

# Newfound Landing

THURSDAY, JULY 11, 2019

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COMPLIMENTARY



DONNA RHODES

Grand Marshal of Bristol's "Two Birthdays-One Parade" celebration for their bicentennial year was Ned Gordon, accompanied by his wife Gayle.



DONNA RHODES

Staff and campers from Tapply-Thompson Community Center's summer camp program were a colorful part of Bristol's Fourth of July parade this year.



DONNA RHODES

For the third year in a row, 12-year-old Ian MacDonald shared his enthusiasm for the Fourth of July parade in Bristol by creating his own float and entering it as part of the holiday celebration.

## Bristol holds a double celebration for the 4th

BY DONNA RHODES

Drhodes@salmonpress.news

**BRISTOL** — The Fourth of July parade in Bristol this year was proclaimed to be "Two Birthdays-One Parade," and the celebration couldn't have been finer as revelers and floats saluted not only the nation's 243rd Birthday, but Bristol's own Bicentennial.

Behind the police escort and military color guard that led off the 2019 parade was Grand Marshal Ned Gordon. Accompanied by his wife Gayle, Gordon waved to the crowds lining the route and was acknowledged when the convertible he and his wife were riding in reached downtown Bristol.

Entries for the event

this year varied from tributes to the nation to tributes to Bristol's heritage so there was plenty of red, white and blue and a lot of local nostalgia as well.

Antique cars and an 1800's hay wagon from Robie Farm were among the first tip of the cap that reminded everyone of Bristol's rich past. Colonial garb and an old time tavern scene on a float

created by the Bristol Historical Society added to the charm of the event.

Local Girl Scout Troops 13134 and 13139 also acknowledged their heritage by marching in vintage uniforms that dated back 80 years. The theme of their entry was "Women in History Who Were Girl Scouts" as they paid tribute to the success of formers

scouts who have gone on to see great success. Cub Scout Pack 59 joined in the fun as well with scouts dressed in bright orange shirts while marching or ride bikes through the town. Joel Wade also entertained the crowds while riding his six-foot tall bicycle along the route.

In addition to that, Ken Braley and Sons, Masonic Lodge,

Friends of Newfound Football, newly inducted members of the Newfound Athletic Hall of Fame, Knights of Columbus and Bristol UCC Church provided great presentations that tipped a hat at both the nation and the Newfound Region.

Summer camp staff and campers from Tapply-Thompson Community made their

SEE PARADE, PAGE A10

## K9 helps in arrest of suspected prowler

BY DONNA RHODES

Drhodes@salmonpress.news

**BRISTOL** — At just after 5 p.m. on Tuesday, July 8, Bristol Police responded to 110 Merrimack St. for the report of a suspicious male prowling around a vacant home that was for sale.

Officers were able to make contact with the male subject as he was riding away on a bicycle but quickly discovered he had given them a false name. While looking into the true identi-

ty of the male, he took off running. The subject fled behind a house on Merrimack Street, then headed down the embankment towards the nearby Pemigewasset River. Refusing orders to stop running or else be bitten by the Bristol's K9, he continued to run until he was eventually taken down by Arro. Despite that, the suspect continued to resist and even punched the police dog in his attempt to flee.

SEE ARREST, PAGE A10

## Children's Literacy Foundation brings books to BHVS

**BRIDGEWATER** — On July 16 at 11:30 a.m., children served by Bridgewater-Hebron Village School and New Hampton Community School will be treated to a storytelling presentation and brand-new books to keep, thanks to a grant from the Children's Literacy Foundation (CLiF).

A storyteller will lead an interactive presentation for over 30 children. At the end of

the presentation, each child will select two new books to keep from hundreds of titles.

CLiF awards Summer Readers grants to organizations serving kids at high risk of experiencing a "summer slide" in literacy skills. The partnership between Newfound Area School District and CLiF has been instrumental in keeping a love of reading and writing alive.

"CLiF sponsors have been tremendously generous. Newfound students at Bridgewater-Hebron Village School, Bristol Elementary, Danbury Elementary, and New Hampton Community School have enjoyed several literacy events and book giveaways over the past three years. This event is just another example of how amazing the CLiF organization is," said Kimberly Sarfde, SAU 4 Curriculum Coordinator and author



COURTESY

## Bicentennial quilt on display at library

Bristol is celebrating its bicentennial year with a variety of activities. A group of local quilters joined forces to create a beautiful quilt in honor of this event. Cindy Westfall created the quilt using squares representing scenes of Bristol that she and other local quilters made. Those donating squares were Mary Seager, Deb Doe, Nancy O'Connor, Susan Ruesch, Barbara McIntire, Jane Estes and Susan Gazda. There are scenes depicting Newfound Lake, Profile Falls, mills, Inspiration Point and more. The quilt is on display at the Minot Sleeper Library for viewing and will later be hung at the new town office building.

## Community steps up to support Bristol's K9 unit

BY DONNA RHODES

Drhodes@salmonpress.news

**BRISTOL** — Tickets for a special raffle are now on sale to raise money for the Bristol Police Department's K9 fund that provides for the care of their four-legged partner, Arro.

Barbara Greenwood is raffling off "Chrissa Maxwell," one of the much-loved American Girl dolls that nearly every young girl has on her Christmas or birthday wish list. The prize is more than just the doll though. Known for her sewing talents, Greenwood has included a beautiful wardrobe for Chrissa that is not just clothing but shoes and even a pair of roller skates. The set also comes with a wooden doll bed and includes a pillow and pretty quilt



People lined up outside DJ's Crafts in downtown Bristol last Thursday to buy the first raffle tickets for an American Girl doll and lots of accessories from Barbara Greenwood. Proceeds from the raffle will benefit Bristol Police Department's fund for the care of their K9, Arro.

DONNA RHODES

for the doll.

"The best part," Greenwood said, "is that except for the bed, everything fits in a carrying case that comes with the doll."

The doll and all the

accessories have an estimated value of \$500.

While tickets for the raffle first went on sale during the Fourth of July parade and fireworks last week, they are available any

SEE ARRO, PAGE A10

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# Bristol on parade

All photos by Donna Rhodes



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G

FAR FROM HOME PG-13

Daily: 12:00, 2:20, 4:40, 7:00, 9:20 PM

YESTERDAY PG-13

Daily: 11:45, 2:10, 4:50, 7:20, 10:00 PM

Join us for the advance screening of

The Lion King

Thursday 7/18,

with shows starting at 6:00

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# Bristol on parade

All photos by Donna Rhodes



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# Opinion

## CADY Corner

### *Colorado sees increase in teen marijuana use since legalization*

BY DEB NARO

Contributor

The nation's only representative sample of people in U.S. households released special state data finding increases in marijuana use not seen in a national school survey (Monitoring the Future). The National Survey on Drug Use and Health report found that Colorado youth past-month marijuana use is higher than it was before legalization. It also found that Colorado teens and adults use marijuana at a higher rate than the rest of the country. Colorado legalized marijuana in 2012 and implemented legal marijuana stores in 2014. At the same time, the sales of alcohol shows a slight increase.

"Once again, Colorado takes the prize for leading the nation in underage pot use," said Kevin A. Sabet, a former White House drug advisor who is president of SAM, Smart Approaches to Marijuana." Not only that but use overall and use among 18-25 year-olds is steadily climbing. It's no surprise, given that the pot industry is pouring millions of dollars a year into promoting the use of their addictive products."

"While drug, cigarette, and alcohol use are falling almost across the board, due to decades of work and millions of taxpayer dollars, kids are turning more and more to marijuana," said Jeffrey Zinsmeister, SAM's Executive Vice President. "It's unsurprising now that the marijuana industry — following in the footsteps of the tobacco industry — is pouring millions into marketing kid-friendly edible products like pot candy to maximize their profits."

According to statements from the American Medical Association, American Academy of Child and Adolescent Psychiatry, American Society of Addiction Medicine, and the American Psychiatric Association, marijuana use, especially among youth, should be avoided, and legalization efforts opposed.

"Medical research is very clear that marijuana is both addictive and harmful," noted Dr. Stu Gitlow, immediate past president of the American Society of Addiction Medicine. "One in six adolescents that use marijuana develop an addiction, and use is associated with lower IQ, lower grades, and higher dropout rates in that same population. It is therefore of significant concern that this year's study may actually under-report marijuana use and downplay its impact."

Meanwhile, the toll of legalized marijuana continues to climb in Colorado and Washington. For example, the AAA Foundation reported earlier this year that the percentage of fatal crashes in the state of Washington linked to drivers who had recently used marijuana more than doubled the year marijuana retail sales were authorized. Similarly, cases of marijuana poisonings are up 108% in Colorado after legalization, and up 206 percent among children ages 0 to 8 years old. For more data on these trends, visit [www.learnaboutsam.org](http://www.learnaboutsam.org).

Speak with your child early and often about the dangers of marijuana and other drug use, for tips visit [www.cadyinc.org](http://www.cadyinc.org). If you, or someone you know, struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.

### Power Outage Tips

## BEFORE

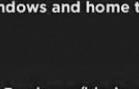
- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

## DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

## AFTER

- Throw out unsafe food
- Who to Call → Where to Meet → What to Pack



SCOTT WILKAS — COURTESY

### On the march

Members of the Pasquaney Snowshoe Club are pictured here taking part in the Bristol Bicentennial Parade. The club was founded in 1912 at the Grange in Bristol after a snowshoe hike up Sugar Hill. 18 members of the club marched in support of Bristol's Bicentennial. The club has scheduled hike eight months of the year.

