

Newfound Landing

THURSDAY, APRIL 15, 2021

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COMPLIMENTARY

Mid-State says goodbye to Kelley Watkins, adds Karen Johnston to roster



Karen Johnston

BRISTOL — Mid-State Health Center is saying farewell to a long-time clinician Kelley Watkins as she begins a new position with HealthFirst Family Care Center to provide Medication-Assisted Treatment in late May.

“Kelley has made a direct impact on our community and patients. She is a valued member of our team and has proven over her six years here her passion for health care. Although we are losing a dedicated member of our team, I am excited for her new path, expanding MAT services

in the Laconia community, and thank her for her service to Mid-State,” says CEO Robert MacLeod.

With the bittersweet departure of Kelley, Mid-State is pleased to announce the addition of Karen Johnston, APRN. Karen has joined the Bristol practice and is now accepting new patients seeking Family Medical services. Having lived in the state of New Hampshire for over 30 years, Karen is returning to her roots after working in Alaska for the last three years as an Emergency and

Family Medicine Nurse Practitioner.

Johnston began her medical education in 1992, earning a Bachelor of Science in Nursing from Colby-Sawyer College. In 2006 Karen went on to complete her Master of Science in Organizational Management from New England College, and in 2016 received her Master of Science in Nursing from Chamberlain College. Karen is licensed in the State of New Hampshire as a Registered Nurse (RN) and Advanced Practice Registered Nurse (APRN). She is recog-

nized for excellence and Board Certified by the American Association of Nurse Practitioner (AANP).

Johnston said, “I am excited to be working back in the community where I spent many years of my life, and I look forward to providing care to Mid-State Health Center patients.”

To learn more about Mid-State Health Center or to enroll as a patient, visit midstatehealth.org, call Mid-State Bristol, 744-6200, or Mid-State Plymouth, 536-4000.

Moreau takes helm for Newfound baseball team

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — With a new coach at the helm, the Newfound baseball team heads into a new season with some optimism and some veterans ready to lead the way.

And the team continues to follow the protocols to keep the season alive.

“We’re making sure everything is all set with all the protocols,” said new coach Tim Moreau. “It’s what we have to right now, if it lets us have a season, that’s what we’ll go forward with.”

On the field, Moreau

believes he has a team that is pretty strong with a good group of guys and lots of returning players, including at least four starters from the most recent season.

“They have definitely been working hard in the preseason,” the Bear coach said. “My philosophy is to have everyone on the same page.”

The Bears return seniors Eric Hanser, Mike Macklin, Matt Karkheck and Adrian Ehmann to the roster. Hanser will be doing pitching and will play at shortstop while Macklin returns behind the plate, where Moreau notes he has worked a lot

and the growth is definitely obvious. Karkheck will be at second base for the Bears and Ehmann will work in the outfield.

Luke Gordon will be playing first base and will work on the mound and is expected to be a big bat in the middle of the lineup. Connor and Ryder Downes are providing a good deal of speed to the lineup as they return.

Moreau also has a couple of sophomores making their varsity debut, with Romeo Dokus and David Joyce both providing outfield depth, Dokus is expected to be a

SEE NEWFOUND PAGE A9

Extend the life of a book

BRISTOL — Are you looking to find a new home for books you no longer have a use for? There are now two options in Bristol that extend the life of paperback and hardcover books, DVDs, and CDs. The Minot-Sleeper Library at 35 Pleasant St. in Bristol accepts books, DVDs, and CDs in good condition. Books donated to the library are resold, with proceeds benefitting the library. The library does not accept dictionaries, thesauruses, encyclopedias, or older textbooks.

For items the library does not accept and books with excessive markings and tears, residents can now bring them to a bin at the transfer station labeled “Discover Books,” near where other materials can be recycled. The bin at the transfer station is provided and emptied by Discover Books at no cost to the town. All books, DVDs, and CDs put in the bin are resold at discoverbooks.com, redistributed to nonprofits including libraries and schools, or recycled. Discover Books writes, “According to estimates, over 2 billion pounds of books in the US are wasted each year! We are proud of the positive impact we’ve made in reducing the over consumption of natural resources and unnecessary waste to landfills. We work hard to ensure books can be re-sold or donated, however, when a book cannot find a new home, we believe it should be recycled and have a new story to tell.”

Those with questions about donating books to the Minot-Sleeper Library may call 744-3352.

TTCC Easter Egg Hunt a success

BRISTOL — The Tapley-Thompson Community Center ran their Annual Easter Egg Hunt in 2021 a bit differently. This was a drive through event on Saturday, April 3 where families were invited to pull up & wave to the Easter Bunny! The bunny’s helpers gave each child in the vehicle a bag of Easter goodies with several eggs & candy to enjoy!

Vehicles would then pull into the school parking lot to go through their eggs to see if they were a prize winner. If a small yellow chick was found in the egg – they were a Grand Prize winner! And if they found a pink slip of paper saying “prize winner,” they were able to choose from wide selection of special Easter-themed prizes at our prize table. The TTCC’s Teen Council helped with

the event handing out prizes to over 50 smiling local children!

We also had a very special visitor when Arro from the Bristol Police Department’s K-9 unit stopped by to check things out. Leading up to the event we held a coloring contest & a jelly-bean jar guessing contest on our Facebook page! Our coloring contest winners were Everly Jenkins & Callie Hill. The winner of the Jelly-Bean contest was Beckett LaRoche. Thank you to the Bristol Fire Department and Bristol Police Department for joining us to greet those in attendance! It was a great event with more than 100 participants this year and our local families were so appreciative of the TTCC carrying on this fun annual tradition.



What does an occupational therapist do?

Pemi-Baker Community Health celebrates National OT Month



Pam Hixon, Pemi-Baker Community Health Occupational Therapist with patient at offices on Boulder Point Drive, Plymouth.

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Occupational therapy helps people with an injury, illness, or disability learn or re-learn to do everyday activities. For adults, this could include activities like getting dressed, cooking, and driving. For children, this could include activities like learning or playing. Occupational therapy got its name from its focus on helping patients with everyday activities—or “occupations.”

Occupational Therapists (OTs) and Occupational Therapy Assistants (OTAs) are a part of your health care team. They think about your physical abilities, like which parts of your body you can and can’t easily move. They think about your mental abilities, like what your brain can and can’t process. And they think about your environment, like where you live, work, or go to school—and how you get there. Your OT will ask you

questions about what’s important to you, like driving your car or folding your laundry, so treatment focuses on meeting your goals. They might change the way you do an activity, like putting an extension on your steering wheel or suggesting grab bars to help you get in and out of the shower. OTs and OTAs will usually go wherever you need them so you can practice your skills where you’ll actually be doing activities, like your school, house,

office, or nursing home. Occupational therapy activities support what you want to do. All of your occupational therapy treatment activities should have meaning and be things you want and need to do. They should help you reach your goals and make you more functional and independent. The following are examples: Self-care or activities of daily living (brushing teeth, buttoning clothes, using eating utensils), Hand-eye coordination (writing on a classroom whiteboard, copying in a notebook what the teacher writes on the board), Fine motor skills (grasping and controlling a pencil, using scissors). Real Life Example: If you had a stroke, you may still want or need to prepare your own meals while you’re recovering. Your OT or OTA should spend time helping you reach this goal by showing you the best ways to do things like reaching into cupboards and turning on the stove. Occupational therapy activities that challenge your mind have a purpose. Just like your move-

ment-based occupational therapy activities help you reach your physical goals, your mind-based activities should help you reach your cognitive goals. Your OT and OTA will think about how your brain uses information to help you reach your goals. Real Life Example: If you have a brain injury from an accident, you may still want to do your own grocery shopping. This might include planning your meals, making a grocery list, managing your money, and finding items in the grocery store. How do I choose an occupational therapist? Your doctor may refer you to an OT, but you can also choose one on your own. Make sure your OT or OTA is licensed. Federal and state laws license and regulate OTs and OTAs. Contact your state’s Occupational Therapy Licensing Board or Agency to confirm that your OT or OTA is licensed. Check your insurance coverage. Ask your health insurance plan if they cover occupa-

tional therapy. Many do, including Medicare and Affordable Care Act plans. Also ask if the OT and/or OTA you want to see is in your plan’s network, how much you may need to pay, and how many appointments are covered. Contact Pemi-Baker Community Health today to set up an appointment in your home or at our office on Boulder Point Drive. 536-2232 With over 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our website: www.pbhha.org and like our Facebook Page: @PBCH4.

