

# Dancing Under the Stars event supports Voices Against Violence



DONNA RHODES

Former Newfound Athletic Director Peter Cofran and his partner Samantha Brode of Synergy Dance Studio hit one out of the park with their performance to “Sweet Caroline” during the “Dancing Under the Stars” fundraiser for Voices Against Violence last Thursday evening.

BY DONNA RHODES  
Contributing writer

BRISTOL – “Dancing Under the Stars,” in support of Voices Against Violence, was a four-star event in Bristol’s Kelley Park last Thursday evening, featuring five couples who donated their time and energy to help raise funds for the

nonprofit agency serving people in 21 local communities who are or have experienced domestic or sexual violence.

“Dancing with the Community Stars” fundraisers have been held over the past several years at the Flying Monkey in Plymouth, but this year, the organization decided to spread



Bristol’s Town Clerk/Tax Collector Raymah Simpson and partner Jeff Brode raised over \$1,000 and took home the Peoples Award Trophy with their performance during last Thursday’s “Dancing Under the Stars” fundraiser for Voices Against Violence.

their mission and bring the fun of their annual dancing event to Bristol.

Chair of the Development Committee, Marcie Gowen-Nobley, said the organization was very excited that the Town of Bristol welcomed them to the community for this year’s fundraising event.

“We wanted the Newfound Community to

know we are here for them,” she said.

Before the dancing got underway, VAV Executive Director Megan Dugan Kennedy also addressed the crowd, thanking everyone for their support.

“Our heart and souls go into [Voices Against Violence],” she said. “We’re so grateful that at all these events we see we have so many who support us.”

Emcees for the evening were Danee Dalphonse and MaryAnn Barnsley, with Steve Furbish of the Uncle Steve Band, Leslie Dion



Judges for Voices Against Violence’s “Dancing Under the Stars” fundraiser last week were Steve Furbish of the Uncle Steve Band, Leslie Dion, Executive Director of Tapply-Thompson Community Center, and Bristol Fire Fighter Jason Rivera who grabbed a lollipop and joined in the community dance as votes for the event were being tallied (center).

from Tapply-Thompson Community Center and Jason Rivera of the Bristol Fire Department given the task of judging each performance.

First up on the dance floor was Newfound Regional High School’s retired athletic director Pete Cofran. He and his partner Samantha Brode of Synergy Dance made their way to the park pavilion wearing Red Sox clothing and tossing popcorn as the sounds of “Sweet Caroline,” the Red Sox theme song, filled the air. Newfound fans cheered them

on as they sang along to the popular tune.

Judge Furbish said it was “So good! So good!” while Dion said they “hit it out of the park,” and Rivera gave them five “Green Monsters” for a score.

Next up was another familiar face in Bristol-Town Clerk/Tax Collector Raymah Simpson. Simpson was paired with Samantha Brode’s husband Jeff who works at Freudenberg NOK in Ashland.

“The competition is

SEE DANCING PAGE A5

# Poetry on the Hebron Common

HEBRON — The Hebron Library is pleased to announce they are a recipient of monies through the New Hampshire State Library and the American Relief Plan Act.

In order to bring people together after a year and a half of isolation, the Library will be offering a series of poetry workshops on the common. This will be an opportunity to meet with

neighbors and friends again and to activate your inner poet! Workshops will consist of a presentation/theme, time to write, critique and revise and then sharing. All Poems will also be published in a book which each recipient will receive.

The first of the workshops, “For Women Only,” will be offered by Kate Donahue on Wednesday, July 28 from 1-4 p.m. Donahue is a

poet who lives in Holderness. Her works have appeared in literary journals, the Laconia Daily Sun, and most recently the Record Enterprise. She was a charter member of Women of Words, a regional women’s writing group. She was a founding teacher of Creative Writing at Plymouth Regional High School in 1987, and taught that course for several decades. She

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# Diane (O’Connor) George next inductee for Newfound Hall of Fame

BRISTOL — Diane (O’Connor) George graduated from Newfound Memorial High School in 1973 and has been selected as an inductee into the 2021 class of the Newfound Athletics Hall of Fame because of her achievements as an athlete. O’Connor was a four-year varsity member of the field hockey and girls’ basketball teams and a three-year member of the softball team. She was a captain of the field hockey and the girls’ basketball team during her senior year.

O’Connor, who was previously honored in the hall of fame as a member of the 1972 girls’ basketball team, was a dynamic individual athlete in more areas than basketball. She was



Diane (O’Connor) George will be inducted into the Newfound Hall of Fame on Oct. 3.

a leader with a stick in her hand for field hockey and a bat in her hand for softball. And, under her guidance, she was able to lead the girls’ basketball team back to the finals in 1973 for her senior season. Although finishing as a runner-up during her senior year, she was a large part in

what was one of the most dynamic back-to-back girls’ basketball runs in history.

In the classroom, O’Connor was a high-achieving student and member of the national honor society. She was such a strong student-athlete that she was given the opportunity to continue her athletic career in multiple sports at Plymouth State. While at Plymouth State, she played three years of field hockey and two years of basketball and softball.

After her stellar collegiate career, O’Connor went into the world of education and coaching. She spent a couple of early years teaching in Maine, before landing

SEE GEORGE PAGE A5

# NLRA to host guided paddle



HEBRON — Join the Newfound Lake Region Association and renowned ecologist Rick Van de Poll, PhD for a guided paddle on Newfound Lake, Tuesday, July 27, at 9 a.m.

Paddlers will meet at Grey Rocks Conservation Area and launch their non motorized boats to explore the amazing diversity present at the northern end of Newfound, including the mouth of the Cocker-mouth River and the Hebron Marsh. There’s always something exciting to see, with wildlife such as loons, eagles, osprey, beaver, moose, bear, and numerous species of turtles and frogs all present in this area. Regis-

tration is required and space is limited for this popular event. Register online at [NewfoundLake.org/events](http://NewfoundLake.org/events) or call 744-8689.