## Protecting Newfound's drinking water

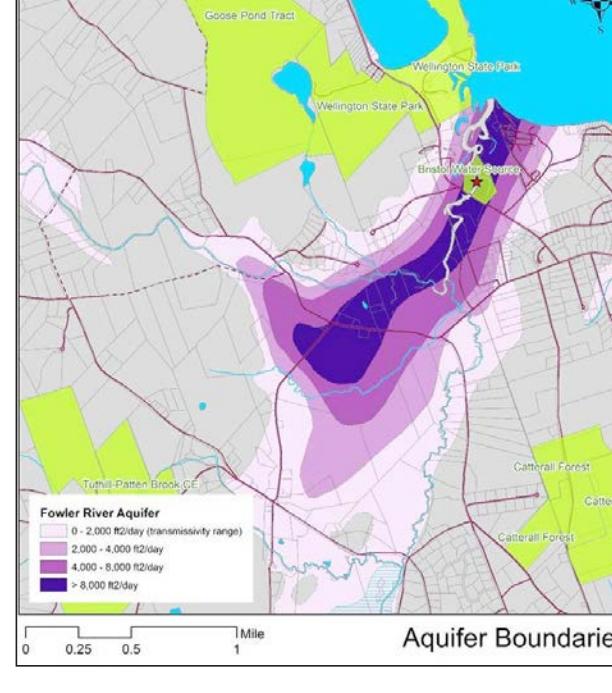
BY BOYD SMITH

Newfound Lake Region Association

The Newfound Lake Region Association (NLRA) is introducing an initiative to protect our region's principal drinking water supply. Located almost entirely in Alexandria and supplying roughly 3,500 Bristol residents, the Newfound aquifer can provide clean water to thousands of people for decades to come, if properly protected and managed.

The Ground Water Trust Fund is a multi-million dollar State resource created to protect water supplies through land conservation. The NLRA, with local towns and our conservation partners, intends to use this Fund to help protect the Newfound aquifer.

Land conservation is rarely simple. With multiple parcels held by dif-



ferent landowners, the need for diverse funding sources, the aquifer's location in two towns, and participation of multiple parties required over a period of years, the path to success is complex.

NLRA and The For-

est Society are hosting a public meeting, specifically geared to Town Boards and landowners, to explain the initiative and answer questions. The meeting will be held on Tuesday August 13, from 7 to 8:30 p.m. at the Alexandria Town Hall, and is free and open to

the public.

Local support of this conservation concept is critical. Following meetings with both Alexandria and Bristol Select Boards, the NLRA is pleased to say that Board members are excited by this initiative, and plan to attend the Aug. 13 meeting.

Protecting clean drinking water, as well as the wetlands, streams, high-quality soil, and rural character that are all part of the Newfound aquifer region makes perfect sense. Please join us on August 13th in Alexandria's classic New Hampshire town hall to help figure out how to do it.

Contact the Newfound Lake Region Association at 744-8689 or [info@newfoundlake.org](mailto:info@newfoundlake.org) if you have any questions.

See you in Alexandria on Aug. 13!

## Letters to the Editor

### The cost of one vote

To the Editor:

For all you that pay property tax, especially around the lake, or already have a sewer connection you should pay close attention to the costs coming your way if the town gets the sewer grant. Bristol is pushing a \$20 million sewer line project to the lake area for about 500 new connections.

All properties will automatically pay an additional 85 cents per thousand, or \$340 a year, for 30 years on a property worth \$400,000. If the sewer line runs past your property you will pay an additional \$610 per year for 30 years, this is your betterment fee (your property is already worth more).

If you connect to the new sewer line, you will pay about \$350 per year, this is your user fee.

Next, all current sewer users and new users will pay an additional \$150 per year, this is an extra user fee/taxation.

Lastly, for those lucky enough to connect, it was said at town meeting that you will pay between \$7,000 to \$10,000 just for the grinder pump (most properties must have a grinder pump to push the sewerage to the street), plus the cost of running the pipe from the street to your house and electricity for the pump and you will also have the burden of maintaining all this too.

Summary of the above:

Property Owner Taxation with no sewer hook-up or line running by property \$340

Property Owner Taxation that already have sewer lines additional annual cost (\$340+\$150=\$490)

Property Owner Taxation with new sewer line but do not hook-up annual cost (\$340+\$610=\$950)

New property sewer line annual cost that must hook-up (\$340+\$610+\$350+\$150+Electricity=\$1450)

Estimated one-time excavation cost to hook-up including grinder pump \$10,000 to \$13,000

Here are some additional facts about Newfound Lake. Water in the lake comes from the north and exits south. There are two rivers that run into the lake and plenty of water runoff that pour into the lake. The lake has 22 miles of shoreline, of which Bristol plans to supply sewer lines to about three miles. The towns of Alexandria, Bridgewater and Hebron do not have any town sewerage plant, yet they are all north of Bristol and own the balance of shoreline.

Oh, by the way, this article passed at March 2019 town meeting by one vote.

John Sellers  
Bristol



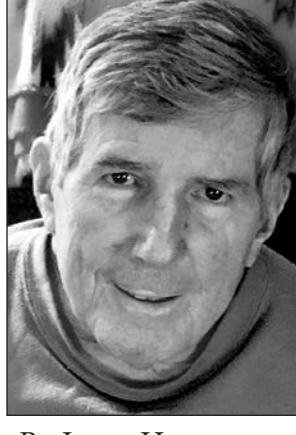
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Way



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## North Country Notebook

# A kid scared half to death by an eel that stayed home



By JOHN HARRIGAN  
COLUMNIST

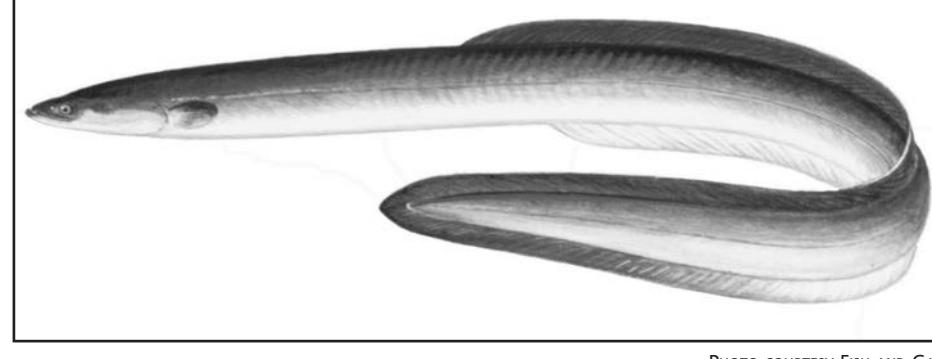
Editors tend to have long memories, and some readers, too, so parts of this story may look familiar. It's about (sort of) this typical Ozzie-and-Harriet neighborhood kid (me) catching a very big, very snake-like, very scary three-foot eel.

Friends have told

me that this is one of many components of what makes me...well, me...and that I need therapy. My handy reply is that I can't afford the co-pay.

It was a beautiful spring day, Beaver Brook and its mill pond reflecting a sky almost as blue as Sinatra's eyes. Okay, not quite — maybe Paul Newman's.

Now there was a class act — Redford and Newman, who had great fun making movies later in their careers that helped a confused crop of Baby Boomers make the hump into the next generation, and amount to something. I think of Newman every day because I'm an assiduous user of his



An American eel, looking a lot like a very long, very big, dangerous and nasty snake. Well, to a kid at least.

salad dressings, the profits from which his foundation donates to charity.

Just as I know the script for "Jeremiah Johnson" almost line for line, I have a particular fondness for "Butch Cassidy and the Sundance Kid." Anything in the script that coincides with the real story, which oc-

curred in the 1890s, is purely accidental.

Anyway, my favorite line is spoken three times (I think), I'm not quite sure by whom, and it's "Who are those guys?" as they look back at a pursuing posse.

+++++

As a kid of seven

or eight or so, I already knew about the Sargasso Sea, a place northeast of the Caribbean where conflicting ocean currents create a gigantic sort of whirlpool, and where a particular kind of sea-weed grows (right, sargassum). One of the few comic books our parents would allow in the house (or

+++++

One of the Fish and Game's major connections to kindred spirits and the rest of the world is Wildlife Journal, published bi-monthly. The summer issue offered up not just eels but also great photo-features by Tim Acerino (the making of a K-9 law enforcement partner) and quaking bogs (Nicola Whitley).

I have some experience with quaking bogs, which are glacially formed kettle-hole ponds gradually taken over by vegetation. The vegetation eventually takes over the entire surface of the pond, forming a mat that increases in thickness over the years, but up to 30 feet of water remains beneath.

On a birding trip spinoff one year, I went into South Bay Bog on First Connecticut Lake. It was (and still is, I guess---I haven't been there in years) a classic quaking bog. The mat of vegetation covering what used to be the center of the bay was thick enough so you could walk on it, but your footsteps created waves below, and made the encircling black spruces sway.

If you pointed your feet straight down, and jumped a couple of times, you would go right through, and get wet as a trout.