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Comfort Keepers, a leading franchise network in the in-home care market for seniors and other adults needing care, has taken great strides to express their appreciation for their caregivers for all the help and joy they deliver to seniors during the pandemic and beyond. With COVID-19 creating unprecedented circumstances for seniors who found themselves isolated or unable to safely

reside with loved ones, these caregivers found ways to safely support, inspire and uplift their clients in the comfort of their own homes. To express their gratitude for the essential work caregivers perform every day, the company has taken steps to enhance pay, benefits and training in central and northern New Hampshire. Despite the challenges of COVID-19, the Comfort Keepers caregivers found ways to stay safe while helping

to maintain the health and well-being of some of the country’s most vulnerable. In support of their hard work and dedication, the company has made the following improvements: wage and salary increase; health, vision, and dental insurance enhancements; retirement plan matching; training and field support expansion. By making these enhancements, Comfort Keepers can increase their caregivers’ overall standard of living to better attract, train, and retain the best

professional staff in the business. “Our caregivers have shown incredible dedication, flexibility and devotion for their job and the seniors they care for,” said Martha Swats, Owner. “By enhancing pay, benefits and training for our caregivers, we can increase their quality of life and in turn, help ensure our overall mission of delivering joy and meaning to seniors every day. Our caregivers are heroic in their own right and we want to say thank you

for all the valuable work they provide to our community.” Comfort Keepers is looking to expand its caregiver family and hire responsible caregivers who are wanting to give seniors a sense of joy and a greater quality of life. A typical caregiver job description may include meal preparation, companionship, transportation, running errands, helping with personal care and more. The job is very rewarding on its own – but also offers competitive pay, benefits, job training and flexible schedules. Visit NHComfortKeepers.com for more information or apply at ckapply.com.

About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	185 Karl Gordon Rd.	Single-Family Residence	\$185,000	Joseph W. Bossie Estate and Wayne J. Bossie	Trevor Hunnicutt and Steven Swanson
Alexandria	N/A	N/A	\$360,000	Diane Sambor	Jeremy S. Lew 2015 RET
Alexandria	N/A	N/A	\$50,000	Debra J. Hart	Brian Lewis
Bristol	Route 3A	N/A	\$208,000	Robin Hennessey	Paul D. Olson and Rebecca L. Shepard
Bristol	Wiicom Road	N/A	\$561,133	Pacino RT and Jo A. Campo-Pacino	David G. and Laurie A. Kafka
Bristol	511 Wulamat Rd., Unit 511	Condominium	\$1,125,000	George and Kara Delaney	JJBB RT and Jonathan D. Shellington
Bristol	N/A (Lot 11)	N/A	\$161,000	F.M. Roschow III Estate and Richard Thorner	Robert R. and Miranda S. Jones
Campton	Patee Mountain Road	N/A	\$23,533	Luther M. Haartz	Jacob M. and Rachel E. Stevens
Campton	25 Red Sleigh Rd., Unit 25	Condominium	\$95,000	Cynthia Ball	Heidi and Raffi Kaivalya
Campton	Spring Hill Road	N/A	\$351,000	Martinson Fiscal Trust and Bradley R. Martinson	Georgiy and Irina Smilyanski
Campton	N/A (Lot 9)	N/A	\$99,533	Laura J. Hinman RE/T and Richard D. Hinman	Katherine Hamblet and Peter VanCor-Hosmer
Hebron	W. Shore Road, Lot Hs16	N/A	\$25,000	Scott and Bernadette Stephens	Darcy Favorite-Brewster and Timothy K. Brewster
Holderness	7 Pines Rd.	N/A	\$64,000	Frederick F. Brown	Andrew Sinibaldi
Rumney	110 Stewart Dr.	Single-Family Residence	\$137,250	Vincent G. and Linda M. Gillis	Dana A. and Kimberlee A. Gillis
Thornton	N/A (Lot 36)	N/A	\$47,000	Mountain River Development Association	Konrad N. and Catherine R. Wagner
Thornton	N/A (Lot 17)	N/A	\$40,000	Kevin Dorsey	Gregg Bruno
Waterville Valley	N/A (Lot 37b)	N/A	\$250,000	Flat Mountain LP	Clover Investments LLC

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

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Bears excited to be back on track

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — After a season lost to the COVID-19 pandemic, there are many new faces to be found on the

Newfound track team. And, there is also a new track. "We can't wait to host our two home meets and show off our new place," said veteran

coach. Mike LaPlume, who along with John Lellos, returns to lead the team. The new track will be officially dedicated as The Mills Oval in honor of longtime Newfound teacher and coach Earl Mills. Additionally, the team is dedicating the shot put pit to state champion shot putter Leo Ntourntourekas, who passed away about a year ago. The area will be known as Leo's Pit.

The new faces continue with the addition of assistant coaches Mariah Haley and John Daly, both of whom work in the high school. Haley will be handling vertical jumps while Daly will work with sprinters, hurdlers and high jumpers.

"And we are also very excited to bring on some new volunteer coaches," said LaPlume. These coaches will each handle small groups of athletes, helping us provide more

social distancing." And, it's safe to say the team will need help with that, since there are almost 60 kids out for the track team this spring. With no season last year, the team essentially has two freshmen classes, with plenty of new faces for the coaches to get to know as the season gets under way.

LaPlume expects that the Bears will be competitive in the Division III race this season, with a roster than includes plenty of returning experience and some exciting newcomers.

Paulina Huckins, Jacob Blouin and Owen Henry are expected to lead the team in the throwing arenas, along with stalwarts Sadira Dukette and Gretchen McGowan, while Autumn Braley, Cassie Zick and Shyann Seymour should be expected to pace the way in the sprints and the hur-

dles. Joe Sullivan and Hunter Pease should be key for the Bears in the middle distances, while Elsa McConologue, Logan Glidden and Mark Pigani will help out in both the sprints and the jumps in the new season.

"We are also picking up a few upperclassmen who never did track and field before, but are excellent athletes," LaPlume said. "This, combined with our double freshmen class, is very exciting for our coaching staff."

He noted that with a large group of newcomers, there are plenty of rising stars and he and his fellow coaches are excited to see just what they can do when they get on the track.

"All the athletes are working incredibly hard so far and as coach Daly says, 'they all have great attitudes,'" LaPlume stated. "We truly believe that both our teams can

be very competitive at the D3 championships this year, especially on the girls' side."

The two home meets for the Bears will take place on Saturday, April 24, with Winnisquam and Kennett and Saturday, May 15, with Franklin and Plymouth.

The schedule also includes two trips each to Winnisquam and Moultonborough, and single meets at Inter-Lakes, Berlin, Prospect Mountain and Laconia.

The Bears kicked off the season after deadline Tuesday at Inter-Lakes and will be competing at Winnisquam on Saturday, April 17, at 10 a.m. On Tuesday, April 20, they head to Moultonborough for a 4 p.m. meet.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

HIGH SCHOOL SLATE

Thursday, April 15
PLYMOUTH

Boys' Lacrosse vs. Kingswood; 4
Boys' Tennis at Kingswood; 4
Girls' Lacrosse at Kingswood; 6
Girls' Tennis vs. Kingswood; 4

Saturday, April 17
NEWFOUND

Track at Winnisquam; 10

Monday, April 19
NEWFOUND

Baseball at Franklin; 4
Softball vs. Franklin; 4

PLYMOUTH

Baseball vs. Laconia; 4
Softball vs. Laconia; 4

Tuesday, April 20
NEWFOUND

Track at Moultonborough; 4

PLYMOUTH

Boys' Lacrosse vs. Laconia; 4
Boys' Tennis at Inter-Lakes; 4
Girls' Tennis vs. Inter-Lakes; 4

Wednesday, April 21
NEWFOUND

Baseball vs. Franklin; 4
Softball at Franklin; 4

PLYMOUTH


Baseball at Laconia; 4
Girls' Lacrosse vs. Laconia; 4
Softball at Laconia; 4

Thursday, April 22
PLYMOUTH


Boys' Lacrosse at Laconia; 4
Boys' Tennis vs. Inter-Lakes; 4
Girls' Tennis at Inter-Lakes; 4

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CADY Corner

Let's Climb Above Addiction on April 17th!

BY DEB NARO
Contributor

On Saturday, April 17 from 11 a.m.-3 p.m., Plymouth State University will host the Fourth Annual Climb Above Addiction event. This fundraising event is typically planned as a family-fun day with crafts, games, food and a portable rock-climbing wall. Through the imagination and dedication of Dr. Bonnie Bechard and her Social Entrepreneurship students, the event, for the second year in a row, has been reimaged 100 percent online due to the pandemic. Social distancing, working from home and remote learning have left so many of us feeling isolated and disconnected. Climb Above Addiction will provide an online platform for people to participate in a wide array of activities “together” while staying home. This feat is a prime example of the greatness that can occur through cooperation, commitment, and community.

Live-streamed events will include keynote speaker Chris Sullivan, former NFL player with the New England Patriots and Pittsburgh Steelers. During his time as a member of the New England Patriots, Chris played in two Super Bowls and although his outward appearance looked like was on top of the world, inwardly he was suffering from anxiety and depression. Chris will share his powerful story as professional athlete, his struggle with anxiety, depression and addiction and his path to recovery. Other live-streamed activities will include music from the Uncle Steve Band, a rock painting class, pet photo contest, yoga, pet therapy, meditation, a Wall of Hope, outdoor guide seminar and so much more.

