.

"In many ways, these are unprecedented times with the pre-K movement, return on investment study, the presidential campaign with all of the attention the candidates gave to early childhood, and the current research that demonstrates the benefits to society when quality early care and education is provided. Licensed child care allows parents to take and keep a job while ensuring children get a strong educational start. Quality child care helps parents grow their income and children grow smarter," said Marti Ilg, Executive Director for Lakes Region Child Care Services Inc. "As a long-time Leadership donor to United Way, I whole heartedly support their vision and volunteer investment strategies in our community," said Penny Pitou, owner of Penny Pitou Travel, Inc. "I appreciate the time local volunteers dedicate to the process identifying current community issues and granting funds to the nonprofit proposals that will address those needs. As a donor I continue to be confident in this process and know that my gift is being leveraged in the most efficient and ef-

fective way possible." Funded programs will receive notification this week.

For more information about Granite United Way, visit www.graniteuw.org.

Granite United Way

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing

our community's most pressing needs. United Way's purpose

the underlying causes of

is to convene public, private, and governmental leaders and resources to tackle the largest, most

pressing issues facing our community. These issues include, but at not limited to: Providing children with the tools they need to read at grade level, putting them on the path to becoming successful, contributing members of our commu-

Offering free assis-

for cases in which some-

immediately caused by

one condition, but that

condition had a separate

underlying medical is-

are believed to increase

the risk of pneumonia.

But if a medical exam-

iner sees that a person

died of pneumonia, they

might mark the death as

caused by pneumonia,

even if the opioids were

the underlying cause for

Minnesota Department

of Health was notified of

an unexplained death:

a middle-aged man who

died suddenly at home.

He was on long-term

opioid therapy for some

back pain, and his family

was a little bit concerned

that he was abusing his

medication," said Vic-

toria Hall, one of the

"In early spring, the

For example, opioids

CADY

FROM PAGE A4

sue behind it.

the death.

that low income individuals and families file their taxes properly and timely, and utilize qualified tax credits to begin to build their own capital, Administering a statewide, comprehensive 24 hour a day/ 365 days a year help hot-line called 2-1-1 that quickly delivers help to any resident in New Hampshire Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to make our com-

the autopsy, the medical examiner was quite concerned about pneuone's death seemed to be monia in this case, and that's how the case was referred to the Minnesota Department of Health unexplained deaths program. Further testing diagnosed an influenza pneumonia, but also detected a toxic level of opioids in his system. However, on the death certificate, it only listed the pneumonia and made no mention of opioids."

study's authors. "After

Since this is just one study of one surveillance system in one state, it's unclear just how widedose crisis in US history.

spread this kind of under-reporting is in the United States. But the data suggests that there is at least some undercounting going on which is especially worrying, as this is already the deadliest drug over-

"It does seem like it

is almost an iceberg of an epidemic," said Hall. "We already know that it's bad. And while my what percent we're underestimating, we know we are missing some cases."

In 2015, more Americans died of drug overdoses than any other year on record - more than 52,000 deaths in just one year. That's higher than the more than 38,000 who died in car crashes, the more than 36,000 who died from gun violence, and the more than 43,000 who died due to HIV/AIDS during that epidemic's peak in 1995.

If you or someone you know needs help, don't wait: call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-HELP. For more information on substance misuse prevention, visit the CADY Web site at cadyinc.org.

Plymouth State

Plymouth State University BSN Program seeks qualified adjunct clinical nursing faculty to teach in varied disciplines, including Med/ Surg, Mental Health, Maternal/Child Health, and Simulation.

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Wine Fest

FROM PAGE A9

wine, fun beach food and live music outdoors. Admission to the event is free, and a portion of the evening's sales will also benefit Girls at Work.

For attendees wishing to stav overnight for the Beach Party or Wine Festival, Mill Falls at the Lake offers special Winnipesaukee Wine Festival rates. They are \$139 for Mill Falls and \$159 for a Mill Falls lake-view room. Standard rooms at Bay Point and Chase House \$179, and \$209 at Church Landing. There is a \$50 upgrade fee for Jacuzzi rooms. Cottages and Lodges are discounted at 15 percent off the normal rate. Book online at millfalls.com or call 1-800-622-6455 and mention vou are attending Winnipesaukee Wine Festival. Room availability is limited and will be granted on a first come, first served basis.