(Please address mail, including phone numbers, to campguy-hooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

## Towns

### Bristol

Al Blakeley  
adblakeley0@gmail.com

Well, what a great stretch of weather for the Fourth of July celebrations and vacation shenanigans! I am amazed at the photos I have seen of the beautiful sunsets over the past week, mostly from the Town Beach and Pasquonney Bay. Hope you all got to see the huge parade. It seemed to me that everybody was there watching, if they weren't in it! Thanks to all who contributed. I heard that the fireworks were spectacular as well.

Tonight, July 11, at Kelley Park, the Summer Concert Series continues along with the Bicentennial Ice Cream Social from 6:30-8 p.m. A Bicentennial ticket required, or \$5 per person.

Swim with a Mission will take place at Wellington State Park on Saturday, July 13 - www.swimwithamission.com. Also, Shrimptunes on the Shallows at 1 p.m. by boat or kayak on July 13. A Gray Rocks Guided Paddle will take place on July 16 from 1-4 p.m.

Seems like there is always something to do in the area. I noticed many folks taking advantage of the walking path and I always enjoy friendly waves from the participants. Thanks for all of the greetings during the parade. I appreciate being recognized, still....

The Minot-Sleeper Library welcomes children and adults to several upcoming events as part of this year's Summer Reading, "A Universe of Stories." On Tuesday, July 16 at 7 p.m., Plymouth State University professor Samuel Miller will present his talk, "Meteorology from Satellites: Where We Are Now." Satellite meteorology began in the late 1950s and has become an integral part of the work of weather forecasters around the world. We use satellites to help track hurricanes across the oceans of the world, monitor plumes of smoke from forest fires in the Rockies, and issue warnings for winter storms in the Northeast. This presentation will bring you up to date on

where we are in this fascinating part of modern meteorology. For children and their families, the McAuliffe-Shepard Discovery Center will bring their hands-on program "The Comet Show" to the library. Participants will learn about comets through creating one themselves. All events are free and open to all. Those with questions can call the library at 744-3352.

### Groton

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

At the last Select Board meeting held on July 2, Bubba presented the plan to do a wear course on last year's paving on North Groton Road from TLC to Route 118. This process will make the road last for many years longer than the way it stands now, according to Bryant Paving. They also will be putting a leveling course from Halls Brook Road to almost Nedea Lane.

Starting July 29, Bryant Paving will be grading both North Groton Road and Sculptured Rocks Road. On Sculptured Rocks Road they will also be doing a base coat. The plan is to do a wear course from the park to Seven Kids Lane next year.

It is a good reminder to be alert for road crews this summer. As we are

grateful for a smooth road, it can be easy to accelerate dangerously, so be aware of that and stay safe! Let us also congratulate Bubba for receiving the Road Scholar certification through UNH Technology Transfer Center.

Reminder: there are books, tapes, DVD's and more that are free for the taking located at the Town House. Come take what you want and enjoy!

With the dog days of summer upon us, here are a few up and coming events to ensure your summer has some play and isn't all work.

#### Events

GHS: Open House of the Schoolhouse Museum - Saturday, July 13 from 1-3 p.m.

Hebron Fair - July 27, 9 a.m.-4 p.m.

Groton's Old Home Day - Aug. 17

Scheduled Meetings:

Select Board work session - July 23 at 5 p.m.

Select Board meeting - July 23 at 7 p.m.

Planning Board meeting - July 31 at 7 p.m.

### Hebron

Bob Brooks 744-3597  
hebronnnews@live.com

#### Hebron Gazebo Program Saturday, July 13, 6 p.m.

Club Soda will be performing and the Hebron Store will be doing the BBQ.

# THANK YOU!

On December 1, 2018 the Danbury Highway Department building was heavily damaged by fire with the blaze claiming 2 plow trucks and damaging 2 others and a loader. This was a terrible loss to our small town at the most inopportune time....the beginning of winter.

The outpouring of support from friends and neighbors was overwhelming. The assistance from the neighboring towns of Alexandria, Bristol and Wilmot, along with the NHDOT District 2(Bristol and Franklin patrol sheds) was invaluable during this difficult time.

## SINCERE THANKS TO ALL WHO ASSISTED US!

THE TOWN OF DANBURY HIGHWAY DEPARTMENT AND SELECTBOARD

## 2019 HEBRON GAZEBO PROGRAMS

### SCHEDULE

#### SATURDAY

JULY 6 6pm UNCLE STEVE BAND - Blues & Rock

BBQ by FRIENDS OF THE HEBRON LIBRARY

JULY 13 6pm CLUB SODA - Rock

BBQ by HEBRON VILLAGE STORE

JULY 20 6pm JORDAN TIRRELL-WYSOCKI - Traditional Celtic Music

ICE CREAM SOCIAL by FRIENDS OF HEBRON LIBRARY

AUG. 3 6pm LUNCH AT THE DUMP - Country Rock

BBQ by HEBRON VILLAGE STORE

AUG. 17 FAMILY FUN DAY

11am HEBRON CONSERVATION COMMISSION HIKE

2pm HEBRON LIBRARY BOOK SALE

DESSERT CONTEST - Entries Due

2 to 4pm UNIQUE VINTAGE CARS SHOW

3:30pm BRISTOL POLICE DOG DEMO

4pm COW PATTY BINGO

THE JOHN IRISH DUO - Bluegrass & Folk Rock

5pm BBQ by HEBRON FIRE DEPARTMENT

7pm DON CAMPBELL BAND - Country

8:30pm (DUSK) NORTHSTAR FIREWORKS (at the Safety Building)

Hebron Gazebo Programs are sponsored by the taxpayers of Hebron, Hebron Village Store, D. Merrill, and individual donations.

FREE POPCORN thanks to Bill White.

Questions or Information 744-3335

# Obituaries / Churches / Health

A6 NEWFOUND LANDING, THURSDAY, JULY 11, 2019

## Bernard Lawrence Huntoon, 88

BRISTOL — Bernard L. Huntoon, 88, a resident of Bristol since 1957, peacefully passed from our midst, Tuesday, July 2, 2019 at the Franklin Regional Hospital, with family at his side, following a brief illness.

Bernard was born in Danbury, Aug. 10, 1930, son of Lawrence and Vera (Maxfield) Huntoon, on the family farm, where he and his siblings grew up. He graduated from Andover High School in 1948.

He married his beloved wife, Harlene (Howe) of Lancaster on Aug. 26, 1951. A carpenter by trade, Bernard was employed at the R. P. Williams Company in Bristol for many years. He later opened his own carpentry business, "Busy Beaver Builders," running it until he retired in 1996. Bernard served his country honorably with the U.S. Army during the Korean War. Discharged with the Rank of Sgt. (T) in 1953. He was the recipient of several awards including, the Korean Service Medal with 2 Bronze Service Stars and United



Nations Service Medal.

Bernard especially enjoyed time spent with outdoor activities, including, snowmobiling, fishing, hiking, hunting and camping. He loved to travel and spend time with his grandchildren and great grandchildren. Bernard was a member of the Pemigewasset Valley Snowmobile Club in Bristol for many years and served as Past President. In addition to his parents, Bernard was predeceased by his son Dennis, and siblings, Clinton Huntoon, June Brown and Mary Brownell.

He leaves his wife of 67 years, Harlene (Howe) Huntoon of Bristol; his daughter, Sandra Walker and her husband, Chet of Alexandria; daugh-

ter Patsy Matthews of Plymouth; his son, Bruce Huntoon and his wife Christine of Gilford; daughter in law Debra Huntoon of Florida; and daughter Karen Chevalier and her husband Mark, also of Florida; 12 grandchildren, 14 great-grandchildren and generational nieces and nephews.

Respecting his wishes, there are no public calling hours. A short committal remembrance service, with military honors, will be held, Tuesday, July 9, 2019 at 2:00 PM in the chapel of the New Hampshire State Veterans Cemetery, 110 D. W. Highway, Bos-awen, NH 03303.

Those wishing may make a donation in Bernard's name to either the Bristol Fire Company, 85 Lake St., Bristol, NH 03222 or the Dana Farbar, 450 Brookline Ave., Boston, MA 02215.

Assisting with arrangements is the William F. Smart Sr. Memorial Home of Tilton.

For more information, go to, [www.smartfuneral-home.com](http://www.smartfuneral-home.com).

## Mary Elizabeth Piper Nielsen, 99

HOLDERNES — Mary Elizabeth Piper Nielsen of Holderness died July 1, 2019.

A Mayflower descendant and direct descendant of the first settlers of Holderness, Mary Elizabeth was born during a blizzard on March 28, 1920, on her grandparents' farm just beyond White Oak Pond. The roads were so bad that Dr. Orton could only make it to Holderness Center, and he had to be fetched the rest of the way by horse and sleigh.

Mary Elizabeth's early years were spent on the farm while her father built their home close to town. She attended East Holderness School, in a building still standing.

Her father, R. Tolford Piper, ran the mail boat around Squam Lake for many years, delivering mail and groceries. One of her early memories was being bundled up in a mail sack with just her head sticking out when it got too cold on the lake.

High school years were spent in Connecticut,



larder. When her children were growing up, she ran a nursery school at her home. The children loved being around the animals on the little home-farm, and when an article about her ran in the local paper they showed a photo of her holding a lamb - appropriately captioned "Mary had a little lamb."

