

TTCC celebrates more than 75 years – Part 2

BY CASSIE ZICK
Contributor

BRISTOL — Last month, we talked about the origins of the Tapply Thompsen Community Center. Starting in the mid 1920s, a man named Rev. A. Brownlow Thompson had envisioned a form of Bristol where there were abundant social opportunities for kids. A place like this was yet to be established, so it took much effort for his dream to become reality. A former member of his boys’ club, Richard “Wink” Tapply, assumed the role of the center’s first-ever director. Between the Reverend’s initial drive for an improved community, and Mr. Tapply’s dedication to that goal following his leave, the community center was founded to provide those opportunities for both the youth and the adult population of Bristol. Modifications and advancements made during the first 25 years following the center’s establishment are still evident to this day.

During this time, an abundance of ideas to expand the center and broaden its range of activities were created. The 10 activities the center offered in 1946 during its beginning stages is incomparable to what it offered 20 years later. Varying from photography to the junior rifle team, 30+ activities were available in a fashion where there was something for everyone to enjoy. Outside of the daily events remarked on above, the T.T.C.C. also began to form annual events. It gave the public something to look forward to and enjoy with the rest of the community. These included holiday celebrations, the Winter Carnival, Spring Festival, and many more events.

Going outside of the building, the Kelley Park Playground and Fields served as an asset to the T.T.C.C. in organizing athletic activities and special events. Whether it was softball in the spring or the ice skating rink in the winter, Kelley Park was constantly being accessed for extra-curricular fun.

Before Bristol and its surrounding towns had formed the cooperative school district we know today, most of the center’s participants were Bristol residents known by the director in some way or another. Following this formation, students and parents of this new district began flooding into the center, and reveled in the opportunities it held. In these 25 years, membership in the center by both the youth and adults skyrocketed into the many hundreds. Rev. A. Brownlow Thompson and Wink Tapply’s dream of a successful recreational center that impacted the public had come true.

In 1967, a man named Charles Greenwood wrote a synopsis on the history of the then Bristol Community Center. To celebrate its 20th anniversary, Mr. Greenwood came up with the infamous text History of the Bristol Community Center in which he covered the center’s origins and progress that it made during that time span. Much of his work was included in the research portion of preparing these articles for the T.T.C.C.’s 75th anniversary.

Barbara Greenwood, sister-in-law to Charles Greenwood, was one of the early participants at the T.T.C.C. Not only was she a participant in her youth, but she continued to be an active member of the center in her adulthood, both as a participant and a chairman. After interviewing Mrs. Greenwood, we were able to better understand the changes the center made during its first 25 years, and what their impact was on the community.

“Wink Tapply started the Summer Program and got permission to use Kelley Park for events. At one point, U.N.H. had a traveling performance group for the summertime and they would come and do plays for the community at the park. They would also have parades,” Mrs. Greenwood expressed when asked about events that were implemented to bring together the citizens of Bristol. “Wink Tapply was one that would try to involve as many people in activities as he could, and during the summer he would have the kids do parades. The theme would range from best-dressed to animals to fairy-tales. They would do parades around the square for everyone to see.”

We also asked Mrs. Greenwood about annual events that were introduced during this time.

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Bears use big inning to knock off Panthers



Moultonborough’s Michelle Fell dives back into first as Newfound’s Madison Perry puts the tag on during action last week.



Katie Sweeney fires a throw to first after fielding a bunt in action last week in Moultonborough.

BY JOSHUA SPAULDING
Sports Editor

MOULTONBOROUGH — The Newfound softball team had one big inning on Monday, May 3, and the Moultonborough Panthers were not able to recover, leading to a 13-0 Bear win.

“We could’ve only scored four or five in that inning, but those things happen,” said Newfound coach Bruce Couture of his team’s nine-run second inning. “You put

the ball in play and make them do things.

“We played a pretty decent game,” he added.

“What impresses me is they fought back,” said Moultonborough coach Lindsay Bliznik. “We’re working on the confidence piece, the mental toughness.

“The game’s not over until it’s ready to be over,” she added.

Moultonborough pitcher Olivia Tatro had a strong first inning, shutting down the Bears in order and her Newfound counterpart, Sarah Buchanan, also set the side down in the order in the bottom of the inning.

The Newfound bats came to life in the top of the second inning. Katie Sweeney led off the inning with a double and one out later, Bailey Drapeau had a base hit and Emalie Ruiter beat out an infield hit to plate the first run of the game. Alexis Bassett reached on a fielder’s choice to

SEE BEARS PAGE A6

NHEC board approves first capital credit payments to members

PLYMOUTH — For the first time in New Hampshire Electric Co-operative’s (NHEC) 82-year history, the company will begin returning a portion of its equity back to current and former members. Current NHEC members will

receive their portion of these payments, called capital credits, as a direct bill credit later this summer.

NHEC is a not-for-profit, rural electric co-operative, which means it is owned by the people

and businesses it serves. When NHEC takes in more revenue than it spends in a given year, the Co-op builds equity that is used to fund capital projects, which keep the electric distribution system safe and reliable, and helps keep

electric rates affordable and stable. NHEC’s member-owners are allocated their portion of the equity generated each year based on their electric usage. Members’ accrued equity in NHEC is represented by

SEE NHEC PAGE A6

Plymouth State University sends off Class of 2021



COURTESY

Plymouth State University President Donald Birx, Ph.D., introduces commencement speaker Deborah L. Birx, MD at PSU’s 150th Anniversary Commencement on Saturday, May 8. In addition to delivering the keynote address, Dr. Birx, former White House Coronavirus Response Coordinator, and younger sister of PSU President Donald Birx, was presented with an Honorary Doctorate in Public Service for her service to the country during the HIV/AIDS epidemic and, most recently, during the COVID-19 pandemic.



Madelyn McCluskey, Vice President of the Plymouth State University Class of 2021, addressed graduates at PSU’s 150th Anniversary Commencement on Saturday, May 8.

by their fortitude and dedication. Graduate and doctorate degrees for the classes of 2020 and 2021 were awarded in a separate ceremony on Friday evening, May 7, in the same location.