Proceeds from the Fourth Annual Climb Above Addiction event will support the Restorative Justice Program which gives a second chance to first-time youth offenders. This court diversion program is accredited by the State of New Hampshire Court System and helps high-risk youth age 12 to 18 to develop important life skills with the goal of preventing future risky behaviors, making amends to victims of juvenile crime, and rebuilding relationships with family members, schools, and the community. To date, the CADY Restorative Justice program has made a powerful difference in the lives of over 240 youth in the Pemi-Baker, Newfound, and Lincoln-Woodstock regions.

On behalf of CADY, I would like to express our extreme gratitude to Dr. Bonnie Bechard and her dedicated Social Entrepreneurship students for making this event possible. To learn more about CADY prevention programming and resources, visit cadyinc.org. Please visit: www.ClimbAboveAddiction.com on Saturday, April 17 to participate in some of the many live-streamed events and to show your support for substance misuse prevention, treatment, and recovery.

If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Letters to the Editor

To the Editor:
I am writing to recognize Shirley Yorks for the invaluable support she has provided the Minot-Sleeper Library over the years, as this month, she steps down from her longheld position of Minot-Sleeper Library trustee. Shirley has served as a library trustee for 21 years, during which time she has helped hire directors and other staff, support a building expansion

project, and care for the library's grounds. Shirley has been a special person in my life, both as a manager and friend, since I moved to Bristol 5 years ago.

I will never forget seeing Shirley outside on my first day as director at the library. I had a short commute, and as I walked up to the library, it appeared Shirley was tending to flowers near the entrance. When I came to where she was, it

seemed more likely that Shirley had been there to welcome me to the library and congratulate me once again on being selected as the library's next director. Over the years, Shirley always did seem to be right there when I needed her.

Shirley has made lasting positive impacts on the library as a trustee, member of the Friends, and member of the Garden Club. She played an instrumental role in the

library building expansion project that will be enjoyed by the community for many years to come. When the original butterfly garden was re-designed, she helped to make it a lush, beautiful oasis for all to enjoy. She has also made the surrounding grounds vibrant by planting flowers, pruning bushes, and watering throughout the summer and fall months. Another one of my memories that embodies

Shirley is a few years ago when I looked outside a library window and saw Shirley bent over, planting flowers in front of the library during a downpour. I ran to the original entrance and yelled from the covered porch for her to come inside. She waved me away. When she did finally come inside – soaking wet – she informed me that a rainshower is the best time to get plants in the ground. Shirley's dedication and positive attitude keeps all of us at the library smiling and not worrying too much

about the little things. I will miss having Shirley at regular library trustees meetings. I am also happy for Shirley and the time she will have to garden and visit with her close friends. I hope you will join me in thanking Shirley for her 21 years of service to the library and community at large.
Sincerely,
Brittany Overton
Director
Minot-Sleeper Library

A well deserved thank you

salmonpress.com



COURTESY

Bears of the Week

Newfound Memorial Middle School's Bear of the Week Student & Staff Winners for the week of April 9 are Harlee Clogston and Katherine Pierson for their representation of the NMMS Core Values. Thank you for being great members of our NMMS community and showing us what Respect, Responsibility, Pride, and Integrity are all about! Thank you to Promising Futures of NH/Office of Student Wellness at the DOE for providing prizes to this week's winners! Pictured are Harlee Clogston on left and nurse Katherine Pierson on the right.

Sustainable Bristol

Children's books about sustainability

BY LAUREN THERIAULT

Who doesn't love a good picture book? My kids love reading almost as much as me and we all appreciate lovely, fun and funky illustrations. With Earth Day coming soon I thought I'd list some of my, and my kids, favorite books with you to pick up, read to someone you love and share the excitement and joy or our natural world, after all if no one in the future generation sees the beauty in our world, no

one will fight to protect it.

"The Lorax" by Dr. Seuss- A great jumping off point for talking about environmental issues for the young and young at heart. We love the pictures and the rhyming (replace "stupid" with "silly" for a more G version) and the moral of the story is so poignant for today's issues.

"The Farm That Feeds Us" by Nancy Castaldo- a beautifully illustrated book about farming, where your food comes

from, the animals and people who make up the food and what farmers do.

"Discovering Energy" by Eduard Altarriba- another wonderfully illustrated book about all types of energy including a few pages on renewable energy.

"Facing A Warming World" by Melissa McDaniel- An up-to-date book with lots of information about climate change written in a way young kids can understand.

"Yucky Worm" by Vivian French- A lovely book about worms and all they do for our gardens and the world.

"Harlem Grown" by Tony Hillery- a book about sustainability, environmentalism and community engagement? How could you go wrong. This book is so great and makes me very excited for the Community Garden project planned in Bristol.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Wherever the place was, going there meant work



An American kestrel in a perch, on the lookout for anything it can catch, tear apart, and eat. (Courtesy birdobserver.org)

A bird flew up from nowhere early Friday morning, going like sixty and giving me just a glimpse through the window as it sped over the house toward Maine. “Kestrel,” I thought. The glimpse had said just “hawk.”

Such a sight at this time of year quickly turns to wondering whether this bird was from right around here, or from Nova Scotia, or maybe Newfoundland. Who knows? There was no interviewing the bird.

Raptors are flying along the Eastern Flyway about now, including the Connecticut River Flyway, an adjunct. Many of the birds we see are hunting their way home, to nest in northern lands. Perhaps the flock of geese I saw yesterday knew their map lore, and were going a thousand miles north, to

Goose Bay, in Labrador.

Here is where someone in the crowd might cry “Where’s Labrador?” and if you say that it’s above Newfoundland, someone is bound to cry “Where’s Newfoundland?”

+++++

Labrador was named for João Fernandes Lavrador, who sailed its coast in 1498-99. His last name meant “farmer” in Portuguese, or literally, “laborer.” The land (but mostly, the water) seems true to the name--lots of work, mainly being careful in a place waiting to kill you.

Perhaps early sailors had a hard time slowing down to gain the rocky shore, given the driving northwest winds. Once around the cape, they could seek out sheltered places where the best

timber grew. This seems to be what the Vikings were after, having denuded the land back home.

They were not alone in history or choice of cargo. Most of the forests in England and along the coast of Europe were long gone. Ships supplying the North American colonies needed something in their holds to take home, and one of the better commodities was lumber.

How did they do this? Entire trees in Viking longboats at least seem feasible, but to put down hatchets into a hold you need trees sawed into lumber.

With no sufficient water-power near the shores, pit-saws would seem the answer. As the term implies, a man in the bottom of a pit powers one end of the saw, while a man on a plat-

form powers the other. In between is an elaborate roll-up-and-feed cribwork.

+++++

The Maritimes and the north and south shores of the St. Lawrence offered some of the earliest and best places for the crews of Portuguese fishing ships to go ashore to dry and salt their catches.

I’m dwelling on Portugal here because adventurers from that small country seemed to make such a mark on the northeastern part of the continent.

Historians relate that as sails and hulls improved, European fishermen became more adventurous about going farther out to sea. While the Spaniards sought silver to the south, the Portuguese found silver of a different kind in the flash of fish on the Grand Banks.

Knowledge of the tremendous catches on the mid-ocean plateau remained a closely held secret. In all my reading on early sail and the age of first contact, I’ve never seen so much as a footnote on Portuguese sharing of this great secret with anyone, least of all the Spanish. This should be no great surprise to today’s people who love to fish. When you find a good spot, who talks?

+++++

I just can’t let Newfoundland and Labrador and the Vikings and First Contact pass with-

out mentioning the poor Beothuk.

Now, you won’t see me putting “poor” before many indigenous people, because it’s so often perceived as such a slight. But the Beothuk certainly deserve it, as do many other tribes and nations swept by the wave of First Contact.

The Beothuk lived in Newfoundland, their origins a matter of mystery. To their neighbors all around--the Mi’kmaq, the Cree, the Montagnais--the Beothuk were known as elusive, unwilling even to come into the light of the campfire, unwilling to trade, stealthy, even sly, and sneaky.

They were taller than their neighbors said, and the Beothuk had a special fondness for red ochre, normally procured via rust-colored clay. By some accounts, the Beothuk got theirs from a special root found in a lake.

As European settlement took hold and their comfort zone shrank, the Beothuk held on to their homelands in central and northern Newfoundland. But as even the harsh outer coasts of the island were settled, more incidents of theft and friction seemed to involve the Beothuk. Reprisals and raids eroded their ranks.