Girls at Work, Inc. empowers girls with the tools to overcome adversity and build confidence to face current and future life challenges. The organization provides girls

a safe and supportive environment to step out of their comfort zone and build with other girls. Through this program, girls discover how capable they are, and learn how to work as part of a team toward a common goal. Girls at Work offers classes in its Manchester wood shop, and also brings its program to locations across New Hampshire, from camps to businesses. For more information about Girls at Work, Inc., visit girlswork.

Founded in 1971, the Common Man family in New Hampshire is made up of 16 restaurants, two Inns, a Spa and Salon, Company Store and The Flying Monkey Movie House and Performance Center. Common Man locations include Common Man restaurants in Lincoln, Ashland, Concord. Claremont. Merrimack and Windham; Common Man Inn & Spa, Foster's Boiler Room, Italian Farmhouse and The Flying Monkey in Plymouth; Common Man Inn & Restaurant in remont; Lakehouse Grille, Camp, Lago and Town Docks in Meredith; Route 104 Diner in

New Hampton; Tilt'n Diner in Tilton; Airport Diner in Manchester; and the Common Man Company Store in Ashland. The Common Man also offers Common Man-made food at the Hi-Way Diner and Common Man Roadside food court at the newly-renovated Hook-

sett Welcome Centers on Interstate 93 north and south in Hooksett. For more information about The Common Man, visit thecman. com or become a fan on Facebook at www.facebook.com/thecmannh and find them on Twitter and Instagram @ thecmannh.

Comfort

FROM PAGE A10

(or are asymmetrical), it could be a melanoma.

Border: Pay close attention to the border of the mole. Benign moles generally have smooth borders, while melanomas have irregular or notched borders.

Color: Another warning signal is if the mole has more than one color, including multiple shades of brown, black, or tan. Additionally, melanomas may become red or blue in appearance.

Diameter: While benign moles are smaller in size, melanomas tend to be about ¼ inch or larger (or about the diameter of a pencil

eraser).
Evolving: Many
of the characteristics listed above may
change over time for

a mole, in which case you will want to monitor closely. If

other changes develop – such as itching, crusting, or bleeding – it could also indicate a melanoma.

Risk Reduction

As mentioned previously, older adults - those 65 years of age or older - are more likely to develop skin cancer than any other age group. The correlation behind this is not complex; seniors have lived longer than others and have had greater exposure to the sun's UV rays. However, with some extra precaution, seniors can reduce their overall risk of skin cancer. Below are a few helpful tips.

Avoid tanning beds altogether.

Use effective sun

block (at least SPF 15). Avoid going outside between the hours of 10 a.m. and 4 p.m., if

possible.

Wear proper clothing (hat, sunglasses, light, loose-fitting shirts) to protect against UV rays.

Find shade whenever possible.

Examine your skin regularly (following the ABCDE's), and follow up with a medical professional, if you suspect there may be a problem.

Comfort Keepers® Can Help

Our caregivers can establish a daily routine for your aging loved ones, to ensure that they are following the risk reduction tips above and keeping their skin protected from the sun's UV rays. We can also help them get to any sched-

uled medical appointments, safely and on time. Call your

local Comfort Keepers® office to learn more about our unique style of in-home care.

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

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What's Happening at Plymouth State University

2017 Community Education Summer Day Camps

Join us for fun-filled day camps, Monday— Friday, 9am—4pm on the campus of Plymouth State University. Camps include:

Summer Science Explorers: June 26–30

Jr. Lego Engineering Camp: July 10-14

Lego Engineering Camp: June 26-30

Mindstorm Madness Camp: July 30-August 4

Theatrical Combat Camp: August 7-11

Theatrical Combat Camp for Adults: August 7–11

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

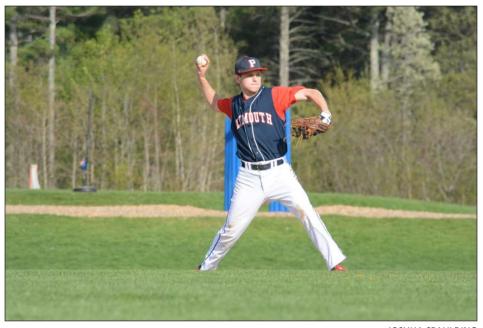


Questions? Contact Rachelle Lyons at rllyons@plymouth.edu or Nina Domina at (603) 535-3271, or visit http://tinyurl.com/mn39mjt.