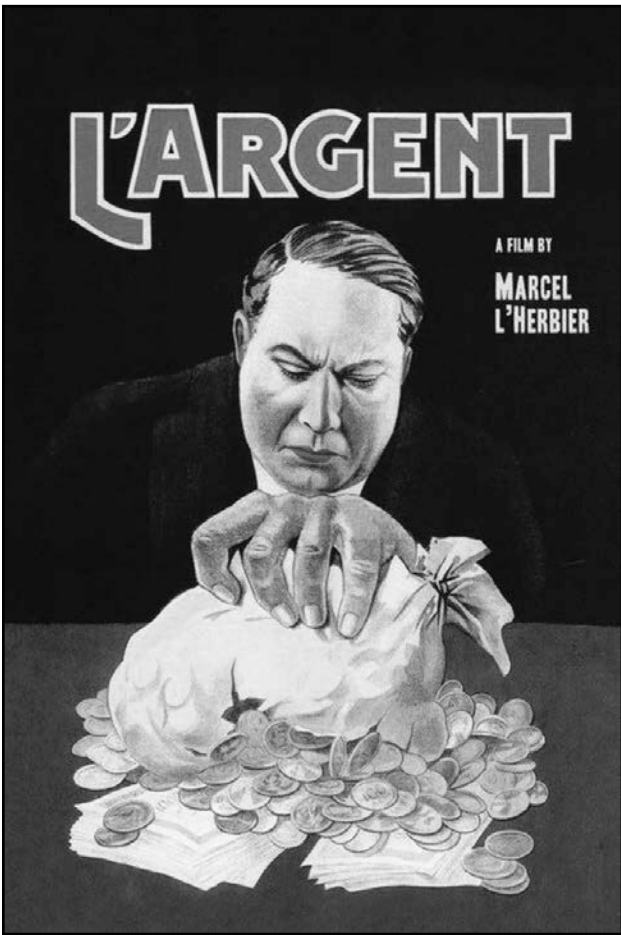
The graduating classes were joined by members of the PSU faculty and staff, and distinguished guests. Due to ongoing con-

cerns around the pandemic, the ceremonies were live-streamed for graduates’ family and friends.

PSU alum Todd Angilly, an opera singer and the official anthem singer of the Boston Bruins, performed the National Anthem to open the ceremony. An-

SEE PSU PAGE A6

Silent film epic ‘L’Argent’ (1928) to screen at Flying Monkey



COURTESY
A classic promotional poster for the French drama “L’Argent” (1928), to be shown on Thursday, May 13 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the Flying Monkey at 536-2551.

PLYMOUTH — A rarely shown early French movie that broke new cinematic ground is returning to the big screen at the Flying Monkey.

ness corruption, will run on Thursday, May 13 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth.

“L’Argent” (1928), a drama about big busi-

The screening, the latest in the Flying Mon-

key’s silent film series, will feature live accompaniment by Jeff Rapsis, a New Hampshire-based composer who specializes in creating music for silent films.

“This is a rare chance to see a terrific film as it was intended to shown: not on TV at home or on a laptop, but on the big screen, with live music, and with an audience,” Rapsis said.

Admission is \$10 per person, general admission. Tickets are available online at flyingmonkeynh.org or at the door.

The Flying Monkey continues to observe all recommended Covid-19 safety protocols. Capacity is limited to allow for social distancing, and patrons are required to wear facial coverings until seated.

Loosely based on Emile Zola’s 1891 novel of the same name, “L’Argent” (French for “Money”) follows the story of an embattled bank speculator in Paris who backs a scheme for an daredevil aviator to fly across the Atlantic.

Intended to revive his flagging business em-

pire, this desperate adventure brings about personal and financial ruin for an ever-widening circle of people.

The movie, conceived on a grand scale by director Marcel L’Herbier, originally ran three and a half hours. The version available today has been trimmed to two and a half hours.

At the time, L’Herbier faced intense criticism for updating the Zola’s classic story from the 1860s to the 1920s.

The director argued that Zola’s tale spoke to timeless truths, and that updating it to the then-present day would show its universality.

The international cast includes two performers, Brigitte Helm and Alfred Abel, who played key roles a year earlier in Fritz Lang’s futuristic epic “Metropolis” (1927).

“L’Argent” won acclaim for its visual design. The movie features enormous sets (some specially built, some borrowed from real life) and memorable camerawork by cinematographer Jules Kruger.

Some scenes required

location shooting with large numbers of extras. The departure of the transatlantic flight was filmed at Le Bourget airport. For three days over the weekend of Pentecost L’Herbier was allowed to take over the Paris Bourse, employing 2,000 extras in the stock-exchange scenes.

Still more challenging was a night-time scene in the Place de l’Opéra which had to be specially lit and filled with people to convey the feverish excitement of waiting for news of the flight.

Upon release at the very end of the silent era, the film enjoyed some commercial success, particularly in Germany.

Its reception among critics was more mixed, as some regarded it as a visual triumph while others found scant justification in the story for the indulgence in spectacular sets and energetic camerawork.

In the 1970s, a detailed study by critic Noël Burch, who argued that L’Argent was a ground-breaking work and one of the cinema’s greatest achievements, launched a re-evaluation

of the film.

As a result, Marcel L’Herbier’s assessment that this was the summit of his silent career has found wider endorsement

In creating music for silent films, accompanist Jeff Rapsis performs on a digital synthesizer that reproduces the texture of the full orchestra and creates a traditional “movie score” sound.

For each film, Rapsis improvises a music score using original themes created beforehand. No music is written down; instead, the score evolves in real time based on audience reaction and the overall mood as the movie is screened.

“L’Argent” (1928) will be shown on Thursday, May 13 at 6:30 p.m. at the Flying Monkey Moviehouse and Performance Center, 39 South Main St., Plymouth. Admission is \$10 per person general admission. Tickets are available online at flyingmonkeynh.com or at the door. For more information, call the Flying Monkey at 536-2551.

For more information on the music, visit www.jeffrapsis.com.

Groton men sentenced on child pornography charges

HAVERHILL — Grafton County Attorney Martha Ann Hornick announced earlier this week that Keith Cote and Kevin Cote, 40, of Groton were sentenced to four to 10 years in the New Hampshire State Prison on four counts of possessing child sexual abuse images. They were also sentenced to consecutive sentences of seven and a half to 15 years at the Prison, suspended for 10 years on four counts of possession of child sexual abuse images. Keith Cote was also

sentenced on one count of Aggravated Felonious Sexual Assault to three to six years at the State Prison stand committed. This sentence is to run concurrent to his conviction for possession of child sexual abuse images.

As a result of a proactive Internet investigation seeking individuals possessing or sharing child sexual abuse material, the investigation was commenced by the Grafton County Sheriff’s Department, according

to information set forth in pleadings filed with the Court. The Grafton County Sheriff’s Department Computer Forensics Unit identified the defendants as persons of interest. Upon the execution of a search warrant at the Groton residence on June 12, 2020, a number of electronic devices were seized. A subsequent search of the computers and electronics identified a significant amount of child sexual abuse material which resulted in the criminal charges.

The possession of child sexual abuse images case was investigat-

ed by the Grafton County Sheriff’s Department, the Plymouth Police Department, Homeland Security Investigations (HSI), Cheshire County Sheriff’s Department, Hillsboro County Sheriff’s Department, and the Rumney Police Department all acting on behalf of the New Hampshire Internet Crimes Against Children Task Force (NH ICAC TF).

The case involving the Aggravated Felonious Sexual Assault was investigated by the Grafton County Sheriff’s Department. The cases were prosecuted by Deputy County Attorney

Paul V. Fitzgerald. We are grateful for the expertise, hard work, dedication and cooperation among these agencies, said Grafton County Attorney Martha Ann Hornick.