Finally, as incipient sociologists experienced some angst, someone thought to go looking for the Beothuk. The Beothuk, still refusing to acknowledge authority or



tolerate contact, put up a fight. Little is known about the remnants.

But here is the haunting part. People on the island’s north shore said they saw a skin boat, round like the bull-boat of the West, its occupants paddling furiously for the coast of Labrador, just nine miles away.

To this day, mixed-tribe descendants of the Beothuk genes are thought to be very much of the living landscape throughout Newfoundland and Labrador, and many a Montagnais, Metis, or Mi’kmaq is proud to claim some ownership.

(For more on the Beothuk, there’s a lot on the Internet, with the usual caution about sources. For more traditional approaches, a good beginning is Samuel Eliot Morison’s “European Discovery of North America.” A much more thorough treatment is rendered in “A History and Ethnography of the Beothuk” [1996], by Ingeborg Marshall.)

(Please address mail, with contact info in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

PSU women’s soccer nipped at Castleton

CASTLETON, Vt. — Castleton University scored a pair of second half goals to rally past Plymouth State University, 2-1, in a Little East Conference (LEC) women’s soccer game at Dave Wolk Stadium on Wednesday night.

Sophomore Jackie Dizney (Foxborough, Mass.) gave the Panthers the lead with her first career goal in the 32nd minute and PSU would remain in front through the intermission. Castleton evened the score at the 49th minute and pulled ahead in the 55th minute to hold on for the win.

Plymouth State falls to an even 1-1 (1-1 LEC), while the Spartans improve to 2-0 (2-0 LEC).

The teams went back-and-forth throughout the opening half. Junior goalkeeper Cat Robbins (Franklin, Mass.) was stellar for the Panthers, making five saves as PSU was outshot by a 9-4 margin.

Senior Dehlia Wright (Newport, Vt.) crossed a ball from the right side that was misplayed

by a Spartan defender. Dizney collected, created space and sent a left-footed shot just inside the far post to give the Panthers the lead in the 32nd minute.

Robbins was tested in the 41st minute when a through ball split the defense and led to one-on-one, but she came out and smothered the ball to preserve the lead. Robbins made another tough save on a low-angle, close-range shot with just over a minute remaining in the half as PSU remained in front at the break.

Castleton pulled even in the 48th minute with a blast from 23 yards out over the head of goalkeeper Elena Register (Helena, Ala.).

The Spartans took the lead six minutes later and the hosts were able to hold on for the win.

Castleton owned a 22-8 advantage in shots and 11-4 in shots on goal.

PSU had a 2-1 edge in corner kicks.

Robbins made five saves in the first half, while Register (0-1) stopped four shots over

the final 45 minutes.

Junior Sarah Hicks (Sutton, Mass.) led the Panthers with three shots.

The two teams have met 14 times with each side winning six games and two ending in ties, though the Panthers are just 1-5-1 on the road in the all-time series.

NEWFOUND AREA SCHOOL DISTRICT

KINDERGARTEN REGISTRATION FOR 2021-2022 SCHOOL YEAR

If you have a child who will turn 5 years old by September 30, 2021 please call or email the school in the town in which you live for registration information.

Bristol Elementary School 744-2761 or jtehven@sau4.org

Bridgewater-Hebron Village School (Bridgewater, Groton and Hebron) 744-6969 or shunewill@sau4.org

Danbury Elementary School 768-3434 or ncampisi@sau4.org

New Hampton Community School 744-3221 or jfecteau@sau4.org

If you live in Alexandria, your child will attend either Bristol Elementary School or Bridgewater-Hebron

Village School. Determination is made according to physical address. You may contact either school for more information.

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Scott Stephen Ellis, 47

DANBURY, NH— Scott Stephen Ellis, 47, died Friday, April 2, 2021 after a brief illness. He was born in Weymouth MA, one of three sons to Robert and Linda (LeMay) Ellis. He was raised in Kingston, MA and graduated from Silver Lake Regional High School in 1991. He went on to earn an Associates Degree in Automotive Technology and graduated from the Toyota T-TEN program becoming, at that time, the youngest master technician for both Toyota and Lexus. Scott was for several years the top Toyota Technician in New England and traveled extensively for the Toyota Company. He currently was sharing his knowledge as the T-TEN Lead Professor at Lakes Region Community College in Laconia, NH.

His love of cars started at a young age, growing up with antique cars and mechanics in his family. He loved music, especially the band Phish, owning every album they recorded. His family was active with



the Marshfield Grange and as a family they all worked the Grange booth at the Marshfield Fair in his youth. He loved the outdoors, panning for gold, gardening, antiquing, and American History. In his youth he drove cross-country to Alaska, this trip sparked his passion for adventure; something he kept alive his entire life. Scott loved to whip it up in the kitchen and was willing to flood the place with upper-cuts. Loved not only by friends and family, but thousands of students who studied under him.

In addition to his parents, Robert and Linda of Zephyrhills, FL; he created three amazing children with Daryll El-

lis; daughters Roberta Ellis and Frances Ellis both of Dover, NH; and son, Remmi Ellis of Portsmouth. He also leaves two brothers and sisters-in-laws: Robert P. Ellis and Janet Wallace of Groton, NH and Brian and Katie Ellis of Bow, NH; many nieces and nephews and one “grand dog”.

Services- A Celebration of Life will be held at Profile Falls, Mountain Hill Road in Bristol NH from 12pm to 4pm on May 1st, 2021. Masks are required and all COVID-19 guidelines must be followed. Interment will be in the Mt. Pleasant Cemetery in Pembroke, MA in the future. In lieu of flowers, please consider a donation in his memory to Mass Eye and Ear Uveitis Research, <https://giving.masseyeandear.org/> or mail a check to the Mass Eye and Ear, Development Office, 243 Charles St., Boston, MA, 02114. To leave a remembrance please go to www.EmmonsFuneralHome.com

Churches

Christian Science Society, Plymouth

Everyone is invited to our Sunday services, which are held each week in our church edifice at 7 Emerson St. in Plymouth. Next Sunday’s Bible lesson is on the subject of Doctrine of Atonement. It begins with a responsive reading that starts with the passage from Isaiah, “How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth great tidings of good, that publisheth salvation.”

On Wednesday evenings, we have a meeting at 6 p.m. which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share inspiration from Bible study and prayer, and gratitude for healing experiences. We’d love to have you attend.

We have a Sunday school for children and young people up to the

age of twenty. Currently it is meeting online and we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4 p.m. over Zoom.

This past week, we enjoyed having as our guest soloist Dan Hale. Next Sunday our regular soloist, Richard Moses, will be returning.

For services in the church building, we are following state guidelines and so we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all the recommended protocols.

For those who prefer or who are not able to attend in person, we are broadcasting every service on Zoom where you may join us remotely. If you are interested in attending the services online, please send an email to csplymouthzoom@gmail.com and request an invitation. We’ve had visitors from near and far in our online congregation, including a for-

mer Sunday School student from overseas!

On www.jshonline.com under “Audio” you can sign up for the Daily Lift, which comes each weekday and offers two to three minutes of helpful sharing of ideas by church members from around the world.

On www.christian-science.com you can find articles and thoughts to explore. It’s also possible to link to and read The Bible and the Christian Science textbook “Science and Health with Key to the Scriptures” by Mary Baker Eddy. We hope you find inspiration and support from these resources.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:
April 18
Let Life Take You By The Hand
Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director
Tatum Barnes, Director of Religious Education

Join us on this Sunday morning to explore the invitations that life offers us, to become something and someone new, over and over again.

LIVE STREAMED via ZOOM

For Zoom link and all other information visit our Web site: www.starrkingfellowship.org
536-8908

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Congratulations to both the NRHS baseball and softball teams for their opening game wins on Monday! Great start to the season and I’m sure added to the excitement of being back on the fields and competing after such a long layoff. I hope the season continues to bring successes!

To ensure a safe environment for our community, the Minot-Sleeper Library now asks that you email librarianat-townofbristolnh.org or call 744-3352 to request the link, meeting ID and password to join an event. You may do this any time prior to the event. It is recommended you make the request at least 48 hours prior to the event if possible.

Third Monday Book Group, April 19 at 10 a.m. - “The Book Woman of Troublesome Creek” by Kim Michele Richardson; Classics Book Group, April 20 at 6:30 p.m. - “The House of Mirth” by Edith Wharton; Regenerative Reads Book Club, May 17 at 6:30 p.m. - “Cradle to Cradle: Remaking the way we make things” by William McDonough and Michael Graungart; Movie Group, Tuesday, April 27 at 6:30 p.m. - The Marx Brothers in “A Night in Casablanca”. For books and movies, contact the MSL for information.

Visual Story Time — very Friday at 11 a.m., the library offers a live and interactive story time through Zoom. The Youth Services librarian will read a story, engage with attendees and help guide them through a craft that can be picked up at the library in advance of story time. To attend, please email minotsleeperlibrary@gmail.com for the Zoom event invite. April 16 - “Fresh Picked Poetry” and poetry flower craft.