Rick Van de Poll is the principal of Ecosystem Management Consultants, and has created biological inventories for over 350,000 acres of land, including Grey Rocks Conservation Area. In 2016 Van de Poll and NLRA created the Northern Newfound Water Trail Map and Guide, which points boaters to areas of interest and describes their ecological value and attributes. The Water Trail Map can be found online at [NewfoundLake.org](http://NewfoundLake.org) or at the kiosk at Grey Rocks Con-

servation Area.

NLRA works to protect the high-quality waters of Newfound Lake and its watershed, maintaining a healthy and diverse ecosystem. Along with educational programming like guided hikes and paddles, NLRA monitors water quality, conserves land, manages stormwater pollution, and monitors for invasive species. This year marks NLRA’s 50th year protecting Newfound Lake, and the results of a half-century of conservation are as clear as Newfound’s water. You can learn more about NLRA’s initiatives and their plan for the next 50 years at [NewfoundLake.org](http://NewfoundLake.org).



# Coming to you from Tokyo. Or an airplane. Or somewhere

As you read this, depending on what day it is, I am either boarding a plane in Boston, somewhere in the air over Canada or the Pacific Ocean, in the airport in Tokyo or in my Olympic accommodations in Tokyo.

Or, I guess there's always the chance that I am still at home and will be hanging around the Lakes Region for the next two and a half weeks instead of seeing the best athletes in the world at the strangest Olympics since the athletes competed in the nude back in the olden days.

I am scheduled to board a flight from Boston to Toronto on Wednesday morning, July 21. From Toronto, I am scheduled to fly to Tokyo and will arrive on Thursday afternoon Japanese time, which is

## SPORTING CHANCE



By JOSHUA SPAULDING

13 hours ahead of where we are on the East Coast of the United States.

As I write this, on Sunday afternoon in the infield media center at New Hampshire Motor Speedway in Loudon, I have still not gotten official confirmation from Tokyo that my COVID-related paperwork has been approved, which means I could get there and they may not let me out of the airport.

I have covered two previous Olympics and none of them have been this difficult. In fairness, none of those Olympics were held during a pandemic. And the pandemic is the reason for the extra paperwork. Every-

thing that I had submitted prior to the pandemic when the Olympics were supposed to happen last July, is still in place and has still been approved. I have my credentials and I have my flights.

However, the Tokyo Organizing Committee had a mountain of paperwork for us to work through in order to cover the Olympics, including filing an activity report detailing each place we intend on visiting. We will not be allowed to go to areas outside of the Olympic venues, the media center and our hotels during the first 14 days we are in Japan and we must quarantine for three days in our hotel upon arrival.

When I booked my hotels, back in 2019, I was not planning on spending much time there. I always look for the cheapest option and figure it's not terribly important what features my room has, since I sleep there and pretty much don't do anything else. Now that I have to stay in my room for three days, I am a bit concerned since the hotel does not have room service or a restaurant. They are supposed to supply us breakfast, but beyond that, I am unsure if I have access to any food, so some space in my luggage is going to be reserved for some small packages of snacks.

In any case, I hope that over the next few

weeks you will see some sort of coverage from Tokyo. I can't guarantee I'm going to get to everything I want to get to, in fact I am sure of that. But my goal is to see a lot, but at the same time, stay safe. With no fans, it's definitely going to be a unique experience for everyone involved, including yours truly.

If you are interested in following along on the journey, I can be found on Twitter and Instagram at SalmonSportsGuy. I also have a blog that I have updated daily during the Sochi and PyeongChang Olympics and will hopefully do the same in Tokyo. That can be found at salmon-sportsguy.blogspot.com.

Thanks for the many well wishes I have received in the past few weeks as the trip neared. Hopefully things move along as well as possible the next few weeks.

*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.*

## Local residents are Saint Michael's College graduates

COLCHESTER, Vt. — The following local students graduated May 13 from Saint Michael's College.

\* Madeline Nan Conkling of Alexandria, with a Bachelor of Science in Business Administration & Environmental Studies

On a perfect day for its first outdoors Commencement since 1979, Saint Michael's welcomed several hundred vaccinated and distanced guests as nearly 300 members of the still-larger 437-member Class of 2021 graduated during separate morning and afternoon ceremonies to meet state COVID safety guidelines. The graduates' perseverance through a pandemic was a recurring theme in remarks from speakers at the two nearly identical 90-minute ceremonies, the morning one for those receiving bachelor of arts degrees, while the afternoon ceremony was for bachelor of science and master's degree recipients. Including August/December 2020 graduates, degrees conferred to the Class of 2021 at the College's 114th Commencement include: 91 master's, 151 B.S.'s, and 195 B.A.'s. Of those, 305 were expected to attend the two Thursday ceremonies, both of which were livestreamed so families or non-present graduates at home could watch via a College Web site link. Several hundred signed in to watch each livestream.

About Saint Michael's College

Saint Michael's College, founded in the great Catholic intellectual tradition, which also recognizes the principles of social justice and compassion, is a selective, fully residential Catholic college in Vermont's beautiful Green Mountains. Our closely connected community delivers internationally-respected liberal arts and graduate education near Burlington, one of the country's best college towns. To prepare for fulfilling careers and meaningful lives, young adults here grow intellectually, socially, and morally, learning to be responsible for themselves, each other and their world.



COURTESY

Artist Liz Keefe will offer a class in glass mosaics on Aug. 7 from 10 a.m.-noon at Artistic Roots, 73 Main St., Plymouth. All materials are supplied. The cost of the class is \$40 for members and \$45 for non-members. Visit our Web site, [www.artisticroots.com](http://www.artisticroots.com), for more information or to sign up. Check out the other classes being offered at the Gallery!