“Unfortunately, these crimes are all too common. I encourage the public to educate themselves about the exploitation of children on the internet,” County Attorney Hornick said. “Please talk to your children about internet safety and make a point to know what your children are doing online.”

“For more information on Internet safety tips to help protect children online, go to the National Center for Missing and Exploited Children’s Web site: www.missingkids.com. New Hampshire is fortunate to have an Internet Crimes Against Children Task Force that partners with law enforcement in these complicated, high tech investigations. You can learn more about New Hampshire’s Internet Crimes Against Children’s website, www.nhicac.org. Please also contact your local police departments to report any concerns.”

Learn to fly fish with Pemi Trout Unlimited and the SLA

HOLDERNESS — Fly fishing is a great way to get outdoors and connect with local lakes, rivers and streams. Have you always wanted to learn a little more and see if fly fishing is for you? Join Lakes Region Conservation Corps member, Mike, and Dick from Pemigewasset Trout Unlimited, for an introduction to the sport on Saturday, May 15 from 11 a.m.-2 p.m. This program is aimed at giving beginners an overview of fly fishing. This includes parts of the rod and other gear, casting techniques, etiquette, fish and their behaviors as well as several other topics. This may be the program that gets you hooked! Please note that

we will not actually be fishing during this program so there is no need to have a fishing license to attend.

This is an in-person Adventure Ecology program that will take place at the Squam Lakes Association headquarters at 534 US-3 in Holderness. COVID-19 precautions will be enforced and space is limited to 10 participants—registration is required. Visit www.squam lakes.org to view the precautions and to register for the program! You can also contact the SLA for more information at 968-7336.

The SLA also offers other Adventure Ecol-

ogy 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.

NRHS band seeking alumni for Memorial Day parade

BRISTOL — The Newfound Regional High School Band is seeking alumni band members to perform with the band in the Memorial Day Parade in Bristol on May 31.

Alumni band members are asked to email Band Director Edward Judd at ejudd@sau4.org for music and further information.

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Science Center joins Blue Star Museums initiative

H O L D E R N E S S —Squam Lakes Natural Science Center is pleased to announce that it will join museums nationwide in the Blue Star Museums initiative, a program that provides free admission to currently-serving U.S. military personnel and their families (up to five people) this summer. The 2021 program will begin on Armed Forces Day, Saturday, May 15, and end on Labor Day, Monday, Sept. 6.

Blue Star Museums is an initiative of the National Endowment for the Arts in collaboration with Blue Star Families,

the Department of Defense, and participating museums nationwide.

“Like the resilience that military families demonstrate time and again Squam lakes Natural Science Center is an example of resiliency in the arts sector over the past year,” said Ann Eilers, acting chair of the National Endowment for the Arts. “We are grateful to the Science Center for their leadership in strengthening community through their participation in the Blue Star Museums program this summer.”

Blue Star Museums

include children’s museums, art, science, and history museums, zoos, gardens, lighthouses, and more, and hail from all 50 states, as well as the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. The current list of participating museums will continue to develop over the summer as organizations are welcome to register to be a Blue Star Museum throughout the summer. The full list of participating museums is at arts.gov/bluestarmuseums.

“We are thrilled to celebrate the launch of the Blue Star Museums 2021 program! Thank you to

Squam Lakes Natural Science Center for participating in this impactful and highly anticipated program,” said Kathy RothDouquet, CEO Blue Star Families. “Because of the Science Center and their counterparts in the arts community, military families have the opportunity to create special memories and experience the arts again!”

The free admission program is available for those currently serving in the United States Military—Army, Navy, Air Force, Marine Corps, Coast Guard as well as members of the Reserves, National Guard,

U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for entrance into a participating Blue Star Museum.

In addition to the free trail admission from Armed Forces Day through Labor Day, Squam Lakes Natural Science Center extends the discount for the full trail season. From May 1 through Armed Forces

Day and from Labor Day through November 1, military ID holders receive free trail admission and their family (up to five people) receives half-price trail admission.

Regular admission is \$18 for adults and seniors, \$13 for youth ages three to 15, and free for children 2 and under and for members. Trails are open daily from May 1 through Nov. 1, 9:30 a.m. to 5 p.m. (last trail admission at 3:30 p.m.) Please visit nhnature.org for full details about what to expect on your visit and to purchase tickets.

Grafton County awarded federal funds under Emergency Food and Shelter National Board program

REGION — Grafton County has been chosen to receive \$23,399 by the State Set-Aside Committee under Phase 38 to supplement emergency food and shelter programs in Grafton County.

The award to New Hampshire was made by a National Board that is chaired by the Department of Homeland Security’s Emergency Food and Shelter National Board Program Federal Emergency Management Agency (FEMA) and consists of representatives from the

Council of Jewish Federations, Catholic Charities, USA, The Salvation Army, American Red Cross, National Council of Churches of Christ in the U.S.A., and United Way World which will provide the administrative staff and function as fiscal agent. The Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

In the past, a local Board... Granite United Way of Northern New

Hampshire, Tri-County Community Action, New Hampshire Catholic Charities, State of New Hampshire Department of Health And Human Services, American Red Cross, The Salvation Army, County Legislators have worked together to determine how the funds are to be distributed. Grafton County Human Service providers, City and Town Officers and interested community members are invited to serve on this Local Board.

Due to COVID 19 restrictions, a Full Local

Board Meeting has been scheduled to meet via Zoom at 10:00 AM on Thursday, May 17. Under the terms of the grant from the National Board, local agencies chosen to receive funds must: 1) be non-profit, 2) have an accounting system, 3) practice non-discrimination, 4) have demonstrated the capability to deliver emergency food and/or shelter programs, and 5) if they are a private voluntary organization, they must have a voluntary board. Qualifying organizations are urged to apply.

Electronic application forms will be emailed by contacting the offices of Tri-County Community Action, Program, Inc., 603-752-7001 ext 204.

The Local Board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program. Human Service providers who would like to submit proposals requesting funds for emergency food and shelter need to email their applications to agoyette@tccap.org . Zoom infor-

mation will be provided once applications are received.

No requests for funding will be considered after 10 a.m. on the date of this meeting...

Further information on this program may be obtained by reviewing the EFSP website at: www.efsp.unitedway.org or contacting the Local Board Chair, Amy Goyette, NCRI Strategic Initiatives and Projects Supervisor at 752-7001, ext. 204.

The flowers are coming!

BRISTOL — Spring is unfolding everywhere around us, and during the last part of May, Mother Nature will be getting help from some avid gardening volunteers in and around Bristol and the Newfound lake area. The Pasquaney Garden Club (PGC) and the Bristol Downtown Decorating Committee have already been hard at work growing and ordering hundreds of plants for the planters and gardens in the village, along pathways, at the beaches and for the community garden plots. PGC President Jane White and Master Gardener Louise Migliore are coordinating the community garden plots with the families participating. Jane and Louise wish to thank all the people who have been supporting this project.