Mary Elizabeth later became a well loved elementary teacher in the Ashland school system, eventually teaching the grandchildren of her first pupils. When her mother Pattie Piper died, they moved back to her childhood home in Holderness, where she spent the rest of her life.

Later years involved travel, and in addition to visiting many parts of the U.S., she had trips to Europe, the Caribbean, Venezuela, Hawaii and South Korea. At home in Holderness she was very involved in the library, church, science center, and historical society, enjoyed her chickens and garden, and spent many happy hours on the lake. After her husband died, her little dog Sunny was her favorite companion.

She is survived by her six children (Ann Marie Maguire of Swan's Island, Maine, Patty Sue Salvador of Hilo, Hawaii, Allie Martin of Clearwater, Fla., Eric Nielsen and his wife Bonnie, of New Harbor, Maine, John Nielsen of Holderness, Bill Nielsen and his wife Angela, of Sausalito, Calif.); six grandchildren; six great-grandchildren; and two great-great grandchildren.

Submitted by her daughter Ann Marie, in loving memory.

## How to Submit Obituaries & Announcements

To Salmon Press Publications



Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

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Wedding, engagement, and anniversary announcements are welcome at:

[weddings@salmonpress.com](mailto:weddings@salmonpress.com)

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding

the submission process.

## Churches

### Ashland Community Church

#### Sundays

10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

March 3 – April 14 Teaching Series: "40 Days of Prayer: Unleash the Power of Prayer in Your Life"

Toddler Zone (for infants – five years old) is led by Kara Hammill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at any of the contact information above.

thing. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for. You'll learn how to relate to God. You'll experience Christian community. And here's the big thing – you will change. Join us as we seek God together. Just come as you are! (No perfect people allowed!)

We look forward to seeing you soon!

### Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, 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 Restoration Church.

Both classes meet in the worship center for singing at the beginning of the service and then are dismissed to their classes when the message begins.

Small groups: We also offer four adult small groups that meet in various locations on Tuesday, Wednesday, and Thursday evenings. In March and April all of our groups will be watching a video by Rick Warren and discussing the topic of prayer. Please contact our pastor, Ernie Madden, for more information about our small groups program.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article.

We also started a new series entitled, Stories.

We will be continuing this series this week

as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

#### Our Mission Statement:

Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

### Starr King Unitarian Universalist Fellowship

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

#### This week at Starr King:

Summer Services Continue - Sunday, July 14

#### Thinking about Death

Cindy Spring, discussion leader, with Worship Associate, Joseph Kelaghan

We are all going to die, that's a given, but we don't know when or how. In our society we seldom talk about death and few people plan their last days or their Memorial Services. Why is that? Many of us will die in hospitals or in our homes.

Who do we want with us? What music would we like to hear? What songs or hymns would we choose for our Service? Which readings?

I haven't spent time thinking about this, but I just turned 72 and it seems like a good time to do so—what about you?

For more details,

visit our Web site

[www.starrkingfellowship.org](http://www.starrkingfellowship.org)

536-8908

## ~ Comfort Keepers ~

## Six ways to help seniors

## prevent Dehydration

properly. This can be a challenge for some seniors because of changes that happen with age. Seniors may have a diminished ability to sense thirst, notice changes in body temperature and may be taking medications that have a dehydrating effect.

Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness and fatigue.

Because the effects of dehydration are so great, seniors need to be especially vigilant

about getting enough water through the day. Seniors that think they may be dehydrated should discuss their symptoms with their doctor before making any changes to their fluid intake.

Older adults looking for ways to stay hydrated through the day should try these six tips to get started:

1. Talk to a doctor – not only can a healthcare professional provide a recom-

mand **DEHYDRATION**, PAGE A10

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# Silent film classic "Old Ironsides" to screen at Flying Monkey

PLYMOUTH — Re-live the early days of the USS Constitution, when the ship was launched by a young nation to battle pirates off Africa's Barbary Coast.

"Old Ironsides" (1926), an epic silent adventure film, will be screened with live music on Tuesday, July 23 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plym-

outh. Tickets are \$10 general admission. The screening will feature live musical accompaniment by Jeff Rapsis, a New Hampshire-based silent film musician.

The film tells the story of the early days of the USS Constitution, which today is the world's oldest commissioned naval vessel still afloat. Launched in 1797, she was one of six original frigates



(Left) Charles Farrell and Esther Ralston star in "Old Ironsides" (1926), a vintage action/adventure movie about the early pirate-fighting years of the USS Constitution. The silent blockbuster will be shown with live music on Tuesday, July 23 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. General admission is \$10; for more information, call 536-2551 or visit [www.flyingmonkeynh.com](http://www.flyingmonkeynh.com).

authorized by the Naval Act of 1794 and the third constructed.

Nicknamed 'Old Ironsides,' she was originally scheduled to be broken up in 1830, the end of her normal service life. But the ship was saved that year by a poetic tribute published by Oliver Wendell Holmes. The poem supplied the story for 'Old Iron-

SEE IRONSIDES, PAGE A11

## Summer is here! Know the signs of heat related illness

BY ERNEST ROY PT, DPT

Pemi Baker Community Health

The past few days have seen the return of typical summer weather, with periods of heat and humidity now reappearing. The team of health care professionals at Pemi Baker Community Health want to inform you about the signs and symptoms of heat related health problems, so you can avoid such problems and enjoy a healthy summer. Studies from the National Institute of Health find that an average of 650 people per year in the U.S. die from heat related illness. People over the age of 65 show higher rates of heat illness than younger adults, with the highest rates in those 85 and over. Why is this so?

Age related changes to the skin such as reduced circulation or less efficient sweating.

Increased use of medications that may impair the body's ability to manage high heat such as fluid pills, sedatives, and some blood pressure drugs.

Heart, lung, or kidney diseases

High blood pressure.

Dehydration.

The Centers for Disease Control break heat related illnesses down into a variety of categories, from heat related cramping, to heat exhaustion, to heat stroke. There are a number of signs and symptoms to be watchful for in warm weather such as:

Temperature of 103 degrees F or above

Cold, clammy skin

Headache, dizziness or nausea/vomiting

Muscle cramping, sudden onset of fatigue or listlessness

Passing out

Preventing these problems requires a few simple precautions. Good advice for avoiding heat illness includes:

Reserving outdoor physical activity for cooler periods of the day, closer to dusk or dawn in hot weather.

Take frequent breaks, preferably in air-conditioned or cooler places.

Drink adequate water, sipping frequently to avoid dehydration.

Wear light clothing that breathes efficiently to help you remain cool.

Avoid alcohol, as this contributes to overall dehydration.

SEE HEAT, PAGE A11

## July news from Artistic Roots

PLYMOUTH — Artistic Roots is undergoing a facelift! During the month of June, you will notice a new sign and the front of the building will be painted. Thanks to Stacey Lucas who has headed the project and been instrumental in making it happen. She is a talented artist who has given so much to help



(Left) This is an example of Asian Stab Binding. Join Jong Kim in his class at Artistic Roots, 73 Main St., Plymouth, on July 9 from 1-3:30 p.m. to make this unique journal. Check out our Web site: [www.artisticroots.com](http://www.artisticroots.com) for the whole list of July classes and to register.

make the gallery successful!

Artistic Roots is SEE ROOTS, PAGE A11




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**Absolute AUCTION**

7 Lots with Access to Lake Pemigewasset  
New Hampton, New Hampshire  
Online-only bidding ends Wednesday, July 31 at 2:00 p.m.