Volunteers are needed for the upcoming TTCC Baseball, Softball and T-ball season. Coaches and Board Members are also needed for Spring Training and for the regular season.

Karate Lessons at the TTCC will take place on Wednesdays from 6-7 p.m. for ages 5 - 7, and at 7:15 - 8:15 p.m. for ages 13 and up. The fee is \$50 per month, with the start date pending the enrollment.

The TTCC Summer Camp Registration is now open. There is a \$20 registration fee and an \$85/week tuition. The

camps will run from 9 a.m.-4 p.m. daily with limited care before and after for an additional fee. The camp will run for eight weeks, from June 28 until Aug. 20. Applications for those interested in working at the TTCC this summer are available now.

Parent’s Night Out will be offered one more time on May 15 for ages four and up for \$15 per child for the hours of 5 – 10 p.m. All children MUST be preregistered!

A Granite State Track and Field program is to be held on the Mills Oval at NRHS starting in early May for ages nine to 14 by Dec. 31. The fee will be \$25 through registration at www.ttcctcc.org. This program was sponsored by the Hershey Company for 37 years and is now a program of New Hampshire Recreation and Parks Association. More information is available online at granitestatetrackandfield.weebly.com or call the TTCC at 744-2713.

Now that the snow has (almost all) gone, the roadside trash has been revealed! I don’t understand thoughtless people deliberately throwing their trash on our roadsides, but it does need to be picked up and I would urge you to get some exercise and at the same time help keep our roadsides looking nice by taking a walk and helping pick up some of the mess. I would urge you to be safe doing so, picking up only what you can do safely and reporting unsafe articles to the authorities rather than endangering your health.

Groton

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

Spring has sprung in this part of the world. We may have snow yet, but I planted peas, so that seals the deal. We have enjoyed some nice weather and the woods are quite dry, so please be extremely careful with fires. I have seen some budding on trees and the forsythia is blooming and daffodils are up, but it is still very dry.

There is a roadside clean-up planned by the Conservation Commission for Saturday, April 17. Meet at the Town House at 10 a.m. Vests and bags will be provided. Bring gloves and water to drink if needed. Rain Date will be Sunday the 18th.

Groton Town Meeting scheduled for Saturday, May 8, beginning

at 9 a.m. This will most likely be at Everett Hobart Memorial Park but if there is any change you will find this on the Town of Groton web site.

Scheduled meetings and closures
Select Board Work Sessions – Tuesdays, April 20 and May 4, all at 6 p.m. at the Town House

Select Board Meetings – Tuesdays, April 20 and May 4 at the Town House at 7 p.m.

Planning Board meeting at the Town House Wednesday, April 28 at 7 p.m.

The Town Clerk’s Office will be closed April 26 all day.
The Select Board Office will be closed April 26, 28 and 29.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Important Hebron Library information:

The Hebron Library will open on Monday, April 5 for patrons.

On Monday, April 5, the library will open for limited in-person use, during the hours of:

Monday 2-4 p.m.
Wednesday 1-3 p.m.
Saturday 9-11 a.m.

At the above times, patrons will be allowed 20 minutes to peruse the books, make selections and check out their books. (A patron is one person, a couple or a parent and children from the same household.)

Masks will be worn at all times by patrons and staff and social distancing will be in place. Hand sanitizer will be available, and it is requested that it be utilized upon entering the library.

All cleansing procedures will be followed to provide a safe and enjoyable experience for patrons and staff.

To make an appointment for a slot please call ahead at 744-7998 during regular library hours. We will accommodate you on that day if possible, or make a scheduled appointment for another day that we are open.

Curbside pickup will still be available.

Panther tennis, lax players earn LEC honors

PLYMOUTH — Student-athletes from the Plymouth State University women’s tennis and women’s lacrosse teams were selected for Little East Conference (LEC) Weekly Honors following their play over the previous week.

Women’s tennis

Plymouth State coasted past Western Connecticut State University, 9-0, in the team’s season-opening match at the Bank of New Hampshire Field House on Saturday. PSU dropped just 12 games throughout singles play and swept the doubles with 8-0 and 8-2 wins.

Senior Maggie McCarthy (Marion, Mass.) took home Player of the Week honors after helping secure two points for the Panthers in the sweep. Along with her doubles partner, McCarthy didn’t surrender a point in an 8-0 win at number one doubles. Playing at number one singles, McCarthy was always in control on the way to a straight sets (6-2, 6-1) win.

Women’s lacrosse

The Panthers earned Plymouth State’s first-ever win on the new Panther Field after an impressive defensive showing in a 10-4 win over Eastern Connecticut State University on Saturday.

Senior Meaghan Allard (Amherst) was tabbed Goalie of the Week following an outstanding performance in cage. Allard made eight saves, including many from point-blank range, to help limit the Warriors’ offense to just four goals – well below the team’s season average of nearly 20. She added a game-high seven ground balls and three caused turnovers.

Junior Devon Mello (Laconia) picked up Defensive Player of the Week honors for her role in slowing down the Eastern Connecticut attack. In addition to racking up three ground balls and a team-best four caused turnovers, she also deflected a number of Warriors’ passes. Her suffocating defense was a prime reason ECSU’s top four attackers were limited to just a single goal apiece.

Trying to compare Medicare Advantage Plans vs. Medicare Supplements?

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Baseball Panthers win three of four against Keene State

PLYMOUTH — Plymouth State University picked up its first Little East Conference (LEC) win of the season after earning a split with Keene State College in an LEC doubleheader at Parish Field on Friday afternoon.

Keene State's bats were dynamic in the opener on the way to a 25-1 win, but Plymouth State rallied in game two using a seven-run first inning to spark a 15-5 victory.

With the split Plymouth State moves to 2-4 (1-3 LEC), while Keene State ends the day with a 2-5 (1-3 LEC) mark.

Keene was gifted a pair of runs in the first inning of the first game on a bases loaded hit batsman and walk to make it 2-0. The Owls pushed the lead to 6-0 with a four-run second.

Graduate student Andrew Salta (Laconia) manufactured a run for the Panthers in the bottom of the inning. After working a leadoff walk, he stole second, moved up to third on a fly ball and raced home on an RBI groundout by senior

Andrew Wasilefsky (Wilington, Conn.).

Keene State took advantage of a pair of miscues to plate seven runs in the third and continued to tack on the rest of the way.

Freshman Luke Sokolski (Waterford, Conn.) and sophomore Griffin Crane (Lancaster) had PSU's lone two hits. Crane singled in the first, while Sokolski doubled in the fifth.

Freshman Nick Calenda (Warren, R.I.) looked impressive on the hill, striking out two and not allowing a run over the final 1.2 innings.

Plymouth State was playing its first home game since April 30, 2019.

The Panthers' bats came alive in game two right from the bottom of the first. Sokolski lead off the frame with a single and junior Drew Metzdorf (Burlington, Mass.) and graduate student James Salta (Laconia) rocked back-to-back home runs to give PSU a quick 3-0 advantage.

Plymouth State added four more runs in the frame thanks to three hit

batters, two errors and six stolen bases.

Metzdorf and James Salta used back-to-back singles to start the fourth. After a walk, graduate student Gavin Cook (Littleton) singled up the middle to plate a pair of runs. Later in the inning senior Joe Routhier's (Nashua) sacrifice fly pushed the lead to 10-0.

Junior Noah Wachter (Concord) was throwing a no-hitter through the first four innings but ran out of gas in the fifth. Three walks and an error wrapped around a pair of singles cut the Panthers' lead to 10-4, ending Wachter's day. Classmate Derek Walker (Littleton) came on in relief and gave up a run scoring single before getting a strikeout to end the frame.

Andrew Salta singled home a run in the sixth and back-to-back KSC errors plated three more runs before James Salta smoked a ground-rule double to make it 15-5.

Walker worked a perfect seventh to close out the win.

Wachter picked up the win (1-1) after allowing three earned runs over 4.2 innings while striking out seven. Walker struck out four over his 2.1 scoreless innings.

James Salta finished 4-for-5 with a double and homer at the plate, scoring a pair of runs and driving in two. Metzdorf finished 2-for-5 with his two-run shot, scoring three runs. Routhier drove in three and Cook knocked in two runs and scored twice.

The Panthers stole 12 bases led by three apiece for Cook and sophomore Griffin Crane (Lancaster).

Less than 24 hours after plating 15 runs, the Plymouth State University offense was on full display again as the Panthers scored 37 runs and

compiled 40 base hits to dominate both ends of a non-conference doubleheader against Keene State College at the Owl Athletic Complex on Saturday.

PSU banged out 18 hits, including two doubles and a grand slam from Wasilefsky to take the opener by a 17-10 margin. Not to be outdone, Metzdorf had five hits and Crane ripped three doubles to win game two 20-1 in seven innings.