The beautification of our community and the extended gardening opportunities are a huge undertaking and only possible through the goodness and hard work of many volunteers.

Area residents often stop to enjoy these beautiful and productive gardens and express their appreciation for the impact these efforts have on the community. Needless to say, the social impact of COVID has made it difficult for many to participate in volunteer activities, but as life begins to ease toward a more normal flow, everyone is encouraged to step out into the spring warmth, lend a hand with the planting and enjoy life. Those interested may contact Jane at jewhitenh@gmail.com

The next big event will be The Pasquaney Garden Club Annual Plant Sale.

This year master gardeners from the club have been growing a wide variety of vegetables, herbs and annuals to expand the offerings at the sale. As usual, there will be perennials divisions from local gardens and from the Butterfly Garden. A handmade quilt and pillow will be offered for raffle and vases and contain-

ers at inviting prices. The sale will be held on Saturday, June 5, from 8 a.m. - noon behind the Minot Sleeper Library in Bristol.

The Annual Plant Sale is the major fundraiser for PGC and the club has always been most grateful for all the support offered by the greater Newfound Community.

In addition to all of the community gardening projects, Pasquaney Garden Club will offer a schedule of programs with just a few adjustments to accommodate the safety requirements still in place. Meetings have continued on Zoom through early part of 2021, but in-person programs will begin in June.

On June 15th, Nancy Dowey will provide information from the Sustainability Committee about the projects and programs underway in the community. This meeting will start at 9:30 am in the Pavilion in Kelly Park. Nancy’s

presentation will begin at 10. Pasquaney Garden Club invites anyone in the community to join them for this meeting. At that time information about other Pasquaney Garden Club Programs will be distributed.

A primary project supported by Pasquaney Garden Club is the planting and maintenance of the Butterfly Garden behind Minot Sleeper Library. This lovely riverside oasis is always open to the public and includes a short pathway, picnic tables and stone benches for visitor enjoyment. The garden

includes a wonderful variety of blooming plants supportive to butterflies, pollinators and birds. Children from elementary classes and library programs have enjoyed programs and planting activities during the spring and summer and scout groups and New Hampton School students have also participated in supportive garden work projects. In addition, local businesses and artisans have also given time and materials to sustain this lovely community resource.

Everyone is encouraged to visit the garden

and those interested in lending a gardening hand are most welcome on garden workdays, which are from 9-11 a.m. (or as much time as is convenient for any individual) on two Tuesdays a month, as follows: May 4, May 25, June 22, July 13, July 27, Aug. 3, Aug. 24, Sept. 7, Oct. 5, Oct. 26. Please join us anytime!

Pasquaney Garden Club is a 501(c)3 Non-profit organization and includes members from several communities in the greater Newfound area.

Not even the pack can save wolves from an unbalanced ecosystem. Legal hunting is an integral part of effective wildlife management programs. Help protect our natural treasures.



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CADY Corner

Pandemic perseverance and Covid collaboration

BY TIM KEEFE
Contributor

What happened to the good old-fashioned question, “Where is the remote?” Like so many things during Covid times, new meanings and new practices have developed everywhere. Some have been seamless, and others have had notable consequences. The CADY Restorative Justice (RJ) Court Diversion program has never stopped serving youth during this challenging time. We have become quite proficient in the use of zoom and have taken all steps necessary to keep our staff and youth safe. The one thing we all like about zoom is that we get to see each other’s faces unmasked!

In Restorative Justice, we emphasize that repairing the harm caused by juvenile offenses should be a primary goal. It is best accomplished through a cooperative process that allows all willing stakeholders to participate and to share the impact that the behavior has had on their individual situation, the community, or the school. This can lead to transformation of people, relationships and communities, and with a variety of educational components, help the youth to stay out of the criminal justice system. Our RJ program helps the youth take personal responsibility for their actions, form vital connections, achieve personal growth and lasting behavioral change.

One of the greater challenges during the past year has been finding meaningful, safe community service opportunities for RJ youth. We use a strengths-based philosophy, striving to enhance a youth’s resilience by developing their skills, interests, and aspirations through service projects as one element of the RJ reparative agreement. With Covid social distancing requirements, we needed to be a little more creative and dig a little deeper to develop those opportunities. In some cases, youth have done fantastic art projects and public service announcements to help other youth make healthier choices.

Earlier this year, Bill Clark from the Plymouth Rotary approached us with a perfect desk building collaborative opportunity: “After having JED speak to the Plymouth Rotary Club, about their project, we set out to find avenues of distribution for the desks. Having been involved with CADY, and knowing of the restorative justice program, this was an excellent way of getting desks into the hands of individuals along with accomplishing community involvement for the restorative justice program. A home run for all involved,” Bill Clark shared. Inspired by a community desk building project in Gaithersburg MD, three New Hampshire woodworkers decided to build and donate desks and then created desk kits with all the hardware and instructions. The desks were designed for children to use for virtual learning, schoolwork, or other activities. With an original donation from Lowes completed, additional donations from Ashland Lumber, Rands Hardware, and the Plymouth Rotary Club were received. Plymouth Rotary provided CADY with a number of desk kits and our youth enthusiastically began constructing, painting, staining and even artistically decorating the desks, knowing what a difference they would make in the lives of local children.

“We could clearly see a sense of accomplishment and ‘giving back’ in their faces,” said Nick Shedd, the Coordinator of the CADY Restorative Justice Program. “Community service provides our youth with the catalyst to become active and engaged members of the community and can have a lasting and positive impact that extends beyond their time in the program.”

We are looking forward to a returned sense of normalcy where RJ youth can connect more directly with various community service projects, until then, the desk-building work goes on. The Joe Kennedy attributed quote, “when the going gets tough, the tough get going” certainly applies to this period in history. There are heroes all around, and we see them every day. We thank Plymouth Rotary for making the local desk project possible and to all of our community partners and volunteers who are tough enough, and compassionate enough, to make a difference!

For additional information about the CADY Restorative Juvenile Justice Court Diversion program please go to CADYINC.org or contact Nicole Shedd at 536-9793.



COURTESY

Bears of the Week

Newfound Memorial Middle School’s Bear of the Week Staff & Student Winners for the week of May 7 are Mr. Lewis and Brayden Jenkins 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 the Promising Futures of NH office of Student Wellness at DOE and the Mix 94.1 FM morning team of Fred and Amy for providing prizes to this week’s winners!

Sustainable Bristol

Safely cleaning up around town

BY LAUREN THERIAULT

The Sustainability ComCommittee is hosting “Clean Up Bristol Days” on Friday and Saturday, May 14 and 15, from 9 a.m.-1 p.m. both days at Kelley Park. We hope to see you there.

Some tips on safely cleaning up around town or your neighborhood. Bring the Right

Equipment: work gloves, heavy shoes, reflective or easy to see clothing, a hat, sunblock, a water bottle, pinch grabber if you have one or BBQ tongs work as well.