PLYMOUTH — We welcome Liz Keefe to our teaching staff. Keefe is a multi-medium artist who will offer two classes in August. On Aug. 7 from 10 a.m.-noon, she will offer a mosaic glass class of birch trees. All materials will be provided but you may wish to bring eye protection and disposable gloves. Cost for this class is \$40 for members and \$45 for non-members. She will offer a pastel painting class on Aug. 21 from 10 a.m.-noon. Once again,

all materials will be supplied. Cost is \$40 for members and \$45 for non-members.

Annette Mitchell will offer several classes this month. She will offer a semi-private class for three students for four sessions at Artistic Roots. By limiting the number of participants, each person will receive personal attention while interacting with the other artists. The class will be held on August 3, 10, 17, and 24 from 10-noon. Cost of the class is \$180

for members and \$200 for non-members. Ms. Mitchell will offer a plein air landscape painting class on Aug. 5, 12, 29, 26, and Sept. 2, 9, 16 from 1-3 p.m. Class size is 12, and there are a few slots left. This class requires pre-registration, contact [suzanmgannett@gmail.com](mailto:suzanmgannett@gmail.com) prior to signing up. Ms. Mitchell and Suzan Gannett will offer an On-Line Zoom landscape class on Aug. 9, 16, 23, 30 and Sept. 13, 20, and 27 from 1-3 p.m. Class size is 12. Cost of either Landscape Class is members \$175 and Non-Members \$200. This class requires preregistration, contact [suzanmgannett@gmail.com](mailto:suzanmgannett@gmail.com) prior to signing up.

Suzan Gannett will offer a Zen Doodle Flower Class on Aug. 11 from 10 a.m. to noon. You will learn how to incorpo-

rate Zen Doodle Designs into flowers and create your own picture. Cost for this class is \$25 for members and \$30 for non-members.

Class sizes unless stated are limited to eight students. People of all ages and abilities are welcome to attend. Scholarships are available by contacting [executivedirector@artisticroots.com](mailto:executivedirector@artisticroots.com). You can sign up for class by calling or stopping by the Gallery (536-2750) or by visiting the website, [www.artisticroots.com](http://www.artisticroots.com). Currently Artistic Roots is open seven days a week from 10 a.m.-5 p.m. We will be starting our visiting Artist program in September. Remember, if you are fully vaccinated, you are no longer required to wear a mask in the gallery or for classes.

## Newfound searching for fall coaches

BRISTOL — Newfound Area School District is looking to fill the following coaching positions for the 2021-2022 school year:

At Newfound Regional High School, assistant football coach, JV field hockey, varsity girls' skiing and JV volleyball.

At Newfound Memorial Middle School, middle school boys' soccer, middle school girls' soccer, middle school volleyball and middle school assistant football.

If interested, please send a letter of intent, resume and names and phone numbers of three references to: Pierre Couture – 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.

## Town-Wide Yard Sale in Bristol Saturday

BRISTOL – There will be a Town-Wide Yard Sale sponsored by the Order of the Eastern Star in Bristol on Saturday, July 24 from 8 a.m. to 2 p.m.

If you would like to be placed on the yard sale map, there is a fee of \$10. Maps will be available for purchase on the day of the sale at the Bristol Masonic Lodge parking lot, 61 Pleasant street for \$3. Vendors may set up a table in the Masonic parking lot for \$20.00. Please contact 744-3321 for more information.

All proceeds from the maps and vendor tables benefit local charities including the Tapply-Thompson Community Center, Bristol Community Services and local summer camps.

[salmonpress.com](http://salmonpress.com)

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**TO SUBMIT A LETTER TO THE EDITOR:**  
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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	N/A	N/A	\$1,480,000	Michelle J. Skinner and Margaret K. Taylor	Michael B. Simons RET
Bridgewater	N/A (Lot 6)	N/A	\$150,000	Michael K. Ethier	Michael and Maureen Merta
Bristol	23 Birch Rd.	Single-Family Residence	\$250,000	Alfred R. and Kimberly L. Carbonneau	Danielle R. Higuera
Campton	73 Town Pound Rd.	Single-Family Residence	\$45,000	Shirley A. Blomenberg and Steven A. Baxendale	Faleen H. Wies and Mark Hedgecock
Campton	N/A (Lot 15)	N/A	\$360,000	Joseph D. Desjardins	Melissa T. Robbins and Peter F. Monius
Holderness	31 Stone Post Rd.	Single-Family Residence	\$639,000	Richard E. and Kathleen S. Manzi	Thomas Ganse and Carol L. Tewes
Plymouth	Cummings Hill Road	N/A	\$10,000	Sonia P. Pimental	Roberta L. Blackler
Plymouth	64 Davis Rd., Unit 3	Condominium	\$170,000	Gertrude Spanos	Robert C. McIntosh
Plymouth	26 Sanborn Rd.	Single-Family Residence	\$230,000	Jason D. and Jennifer A. Hewes	Catherine A. Campbell
Plymouth	23 Tenney Brook Rd., Unit 2	Condominium	\$159,400	Kevin R. and Brian W. Andriolo	Brian N. Jones
Plymouth	Texas Hill Road (Lot)	Residential Developed Land	\$25,200	Hanscomb Trust and Francis A. Hanscomb	Jacqueline Downing Trust
Plymouth	N/A	N/A	\$710,000	Adiran J. and Eugene A. Robie	T&T Mtn. Investments LLC
Rumney	25 NH Route 25	N/A	\$140,000	Central NH Aggregates LLC	Gordon F. and Charles F. Coursey
Thornton	10 NH Route 175	N/A	\$65,000	Jonathan Ham	Patricia A. Paul
Thornton	Route 175	N/A	\$275,000	Dane M. Sleeper	Karl F. Haartz
Thornton	Route 3	N/A	\$115,000	Kathleen V. Henderson	Randy W. Bean
Thornton	22 Sholan Rd.	Single-Family Residence	\$222,533	Crystal M. Cook	Azanna J. Wishart
Thornton	N/A (Lot 46)	N/A	\$15,000	C. Edward and Elizabeth W. Rowe	Exeter Heights LLC
Warren	1378 NH Route 25	Single-Family Residence	\$86,000	Richard Wedge	Alisha and Kevin Wedge