After dropping the opening game of the four-game set, PSU pounded the Owls' pitching to outscore KSC by a 52-16 margin and take the final three games.

With the sweep Plymouth State evens its record at 4-4 while Keene State drops to 2-7.

PSU took a first-inning lead when Crane singled home Sokolski with one out.

Metzdorf drove in Routhier with a clutch, two-out single in the second and Wasilefsky's first double of the game made it 3-0 an inning later.

The Owls cut into the margin with a run in the bottom of the inning, but a KSC throwing error led to two runs in the fourth to push the lead to 5-1.

Keene got the two runs back in the bottom of the inning and the score would remain the same until the sixth, when Crane's single and another KSC error made it 7-3. Wasilefsky followed with an RBI double to extend the lead to 8-3.

Again, the Owls came back plating three in the bottom of the sixth.

Crane ripped his fourth hit of the game in the eighth to score another run and Wasilefsky's sacrifice fly made it 10-6.

PSU put the game out of reach in the ninth

as Sokolski drove in a run with a base hit and James Salta's bases loaded walk pushed it to 12-7. Sophomore Alex Rives (Gilford) added an RBI infield hit before Wasilefsky launched a grand slam off the KSC scoreboard in deep right center field.

Wasilefsky finished 3-for-4 with two doubles, a grand slam and a walk. His seven RBI were a career high. Crane finished with four singles while driving in three, as Metzdorf also had a four-hit game to go with three runs scored. Sokolski went 3-for-5 atop the lineup, scoring twice. The Panthers' one through four hitters went a combined 12-for-19 with three walks, nine runs scored and six RBI. Sophomore Ryan Hurlbert (Middletown, Conn.) allowed four earned runs over six innings to improve to 2-0.

Sokolski led off game two with a base hit and quickly came home on Metzdorf's double. James Salta followed with an RBI single and later in the inning a fielding error made it 3-0.

Andrew Salta singled in a run in the third, but the Owls came right back with one in the bottom of the inning to make it 4-1.

Crane's speed created a run in the fourth when he ripped a two-out double, stole third and scampered home on a throwing error by the catcher.

Routhier opened the fifth with a single and Cook drilled a hanging

curveball well over the fence in left field to make it 7-1. James Salta added an RBI single and Crane followed with a two-run double to extend the lead to 10-1.

Plymouth State sent 14 batters to the plate in the seventh inning as the game got out of hand. Crane and freshman Jackson Curtis (Jefferson) had RBI singles, sophomore Josh Silveira (East Providence, R.I.) worked a bases loaded walk and Cook's sacrifice fly made it 14-1.

Sokolski followed with an RBI single ahead of Metzdorf's two-run triple to push the lead to 17-1. Crane and senior Peter Laviolette (Longboat Key, Fla.) knocked back-to-back doubles as the lead ballooned to 20-1.

Metzdorf had a monster game finishing 5-for-6 with a double and triple, four runs scored and three RBI. Crane was 4-for-6 with three doubles, three runs scored and four RBI, while James Salta added three hits, four runs and two RBI. Every starter had at least one hit and eight-of-nine scored at least one run. PSU was 8-for-8 in stolen base attempts.

Nearly lost in the offensive outburst was a brilliant pitching performance by graduate student Mark Berryman (Lancaster). The 6-0 rightly scattered six hits over six full innings, throwing 108 pitches and striking out six to improve to 1-1.

Panther field hockey makes long-awaited return to campus

PLYMOUTH — A late goal by Eastern Connecticut State University spoiled the long-awaited return to campus for the Plymouth State University field hockey team as the Warriors nipped PSU 2-1 in a non-conference game at Panther Field on Sunday afternoon.

Plymouth State was playing on campus for the first time since the 2014 ECAC New England Tournament Championship game, a 2-0 win on Arold Field. PSU spent the next five seasons playing on turf at nearby New Hampton School, but was finally able to return home this spring after the completion of Plymouth State's new Panther Field.

The teams traded goals in the second quarter and the score remained deadlocked at one until early in the fourth quarter when a Warriors' backhanded attempt snuck through traffic into the back of the cage.

Prior to the game Plymouth State honored its senior class during a brief Senior Day ceremony. Seniors Kaitlyne Silva (East Providence, R.I.), Olivia Geisser (Lowell, Mass.), Haley Wakefield (South Paris, Maine), Jess Distler (Brookfield) and recent graduate Laura Secone (Harpeswell, Maine), who completed her degree requirements in the fall semester, were all recognized.

With the setback the Panthers fall to 0-2, while Eastern Connecticut moves to 3-0.

Eastern Connecticut pressured the PSU defense in the first quarter. The Warriors earned three penalty corners, but Distler made three saves in the frame and the Panthers blocked two shots to keep the game scoreless.

The teams went up and down the field through most of the second quarter, with the Warriors getting on the board with 2:31 left in the half. Freshman Leah Kowalasky (Middlebury, Conn.) sent a drive from just inside the circle. The ball skipped up into the air and junior Brianna Nolan (Watertown, Conn.) batted it into the cage.

Plymouth State came back to tie things in the final minute of the quarter. Freshman Taylor Healey (Campton) fired a shot that was saved, but junior Leah Mayes (Lebanon) picked up the rebound and snuck a low angle shot past the goalkeeper high to the far post.


The teams played even in the third quarter, but Eastern Connecticut ramped up the pressure in the fourth and the visitors pulled ahead when freshman Isabel Sanchez's (Weston, Conn.) backhanded shot slipped past a defender and into the goal 4:21 into the frame.

PSU's best chance to retie the game came with just under three minutes to go when Wakefield got the ball alone in the arc, but her attempt was kicked away by the ECSU goalie and the Warriors held on.

ECSU held a 14-7 advantage in shots, but nearly half were off target. The Warriors had eight shots on goal to PSU's five. Eastern Connecticut earned 12 penalty corners, while Plymouth State had four. Wakefield led the Panthers with four shots.

Distler made five saves in the first half before giving way to freshman Kayla Antonucci (Windham) for the final 30 minutes. Antonucci made one save but dropped to 0-2.

PSU hosts Keene State in the season finale on April 21 at 4 p.m.



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Pitching paces Panthers in doubleheader sweep

KEENE — Graduate student Caitlyn Miller (Lee) and freshman Alex- is Michon (Montville, Conn.) were at it again as the duo led Plymouth State University to a sweep of Keene State College in a non-con- ference softball double- header at Owl Athletic Complex on Friday.

Miller cruised in the opener, allowing just one hit in a 2-0 win, while

Michon struck out nine over six innings of work in a 9-2 win in the night- cap. Sophomore Sam McCann (Berlin) went 4-for-7 with a double and homer between the two games, driving in two.

PSU sweeps the sea- son series (4-0) and evens its record at 4-4, while the Owls fall to 0-4.

Plymouth State threatened in the first inning of the first game

when McCann ripped a two-out double to left center to put runners on second and third, but a ground out ended the rally.

PSU had two runners in scoring position with one down in the fourth, but a runner was cut down at the plate and a fly out closed the frame.

The Panthers broke through in the sixth thanks to some sloppy

defense as back-to-back errors gave PSU a 1-0 lead.

Plymouth State tacked on an insurance run in the seventh as junior Lauren Archam- bault (Rehoboth, Mass.) walked and sophomore Rachyl Parslow (Tem- ple) singled to put run- ners on the corners with one out. After in infield pop out, Michon came through with a clutch hit

to make it 2-0.

Miller allowed a hit batter to start the bottom of the inning, but junior Emily Picard (Berlin) threw her out trying to steal second and Miller struck out the final two batters.

Miller needed just 76 pitches to throw the complete game one-hit- ter, striking out six to improve to 2-2. In her last two starts, both against Keene, the lefty allowed just one earned run over 14 innings with 10 strike- outs.

McCann finished 2-for-3 with a double, while Michon, Picard and Parslow all singled.

An error and hits by freshman Vanessa Bry- an (Stoneham, Mass.) and McCann loaded the bases and graduate stu- dent Jen Landers (Ber- lin) was hit by a pitch to give the Panthers a 1-0 lead in the first inning of game two.

PSU added two runs in the second when Bry- an drove in junior Niah Colby (Lunenburg, Vt.) and Michon, who had both singled earlier in the inning.

Plymouth State pushed the lead to 5-0 with another two runs in the third. Landers and Archambault singled, moved up on a bunt and came home on a two- base error.

The Owls got a run back in the bottom of the inning.

PSU put the game away in the sixth when McCann launched a two- run shot to left field to make it 7-1 and the Pan- thers added two insur- ance runs in the seventh on Bryan's two-run dou- ble.

After striking out 14 Owls in her last appear- ance, Michon K'd nine over her six innings of work to even her record at 2-2.