Stay Safe: Be aware of traffic and go with a group or buddy. Pick up only litter that is safe to handle and dispose of/recycle. Don’t touch medical waste. Avoid

batteries, closed plastic bottles with liquid in them, and use your discretion with handling glass. Don’t touch your face with your gloved or dirty hands, wash or sanitize your hands before eating and drinking. Don’t hurt yourself moving big pieces of litter, ask for help or alert someone from the town about the large garbage

and the location. If it looks suspicious or dangerous leave it alone.

We hope to see you at Kelley Park on the 14th or 15th. There will be a raffle to win some local goods with points given out for bringing your own water bottle and taking a selfie of you and your crew cleaning up with the hashtag #cleanupbristol.

Changing the Conversation

May is Mental Health Awareness Month

BY TARA GRAHAM

Central NH Community Opioid Response Program

Mental Health Awareness Month has been observed in May in the United States since 1949. The month is observed through media, local events, film screenings and other events throughout the nation. The goal of the observance is to raise awareness and educate the public about the realities of living with a mental health disorder and to promote strategies for attaining mental health and wellness.

Even before the pandemic, the prevalence of mental illness was increasing. According to the National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experience mental illness each year; one in 20 U.S. adults experience serious mental illness each year; one in six U.S. youth aged six to 17 experience a men-

tal health disorder each year; 50 percent of all lifetime mental illness begins by age 14, and 75 percent by age 24; and suicide is the second leading cause of death among people aged 10-34.

What is the ripple effect of these statistics? Mental health disorders are an individual, family, and population-level problem. The effects extend into physical health and into our communities, the education system and economic systems. People with depression have a 40 percent higher risk of developing cardiovascular and metabolic diseases than the general population and people with increased severity of mental illness are nearly twice as likely to develop these conditions.

In addition, according to NAMI, 18.4 percent of U.S. adults with mental illness also experienced a substance use disorder

in 2019 (9.5 million individuals). The rate of unemployment is higher among U.S. adults who have mental illness (5.8 percent) compared to those who do not (3.6%). High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers and students aged six to 17 with mental, emotional or behavioral concerns are three times more likely to repeat a grade.

How do we, as a community, as family, friends and caregivers help someone that we feel may be having a difficult time? One of the hardest and most important steps may be just starting the conversation. You do not have to be an expert or to have the answers.

Express your concern and willingness to listen and be there for the person. Try to show

patience and caring and try not to be judgmental of their thoughts and actions. Listen; don’t disregard or challenge the person’s feelings. Encourage them to talk with a mental health care provider or with their primary care provider if that would be more comfortable for them.

For some people, it may be helpful to compare the situation to a physical health concern and how they would respond. For example, if there was a concern about diabetes or high blood pressure would they be likely to seek medical care? It is no different with mental health care.

How do you know someone is in need of help? You don’t for sure. NAMI provides a great list below and states that trying to tell the

PSU

FROM PAGE A1
gilly received his PSU Bachelor of Arts degree in music and was a member of the University's Chamber Singers and the Sigma Phi Epsilon fraternity. A classically trained tenor who studied at the New England Conservatory in Boston, he is also a cantor at St. Mary Church in Quincy, Mass.

The 150th Anniversary ceremony celebrated the PSU community's resilience, strength and commitment in the face of the extraordinary circumstances of the past 14 months.

President Donald Birx, Ph.D., said, "We are here today because you rolled with the punches and did what many said could not be done. Your degrees and today's ceremony are even more meaningful because of your sacrifices."

He commented on how the COVID-19 pandemic dramatically changed the college experience for students – restrictions on traveling, eating out and getting together with friends; abrupt shifts to remote learning; weekly COVID-19 testing, quarantines and isolation; financial and health scares; and much more. For the class of 2020, COVID-19 meant an abrupt end to their final



Members of the Plymouth State University Class of 2020 listen to speakers at PSU's 150th Anniversary Commencement on Saturday, May 8.

college semester and no commencement ceremony.

"The experiences you have had will make for stories for your kids, grandkids and great grandkids, but more than that, you can go forward knowing that you have the resilience to face whatever comes your way," said Birx. "Together, we have learned about the power of perseverance, which is key to achieving what ever you set your minds to."

Deborah L. Birx, MD,

former White House Coronavirus Response Coordinator, and younger sister of President Birx, was presented with an Honorary Doctorate in Public Service for her service to the country during the HIV/AIDS epidemic and, most recently, during the COVID-19 pandemic, and delivered the keynote address.

Dr. Birx applauded the graduates for their resilience, flexibility and tenacity in managing the various challenges thrown at them by the pandemic.

"Today, I want to talk about resilience. What does that really mean? It's about adapting to the new reality of Zoom classes, the ability to be flexible, the ability to recognize in each of us that we have different strengths and weaknesses, and we're stronger as a team," she said. "You are so unique because of what you've experienced."

Dr. Birx is a world-renowned medical expert in clinical and basic immunology, infectious diseases, pandemic pre-

paredness, vaccine research and global health. She has spent her career serving the nation, first as an Army Colonel, and later, running some of the most influential programs at the U.S. Centers for Disease Control and Prevention (CDC) and the U.S. Department of State. In 2014, she became ambassador-at-large when she assumed the role of coordinator of the United States Government Activities to Combat HIV/AIDS and as US Special Representative for Global Health

Diplomacy. Most recently, Dr. Birx served as the White House Coronavirus Response Coordinator, making recommendations to top officials based on complex data integration.

The PSU Class of 2021 graduates hail from 23 states, including the six New England states, California, Colorado, Hawaii and Minnesota, among others. The class also included graduates from 14 other countries. More than 700 members of the Class of 2021 received their diplomas today.

Madelyn McCluskey, Vice President of the Class of 2021, added, "The end of our academic experience here at Plymouth State has not been simple, it was not easy. Nevertheless, this past year we have all proven to ourselves, and one another, just how resilient the PSU community can be when times get difficult. We Panthers have a special ability to make the best out of every situation."

Former University System of New Hampshire Trustee and New Hampshire business leader Pamela Diamantis addressed masters and doctoral degree recipients of the classes of 2020 and 2021 at the Friday, May 7, commencement ceremony.

NHEC

FROM PAGE A1
capital credits that are accounted for in NHEC's financial records and are returned to members when the Co-op's finances allow.

At its April meeting, NHEC's Board of Directors carefully reviewed the organization's financial standing and determined the Co-op can begin returning capital credits to members without negatively impacting its finances. The Board

authorized the return of nearly \$4 million of equity back to NHEC's members, beginning in July 2021.

"Cooperatives are different than other organizations, we exist only to serve our member-owners," said NHEC Board Chair Tom Mongeon, "and returning equity back to them is a tangible example of that difference. Because of the financial stability that NHEC has achieved over the years, we expect to

be able to return equity to our members on a regular basis as we go forward."