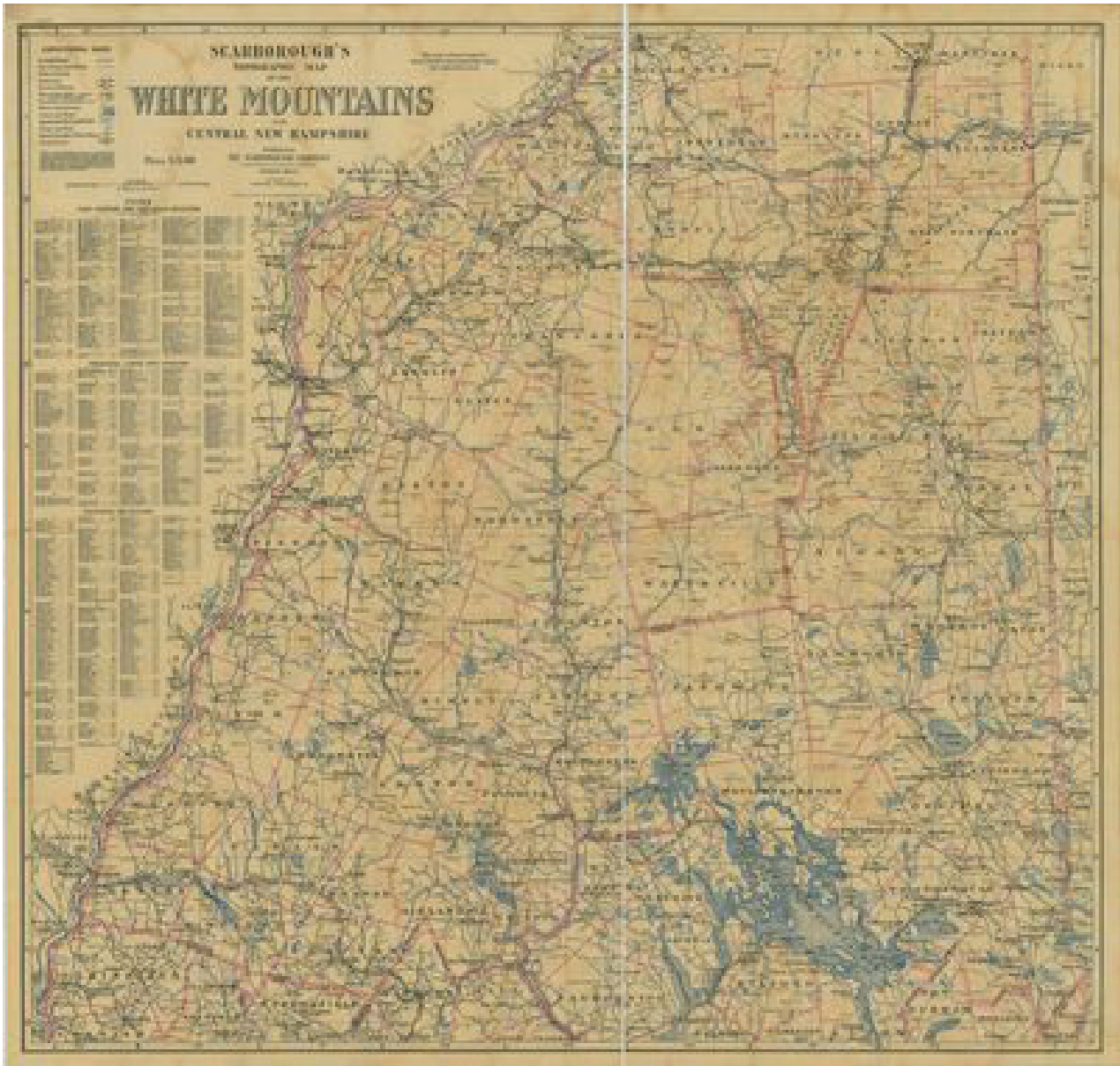
## ABOUT THE REAL REPORT

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](http://www.real-data.com)

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# Museum of the White Mountains opens “Wayfinding: Maps of the White Mountains” exhibit



The Museum of the White Mountains at Plymouth State University recently opened its first in-person exhibition since the pandemic. “Wayfinding: Maps of the White Mountains” explores the long history of maps and map makers of the White Mountains of New Hampshire. Shown in photo: A Scarboroughs topographical map of the White Mountains

PLYMOUTH — The Museum of the White Mountains at Plymouth State University (PSU) recently opened its first in-person exhibition since the pandemic.

«Wayfinding: Maps of the White Mountains» explores the long history of maps and map makers of the White Mountains of New Hampshire. The White Moun-

tain Region has a long history of maps and map makers, and boasts one of the richest assortment of map designs of any mountainous region in the U.S. Each

map describes specific places and routes, and also tells a story of the knowledge, curiosity, purposes, pleasures, and design ideas of the people of its time. This exhibition features maps from the far and recent past, as well as new map tools and technology for today’s hikers, tourists, scientists, weekend explorers, and enthusiasts.

“We are thrilled to welcome back visitors to the Museum, and proud to offer this interesting and dynamic exhibit on wayfinding in the White Mountains,” said Cynthia Cutting, Direc-

tor of the Museum of the White Mountains. “The maps, images, tools and technology on display are fascinating, and tell stories of the map makers, hikers and others who created them. And with the explosion in the number of people hiking and exploring the outdoors as a result of the pandemic, this exhibit is particularly timely.”