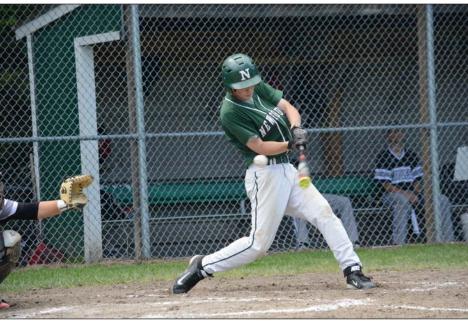


See further up here.

Thursday, June 15, 2017



IOSHUA SPAULDING



JOSHUA SPAULDING

Mike Hogan earned First Team All-State honors for Division II.

NATE DESROCHERS earned Division III First Team All-State.

Locals earn baseball All-State nods

BY JOSHUA SPAULDING

Sports Editor

REGION — Baseball All-State teams were recently announced by New Hampshire

Coaches' Association and local players were among those named to the teams.

In Division II, Kingswood senior Will Treuel

and Plymouth junior Mike Hogan both earned First Team honors.

Second Team honors went to Kingswood junior Brian Lindsay and

Plymouth sophomore Garrett Demas.

Kennett senior Kaleb Pepin and Plymouth sophomore Owen Brickley both earned Third

Team honors for their seasons.

Joining Treuel and Hogan on the First Team were Brennen Oxford of Oyster River, Brendan

Winch of Bow, Danny Allen of Con-Val. Matt Woodward and Tyler Small of Goffstown, Will Smith of Hanover, Derek SEE **BASEBALL** PAGE B3



JOSHUA SPAULDING



JOSHUA SPAULDING

Amanda Johnston earned First Team All-State honors for Division III.

Jordan Meier earned Second Team All-State for Division II.

Johnston, Dukette, MacDonald earn All-State honors

Sports Editor REGION — With the season wrapping up on the local softball diamonds, All-State lists were announced by the coaches association last week and it included major honors for one local

player. Prospect Mountain senior pitcher Brianna Burley was named Division III Player of the Year after leading the Timber Wolves to the Di-

vision III quarterfinals and recording her 500th career strikeout during the season.

Burley also earned First Team as a pitcher, while teammate Ali Brown earned First Team honors for outfield.

Also earning First Team honors for infield was Newfound's Amanda Johnston, while team-Ashlee Dukette named Second

Team as a catcher. Kylee MacDonald of Newfound earned a Second Team

at-large bid. Joining Johnston, Burley and Brown with First Team honors were pitchers Katlyn Coulter of White Mountains and Madison Labrie of Mascenic, catchers Anna Doherty of Franklin, Stevie Orton of Gilford, Jamie Cookingham of Bishop Brady and Raven Comtois of Mascenic, infielders Cassidy Gibbons of Campbell, Lauren Bolstridge of Winnisquam, Nicole Antonucci of Belmont, Jillian Lachapelle of Gilford, Shaeleigh Valliere of Berlin, Hailey Haskins of Franklin and Kaitlyn Nelson of White Mountains and outfielders Emma Rousseau of Campbell and Cait Mallahan of Bishop Brady, while Lily Rivera of Bishop Brady and Grace Chadbourne of Conant both earned atlarge First Team.

Also earning Second Team honors along with Dukette and MacDonald were pitchers Olivia Byers of Campbell and Chloe Vogel of Fall Mountain, catcher Abi Gray of Campbell, infielders Maddie Folcik of Kearsarge, Maggie Atkins of Hillsboro-Deering, Aniecia Vargas of Bishop Brady, Lacey McNeal of Newport, Sylvia Hamilton of Somersworth and Julianna

outfielders Jaida Mitchell of Raymond and Makenzie Donovan of Belmont, while Brianna Watson of White Mountains earned a Second Team at-large bid.