"This is a significant milestone for the Co-op and our members," said NHEC President and CEO Steve Camerino. "Returning capital credits is one of the fundamental tenets of a nonprofit cooperative. It has taken years of careful management to reach the point where we can return equity to our member-owners. I want

to recognize the efforts of all NHEC employees today and over the last several decades in bringing us to this significant point in our history."

In July 2021, NHEC members who received electric service in the year 2020 will see credits on their electric bills reflecting the return of their first capital credits. Past Co-op members will receive checks based upon their portion of equity accrued between

the years 1971 – 1982. The Co-op's goal is to continue to return capital credits to members on a regular basis. Each year, the NHEC Board of Directors will review the Co-op's finances and determine whether to return additional capital credits at that time.

For additional information, please visit www.nhec.com/capital-credits.

About New Hamp-

shire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118 New Hampshire communities. Headquartered in Plymouth, NH, our mission is to provide Co-op members the ability to access affordable, reliable electric service options that support and simplify their lives. Learn more about NHEC at www.nhec.com.

Bears

FROM PAGE A1

load the bases and a walk to Emily Avery plated the second run. Tiffany Doan grounded into a force play to drive in another run and a Bailey Fairbank base hit gave Newfound the 4-0 lead. Buchanan reached on an error to drive in another run and Sweeney had her second hit of the inning to plate another run. A base hit from Madison Perry plated two more runs and a base hit by Drapeau gave the Bears a 9-0 lead. Moultonborough's Michelle Fell made a nice snag of a line drive to second base to end the inning.

Fell led off the bottom of the second inning reaching on an error and Lilly Horsch followed with a base hit. However, Buchanan got a pair of strikeouts and a ground-er to first to end the inning with no runner crossing the plate.

Newfound added another run in the top of the third inning. After Tatro got a strikeout and a pop up to first to start the inning, Doan had a base hit and stole second. She scored on a Fairbank base hit before Aurora Pooler snagged a fly ball to right to end the inning.

Buchanan set the side

down in order in the bottom of the third inning and Tatro did the same in the top of the fourth, getting a couple of solid plays from Kat Gleeson at third, Shaela Sturgeon at short and Horsch at first base.

Kristin Gunderson led off the bottom of the fourth inning with a base hit and stole second, but Buchanan was able to induce a fly ball to center, a foul pop along the first base line that Sweeney was able to snag and a strikeout to end the inning.

Newfound added three runs in the top of the fifth inning. With one out, Kenzie Amsden reached on an error and one out later, scored on a triple by Doan. Fairbank made it back-to-back triples to plate Doan and a double from Buchanan upped the lead to 13-0. Lauren Fell made a nice catch in center field to close out the inning.

Haylee Bacon led off the bottom of the fifth with a double and Tatro was hit by a pitch. Buchanan got a strikeout for the first out and then Sweeney made a nice catch of a foul pop fly and threw to first to complete the 2-3 double play and bring the game to a close.

"Pitching and defense, if it's good, you're

doing OK," Couture said. "And Sarah, for the most part, she threw strikes today."

"They (Moultonborough) played pretty well, but the balls we hit, we socked them pretty hard," the Newfound coach added.

"Although we got 12-run ruled, there was positives," said Bliznik. "After that one rough inning, it's how we respond to it."


"It's still early in the season," the Panther coach said, noting her team has played just four games due to various reasons.

She also noted that Tatro has done a good job pitching with confidence, bouncing back from mistakes that were made in the field. She used her changeup and drop ball to solid results.

Newfound is scheduled to host Plymouth on Monday, May 17, and will be at Plymouth on Wednesday, May 19, both at 4 p.m.

Moultonborough is scheduled to host Franklin on Monday, May 17, and will be at Franklin on Wednesday, May 19, both at 4 p.m.

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



MEMORIAL DAY

MAY 31, 2021

Please help us honor all the service men and women who lost their lives serving our country! Their sacrifice for our country helps keep us strong and secure.

On Thursday, May 27th The Plymouth Record and the Newfound Landing will be saluting out troops with a special Memorial Day page.

Signature Blocks are
2x1: \$25 per ad
2x2: \$50 per ad
6x1 Banner ad: \$125 per ad

Deadline is May 21st at noon.
Please contact Tracy or Lori at 444-3927 or email lori@salmonpress.news

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	961 Cass Mill Rd.	Single-Family Residence	\$275,000	Kathleen Messersmith	Eric and Michelle Trenouth
Alexandria	58 High View Rd.	Single-Family Residence	\$245,000	Christopher J. Depierro	Jennifer Plascik
Alexandria	90 High View Rd.	Single-Family Residence	\$395,000	Robert N. and Maryann E. Cavanaugh	D&C O'Halloran RET and David J. O'Halloran
Ashland	15 Cottage Place	Single-Family Residence	\$260,000	Raymond J. and Ashley Crosbie	Maurice and Tracy Clifton
Ashland	NH Route 175 (Lot)	Residential Open Land	\$32,533	Rachel J. Roy	Daigneault Fiscal Trust and Matthew Daigneault
Ashland	N/A	N/A	\$96,000	Cavezzali Fiscal Trust and Gillian M. Cavezzali	Adam Mark Hildebrand RET
Bridgewater	N/A (Lot 171)	N/A	\$95,000	Trisha and Christopher Dyer	Jason C. and Jenifer L. Guy
Bristol	Lake Street	N/A	\$50,000	Normand E. Hebert	Paul V. Fleming & Sons LLC
Campton	87 Birch Circle	Single-Family Residence	\$240,000	Jesse D. Anser and Nicole Vernet	Cara N. Dorney and Andrew J. Morabito
Campton	Lower Beech Hill Road	N/A	\$30,000	Kathleen M. Fleming	John M. Cameron and Jacqueline C. Batchelder
Campton	Millies Circle (Lot)	Residential Open Land	\$45,000	Robert L. Cornell 2011 RET and Barbara M. Cornell	Aaron and Ashley E. Vittum
Campton	14 Panaway Dr.	Single-Family Residence	\$260,066	Dennis S. Schain and Karen Foley-Schain	Tracy Hunter-Fry
Campton	1431 US Route 3	Single-Family Residence	\$170,000	Chelsea M. Littlefield RET	Shawn P. Demers
Campton	17 Village Rd., Unit 4	Condominium	\$209,533	Michelle C. Heaton and Nikolas K. Frye	Lucienne M. Clifford IRT and Shaun P. Clifford
Campton	12 Willis Ct.	Single-Family Residence	\$650,000	Paolo R. and Kelly M. Wieser	Mark O. Blais and Michele Cioffi
Campton	N/A (Lot 3)	N/A	\$41,933	Steven A. Baxendale and Shirley Blumenberg	Paul and Stephanie Whitney
Dorchester	N/A	N/A	\$152,533	R. Bret Ryan	Erga LLC
Hebron	5 School St.	Single-Family Residence	\$360,000	David R. and Anne D. Hardy	Nicole L. Newman
Hebron	N/A (Lot 6)	N/A	\$149,933	Kevin Dorsey	Donna and Mark Chase
Holderness	77 Lane Rd.	Single-Family Residence	\$307,000	John P. Holder	Raymond J. and Ashley R. Crosbie
New Hampton	26 Mountain Vista Dr.	Single-Family Residence	\$350,000	Aubrey E. Goudie	Chris J. and Jeannette J. Perez
Plymouth	80-82 Highland St.	Multi-Family Residence	\$250,000	Highland Place LLC	Justin J. Walsh
Plymouth	106 Highland St.	Single-Family Residence	\$283,000	Christopher J. and James H. Clymer	Alexandria R. and Evin R. Colby
Rumney	Dorchester Road (Lot)	Residential Open Land	\$105,000	Tobin L. Williams	Eric S. Bell
Thornton	Centennial Way, Lot 8	Residential Open Land	\$68,000	Centennial Way LLC	Dana Wolkiewicz
Thornton	Centennial Way, Lot 15	Residential Open Land	\$39,933	Centennial Way LLC	James P. and Linda S. Sherman
Thornton	2336 US Route 3	Single-Family Residence	\$200,000	Elaine L. Robson	Thomas M. Robson
Thornton	220 Upper Mad River Rd.	Single-Family Residence	\$335,000	Karl F. Haartz	Cooke Fiscal Trust and Jeffrey D. Cooke
Waterville Valley	98 Noon Peak Rd., Unit 1e	Condominium	\$258,200	Margaret A. Griesmer Trust and Timothy J. Griesmer	Tracy Boulter-Reimer