Freshman Jersey Strum (Somersworth) closed out the game with one inning of relief.

Bryan finished 3-for-5 with a double and four RBI, while McCann went 2-for-4 with her two-run homer. Michon (two sin- gles), Landers (two sin- gles) and Colby (single, double) all had two hits.

Plymouth State has won nine-of-10 against the Owls.

Michon continued her dominant stretch in the circle, striking out 13 batters in a complete game shutout to help Plymouth State Univer- sity earn a doublehead- er split with Castleton University in non-con- ference softball action at D&M Park on Sunday afternoon.

The Panthers looked to be in control of the opener, taking a 2-0 lead into the sixth inning, but Castleton's seven-run, two-out rally lifted the visitors to a 7-3 win. Mi- chon played the stopper in game two, using key strikeouts to work out of a pair of early jams before overpowering the Spartans' lineup for a 6-0 win.

Only two players in Plymouth State history have recorded at least 13 strikeouts in a game - Hall of Famer Kim Jeffs and Michon, who has accomplished the feat twice in her last three starts.

With the split PSU goes to 5-5, while the Spartans sit at 6-2.

Both pitchers were in control early as Miller struck out five over the first two innings.

Plymouth State got on the board first when Landers ripped a bas- es loaded single up the middle to score one and junior Katie Burk (East Islip, N.Y.) took ball four to force in another run to give the Panthers a 2-0 lead in the fourth.

Castleton took advan- tage of a pair of PSU errors during a sixth in- ning rally to go in front. A two-out triple with a runner on base cut the lead to 2-1 and an infield hit evened the game. Back-to-back miscues put the Spartans in the lead, 4-2, and ended Mill- er's afternoon. Castleton followed with a run-scor- ing double and two-run single to make it 7-2 be- fore freshman Nicole LeBrun (Concord) got a strikeout for the final out.

Michon socked a two- out homer in the sev- enth, but the Panthers were unable to rally fur- ther.

Miller was tagged with the loss (2-3) after allowing just two earned over her 5.2 innings of work, striking out six on the day in the first game.

Michon, Landers, Picard and Parslow had PSU's four hits, while Michon and Parslow also drew walks to reach base twice.

The loss snapped the Panthers' four-game winning streak. PSU had won four-of-five (with one tie) against the Spar- tans entering the game.

Michon struck out two to work out of a first inning jam and the Panthers' offense came through in the bottom of the inning. Michon and Picard singled and Michon later scored on a Spartans' error for an early 1-0 lead.

PSU added on in the second after two walks and Michon's second hit loaded the bases. Picard came through with a two-run single, before another walk reloaded the bases. Freshman Va- nessa Bryan (Stoneham, Mass.) singled in a run to make it 4-0 and Landers' RBI groundout gave the Panthers a comfortable 5-0 advantage after two.

Michon helped her own cause with a sacri- fice fly in the third as the lead extended to 6-0.

Meanwhile, Michon was cutting through the Castleton lineup, pick- ing up her ninth strike- out in the fifth, reach- ing double digits in the sixth, then wrapping up the game by striking out the side in the seventh.

Michon finished the afternoon with 13 strike- outs and allowed just five hits and a walk to pick up her first career shutout and improve to 3-2. She has struck out 36 batters over her last three starts covering 20 innings.

Picard finished 2-for-2 with a walk, run scored and two RBI, while Mi- chon was 2-for-3 with two runs and an RBI.

Burk, Bryan and freshmen Sadie Merrow (Boscawen) and Abby Kenison (Boscawen) all had singles.

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Panther net women fall to defending champions, cruise past Castleton

PROVIDENCE, R.I. — Senior Kerstin Venincasa (Sutton, Mass.) put up a battle in singles play, but Rhode Island College looked every bit the three-time defending Little East Conference (LEC) Tournament champions on the way to a 9-0 win over Plymouth State University in an LEC women's tennis match at the RIC Tennis Center on Friday afternoon.

Venincasa narrowly dropped a 7-6 (7-5) decision in the opening set at number three singles, but the Anchorwomen looked strong from top to bottom in the win.

PSU falls to 1-1 (1-1

LEC) on the season, while Rhode Island College improves to 3-0 (3-0 LEC).

Senior Maggie McCarthy (Marion, Mass.) and sophomore Kira Winter (Eliot, Maine) fell by an 8-2 margin at number one doubles, while Venincasa and senior Jenna Sundquist (Monument Beach, Mass.) were held down in an 8-0 setback at number two.

Junior Julie Miller (Woburn, Mass.) teamed up with freshman Camilla Puzio (Holden, Mass.) at number three doubles, but suffered an 8-2 defeat.

Venincasa dropped an opening set tie breaker

before losing the second set 10-2 at number three singles as the match had already been decided at that point.

Winter fell 6-3, 6-1 at number two, while junior Brie Hada (Alton) went down 6-3, 6-0 at number six.

McCarthy played at number one, with Sundquist at number four and Miller at number five.

RIC has won the last three LEC Tournaments and appeared in six-of-seven championship matches.

Plymouth State's last win over the Anchorwomen came in the finals of the 2014 LEC Tournament, the Pan-

thers' lone tournament title.

Plymouth State University dropped just four games in singles play on the way to a commanding, 9-0 win over Castleton University in LEC women's tennis action at the Bank of New Hampshire Field House on Saturday.

PSU opened the day with an impressive performance in doubles play before overwhelming the Spartans in singles play to earn the sweep. Plymouth State has not surrendered a point in its two wins this season.

With the victory the Panthers improve to 2-1 (2-1 LEC), while Castle-

ton falls to 0-2 (0-2 LEC).

McCarthy and Winter faced Castleton's toughest challenge at number one doubles, but still coasted to an 8-2 win.

Venincasa and Sundquist cruised to an 8-0 win at number two while junior Miller and Puzio teamed up for an 8-0 sweep at number three doubles.

* Venincasa (three singles), Sundquist (four singles) and Hada, playing at number six singles, didn't give up a game as all three were dominant in 6-0, 6-0 wins.

Winter and Miller, playing at number two and number five respectively, each posted 6-0, 6-1

straight set wins, while McCarthy toppled her challenger at number by a 6-0, 6-2 margin.

The win was PSU's fifth straight over the Spartans and the ninth in the last 10 meetings.

Miller and Puzio picked up their first true doubles win of the season as the duo's previous win came by forfeit.

Plymouth State is scheduled to host the University of Southern Maine on April 20, though the last meeting between the two teams was canceled because the Huskies did not have enough players to field a team.

Panther women's laxers cruise past UMass-Dartmouth

PLYMOUTH — Sophomore Emily Santom (Litchfield) poured in a career-high seven goals as Plymouth State University overpowered the University of Massachusetts Dartmouth, 19-2, in a Little East Conference (LEC) women's lacrosse game at Panther Field on Saturday.

Santom's seven goals highlighted an outstanding performance by the PSU offense as six different players found the back of the cage. Sophomore Olivia Croke (Norwell, Mass.) added

six points, while senior Elizabeth McLaughlin (Tuftonboro) and freshman Tarryn O'Brien (Weymouth, Mass.) chipped in with four points apiece.

Plymouth State continued its dominance of the Corsairs, winning the 14th straight meeting between the teams. PSU is 23-1 against UMass Dartmouth dating back to the 1998 season.

The Panthers remain unbeaten at 3-0 (3-0 LEC), while UMass Dartmouth drops to 0-4 (0-3 LEC).

McLaughlin scored

twice and Santom once as PSU jumped out to a 3-0 lead in the first four minutes.

UMD briefly stopped the momentum, but O'Brien took advantage of a Corsairs' yellow card to cage a woman-up goal - the first of back-to-back tallies for the freshman.

Junior Kaylee St. Laurent (Alfred, Maine) converted a feed from O'Brien to get into the scoring column to push the lead to 6-1 just over eight minutes into the game and O'Brien com-

pleted the hat trick seven minutes later.

Santom and McLaughlin each scored twice over the final five minutes as the Panthers' lead ballooned to 11-1 at the half.

Croke had a hand in PSU's first three goals of the second half, scoring twice and assisting on St. Laurent's second tally of the afternoon, before Santom notched three straight scores to make it 17-1.

The Corsairs scored their second goal of the game with nine minutes

remaining, but sophomore Julia Mahoney (Stratford, Conn.) and Santom countered for PSU to account for the final score.

PSU went 2-for-2 on woman-up opportunities and outshot the Corsairs by a 42-13 margin. The Panthers were a perfect 13-for-13 on clear attempts, while limiting UMD to just 9-of-25. Plymouth State owned a 30-15 advantage in ground balls and controlled the draw by an 18-5 margin.

McLaughlin's 11 draw

controls matched the eight-most in a game in program history. Senior Meaghan Allard (Amherst) made six saves to improve to 3-0. Freshman Emily Duffley (Plymouth, Mass.) recorded her first career point with an assist on the Panthers' final goal.