Honorable Mention went to pitcher Manea Aho of Conant, catcher Stacia Dame of Newport, infielders Carly Catty of Winnisquam, Amelia Kelly of Somersworth and Marit Milan and at-large players Jordyn Babin of Mascenic, Abby Santis of Bishop Brady and Gena Costello of Hillsboro-Deering.

Bill Clary of Belmont was named the Division III Coach of the Year while Shawn Garrett of Gilford was named Division III JV Coach of the Year.

In Division II, Plymouth outfielder Jordan Meier earned Second Team and Kennett outfielder Natalie Perry

earned Honorable Men-

Earning First Team honors were pitchers Hailey Yabroudy of Souhegan, Abby Bass of St. Thomas, Kaylee Chouinard of Goffstown and Delaney Parker of Milford, catcher Stephanie Bishop of Milford, infielders Katelyn Hill of Merrimack Valley, Jen Carson and Paige Delier of Milford and Olivia Langevin of Pembroke and outfielders Kerry Riley and Catie Langdon of Coe-Brown, Carley Holtshouser of Milford and Jenna Williamson of Windham.

Joining Meier with Second Team honors were pitchers Mallory Perron of Coe-Brown, Shannon Morin of Pelham and Stephanie Berube of Pembroke, catchers Brianna Connolly Pembroke, Alyssa

SEE **SOFTBALL** PAGE B6







Haskell named top female athlete at Colby

WATERVILLE, Maine — Mardi Haskell of Holderness and Carl Reid combined for six All-American honors and last month shared the spotlight as the winners of the Ellsworth "Bill" Millett Award at the 29th annual Colby College Senior Awards Ceremony.

The Millett Award is for the top athletes in the class. There were 10 awards given out at the dinner.

Haskell was a fourtime All-American for Colby's women's alpine ski team at the NCAA Division I Championships. She was an All-East

First Team selection all four years and was the Eastern Intercollegiate Ski Association (EISA) Rookie of the Year. Haskell had two All-American honors in the slalom and two in the giant sla-

Reid, the first Colby men's tennis player to reach 100 career wins in singles and doubles, is a two-time All-American and a six-time All-NES-CAC selection. He also was the NESCAC Rookie of the Year. Reid had 56 career singles wins and 51 doubles victories, most with four-year partner Vlad Murad.

war with Iraq. Since its establishment in 2006,

Doug's Camp Fund has

provided financial as-

sistance to more than

600 children to attend a

wide variety of camps

including boy and girl

scout camps, young

writer's camp, music

camp, sports camps and

many more. According

to fund administrator

Cathy Crane, "Our goal

is to meet the needs of

as many of New Hamp-

shire's young people as

las DiCenzo Classic is

a four-person scramble

golf tournament. The

schedule starts with a 12

p.m. check-in and lunch

followed by a 1 p.m. shot-

gun start. Barbecue din-

ner and awards wrap up

For additional infor-

mation and background

on the Captain Douglas

DiCenzo Camp Fund,

please visit dougscampfund.org or contact

Crane at ccrane653@

money off Benelli, Franchi & Stoeger

will be here.

gmail.com or 530-2113.

the day at 6 p.m.

The Captain Doug-

possible."

Captain Douglas DiCenzo Golf Classic is June 23

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

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

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Mardi Haskell was honored as Colby College's top female athlete of the year.

Local athletes wrap up track season at New Englands

BY JOSHUA SPAULDING

NORWELL, Mass. — The high school track season came to a close on Saturday at the New England Interscholastic Track and Field Championships, held at Norwell High School in Norwell, Mass.

Kennett, Kingswood and Newfound were all represented in the competition.

The top finisher on the day was Kennett senior Noah Lautenschlager, who ran to a time of 22.89 in the 200 meters, which placed him in 15th place

Kennett teammate Selena Gauthier, who is graduating early this

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year after her junior season, finished in 23rd in the 100 meters in 13.03 seconds.