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

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Speare Memorial Hospital recognizes nursing staff during National Nurses Week

PLYMOUTH — May 6 through 12 is National Nurses Week, and nowhere is that respected more in Grafton County than at Speare Memorial Hospital. Staffed with approximately 160 nurses, technicians, licensed nursing assistants, and health unit coordinators, Speare is pleased to recognize the nursing department for the essential contributions they make towards outstanding patient care.

"Often recognized as the most trusted of professionals, nurses are committed to protecting, promoting, and improving healthcare for all across a wide range of roles and work settings," says Kris Hering, chief nursing officer at Speare.

The American public has ranked nurses as the most honest and ethical professionals for 19 years in a row in annual

Gallup polls.

"Speare Memorial Hospital is extremely proud of its nursing team and grateful to each member for the incredible work they do each and every day," says Hering.

Over this past year, the strength and bravery of nurses have been center-stage across the globe. The world has witnessed nurses working tirelessly through this

pandemic, demonstrating that in times of great need, nurses are at our side to provide expert care and comfort while serving as a source of hope and support for the health of our communities.

"The COVID pandemic has tested this nursing community in unprecedented ways," says Hering, "and despite this, their resolve to take care of patients and put patients first has not wa-

vered."

Speare Memorial Hospital is an acute care, critical access hospital and healthcare provider

serving Plymouth and the communities of Central New Hampshire. Visit online at www.spearehospital.com and on Facebook.

HIGH SCHOOL SLATE

Thursday, May 13

PLYMOUTH
Boys' Lacrosse at Gilford; 4
Boys' Tennis at Gilford; 4
Girls' Lacrosse vs. Gilford; 4
Girls' Tennis vs. Gilford; 4

Saturday, May 15

NEWFOUND
Track Home Meet; 4
PLYMOUTH
Track at Newfound; 10

Monday, May 17

NEWFOUND
Baseball vs. Plymouth; 4
Softball at Plymouth; 4
PLYMOUTH
Baseball at Newfound; 4
Softball vs. Newfound; 4

Tuesday, May 18

NEWFOUND
Track at Laconia; 4
PLYMOUTH
Boys' Lacrosse at Inter-Lakes; 4
Boys' Tennis at Moultonborough; 4
Girls' Lacrosse vs. Inter-Lakes; 4
Girls' Tennis vs. Moultonborough; 4
Track at Laconia; 4

Wednesday, May 19

NEWFOUND
Baseball at Plymouth; 4
Softball vs. Plymouth; 4
PLYMOUTH
Baseball vs. Newfound; 4
Softball at Newfound; 4

THURSDAY, MAY 20

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

All schedules are subject to change.

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One Person - Gross Annual Income Limit - \$30,800.
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Eligible applicants must be 62 years of age or older.

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NH Relay 7-1-1

The properties listed are managed by SNHS Management Corporation. www.snhs.org 



Bear boys and girls get wins in Moultonborough

BY JOSHUA SPAULDING
Sports Editor

MOULTONBOROUGH — The Newfound track team competed in a meet in Moultonborough on Tuesday, May 4, and the force was certainly with the Bears, as the boys and girls both came home with the win.

For the girls, Molly-Lu McKellar won the

JOSHUA SPAULDING
Isabelle LaPlume won the discus at Moultonborough last week.

high jump at four feet, four inches, Elsa McConologue took second at four feet, two inches and Mika Austin also cleared four feet, two inches for third place.

Isabelle LaPlume finished in first in the discus with a throw of 75 feet, eight inches, Bailey Fairbank finished in second at 90 feet, nine inches and Paulina Huckins was third at 62 feet, eight inches.

Huckins took the victory in the shot put with a toss of 32 feet, 9.5 inches and Sadira Dukette finished in fourth place

at 15 feet, 10.5 inches.

Autumn Braley got the win in the 100-meter hurdles with a time of 18.68 and she also took the top spot in the 200 meters in a time of 28.85 seconds, with Shyann Seymour in second in 29.17 seconds and Rebecca Dillon in third in 32.55 seconds.

Stacia Paul was first in the 400 meters with a time of 1:08.94, Soraya Glidden took third at 1:09.49 and Bibi McConologue was fourth at 1:13.58.

Malina Bohlmann finished third in the

long jump at 13 feet, 7.5 inches.

In the javelin, Fairbank finished with a throw of 78 feet, two inches and Hannah Owen was fourth at 49 feet, eight inches.

McKellar finished in second place in the 100 meters in a time of 13.72 seconds, with Seymour in third place in 13.8 seconds and Bohlmann in fourth place in 14.4 seconds. LaPlume finished in second place in the 800 meters with a time of 3:10.86.

Cassie Zick finished in second place in the 3,200 meters with a time of 13:46.94 and Chloe Jenness was fourth in 15:22.02.

Newfound won the 4X100-meter relay in a time of 55.4 seconds and they also won the 4X400-meter relay with a time of 4:47.71.

For the boys, Tyler MacLean got the win in the javelin with a toss of 127 feet, seven inches. Brady MacLean was second at 107 feet, three inches and Garrett Dion was third at 105 feet, 11 inches.

Jacob Blouin won the shot put with a toss of 39 feet, eight inches, Owen Henry was second at 38 feet, 10 inches, Brady MacLean was third at 36 feet, 2.5 inches and Trevor Sanschagrin was fourth at 33 feet, 7.5 inches.

Sanschagrin won the discus with a throw of 87 feet, eight inches, Henry was second at 84 feet, 10.5 inches and Blouin finished in third place at 79 feet, two inches.