Co-curated by Adam Apt with support from David Govatski, the exhibition also features a special series of related lectures and presentations through September 2021, including:

Topography, 3D Art, and the NH 4000 Foot Club, July 22

Wayfinding in Their Own Words: Historical Journals, Maps and Hikers of the White Mountains, July 27

Digital Cartography: How does recent technology impact our historical understanding of the White Mountains?, Aug. 4

Hidden Stories: Looking into the Lives of our Wild Neighbors, Aug. 12

Mapping a Mid-19th Century Surveying Conflict, Aug. 17

Mapping the Ice Age Geology of the White Mountains, New Hampshire, Sept. 15

The programs are presented live via Zoom,

and include an opportunity for questions and answers. There is no cost to attend, but pre-registration is required.

The Museum of the White Mountains is currently limiting the number of visitors in the building to 15 people at a time, and groups to 10 or fewer. Visitors are asked to register online and schedule a date and time prior to visiting, however, walk-ups will be permitted on a case-by-case basis.

For information about Wayfinding: Maps of the White Mountains, including a full description of each lecture, and to schedule a visit or register for the presentations, visit: [www.plymouth.edu/mwm/exhibitions](http://www.plymouth.edu/mwm/exhibitions)

The 2021 Wayfinding Speaker Series was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities.

The Museum of the White Mountains is grateful for the additional support and advice from David Govatski, Adam Keul, PSU Assistant Professor of Tourism Management and Policy and Summer Speaker Series Humanist, Marcia Schmidt Blaine, former PSU Professor of History, and Trail Clubs.



COURTESY

## Cardigan Lodge #38 recognizes members

Cardigan Lodge #38 of Bristol recently honored members for their years of service. Those recognized (left to right) were: Mary Durgin (Campton) 20 years; John Bianchi (Bristol) 25 years; Ed Gempka (Campton) 25 years; Richard Pollard (Bristol) 25 years; Kenneth Rogers (Bristol) 30 years; Charles Moore (New Hampton) 40 years; John Matthews (Hebron) 45 years. Absent were James Lawrence (Concord) 50 years and Fred LaFontaine (Concord) 65 years. I.O.O.F. (Independent Order of Odd Fellows) is an international fraternal organization that promotes education and medical research and supports more than 80 organizations for the youth and the aged. For more information, contact Charles Moore at 217-7234.

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Ora Schwartzberg, Esq.



## CADY Corner

### *Facts about methamphetamine*

BY DEB NARO  
Contributor

In 2020, there were 416 drug overdose deaths in New Hampshire, 59 of which involved methamphetamine, according to the New Hampshire Medical Examiner.

Methamphetamine is a white, odorless, bitter-tasting, crystalline powder that dissolves easily in water or alcohol. It can be made from ingredients that are used in products such as batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner. Using meth causes the brain to release a chemical called dopamine, which gives the user a feeling of pleasure. However, once the drug is no longer in the user's system, this pleasurable sensation can be followed by unpleasant feelings of drug withdrawal, sometimes called a "crash." These feelings can include depression, anxiety, fatigue, and intense craving for more of the drug. The "crash" often leads a person to use more meth to avoid these uncomfortable physical and psychological effects.

Meth causes changes in the brain circuits that control reward, stress, decision-making, and impulse control, making it more and more difficult to stop using even when it is having negative effects on your life and health including long-lasting damage to the brain. Frequent use also can lead to tolerance and withdrawal, so you need more of the drug just to feel normal. Additional effects of using meth can include anxiety and depression, chronic fatigue, paranoid or delusional thinking, and serious psychological illness.

Using meth increases heart rate, blood pressure, and risk of stroke. Other negative consequences of long-term meth use are extreme weight loss, severe dental problems ("meth mouth"), and skin sores caused by scratching. Meth use affects the levels of dopamine in your brain. Dopamine is a neurotransmitter that affects, among other things, movement, motivation, emotions, and feelings of pleasure. Because meth causes a flood of dopamine to the brain, the natural supply gets depleted. As a result, activities that would normally increase dopamine and, therefore, pleasure (such as listening to music or eating a delicious meal) may no longer do so, which can lead to depression.

Meth is an addictive drug that can cause aggression, violent behavior, and psychosis (loss of contact with reality). Know the signs, it may not be easy to tell, but symptoms of methamphetamine use may include: inability to sleep or unusual sleep patterns; psychotic behaviors such as paranoia and hallucinations; mood swings or increased aggression; nervous obsessive activities, such as scratching; irritability, anxiety, or confusion; extreme anorexia; changes in physical appearance, including deteriorating skin and teeth and presence of injecting paraphernalia, such as syringes, burnt spoons, or surgical tubing.

Methamphetamine is not always what it seems. The Drug Enforcement Administration (DEA) has reported an increase in counterfeit pills in New Hampshire. These pills have been found to contain fentanyl and methamphetamine and are disguised as prescription drugs commonly misused by teens including Adderall, Xanax and OxyContin. While they look like prescribed medications that could be obtained from a pharmacy, they are made in illegal labs and can cause overdose or death. At the beginning of June CADY sent a flier on this issue to all parents in the region to call attention to this serious drug threat to youth.

As much as 60 percent of what a person injects, snorts, or smokes is not meth. Powder sold as meth may contain many other deadly substances, including fentanyl, and lead acetate or mercury, both of which are toxins that can lead to poisoning. High doses can cause the body to overheat to dangerous levels. Death can result from stroke, heart attack, or multiple organ problems caused by overheating.

For more information about how to talk to your children about the dangers of methamphetamine and other drugs, visit our website at [cadyinc.org](http://cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at [info@parcnh.org](mailto:info@parcnh.org) or 238-3555.