Plymouth State has won 14 straight and 23-of-24 meetings with the Corsairs dating back to 1998. PSU has outscored its opponents by a 46-9 margin this season.

Panther volleyball overpowers Castleton State

CASTLETON, Vt. — Plymouth State University hit .378 and amassed 38 kills on the way to a 3-0 (25-11, 26-24, 25-15) win over Castleton University in a Little East Conference (LEC) women's volleyball match at Glenbrook Gymnasium on Wednesday night.

Sophomore Natalie Gravelle (Portsmouth) and freshman Nora Ryan (Groton, Conn.) each smashed nine kills and hit .500 for the match. Plymouth State pounded 13 kills against without an error to power to a first set win, then rallied from a 24-23 deficit to steal the second set, before slamming 15 kills to wrap up the sweep.

With the win, Plymouth State improves to 2-0 (2-0 LEC), while Castleton falls to 0-2 (0-2 LEC).

PSU led just 9-7 in the opening set before junior Hannah Chartier (Weare) served five straight points. Castleton pulled to within 15-9, but freshman Elsa MacNeill's (Acton, Mass.) kill sparked a 10-2 run and Ryan's ace wrapped up a 25-11 win for the Panthers.

Plymouth State jumped out to a 6-0 lead in set two thanks to a pair of aces from junior Alexa Price (Moultonborough). PSU still led, 10-5, but Castleton started to chip away. The Spartans pulled ahead, 19-17, but back-to-back errors helped Plymouth State go back in front, 21-19. The teams went back-and-forth and Gravelle's booming kill gave PSU a 23-22 advantage. A

missed serve and error gave Castleton set point, 24-23, but Ryan's kill tied things at 24 and moments later Ryan and freshman Ryley McNeeley (South Easton, Mass.) teamed up for a block to escape with a 26-24 win.

Things stayed tight through the beginning of set three. With the score tied at 9-9, Price's kill sparked a four-point run to lead to a Castleton timeout. The break didn't slow PSU's momentum, however, as McNeeley and Ryan added another block and MacNeill's two kills pushed the lead to 17-9. PSU maintained control the rest of the way and Gravelle's kill closed out the 25-15 victory.

After limiting Rhode

Island College to a .009 attack percentage in the opener, PSU held the Spartans to a .030 clip.

PSU pounded double-digit kills in each set, including 15 in set three. The Panthers hit .565 in set one, an even .500 in set three and an impressive .378 for the match.

The Panthers served up 14 aces including five from Price and three apiece from Chartier and junior Katie Townsend (Layton, Utah).

Ryan, Gravelle and junior Hannah Douglas (Rochester) tied for the team lead with five digs each, while Ryan and McNeeley each had four blocks.

The Panthers improve to 3-0 all-time against Castleton. Aside

from tonight's second set, PSU has won every set by a minimum of 10

points.

Plymouth State visits Keene State for an intra-

state LEC clash on April 17 at 1 p.m.

Newfound

FROM PAGE A1

power hitter while Joyce is coming to the team from Franklin and is the team's lone lefty.

Freshmen Josh Blouin brings speed to the outfield and will also pitch, classmate Jared Moore provides some power at first base and Hayden Dolloff will also see time at first and the outfield. Junior Caleb Davis will see time on the hill and at third base, while Owen Wyatt shows a lot of potential in the outfield, Dylan Hennessey brings speed to the outfield mix and Cody Laflamme is a solid utility guy.

Moreau will be assisted in the dugout by Ryan Baker as the Bears get ready for the new sea-


son.

Newfound will play a regionalized schedule this spring, featuring two games each against Belmont, Franklin, Inter-Lakes, Moultonborough, Winnisquam, Plymouth and Berlin.

The season officially kicked off after deadline Monday, April 12, at Belmont and Wednesday, April 14, at home against Belmont. Next up on the schedule is Franklin, with a road game on Monday, April 19, and a home game on Wednesday, April 21, both with 4 p.m. scheduled start times.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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shire herps (amphibians and reptiles), and where you can responsibly see these guys in the wild! We will learn how to ID common frogs, toads, snakes, and salamanders by sight and sound as well as learn about their habitat needs. By the end you should be confident enough to grab a buddy and go out searching for an up-close look

yourself! Keep in mind there are some species you simply should not look for due to their and/or their habitat's fragility, so sign up to learn more. If you can't make this program, it will be recorded and posted- it is the best practice to spend time researching before going out yourself- we encourage hands on curiosity of the nat-

ural world, but we have to be responsible about it and take many factors into consideration before going out into the field! For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adven-

ture Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.



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Plymouth State track teams open the new season

STANDISH, Maine — Senior Terrell Lewis (New Boston), sophomore Ian Griffiths (Bedford, Mass.) and freshman Jyaire Hatcher each won events to pace the Plymouth State University men's outdoor track and field team at the USM-St. Joe's II combined meet on Saturday.

Lewis won the 110-meter hurdles, while Griffiths took the long jump and Hatcher paced the field in the 400-meter dash.

In an attempt to limit the number of athletes in one area the meet was held at multiple locations. Running events took place at St. Joseph's College while field events were held at the University of Southern Maine.

The meet was the Panthers' first outdoor competition since the 2019 NCAA Division III Championships.

Lewis picked up right where he had left off with a strong performance in the hurdles. He was less than 24 hours away from competing for a National Title at the 2019-20 NCAA Division III Indoor Track and Field Championships when the COVID-19 pandemic brought the sports world to a halt. On Saturday he cruised to a win in the 110-meter hurdles with a time of 14.63, best-

ing his closest competition by more than a full second.

Lewis also added a pair of second-place finishes in the high jump (1.91 meters) and long jump (6.58 meters).

Griffiths eked out a win over Lewis in the long jump. He reached 6.60 meters on his initial attempt and the distance held up for the win. Griffiths also took second in the 100-meter dash after crossing the line in 11.51.

Hatcher had a nice debut in the 400-meter dash with a winning time of 52.64. He also led the Panthers' 4x400-meter relay team to a second-place finish, trailing the leaders by just 0.31 seconds. Hatcher, along with Lewis, sophomore Michael Olson (Sutton, Mass.) and junior CJ Miller (Branford, Conn.), finished the race in 3:37.88.

Sophomore Colin Moar (Annandale, Va.) and senior Jared Wolf (Tyngsborough, Mass.) took second in the 800-meter run and 5000-meter run, respectively. Moar's time of 2:05.17 was just off the leader's pace, while Wolf posted a time of 17:32.08.

Junior Marcus Roper (Cornish) took third in the shot put with a heave of 12.88 meters, just barely missing a top-two spot.

Senior Marcus Cryan (Topsfield, Mass.) was

third to cross the line in the 3,000-meter steeplechase with a time of 11:38.77.

Freshman Mason Howe took fourth in the 400-meter dash after finishing in 54.30.

Junior Paige Boudreau (Dayton, Maine) won two events and added a second-place finish as the Plymouth State University women's outdoor track and field team finished fourth at the USM-St. Joe's II combined meet on Saturday.

Boudreau was the top performer in the discus throw and hammer throw and placed a narrow second in the shot put, while junior Claire Greineder (East Greenwich, R.I.) took first in the 400-meter dash.

The meet was the Panthers' first outdoor competition since the 2019 NCAA Division III New England Regional Championships.

Boudreau was PSU's top performer after an impressive season debut. She won the discus throw on her final toss of 33.88 meters and was the only competitor to clear 40 meters in the hammer throw, doing so three times and reaching 40.94 on her final attempt. She added a second-place finish in the shot put with a distance of 9.83 meters.

Greineder coasted to the win in the 400-meter

dash, crossing the finish line in 1:01.00, more than five seconds ahead of her closest competition.

Junior Emily Geyselaers (Cornwall Bridge, Conn.) earned a pair of seconds in the high jump and long jump. She cleared 1.53 meters in the high jump, while she was one of just two athletes to cover more than five meters in the long jump after a leap of 5.05 meters.

PSU's 4x400-meter relay team of Greineder,

juniors Mia DeMarco (Merrimack) and Sarah Hicks (Sutton, Mass.) and freshman Erin Good took second after a time of 4:25.99.

Hicks added a third-place finish in the 200-meter dash (28.28) and also took fourth in the 100-meter dash (13.75).

Junior Kim Bowles (Tamworth) posted a fourth place showing in the 1,500-meter run after her time of 5:35.99, while sophomore Bre-

anna Fearon (Monroe) reached 30.26 meters in the hammer throw to place fourth.

Freshman Janelle Kitchin (Fair Haven, Vt.) had a nice collegiate debut after finishing fourth in both the long jump (4.78 meters) and triple jump (9.32 meters).

PSU is back in competition next Saturday, April 17, at the Brandeis Invitational at Weston High School.

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