The Kingswood 4X800meter relay team of Owen Gwizdala, Brent Coope, Brodie Deshaies and Wyatt Pooler ran to a time of 8:21.45 to take 19th overall. The team is the Division II champions, with Pooler and to the track next season.

Fellow Kingswood Knight Jacob Dearborn capped off his senior season with a toss of 136 feet, five inches in the discus, which placed him 21st overall on the afternoon.

The final local competitor was Newfound senior Leo tourekas, who won the

Coope both set to return Division III title in both the shot put and the discus and set school records in both in the process. He finished 26th at New Englands with a toss of 44 feet, two inch-

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

Canavari, House, Johnston named to Twin State Team

BY JOSHUA SPAULDING

Sports Editor

REGION — Three local field hockey play-

GUN

RAFFLES

DURING

ers were among those named to the Twin State New Hampshire roster.

The 34th annual New Hampshire – Vermont Twin State field hockey game will take place on Friday, June 23, at Grappone Stadium on the campus of St. Anselm College in Manchester at 7 p.m.

The game is sponsored by the field hockey coaches associations from both states and players try out for the team in their senior sea-

Included on the list are Kennett's Leah Canavari, Kingswood's Ali House and Newfound's Amanda Johnston.

Also on the New Hampshire team are Myra Arsenault and Julia Downs of Berlin, Emily Bevens and Sarah Morin of Pelham, Haily Blodgett of Portsmouth, Jenna Chrabolowski of Manchester Central, Timber Devine of Souhegan. Maddie Ellnor of Monadnock, Annalise Groves of Derryfield, Shania Lampinen of Mascenic, Julia Lanctot of Timberlane, Anne Marie Mannella of Bedford, Abby Merrill of Winnacunnet, Kate Pigsley of Exeter, Sophia Poulin of Londonderry, Becca Proulx of Concord and Cheyenne Zappala of Laconia.

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

Newfound searching for soccer coaches

found Regional High School is looking for a varsity boys' soccer coach and a JV boys' soccer coach. Anyone interested should send a letter of interest, resume and two recommendations to Superintendent Stacy Buckley at sbuckley@sau4.org. Questions should be directed to Peter Cofran, AD, at pcofran@sau4.org or 744-6006, x1507.



Newfound hands out spring sports awards

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — Though one athlete still had some competing to do to wrap up his high school career, the Newfound sports community put a bow on the spring sports season at the annual spring sports awards on Tuesday, June 6.

The Male Athlete of the Spring was presented to Leo Ntourntourekas, who still had another week go go in his season, competing at the New England Track Championships this past Saturday in shot put. He won two Division III titles on May 27.

The Female Athlete of the Spring went to Becky Norton, another thrower on the Bears track team with a top finish at the Division III State Meet.

The Bears Booster Club presented Student-Athlete Awards to one player on each team.

For the boys' track team, Matt Libby was the winner, while for the girls' track team, Megan Gebhardt received the honor. Charles Gould was the winner for the baseball team and Victoria Roman was the winner for the softball team.

NHIAA Sportsmanship Awards were also presented to one athlete on each team.

For boys' varsity Ethan Pruett was the winner while Connor Springer was the winner for JV boys' track. Leslie Shattuck won for the varsity girls' track team and Trinity Taylor was the JV girls' track winner. For the varsity softball team, Katy Drapeau was the

winner and Lauren Boisvert was the winner on the JV softball team. Logan Rouille was the varsity baseball winner and Mike Ruiter was chosen as the winner for the JV baseball team.

Team awards were also presented.

For the baseball team,

Devon Kraemer-Roberts was named Offensive Player of the Year, and Nate Desrochers won the Coaches Award and the Pabst Award.

For softball, Amanda Johnston was named Offensive Player of the Year, Kylee MacDonald was named Defensive Player of the Year and Bethany Basford was presented the Team Spirit Award.

For the boys' track team, Ntourntourekas won the Strong Man Award, Justin Shokal won the Fast Man Award and Reid Wilkins won the Coaches Award.

The Speed Award for the girls' track team went to Amy Combs, while Mackenzie Brunt won the Strength Award and Norton was presented with the Coaches Award.

Unified athlete awards were presented to Alec Dostie and Re-

Athletic Director Pete Cofran presented the Cathy Leaver Athletic Director's Award to the baseball team mothers and to Norton.