DONNA RHODES

### Dancing Under the Stars

Emcees Danee Dalphonse and MaryAnn Barnsley (far left) and Voices Against Violence Executive Director Meg Kennedy Dugan (far right) joined the 10 dancers who rocked the stage in Kelley Park for this year's fundraiser, "Dancing Under the Stars," which raised \$8,000 for the nonprofit organization.

## Sustainable Bristol

### Minimalism

BY LAUREN THERIAULT

Minimalism is a buzzword that has been gaining popularity in recent years and I know a few self-proclaimed minimalists. I am not one of them, but strive to be and relate to a lot of the sustainable practices they embody. What is a minimalist? My interpretation is that it's a person who has few things, only participates in activities that they really enjoy and thinks that spending money on experiences is better than buying the newest gadget and filling their homes with "junk". Some minimalists only have a certain number of items of clothing, usually it's minuscule. The thought being that they have to store less, buy less, and not waste time thinking

about what to wear, eat, read or do. Minimal on many fronts. The aspect of minimalism that appeals to me is buying less and storing less.

Buying sometimes not only takes up your time, but also your money, gas, and valuable finite resources used to create that product. Storing things takes up, well obviously space, both physically and mentally. How many times have you known you had something in your house but couldn't find it amid the rest of the clutter? It also takes energy to heat and cool your items, some of which you probably haven't used in years. About one in 10 families pay for storage units to keep their surplus stuff.

This is where minimalism can come

in. Lots of people watched Mari Kondo's show at the beginning of 2019 and went on cleaning sprees. If you are inclined to clean out and minimize, do so with care. Donate as much as you can, obviously throw out things that are too junky for someone to use, but lots of things can be donated to Bristol Community Services, Ladders in Plymouth, Restore, or other charities. Ask around about families that have lost their homes to fires or people who are in need of items to furnish their homes after leaving an abusive relationship. You could also join the Buy Nothing Newfound group on Facebook to give away items you no longer have use for.

Now that you have cleaned out the

clutter don't buy a bunch of new junk to fill it up. Think about what you are buying. Do you really need it? Could you use something you already have for the same purpose? How often will you use it? Next, think about why you are buying things. Are you bored, lonely, need something to make you feel good or actually need it? Try to find a minimalist activity or approach to keep you from shopping when you do not need things like going outside, connecting with friends and family, doing something that brings you joy but doesn't add to your plethora of "stuff." If you have to shop, because let's face it we all have to, stick to a list, contemplate your purchases before buying.



By JOHN HARRIGAN  
COLUMNIST

Imagine that you are playing a round of golf. Other than that, you are relatively sane.

Then, on the 7th fairway, you come upon a big, wide, hole in the ground. Having hit, say, a nice eight-iron over the hole, you putt out and trudge over toward the eighth tee--and just to the right, there's another big hole in the ground.

Having finished Number Eight, you head on over to the 9th tee--and yup, there's another hole in the ground. This time, you could park a couple of 18-wheelers down there. You can see the green, all right, way to the west, by the equipment barn. But in between you and the green is this big, wide hole.

It is the abyss.

From the bottom of the hole, even a tall person cannot see the flag. Therefore, he cannot see the green. Therefore, he cannot see the two sandtraps guarding the approaches to the green.

### NORTH COUNTRY NOTEBOOK

### An ice-sheet one mile thick bulldozed everything in sight



COURTESY

A classic kettle hole pond, filling in from its edges of sedges. Eventually the center becomes a quaking bog, and over time (a lot of time), it fills in. (Courtesy NH State Parks)

In fact, he cannot see any of the topography leading to the green, because from the bottom of the hole all he can see is sky. He cannot see even the tops of trees marking where the green might be. Looking skyward, he can see the odd crow, maybe a raven. A raven will peer down, with a curious eye: "What are you doing down there, in a hole, on a hole?"

The hole is a kettle hole, one of three connected there in the 7th and 9th fairways by little ridges, like the rims of teacups.

The most recent glaciers began pushing south about 18,000 years ago, and eventually locked up so much of the Earth's water that

sea-levels dropped more than 100 feet. The theory is that this revealed the Bering Strait land bridge, which enabled the peopling of the Western Hemisphere. There are diverging opinions about all this.

Geologists and soil scientists say the ice was a mile thick. The advancing ice dragged rocks and boulders along, creating striations in the bedrock atop Mount Washington, 6,288 feet above sea-level. As the glaciers melted, they dropped boulders called glacial erratics, often many miles south of what they once called home.

Pieces of ice fell off the faces of melting glaciers 14,000 (or so) years ago. Gravel and silt covered the massive chunks

of ice, which eventually melted, leaving the kettle holes.

There are hundreds of kettle holes scattered around northern New England, many of them forming the lakes and ponds we see today. The Lincoln-Plymouth-Concord area is considered the epicenter of New Hampshire's kettle holes.

Billy Haynes, my brother Peter, and I knew about the hole on the 9th fairway before we ever picked up a golf club, which all of us eventually did.

(Please address mail, with phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)



Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

Who would have thought that smoke from the horrific fires out in the west would travel this far across our country and be so thick as to cause a decrease in visibility here and even have that smokey smell! That blue haze is concerning and makes me sad for the folks in the west...

Tonight, Thursday, July 22 the Bristol Summer Concerts in the Park will feature the Club Soda Band! The concert will be held from 6:30 until 8 p.m. Bring a chair and some friends and family and enjoy the evening!

The Order of Eastern Star will hold a Town Wide Yard Sale on this Saturday, July 24 to benefit local charities and more. Maps will be available for a \$3 donation at the Masonic Hall on Saturday the 24th at 7 a.m. Some space will be provided in the Lodge parking lot for \$20 for those wishing to use it for the sale. Registration

forms are available for those who wish to take part. For more information, call 744-3321. There will be lots of local traffic and pedestrians, so please watch out for one another. Have fun!