**SELLING TO THE HIGHEST BIDDER(S) WITHOUT RESERVE!**

Located just off Route 104 in the Smoke Rise Development on the shores of Lake Pemigewasset on Smoke Rise Road, a total of 8.49± acres will be sold. The 7 wooded lots will be sold as 2 groups of 3 lots and 1 single lot. Selling individually is Lot 29 which consists of 1± acre and is located directly across from the shared lake access. Lots 7, 8 & 10 total 3.68± acres and lots 35, 36 & 38 total 3.81± acres and will be sold as packages. Lots 7, 35, & 38 have frontage on Route 104. All lots are zoned General Residential. Tax Map U08. Combined assessed value is \$383,200.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	403 McMurphy Rd.	Single-Family Residence	\$159,933	Donald T. and Elizabeth C. Towle	Desiree J. Therrien
Alexandria	43 Mountain View Rd.	Single-Family Residence	\$250,000	Martin M. Dechene	Thomas F. and Kathleen Sliney
Alexandria	N/A (Lot 7)	N/A	\$164,000	Pierce M. Leduc	Sean and Alexandra Dutton
Ashland	16 Circle Dr., Unit 62	Condominium	\$115,000	Kathleen A. Engberg	Susan B. Jayne
Ashland	23 West St., Unit 1	Office Condo	\$38,000	Jeremy J. Hiltz RET	1994 Rheinhardt RET and Barbara A. Rheinhardt
Bridgewater	Birch Hill Road	N/A	\$54,933	Paolo and Elia Magazzu	Anthony and Karen Sylvestre
Bristol	111 Greenwood Path, Unit 7	Condominium	\$297,000	Matthew B. and Rebecca S. Moreau	Arthur G. and Ellen Stephen
Bristol	South Main Street	N/A	\$70,000	Christos Stamas	Charles Hackett
Campton	56 Spring Hill Rd.	Single-Family Residence	\$222,533	Micheal L. Grasso	Anthony J. and Jeannine F. Tranfagelia
Campton	US Route 3 (Lot)	Residential Open Land	\$25,000	Carl A. Winquist	Jeffrey and Diane Saulnier
Campton	2230 US Route 3	Residential Open Land	\$15,000	Gerald Warren	Jesse J. Silvia and Alison L. Warren
Campton	548 Winterbrook Rd.	Commercial Building	\$275,000	Waterville Estates Realty	AJW Properties LLC
Campton	N/A	N/A	\$19,000	Michael and Kathleen Lentini	Lucy Danzig RET
Campton	N/A	N/A	\$14,000	David L. and Judy S. Fried	Dimitrijs Belovs
Dorchester	22 Davenport Rd.	Single-Family Residence	\$172,000	Peter Todd	Mark Lester
Hebron	16 Birch Lane	Single-Family Residence	\$352,800	Michael W. O'Brien	Lisa J. Pratte
Holderness	34 Lower Meadows Rd.	Mobile Home	\$72,000	Vicky Frazier	David J. and Christina L. Crowley
Holderness	74 Mountain Ivy Lane	Single-Family Residence	\$1,795,000	John J. and Annacarine E. Barry	Carol G. Stone Trust
Holderness	Route 113	N/A	\$365,000	Steven O. Howe and Elizabeth A. Sherry	Rockywold Deephaven Camps
Holderness	N/A (Lot 7)	N/A	\$400,000	Gagne 2018 RET and Ty H. Gagne	Kelley J. Zogopoulos
Holderness	N/A	N/A	\$720,000	Murray Fiscal Trust and Cynthia D. Murray	Dennis and Joan Ledbetter
Plymouth	Old Hebron Road (Lot)	Residential Developed Land	\$30,000	Horatio & Cynthia Melo Trust	William R. and Jessica E. Bond
Plymouth	Old Hebron Road	N/A	\$30,000	William R. and Jessica E. Bond	B.D. Lopez Mayhew RET
Plymouth	N/A (Lot 1)	N/A	\$40,000	Cardigan Land Ent. LLC	Kenneth D. DeCosta
Thornton	25 Horse Pasture Lane	Single-Family Residence	\$209,933	Daniel and Candace-Ames Nelson	Christopher P. and Alexandria Q. Stoddard
Thornton	20 Logan St.	Single-Family Residence	\$299,933	Susan B. Jayne	Frederick L. and Nancy C. Turner
Thornton	2823 NH Route 175	Single-Family Residence	\$195,000	Danny R. and Alison F. Avery	Daniel E. Nelson and Candace M. Ames-Nelson
Thornton	33 Uhlman Dr.	Single-Family Residence	\$195,000	Angelina T. and Eben M. Gannett	Colin E. and Clara Morrison
Thornton	N/A (Lot 4)	N/A	\$47,500	Ronald Bohlin	Ali Gator Properties LLC
Waterville Valley	8 Forest Knoll Way, Unit B2	Condominium	\$279,000	Gregory C. and Sandra M. Desisto	Adam B. and Lane E. Cheney
Waterville Valley	36 Forest Knoll Way, Unit 12	Condominium	\$317,000	James R. and Karen L. Stoeckel	Bryan L. Reimer RET
Waterville Valley	45 Forest Knoll Way, Unit F2	Condominium	\$320,000	Brian J. and Karen M. Cooper	Mark L. and Andrea D. Fidler
Waterville Valley	7 Moose Way, Unit 13	Condominium	\$282,533	Margaret T. Roper	Weigold Fiscal Trust and John P. Weigold
Waterville Valley	13 Stone Tower Lane	Single-Family Residence	\$298,000	Patricia M. Carillo 2007 Trust and Angel L. Carrillo	Margaret T. Roper
Waterville Valley	33 Windsor Hill Way, Unit 81	Condominium	\$138,533	Lawrence C. & H.B. Vannata LT	Anthony L. and Renee D. Dicenso
Wentworth	267 Atwell Hill Rd.	Single-Family Residence	\$185,000	Sala E. Chapman	Christine Vanasse

## ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

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## MARK ON THE MARKETS



BY MARK PATTERSON

Almost 100 percent of new clients that walk into my office to discuss their retirement plan have two beliefs that are consistent. First, they believe that they do not have enough money to retire and second is that they believe the amount of money that would allow for a comfortable retirement is predetermined by the "experts" on the radio, TV or magazines, and that number is more than have accumulated. Another common perception is that the tax rate will be lower once the client reaches retirement age. This may be true or it may not be true. There is no way to know tax policy and rates in the future.

The content of many 401(k), 403B, IRA or really any other qualified plans typically consist of mutual funds that have been used for accumulation of assets. These funds, in my opinion are not an efficient means of deriving income once retired. Consider moving these assets into an IRA where you or your advisor can tailor a portfolio to suit your needs as opposed to the limited choices typically found in a 401k plan.

A common yet dated strategy has been to take 4% of your assets for income. Many years ago when you could get a CD with a 5 percent return, that might have been viable. In today's world CD rates are substantially lower, so to get your 4 percent, you must place your assets at market or credit risk.

Instead of focusing on total assets needed to retire let's back in to what income you will need to sustain the lifestyle that you want. We must also account for the fact that the money that you are saving for retirement now will not be included in your retirement budget. The key is to convert your retirement assets into income producing vehicles that are sustainable, steady but have the potential to grow.

It sounds like a tall order, and it is. This

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

In today's world CD rates are substantially lower, so to get your 4 percent, you must place your assets at market or credit risk.

## Have enough?

portion set, we are not overly concerned with market or sequence of returns risk that would put your income

SEE MARKETS, PAGE A11

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# The Rest of the Story

A10 NEWFOUND LANDING, THURSDAY, JULY 11, 2019

## Parade

FROM PAGE A1

presence known as they saluted both the 4th of July and Bristol's Bicentennial with great enthusiasm. "The House Wives of Newfound Lake" and a running group that declared "We Run Newfound" were also part of the fun celebration. They were joined by Peppercorn Natural Foods, who had a quaint country-styled float, and the Pasquaney Snowshoe Club, which proudly acknowledged their ties to the region that date back to 1912.

Community supporters also took part in the day with great presentations from Hannaford's Market, West Shore Marine and NANA, the local home health care organization, toting a huge

birthday cake along the route.

Getting everyone on their feet to sing along with them though was the Uncle Steve Band. The ever-popular local group belted out the lyrics of the Beatles' famous "Birthday" song on Pleasant St. before shooting off red white and blue confetti cannons from their float.

At the conclusion they shouted, "Happy Birthday America! Happy Birthday Bristol!" to thunderous cheers and applause.

Fire departments from several communities also took part in the celebration.

Leading the way was the Bristol Fire Department with their antique fire wagon. They were followed by some of their partners in safety from the towns of Alexandria,

Bridgewater, Danbury, Hill, Meredith and Plymouth. Sparky the Fire Dog and Smokey the Bear also hitched a ride on a couple of their vehicles to remind people about fire safety rules, both at home and in the outdoors.

Emcee for the day was none other than Bristol's own Carroll Brown, the Solitary Man. Brown not only announced each entry as they traveled up Pleasant St. and made the final turn onto N. Main St., but entertained the crowds with music and fun prior to the parade.

On Saturday, July 6, the excitement of the dual celebration moved to the foot of Newfound Lake where fireworks capped off the national holiday and Bristol's bicentennial celebration for the weekend.

CLiF is an independent non-profit organization founded in 1998. Its mission is to nurture a love of reading and writing among low-income, at-risk, and rural children in New Hampshire and Vermont. CLiF has inspired more than

200,000 young readers and writers through literacy program grants and has given away more than \$5 million in new, high-quality children's books. For more information visit [www.clifonline.org](http://www.clifonline.org).

## Books

FROM PAGE A1

of numerous CLiF grants for schools and nonprofits across Newfound.

About the Children's Literacy Foundation (CLiF)

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## Arrest

FROM PAGE A1

After being bitten two or more times, the man submitted to arrest and was taken into custody by Bristol officers.

He was eventually identified as 44-year-old Scott R. Wein of 377 Foster Pond Rd. in Alexandria. Once his identity was known, police discovered there were two active warrants in Belk-

nap County for his arrest for failure to appear on an original charge of possession of methamphetamine.

Wein was taken to Franklin Regional Hospital for treatment of his dog bite wounds, then transported to the Belknap County Jail where he was arraigned on his outstanding warrants. Bristol Chief James McIntire reported that Wein will face addition-

al charges from this latest incident. Those include misdemeanors for prowling and resisting arrest along with Class B felony counts for striking a police service dog (times two) and possession of methamphetamines.

Bristol Police were happy to report that their K9, Arro, was not injured during the incident and performed perfectly in his duties.

## Arro

FROM PAGE A1

events scheduled over the next several weeks.

Tickets are \$1 each or six for \$5 and 100-percent of the proceeds will go to the BPD K9 fund. The

winning ticket will be drawn on Saturday Aug. 24. at the Old Home Day celebration in Kelley Park.