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

Youth tennis program starts June 26 in Tilton

TILTON — Free summer tennis program provided by Lakes Region Tennis Association will run Mondays and Wednesdays starting June 26 and running through Aug. 2nd

The program takes place at the Tilton School courts, Pillsbury Lane, Tilton.

Grades one from four will meet from 5:30 to 6:30 p.m. and grades five to eight will meet from

SPORTING

CHANCE

6:30 to 7:30 p.m. Adult lessons are being offered again this year. Minimum ages is six years

The program's coach is Karnal Gosine with assistance from Tilton

School players.

For rain cancellation, please check www. LakesRegionTennis.org or check the Lakes Region Tennis Facebook

Registration is ac-

cepted at either the Pines Community Center at 286-8653 or e-mail: pccprogramdirector@ gmail.com or Sanbornton Recreation at 286-2659 or e-mail sanbrec@ metrocast.net.

Focus shifting to singing and dancing for a while

Last week marked the elimination of all of the teams that I cover from the playoffs, meaning the spring season essentially ended.

I usually like to cover the New England Track and Field Championships in the weeks after the playoff ends and those were this past weekend. However, one of my writers was unavailable over the weekend and he had a team playing in the Division III baseball championship, which of course happened to be at the same time as the New Englands, so I had to head to Manchester on Saturday instead of traveling to Massachusetts nice to take a break. for the track meet.

But, as is usually the case in mid-June, things tend to slow down a little bit and for that, I am

By JOSHUA SPAULDING pretty grateful. It's been a long spring season in many ways and while I enjoy getting out and covering games, I also enjoy the chance to take

a bit of a break from the

everyday grind of after-

noon or evening games. I know that there will soon enough be regular contests to cover, be it American Legion Baseball or Cal Ripken Baseball and Softball or road races and triathlons. But for a week or two, it's

This summer promises to be plenty busy, however, outside of the job and that is what is getting a lot of my attention as we move into the middle of June. As I've noted here, I am playing the part of William Barfee in the Village Players production of 25th Annual **Putnam County Spelling** Bee, opening on July 14 in Wolfeboro. This is the first time I've tackled any sort of onstage role in a production since I was in high school. I've played numerous roles over the past few years, but they were roles that didn't require me to deliver more than one line (Sorry) or didn't involve any singing or dancing.

This part involves all of those things. And those who know me know that this will be a bit of work for me. We've been rehearsing three nights a week since mid-May and truthfully, I feel I've made some progress on all ends of the produc-

tion. Luckily for me, the rest of the cast comes in with good levels of experience on the stage, which helps to elevate my game.

By far, the hardest part for me has been the dancing. I am not a dancer, of any sort. So trying to find my rhythm and remember the moves being taught is not terribly easy for me. However, I praise the work of our choreographer, Kaylin Dean, who continues to record the dances and allows us to watch things over and over to help ingrain the moves in my head. And it's been working. Last Thurs-

Now, dancing with a group is one thing and dancing solo is another thing. The third thing, however, is dancing with one other person

day's rehearsal proved

to me that watching the

video really does help.

and that is totally different. Luckily, my dance partner, Gwen Collins, is a great dancer and makes things a bit easier for this novice.

As this comes out, we have one month to go until opening night. Here's hoping the progress continues as it has been. If so, I think I'll be OK.

Finally, have a great day Gwen Collins.

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

FROM PAGE B1

Goldrick of John Stark, Brian Nylen of Merrimack Valley, Tyler Gendron of Milford, Beau Arsenault and Peyton Goodrich of Portsmouth, Alex Burns and Bryce Reagan of Souhegan and Brendon Dufault and Chad Roche of Windham.

Oxford was named the Division II Player of the Year, while Tim Hopley of Portsmouth was named Coach of the Year and Gary Tremblay of Lebanon was named Assistant Coach of the Year.