The NLRA will hold their Annual Around the Lake Sailing Race on Saturday, July 24 at 1 p.m. Meet and launch your non-motorized sailboat at Grey Rocks Conservation Area for a race around the lake. To participate, contact 744-8689 or Andrew@Newfound-Lake.org.

On Tuesday, July 27, the NLRA will hold a Guided Paddle with Rick Van de Poll from 9 until noon. Meet at Grey Rocks. Meander along the northern shore of Newfound Lake, up the Cocker-mouth River and out to the Hebron Marsh. Registration is required, limited space available. If the \$5 program fee inhibits your participation, please call 744-8689 to register.

The Minot-Sleeper Library Youth Summer Reading features STEAM Boxes to Go and

Book Bundles! STEAM Boxes are targeted for different age groups to provide fun STEAM related crafts. The Book Bundles offer fun stories related to different themes. Depending on the age group each Book Bundle will include a book(s) and activities. To reserve a STEAM box To Go or a Book Bundle, please contact the library: minotsleeperlibrary@gmail.com or 744-3352.

The Mill Stream Farmers Market is held every Saturday at the Mill Stream Park in Bristol on Saturdays from 10 a.m. until 2 p.m. Many vendors are selling a variety of goods including meats, fish, maple syrup, vegetables, knit goods, soap, blankets, jellies and jams, jewelry, plants and bird houses with many new items each week. Please avail yourself of the many local wares.

A heads up for the upcoming Bristol Rotary Club Annual Penny Sale! The sale will take place at 6:30 p.m. on Thursday, Aug. 12 at Newfound Regional High School. Proceeds benefit the Bristol Rotary Club Scholarship Fund. Mark it on your calendars so you don't miss it!

Think It will rain? Not if it keeps up! Just a little humor with an old joke to keep us aware to be careful what we wish for... We certainly have had our 'fill' and I hope we get more fair skies for the rest of the summer. May you enjoy our beautiful surroundings no matter the weather.

Christian Science Society, Plymouth

We'd love to have you join us at our Sunday services which are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. This week the subject of the Bible lesson is "Truth." The solo will be based on the verse from Proverbs which is in the beginning of the Bible lesson for this week: "Doth not wisdom cry and understanding put forth her voice? I am understanding: now therefore hearken unto me O ye children: for blessed are they that keep my ways."

On Wednesday evenings, we have a meeting at 6 p.m. which includes

short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another gratitude for healing experiences in our lives, as well as thoughts and insights from our Bible study and prayer. Everyone is most welcome to this meeting.

Both the Sunday and the Wednesday services are available to attend on Zoom and we love to have visitors from near and far. Visit our Web site at cs-plymouth-nh.org to request a link to these services.

We hold Sunday school for children and young people up to the age of twenty. We welcome all youngsters who would like to participate. Students become familiar with the Bible, and learn truths which can help them in their everyday lives. It meets the

same time as the church service. There is also a nursery for little ones.

On www.jsh.christianscience.com, there are many resources both to listen to and read. You can sign up for a free newsletter with helpful articles which will come by email. The newsletter offers spiritual solutions to personal and global challenges. There is a powerful article "Out of the darkness of addiction" which you can read or listen to.

On www.christian-science.com you can learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures" by Mary Baker Eddy. There are also on-line biographies of Eddy.

Dana Hill Meeting House Association to host ice cream social

NEW HAMPTON — The Dana Meeting House Association will host an Ice Cream Social on their lawn with Music courtesy of the Baker Valley Band, on Saturday, July 31, from 5-7 p.m. The address is 288 Dana Hill Rd., New Hampton.

The Dana Meeting House was built in 1800 by the Freewill Baptists and has served the neighborhood for many generations, now preserved and maintained by the all volunteer non-profit association. It is listed on the National Register of Historic Places. Tours of the unique building, with its "sheep-pen" pews will be available.

The Baker Valley Band recreates the sound and spirit of the town bands that were an essential part of the fabric of American life from the period before the Civil War up through the decade following the Second World War. Formed in 1992 in Wentworth, New Hampshire, the Baker Valley Band has grown slowly but steadily in number, musicianship, and repertoire. The band offers programs comprised of marches, galops, waltzes and some of the popular tunes have become part of our American musical memory. The band performs at Old Home Day celebrations, concerts on the green, private parties and parades.

Join the fun, bring a lawn chair or blanket while enjoying a summer ice cream treat. Plan to dance if you wish.

In case of a rain cancellation, the event will be re-scheduled. See a post at danameetinghouse.org or on Facebook listed under Dana Meeting House Association. For more information: Bill Huckins at 359-2942.

Free and welcoming to the public.

Dancing

FROM PAGE A1

getting really hot here tonight between Samantha and Jeff," Dalphonse joked as they took the stage to the sounds of "Old Time Rock and Roll" by Bob Seager.

After their crowd pleasing performance, Judge Dion joked, "That was our tax dollars at work," as she held up her score and Rivera said their performance was "rip roaring."

Third onstage that night was Matty Leighton and her partner/choreographer Sam Barnsley of Plymouth. Matty is a board member for VAV and recently retired from Plymouth State University. Sam is a sophomore at Plymouth Regional High School and a 13-year veteran of Synergy Dance Studio. The pair, decked out in GI uniforms, performed their energy-filled dance to the classic, "Boogie Woogie Bugle Boy."

Judge Furbish gave them a 21-gun salute and Dion said "Hats off to you!" Rivera thought their presentation was awesome and while he gave them five stars, he added that if he had the right marker, they would be gold stars.

Ryanne Haskell of Lake Life Realtors and also a VAV board members joined forces with Tink Coppin of Plymouth Professional Hairstyling as they danced to a dramatically slowed version of Michael Jackson's song, "Beat It."