## Towns

FROM PAGE A5

seeking donations. The best sellers are whole pies, breads, muffins, cookies, cookie bars, brownies, "krispy" treats, perennials, annuals, and house plants. They should be labeled for the "Baked Goods Booth," and can be left in the church kitchen on the Friday before the fair or at the booth Saturday morning. Baked beans for the lunch booth may also be dropped off the morning of the fair or contact the office for other arrangements. Your donations are appreciated, as all the profits go to support the church and its lo-

cal missions. White Elephant items may be delivered directly to Dian West's home at 17 Brookside Lane. Please leave them in front of her garage or on her front porch if raining. Rummage (clothing and textiles), auction items, books, puzzles and games will be accepted directly at the church (9 a.m.-4 p.m., seven days a week). The cut-off date for donations is the Wednesday before the fair, so please drop things off early. Call the church office to make other arrangements or for pick-up of large items. Please refer to the list of items we regretfully cannot accept by visiting our fair website. Thank you!

## Dehydration

FROM PAGE A6

mendation about how much water someone needs, they can also provide guidance and tips on managing water intake.

2. Create a schedule – it can be difficult to drink a lot of water in one sitting. However, creating a schedule that accounts for daily activity, physician-recommended intake levels and the preferences of the senior can help keep hydration on track.

3. Eat water rich foods – Eating cucumbers, watermelon, apples and other water rich produce can help seniors get more fluids at meal times. Broth is also a good option.

4. Make water more

interesting – For those that don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!

5. Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.

6. Don't wait for thirst – often, by the time seniors feel thirsty, they may already be dehydrated.

### Comfort Keepers® Can Help

Comfort Keepers

can provide support

for seniors that are

concerned about the issue of hydration. Our caregivers can provide transportation to healthcare appointments, assist with meal preparation and planning, and provide support for physician-prescribed hydration regimens. Our goal is to support physical and emotional care goals, and to elevate the spirits of our clients and their families every day.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

### About

**Comfort Keepers**

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, SEE DEHYDRATION, PAGE A11

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# Edward Jones: Financial Focus

## Life Events Can Lead You to See a Financial Advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

**New job** – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have

questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

**Marriage** – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment

styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

**New child** – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some col-

lege-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

**Career change** – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options

to determine which one is most appropriate for your needs.

**Death of a spouse** – Obviously,

the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

**Retirement** – Even after you retire, you'll have some important investment decisions to make.

For one thing, you'll need to establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Member SIPC

## Ironsides

FROM PAGE A7

sides' nearly a century later.

Directed by James Cruze, "Old Ironsides" is an action/adventure film that traces the story of an early USS Constitution crew member.

The crew member, a gunner, is shanghaied while ashore in Boston and forced to serve on another ship, the Esther, a commercial vessel bound for Italy.

Among those on board are a young boy running away from home, and the daughter of the ship's owner.

After crossing the Atlantic, the Esther is attacked by pirates off the coast of Algiers in the south Mediterranean Sea, with the crew and passengers taken captive.

Will the USS Constitution arrive in time to save the ship's daughter from being presented as a gift to a Sultan in Algiers?

The film, a big-budget extravaganza from Paramount Pictures, boasts an all-star silent era cast that includes Wallace Beery, George Bancroft, Charles Farrell, and Esther Ralston. Among the

crew members is Boris Karloff, famous later for his starring role in "Frankenstein" (1931).

"Old Ironsides" was filmed at sea off the coast of California's Catalina Island, using a full-scale replica of the original ship. The movie was praised for its authenticity and commitment to historical accuracy. Only a handful of scenes used small-scale models, a rarity for the time.

In addition to its elaborate battle scenes, the film is notable for its high quotient of comedy. At the time, Hollywood was first starting to make motion pictures with stories that delivered all-around entertainment.

Cruze was among the directors becoming adept at integrating comedy, drama, romance, and action all into one spectacular audience-pleasing package.

Surprisingly, "Old Ironsides" sank at the box office in its original release. Critics praised the film, but Jazz Age audiences failed to flock to the historic epic, which was released at the height of the Roaring 1920s.

nity Health is committed to helping all residents of our communities have a healthy experience in all seasons of the year. Use these tips to avoid problems and enjoy the warm summer months safely.

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health is the home care provider of choice for Grafton County. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and fitness memberships including a fitness gym and fitness classes in our 90-degree therapy pool. PBCH is located at 101 Boulder Point Drive, Suite 3, 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

If they have high body temperature, are nauseous or appear to be on the verge of passing out, call 911. Move them to a cool place if possible.

Loosen clothing, place moist cool towels on the body.

If symptoms such as cramping or extreme fatigue worsen or persist for over an hour, or if person has a heart condition, seek medical help right away

Pemi Baker Commu-

nity Health is committed to helping all residents of our communities have a healthy experience in all seasons of the year. Use these tips to avoid problems and enjoy the warm summer months safely.

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## Dehydration

FROM PAGE A10

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.

## Roots

FROM PAGE A7

looking for a potter to jury. If you are interested, stop by the gallery or you can get an application online.

We have a full line of classes scheduled for July! If you are interested in taking a course, but can't afford the fee, we have scholarships available, simply email executive director@artisticroots.com, and we'll make it happen.

We have a new group of Visiting Artists and will celebrate their arrival with a reception on June 27 from 5-7 p.m. Refreshments will be served and all are invited to attend.

Classes for June include:

Saoirse Gaulocher-Bergman will offer a free class for children, Making Pop Up Cards on Saturday, July 20th from 10-11 am. Children will make their

own popup cards for a special celebration.

Suggested ages are five and up. Adults are welcome, too! Please sign up so we know how many to plan for. On July 21, Saoirse will offer a water-felted Acorn Class from 10-11:30 am. This class features much less needlework than past needle felting courses. The cost for members is \$20, Non-Members \$25. On July 27 and Aug. 3, she will offer a 2-part class of making a Felted Owl on a Stand. The class is held from 10-noon and participants must attend both classes to complete the project. In this two-part felting class, students will create a detailed replica

of a barn owl, about  $\frac{1}{4}$  the size of an actual barn owl using felting techniques. Students will then mount their project onto a piece of wood to create a realistic barn owl display. The cost of the class

is \$40 for members and \$45 for non-members.

Zen Doodle Chickens with Suzan Gannett will be offered on Thursday, July 3, 5-7 p.m. Students will learn the basics of Zen doodling while creating your own special chicken. The finished product will come with a mat and will be ready for framing. The cost for members is \$30 and for Non-members \$35. Mrs. Gannett will offer a Make Your Own Earrings. Students will learn to make ear wires and how to attach beads, or semi precious gems. Cost for members is \$30 and Non-member \$35.

Asian Stab Bookbinding Variations with Jong Kim will take place on Tuesday, July 9, from 1 - 3:30 p.m. Stab Binding is the method of bookbinding that the Chinese, Koreans, Japanese, and Vietnamese used before adopting the

modern codex form. This class will explore various types of Stab Binding techniques. The cost for members is \$30.00, non-members: \$35. He will offer Long Stitch/Link Stitch Bookbinding on Tuesday, July 23 from 1 - 3:30 p.m. Long stitch is a bookbinding technique used for sewing together the sections of a book. This class will use Long Stitch technique along with Link (Chain) Stitching technique. The cost for members is \$30.00, non-members: \$35.00.

Become a supporter! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Check out the various levels of giving on our website and the rewards that you can receive. Artistic Roots is at 73 Main Str. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.

## Markets

FROM PAGE A9

in danger

It can be very beneficial to plan sooner

than later. The first step in this process is to figure out a realistic budget and income needs come retirement.

A good financial plan-

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

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

# 2019 Salmon Press REAL ESTATE & HOME IMPROVEMENT GUIDE

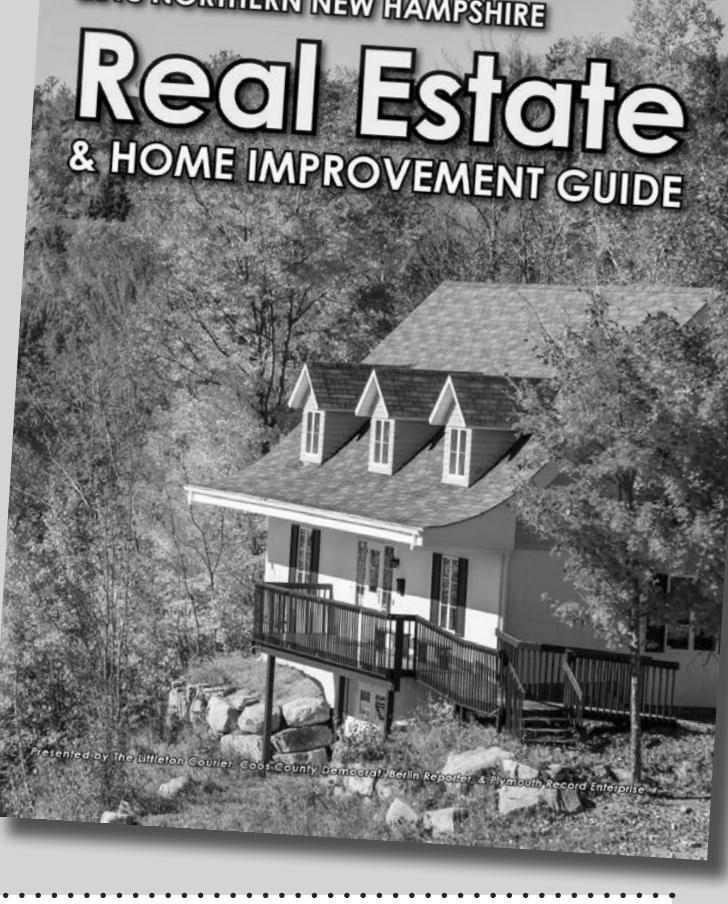
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the NORTH COUNTRY  
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## Sales Deadline:

Wednesday, July 24<sup>th</sup>

**Full Page .....** \$480  
**Half Page.....** \$350  
**Quarter Page .....** \$225  
**Contractors/Service Directory .....** \$60

**1/4 Page .....** 3.5" x 4.5"  
**1/2 Horizontal Page .....** 7.25" x 4.5"  
**1/2 Vertical Page .....** 3.5" x 9"  
**Full Page.....** 7.25" x 9"  
**Service Directory.....** 3.5" x 2"



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Tracy at 616-7103 or Lori at 444-3927

Email: tracy@salmonpress.news

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July 12, 15, 18, 21-25  
Documentary following two dreamers and a dog on an odyssey to bring harmony to both their lives and the land.