Joining Demas and Lindsay on the Second Team were Taylor French and Connor Hussak of Goffstown, Nick Fathergrill of Hollis-Brookline, Jeremy Aubin and Brett Patnode of John Stark, Kevin Barton of Merrimack Valley, Jacob Wilder of Milford, Owen Tonkin of Oyster River, Kyle Griffin and Kyle Pufahl of Portsmouth, Owen Batchelder and Max Benevides of Souhegan, Tommy Bennett and Matt Wooster of St. Thomas and Stephen Koza and Tommy Costa of Windham.

Also earning Third Team honors with Pepin and Brickley were Connor Lorenz of Bow, Jacob Rich of Coe-Brown, Tim Burgess of Con-Val, Mitch Scacchi of Goffstown, Moises Lelaya of Hanover, Noah Greene of John Stark, Carter Doherty of Laconia, Ryan Flaherty of Milford, Andrew St. Ours of Oyster River, Matt Poff of Pelham, Quinton Paquin of Pembroke, Jack Reaney and Trevor Van Allen of Potsmouth, Tucker Aiello and Ryan Hill of Souhegan and Ryan Faria of Windham.

In Division III, Newfound senior Nate Desrochers earned First Team honors.

Prospect Mountain's Caleb Piwnicki earned Second Team honors. Third Team honors

for Division III went to Prospect Mountain's Sam Borelli and Drew Nickerson and Newfound's Logan Rouille, Devon Kraemer-Roberts and Mike Doan.

Joining Desrochers on the First Team were Scott Humphrey and Daimon Gibson of Mascenic, Andrew Coulombe of Berlin, JP Record of Conant, Coby Hussey and Noah Spaulding of Stevens, Andrew Dupuis and Alex Sweeney of Raymond, JT Cloutier of Monadnock, Griffin St. Onge and Matt Gagne of Campbell, Cole Contigiani and Corey Derosier of Belmont, Adrian Siravo of Gilford, Mike Lowrey of Winnisquam, Taryn LaRamie of Franklin and Griffin Crane of White Mountains.

Contigiani named Division III Player of the Year, while Jim Gorham of Campbell was named Coach of the Year. Kent Finemore of Winnisquam was named JV Coach of the Year and Chris Wall of Campbell was named Assistant Coach of the Year.

Joining Piwnicki on the Second Team were Jonny LeClair of Belmont, Travis Lamontagne of Berlin, Max Lamora and Mario Fusco of Bishop Brady, Bryce Barrett and DJ Simoneau of Campbell, Corbin Sasner of Conant, Max Joyce of Franklin, Tyler Sargent of Gilford, Collin Sheehan of Inter-Lakes, Drew Rines of Mascenic, Tyler Warner of Mascoma. Dan Heise and Chris Weeks of Monadnock, Zach O'Brien of Stevens, Braxton Brown of White Mountains and Brendon Vaughn of Winnisquam.

Also earning Third Team honors were Blake Letourneau of Berlin, Brendan Moynihan, Hunter Sanders and Ian St. Cyr of Inter-Lakes, Chance Kirby and Caleb Donahue from Conant, Henri Bourque and Drew Grenie of Stevens, Keegan Mills of Campbell, Alex Muthersbaugh of Gilford, Hunter Tierney of Winnisquam and Bryan Sweet and Harrison Clark of Franklin.

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



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(The Fair Housing Act of 1968 at 42

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Public Notices

REQUEST FOR PROPOSAL Friends of Wentworth Parks and Recreation

Friends of Wentworth Parks and Recreation, Wentworth, NH is seeking proposals from qualified firms to construction approximately 280' of wooden approach railings and to install approximately 140' of Owner supplied steel railings. The project is partially funded by a Northern Borders Regional Commission Grant. The scope of services will include:

Supply and install all necessary lumber and hardware for the installation of wooden railing approaches to both entrances of the new Friendship Bridge.

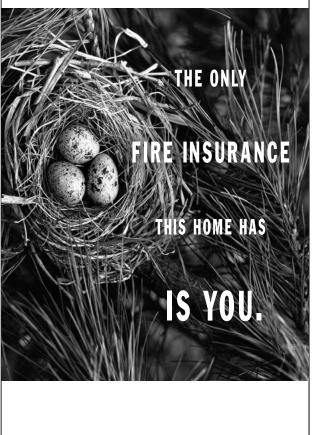
Install restored steel railings adjoining the wooden fence system on East Side Road.