Tyler MacLean won the 100 meters in a time of 11.48 seconds and Brady MacLean was fourth in 12.26 seconds.

Quinn VanLingen won the 110-meter hurdles in a time of 19.7 seconds and also won the 300-meter hurdles in 54.39 seconds, with Thomas Talamini in second in 55.5 second.

Ben LaPlume won the 3,200 meters with a time of 11:45.5.

In the long jump, Tyler MacLean finished in second place at 17 feet, 7.5 inches while in the triple jump, VanLingen finished in second place at 31 feet, 11 inches.

Joe Sullivan was second in the 800 meters with a time of 2:28.72, Jeffrey Huckins was third in 2:30.62 and Logan Hinton finished in fourth place in 2:33.55.

Tyler MacLean finished second in the 200 meters in a time of 24.19 and Hinton was fourth in 26.49 seconds.

Newfound won the 4X100-meter relay in a time of 50.17 seconds and finished third in the 4X400-meter relay in a time of 4:35.44.

The Bears are scheduled to host a meet on Saturday, May 15, at 10 a.m. and will be at Laconia on Tuesday, May 18, at 4 p.m.

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

TTCC

FROM PAGE A1

“One of the first things that stood out to me was the Winter Carnival celebration and dance. I had only been there for six weeks, and my class nominated me to represent them at the dance,” she replied.

“There was a panel of ladies who would vote and decide on the girls, and I ended up being Carnival Queen that year. This dance was on Friday, and on Saturday they would have all types of activities and events for the kids to participate in. Saturday night, all of the adults would have

a dance at the community center, and I had to crown the lady that was the Carnival Queen for that group. It was astounding for me to be that involved so quickly. The community center has always done a fine job of constantly being inclusive and welcoming to newcomers.”

Concluding our interview with Mrs. Greenwood, we asked her for her prediction on what the community center and the town of Bristol will look like in 25 more years. In her response, she expressed hope and certainty that whatever happens will be positive and progressive.



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Don't Let
Alcohol Put
Your Life on
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Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
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- Trouble getting to work on time due to drinking
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Many thanks to all Nurses!

We can never repay the sacrifices these front line people have gone through and are continuing to go through.

God Bless them all and Keep Them Safe and WELL.

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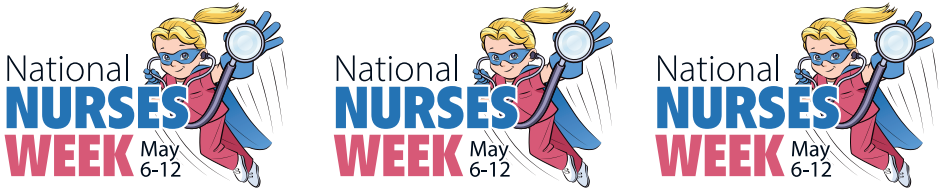
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We extend our sincere thanks and gratitude to our nurses, staff, executive management team and doctors for their long hours of commitment to the safety and well being of our local communities.

You are all, greatly appreciated

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Celebrating National NURSES AND HOSPITAL WEEK!



How communities can recognize nurses

The vital role nurses play in health care settings across the globe was perhaps never more apparent than in recent months. When COVID-19 was declared a pandemic by the World Health Organization in March 2020, nurses were on the front lines in the battle against the virus, and have remained there ever since.

In recognition of the sacrifices nurses and other health care workers have made to help the sick, individuals across the globe have placed signs in their yards thanking essential workers. In addition, many more have taken to social media to highlight the lengths individual nurses have gone to while helping them or their loved ones who caught the virus or fought other illnesses. Communities can follow such in-

dividuals' lead by making collective efforts to thank the nurses who call their towns and cities home.

- Sponsor fundraising efforts. Town officials can help to organize a community-wide fundraising effort or a 50-50 raffle with the ultimate goal of donating to a charitable organization chosen by local nurses. Health care facilities have been stretched incredibly thin during the pandemic, so a donation to a charitable organization that benefits health care workers can be a great way for communities to honor local nurses.
- Encourage residents to lend a helping hand. The work frontline medical workers have done during the pandemic has been endless and exhausting. In recognition of that, community organizers can promote volunteer

programs designed to lift some of the burden off local health care workers' shoulders. Local hospitals, blood banks and health centers may need volunteers, and this is a great way for local residents to show health care workers their efforts are appreciated.

- Celebrate holidays that honor nurses as a community. The American Nurses Association notes that National Nurses Week begins each year on May 6 and ends on May 12. Though National Nurses Week is not a federal holiday, communities can still come together during the week to highlight the work their local nurses do. Township or other local officials can encourage businesses in the community to offer special discounts to nurses during the week, while

schools can take part in collective efforts to thank nurses. For example, students from all grades can work on a banner thanking nurses and then showcase the banner by the entryway to campus so passing motorists can see it.

- Highlight a local nurse each week on social media. Community leaders can ask residents to nominate a local nurse each week and then choose one nominee to highlight on social media. Students or local officials can interview the nominee, asking them about their careers, including what compelled them to become a nurse and their most interesting experiences on the job. Interviews can be posted on community social media pages so all residents can get to know the unsung heroes in their communi-

ties. Communities can work together on a variety of collective efforts aimed at

recognizing the extraordinary efforts made by local nurses every day

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30th Anniversary

Thank you,
nurses!



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Newfound Area Nursing Association



Upon the completion of a successful Public Hearing regarding the merger of the LRVNA and NANA, these entities are officially merged and are providing quality in-home care and hospice services to a larger area in the Lakes Region of Central New Hampshire. Both entities Boards of Directors are convinced that this merger will better serve the needs of the Central/Lakes Regions and Greater Bristol.

“The positive effects of the merger are already being experienced”, says LRVNA CEO Kevin Kelly, “NANA has already tripled its patient census in previously underserved areas in the region. NANA will continue to provide the ‘patient-first’ practices that has propelled the LRVNA to grow by 500% over the last few years. Combined, the go-forward LRVNA/NANA entity will have added over 80 employees in the past three years alone.”

- Together, the agencies' services include:
- Skilled nursing services.
 - Hospice services.
 - Home health aide and homemaker services.
 - Physical therapy.
 - Speech and occupational therapy.
 - Medical Social Workers.
 - Well Child programs.
 - Blood pressure, foot care, and immunization clinics.
 - Community support services.
 - Other wellness programs.

Established in 1960, the Newfound Area Nursing Association initially provided home skilled nursing services in the towns of Bristol, Bridgewater, and New Hampton, adding the town of Alexandria to its service area in 1969. Since then, NANA has added Danbury, Groton, Hebron, Plymouth, Campton and Hill communities to its home health, hospice, and community services.

Initially incorporated in 1923 as the Meredith Public Health Association, Lakes Region VNA, a not-for-profit licensed and certified home health and hospice care provider, has grown since then to serve 35 communities with over 45,000 visits in the Central/Lakes Region of New Hampshire.