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**Upcoming Live Events**

7/13 - FOREIGNERS JOURNEY  
Tribute to Foreigner & Journey

7/14 - SAMANTHA FISH  
Belle of the West & Incredible Blues Guitarist

7/16 - LETTUCE

7/19 - EDWIN McCAIN

7/20 - JONATHAN EDWARDS & LIZ LONGLEY

Bring in this ad to get TWO tickets for the price of one to see "THE BIGGEST LITTLE FARM" on 7/15 or 7/17

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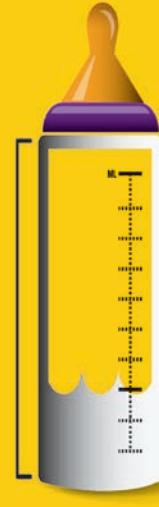
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Enrolling for Fall at Little Swans PreK

We are a play-based and nature-inspired program for children aged 3-5 in Sanbornton, just a few minutes from Exit 22. Learn more about this warm and caring community where children explore and grow at our

**Open House: Tuesday, July 16—4:00pm-5:30pm**  
(stay after for our weekly Family Garden Night)

**Fast Facts:**

- Monday to Friday, 8:00am-4:30pm
- Early drop-off and late pick-up available
- Tuition \$3,200-\$8,000 (2 days to 5 days/week)
- First day: September 3, 2019

Questions? [kasia@santbani.org](mailto:kasia@santbani.org)  
Register for fall enrollment: [www.santbani.org](http://www.santbani.org)

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I AM A WITNESS [IWitnessBullying.org](http://IWitnessBullying.org)

## What's Happening at Plymouth State University

### PSU'S ICE ARENA: THE COOLEST PLACE AROUND!

Our full-size NHL arena is a great place to beat the heat. Beautiful and modern Hanaway Rink features skate rentals, discounted rates for seniors and groups, and free admission for children age four and under. It's the cool choice for birthday parties, family get-togethers, and refreshing fun and exercise on these hot summer days.

Public skating is currently scheduled Monday-Friday through mid-August. The schedule is subject to change, so please review [go.plymouth.edu/arena](http://go.plymouth.edu/arena) or call (603) 535-2SK8 (2758) for updates, rates, and more information.



See further up here.

Plymouth State University Ice Arena  
129 NH Rt. 175A (Holderness Road)  
Plymouth, NH



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Ad Council 

# Newfound Landing Sports

## NHMS gearing up for NASCAR weekend

LOUDON — If you like to get loud, then New Hampshire Motor Speedway is the place to be in July when NASCAR returns for New England's biggest summer party — the Foxwoods Resort Casino 301 race weekend, July 19-21.

"We are counting down the days until fans start to arrive for our big NASCAR weekend," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "We've added so many new features and even a new event on The Flat Track for fans to enjoy so they have an unforgettable experience all weekend with their family. This will certainly be the highlight of the summer."

### Friday, July 19

The on-track action kicks off on Friday, July 19, with the NASCAR Whelen Modified Tour All Star Shootout and Cape Cod Café Pizza Pole Day on "The Magic Mile" and the all new Friday Night Dirt Duels presented by New England Racing Fuel on The Flat Track.

The Modified All Star Shootout at 2:10 p.m. is a 30-minute timed shootout between some of the best drivers on the NASCAR Whelen Modified Tour. Friday is named Cape Cod Café Pizza Pole Day, as the Monster Energy NASCAR Cup



NASCAR returns to NHMS the weekend of July 19-21.

Series drivers compete for the pole at 4:35 p.m., setting the stage for Sunday's Foxwoods Resort Casino 301. One ticket provides access to both events, with kids (12 and under) getting in for free.

A new addition to race weekend is the Friday Night Dirt Duels presented by New England Racing Fuel, which will be headlined by the U.S. Legend Cars International and USAC Dirt Midget Association racing in the first ever race under the lights on New Hampshire Motor Speedway's newest racing surface, The Flat Track. Fans can enjoy a night of short track racing — featuring NASCAR Cup Series drivers Corey LaJoie and Daniel Hemric in legend cars and Ryan

Blaney as Grand Marshal — on the 0.25-mile dirt track. Heat races start at 7:30 p.m. with gates opening and practice starting at 6 p.m. Tickets, which include open garage and pit access, are \$10 for adults with kids 12 and under.

### Saturday, July 20

Saturday, July 20 is Tripleheader Saturday with the NASCAR Xfinity Series Lakes Region 200 serving as the feature event at 4 p.m. with entries expected from some of the biggest names in the sport. NHMS's one-mile oval sets up the modifieds to put on one of the most exciting races in America for the NASCAR Whelen Modified Tour Eastern Propane and Oil 100 at 2 p.m. The NASCAR K&N Pro

Series East United Site Services 70 at 6:45 p.m. features some of the youngest future stars in NASCAR that often are making their first appearance in front of New England race fans. One ticket provides access for the entire day, with kids (12 and under) getting in for free.

### Sunday, July 21

Sunday, July 21 is the Monster Energy

NASCAR Cup Series Foxwoods Resort Casino 301 at 3 p.m. The day will serve as one of New England's biggest parties of the summer with a pre-race concert by Love And Theft and fun for all ages, including discounted tickets for kids 12 and under.

Outside of NASCAR weekend, July is filled with many events for families to enjoy in-

cluding:

Sunapee Racing Team on July 11, 23 and 25;

Team O'Neil Rally School on July 6-7;

Penguin Roadracing School on July 26;

Loudon Road Race Series on July 27-28;

MOAT Mountain Road Course Series on July 27-28;

White Mountain Chapter of the BMW Car Club of America on July 27;

North East Drift Co. on July 27-28;

Fishtail Riding School on July 29.

For ticket information for all 2019 events at New Hampshire Motor Speedway, including the July 19

Friday Night Dirt Duels presented by New England Racing Fuel, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway web site at NHMS.com or call fan

relations at 783-4931.

## Lakes Region hoop camp at PMHS starting July 29

ALTON — Lakes Region Boys' and Girls' High School Basketball Camp will take place July 29 through Aug. 2 from 6 to 8:30 p.m. each evening at the Prospect Mountain High School gym.

The camp is open to boys and girls entering grades nine through 12 and coaching staff is made up of current varsity coaches from Prospect Mountain and

other New Hampshire high schools.

Focus points will revolve around offensive strategy, both individual and team. Participants are asked to not wear jewelry and watches and not chew gum. Sneakers are required, shorts and t-shirts are recommended. The camp will have warm up and group drills from

6 to 6:35 p.m., individual player work with coaches from 6:35 to 7:15 p.m., drills and mini competition from 7:15 to 7:45 p.m. and team games from 7:45 to 8:30 p.m.

Checks can be made

payable to Joe Faragher,

PayPal and/or Venmo

are encouraged to

secure early registration.

Registration will be available at the door if space is available.

E-mail joefaragher88@yahoo.com or call

440-821-1381 with any

questions.

## Newfound seeking fall coaches

BRISTOL — Newfound Area School District is looking to fill the following coaching positions for fall 2019.

Newfound Regional High School is looking for a unified soccer coach and an assistant girls' JV soccer coach.

Newfound Memorial Middle School is looking for boys' soccer, girls' soccer, head football, assistant football and two volleyball coaches.

If interested, please send a letter of intent, resume, and names and phone numbers of three references to Stacy Buckley — Superintendent, Newfound Area School District, 20 North Main St., Bristol, NH 03222.

Questions should be directed to Alex Sobolov, Athletic Director at [asobolov@sau4.org](mailto:asobolov@sau4.org) or 744-6006, x1507.

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**LNA II** - Graduation from high school or G.E.D. equivalent. Two years of experience as a Licensed Nursing Assistant. Must possess and maintain a current license for Nursing Assistant as approved by the New Hampshire Board of Nursing. Valid driver's license required if responsible to transport residents to appointments.