Site visit is encouraged as steel railings are stored on site and all fencing system installation markers are in place. Firms submitting proposals shall provide a list of appropriate references. A maximum of \$20,000 has been budgeted for the project. The project must be completed by September 1, 2017. Detailed scope of work is available from Jen Meade, Jen@FriendsofWentworth.org,

781-293-1200.

Send two (2) complete copies of all proposals to: Max Corbett, PO Box 212, Wentworth, NH 03282 or deliver to a public bid opening on the bridge on Eastside Road, Wentworth, NH on July 14th at 11:00 a.m. No proposals will be accepted after that time. The Friends of Wentworth Parks and Recreation reserves the right to reject any and all proposals. Contract award is anticipated to be announced no later than

July 17, 2017.









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Newfound Area School District 2017 - 2018 School Year

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District-Wide AFTER SCHOOL PROGRAM DIRECTOR

This is a full time (210 days) position providing leadership to the after school program. The perfect candidate will have experience in after school programming, grant management, budget and supervision of staff.

Applicants for both positions should submit a letter of interest, resume, supportive credentials, job application and three current written references to:

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

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

TOWN OF BRISTOL

The Town of Bristol is hiring for part-time Planner and part-time Land Use Officer/
Health Officer positions. Hourly wage for both positions is \$19.71 to \$26.21 with annual merit pay increases and both are 16 to 24 hours per week. Include a cover letter, resume, three references and wage requirements in your submission packet. To apply, go to the Employment section of Town's website at www.townofbristolnh.org.

EOE/ADA.

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IMMEDIATE OPENING

Seeking motivated, hard-working semi-skilled and skilled general laborers for work on a variety of commercial and residential sitework project in NH - Work may include but is not limited to digging trenches, backfilling holes, moving earth with hand tools and running a compactor.

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Come join our team! HVAC Technician

Littleton Regional Healthcare has a full time opening in our Facilities Management Department for a HVAC Technician. The HVAC Technician is responsible for assisting in building and utilities systems and functions to comply with all regulatory agencies. This person will maintain and repair all heating, ventilating and air conditioning systems within the hospital and its buildings to assure the maximum percentage of efficiency is obtained from each of the units and that proper function of the hospital is maintained at all times.

Viable candidates must have a high school diploma and five (5) years of on the job training in the HVAC field. Other experience in building systems maintenance as well as plumbing is helpful. Must be able to read mechanical drawings and be knowledgeable in building automation computer skills.

Littleton Regional Healthcare offers competitive compensation and a generous benefits package.

Apply online: www.lrhcares.org

Littleton Regional Healthcare

Human Resources Department 600 St. Johnsbury Road, Littleton, NH 03561 Phone: 603-444-9331 Fax: 603-444-9087

EOE



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Please send or e-mail resumes to:

Newfound Area Nursing Association, 214 Lake Street, Bristol, NH 03222 or e-mail to patw@nanainc.org Tel. (603) 744-2733 • Fax (603) 744-9175

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FROM PAGE B1

Lombardi of Goffstown and Samantha Cushing of Souhegan, infielders Shannon Gifford of Goffstown, Jocelyn Dimond of John Stark, Sarah Ratcliffe of Pelham, Madison Robischeau of Souhegan and Rachel Estes of Windham and outfielders Kara Lendry of Goffstown, Madison Burke of Pelham, Nicole Pitts of Sanborn and Tori Paquette of St. Thomas.

Joining Perry with Honorable Mention nods were outfielder Marry Rotthoff of Souhegan and infielders Shealyn Bedell of Coe-Brown, Emily Bevens of Pelham, Cassidy Pigott of Hollis-Brookline, Sara Anoli of Bow, Jillian Cortez of St. Thomas and Josie Zalensky of Trinity.

Ratcliffe was named Player of the Year and Bass was named Pitcher of the Year. Peter Perich won the Glen Colburn Award and Harold Sachs of Salem won the Joan Forge Service Award. Andrea Bruneau of Souhegan was named Division II Coach of the Year and Cristy Jenkins of Goffstown was named JV Coach of the Year.

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

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