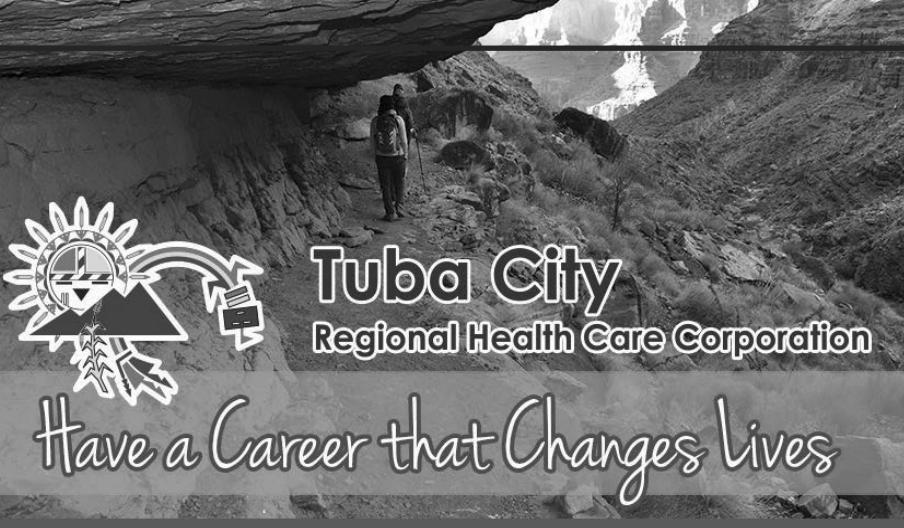
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Doreen.Stevens@dhhs.nh.gov

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Adv. Pharmacist I/II – Oncology  
Certified Pharmacy Technician  
Endocrinologist/Sonographer  
CT Technologist (Dual)  
Medical Technologist  
Phlebotomist

#### Medical Staff

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Hospitalist  
Internist  
Nurse Midwife  
Physical Therapist  
Physician (Emergency, OB/GYN, Family Medicine)

### Positions Close on 06/21/2019 @ 5:00 pm

Accounts Receivable Specialist I/II  
Ambulatory Care Program Director  
Call Center Lead  
Call Center Manager  
Certified Medical Assistant  
Contract Specialist  
Corporate Compliance Technician  
Dental Assistant  
Environmental Services Tech./Maintenance  
Help Desk Manager  
Medical Coder I/I/II  
OR Surgical Technician  
Patient Benefit Coordinator  
Performance Improv./Patient Safety Officer  
Surgical Services Materials Management  
Specialist  
Telemedicine Services Coordinator

### Positions Close on 06/28/2019 @ 5:00 pm

Accounting Technician I/II  
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Environmental Service Technician - SPHC  
Patient Access Specialist

For more information visit  
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## 2019 Salmon Press

# REAL ESTATE & HOME IMPROVEMENT GUIDE

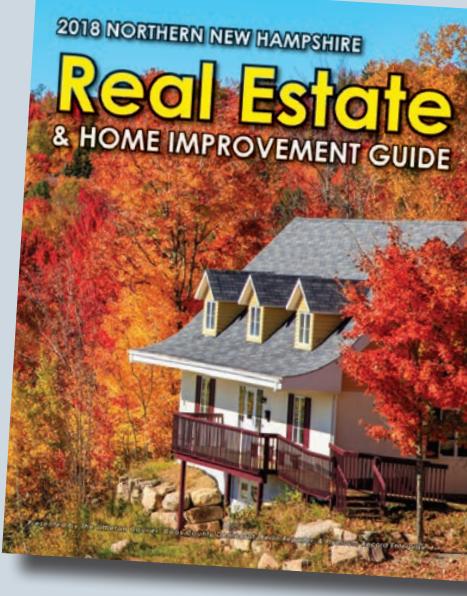
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Wednesday, July 24<sup>th</sup>

Full Page .....	\$480
Half Page.....	\$350
Quarter Page .....	\$225
Contractors/Service Directory .....	\$60

1/4 Page .....	3.5" x 4.5"
1/2 Horizontal Page .....	7.25" x 4.5"
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# Classifieds

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# Town-to-Town CLASSIFIEDS



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24/7

**Still Lost!**  
Shane - Shetland Sheepdog  
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We are hoping someone may have him or have seen him?  
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Monday 10:30 am

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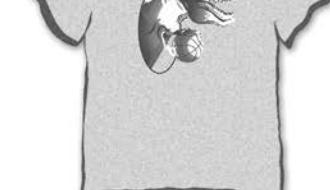
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small



medium



large

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**Flu protection is recommended in sizes 6 months through 18 years.**

The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

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U.S. Department of  
Health and Human Services  
Centers for Disease  
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## Newfound Area School District 2019-2020 Employment Opportunities

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Nurse - Must have RN license

#### District Wide

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1:1 Support - Certified or Certifiable

Salary range \$11.87 - \$23.57

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Stacy Buckley - Superintendent of School

Newfound Area School District

20 North Main Street

Bristol, NH 03222

Application is available at:

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You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
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### BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

### DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

### AFTER

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)

Who to Call Where to Meet What to Pack

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## Bicycle Hillclimb registration spots still available

**PINKHAM NOTCH** — The 47th annual Mt. Washington Auto Road Bicycle Hillclimb is looking for a few more riders — particularly for riders who can make this ultra-steep climb in just one gear. This year the historic bike race will award cash prizes not only to the overall winners but also to the first man and first woman to complete the Hillclimb on fixed-gear bikes, with the additional bonus of a gift card from State Bicycle Company.

The race's organizers announced that anyone who has registered for

the Hillclimb can receive a 50 percent discount on the registration fee for the Mt. Washington Century, the scenic and challenging 109-mile ride around northern New Hampshire's Presidential Range three weeks before the Hillclimb.

The 2019 Mt. Washington Auto Road Bicycle Hillclimb will take place on Saturday, Aug. 17. Registration remains open until the field reaches its capacity of 635 riders. Riders can sign up at <https://www.bikereg.com/mwarbh>. Hillclimb entrants may also participate in the

practice ride, held on July 14 and limited to 300 riders. The Mt. Washington Century, open to anyone, will take place on July 27.

While the world's top professional cyclists prepare for this year's Tour de France, amateur riders can look forward to pedaling up the one New England mountain that matches the Tour's most difficult ascents for steepness, length and intensity. The Mt. Washington Auto Road rises 4,650 feet in the course of its 7.6 miles, constantly uphill at an average grade of 12 percent. (For

comparison, the steepest portion of the fabled Col de Galibier in the Alps is 10 percent.)

For any cyclist still debating whether or not to tackle Mt. Washington this year, these new incentives should be enticing — and so should the newly expanded prize structure for top finishers. As in previous years, the first male and female finishers will each win \$1,500, but this year a cash prize of \$750 will also go to the second-place male and female riders and \$500 to the man and woman in third position on the

awards podium.

The other significant addition to the Hillclimb this year is the prize

of \$500, plus a \$250 gift card from State Bicycle Company, for the first man and first woman to complete the race on fixed-gear bikes. With only one front and one rear chain sprocket, fixed-gear bikes cannot coast, hence the riders are always pedaling.

On the Mt. Washington Auto Road, however, riders on multi-gear bikes normally are pedaling the whole way anyway. The advantage of the fixed-gear option is a much lighter bike. The disadvantage is that the rider cannot shift gears to adjust to the road's variable grade, which reaches 22 percent as it approaches the finish line at Mt. Washington's 6,288-foot summit.

The Mt. Washington Auto Road Bicycle Hillclimb and the Mt. Washington Century are the main annual fund-raising events for the Tin Mountain Conservation Center, which provides environmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington Valley. Of the \$350 entry fee for the Hillclimb, \$150 helps to cover the cost of staging the race. The balance is a tax-deductible charitable contribution to Tin Mountain's programs.

This year, riders have the option of registering for \$150 and then raising the remaining \$200 in donations. The entry fee for the Mt. Washington Century is \$140 for individuals, \$175 for a family. Cyclists who are already registered for the Hillclimb may register for the Century at half price.

## No time to recover in busy holiday week

**SPORTING CHANCE**

By JOSHUA SPAULDING



LISA PENNY — COURTESY PHOTO

**PROOF** that I made it through most of the parade, at least. This was taken in front of the Carpenter School in the middle of the uphill portion of the parade.

ciate me blaring on my horn, plus I am not home enough to really do that anyway. So it stays in the case and comes out when it's time for the concerts to start.

For this reason, the start of the year is always a bit of a challenge because I have to "get my chops back" and get used to playing again. Usually that takes a few weeks of rehearsals before things feel ok.

Since the Cate Park Band is an all-volunteer group, we don't know how many people are going to show up on a given night.

We did our first official concert of the season on Wednesday, July 3, then we were back at it on Thursday morning for the Wolfeboro parade and again on Thursday night for the pre-fireworks concert.

The more trumpet players that show up, the easier it is on the chops. We had four on Wednesday night, which wasn't too bad.

But for the parade on Thursday there were only two trumpet players, which made for a long walk from The Inn on Main to Brewster (on new pavement that attracted the heat quite nicely). Then Thursday night, we had just three trumpet players and a full two-hour concert.

Needless to say, by the time 9 p.m. rolled around on Thursday, my lips were not in great shape. Thank-

fully, there was a few days of rest before the next concert to get everything back to normal.

Finally, have a great day Diane and Corky Mork.

*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 josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*

The guiding spirits of State Bicycle see Mt. Washington as an excellent place to promote their view of cycling.

As the company web site puts it, "State Bicycle is passionate about fixed gear cycling and its emerging culture. Our commitment to supporting both the local rider and the greater riding community is the reason why we're in this business."

The July 14 practice ride is an opportunity for Hillclimb entrants to test their preparedness and familiarize themselves with the Auto Road. Questions

**DJ Johnson**

Parent Partner/Recovery Coach



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