Furbish, a musician himself, commended the duo for slowing down a Jackson song and gave them "three gloved hands" as his approval.

"Forget the King of Pop. You two are the Queens of Pop," praised Rivera when he cast a "platinum album" as his vote.

The audience then discovered that the last dancers up were truly a couple when the emcees announced that the two not only decided they were great dance partners, but great life partners as well. Amidst their rehearsals last week, Plymouth Regional High School Band Director Will Gunn took the opportunity to propose to his dance partner Gaia Posner, a social worker from Plymouth.

The two took to the stage as Mario and Luigi for a lively dance to "Jooneh Khodet" by the Black Cats, a Persian song that only a true musician might know.

"You are going to be a fun couple," said Furbish as he awarded them a giant Sonic the Hedgehog for his vote. Dion gave them five smiley faces, and in recognition of their Mario Brothers theme, Rivera gave them five mushrooms, which are part of the video game.

Following a fun intermission filled with community dancing, winners for the night were announced. Taking home the trophy for the Judges Award was Will Gunn and Gaia Posner: The People's Award that evening went to Raymah Simpson and Jeff Brode, while the Voices Award for most votes received during the competition was presented to Matty Leighton and Sam Barnsley. In all, the event raised \$8,000 to support the many services of Voices Against Violence.

For more information on the nonprofit organization as well as how to become involved or contribute to their cause, visit www.voicesagainstvviolence.net.

George

FROM PAGE A1

her career in Thornton and teaching at their elementary school for the past 40 years. In addition to teaching, O'Connor had multiple coaching

roles from middle school, high school and college. She was also a highly regarded field hockey official for over 30 years in New Hampshire.

Newfound will be celebrating its sixth

annual Athletics Hall of Fame Ceremony on Oct. 3, at Newfound Regional High School. This year Newfound will be welcoming in five individuals and one team. Congratulations to Di-

ane (O'Connor) George, Kelsey (Watson) Maxwell, Calvin Follansbee, Trevor Brown, Dean Brown and the 1994/1995 Newfound Regional High School boys' basketball team.

Poetry

FROM PAGE A1

also was a writing chap-erone for many years at the New England Young Writers' Conference.

Elizabeth McClellan will offer the second workshop for "Children of all Ages," on Aug. 2, from 1-4 p.m. McClellan works for Knower Academics in Plymouth NH and is a coach and teacher at the Holder-

ness School. She recently ran the educational component of the Franconia Ski Club Program at Cannon Mountain for middle school students.

Hebron's newest resident, Sarena Mason, will be leading the workshop for "Mothers and Daughters" on Wednesday, Aug. 11 from 1-4 p.m. Sarena has published poems in The American Journal of Poetry, The

Tennessee Magazine, Blue Mountain Review, and other fine literary spaces. In 2020, she was nominated for a Pushcart prize in poetry. She shares her passion for writing with the belief that everyone has something to teach and something to learn.

To round out the series, Mark Flynn will be presenting a workshop, "For Men Only,"

on Wednesday, Aug. 18 from 1-4 p.m. Flynn is a teacher of composition and creative expression at Plymouth State University. Friends of the Library will be providing refreshments and our new librarian, Josianne Fitzgerald, will be starting Aug. 2. We hope everyone will consider coming and sharing their creativity with the community.



James Peabody, 72

James Peabody, 72, of Bradford, VT passed away in a swimming accident on June 13, 2021 in Newbury, Vt. He was doing one of the things he loved most on a lovely Spring day in a little town he loved.

Jim was born in Sellersville, PA, to Grace and Richard Peabody, who lived in Hilltown Township, PA and later in Sugar Hill, NH. Jim always spoke fondly of living on “the farm” in Hilltown. He graduated from Pennridge High School and lived, traveled and worked at various jobs in PA, New England and Nova Scotia.

In 1976 he married Susan Ruesch and in 1977 they moved to New Hampshire after purchase of Bristol’s local hardware store. Jim owned operated Pea-

body’s Hardware Store, in Central Square of Bristol, NH for a decade or so. He loved the work and enjoyed the many friendships of the local people there.

Jim was a kind and loving man who loved and enjoyed his family. He was passionate about music, including Bob Dylan, folk and blue grass. He loved wood-working and had created some fine Shaker-style pieces. Jim was a talented writer of poetry and letters, which he sent frequently to everyone he knew. He was a passionate advocate for peace since adolescence, and helped to protect the environment he loved so much. One of his favorite pastimes was driving the back roads of Vermont and New Hampshire, finding spe-

cial places that he would return to visit. He loved the outdoors, the peace and beauty in nature.

Jim was predeceased by his parents, Richard Peabody and Grace Coleman Peabody, and his brothers George and Ned Peabody.

Jim is survived by his daughters Sara Peabody Beem of Bristol, NH and Jennifer Peabody Dorsett of Lyman, NH and his brother Tom Peabody of Millbrae, Calif. Jim also leaves behind four wonderful grandchildren, Ayla, Elyse, Isaac, and Nathaniel. Jim will be missed very much.

There will be a private memorial service at a later date.

In lieu of flowers, donations can be made to NAMI (National Alliance on Mental Illness).

Mid-State’s Children’s Learning Center set to begin renovations on new facility

PLYMOUTH — Mid-State’s Children’s Learning Center is set to begin renovations later this month to their new facility located at 742 Tenney Mountain Highway in Plymouth. Slated for a fall completion date, the 8,400 square foot facility will provide ample space for numerous classrooms and making it the learning home for more than 60 children from infants through preschool aged.

According to Robert MacLeod, Mid-State Health Center CEO, an internal feasibility assessment identified that the region currently has licensed childcare for only 25 percent of the infant and toddler population, the project will address the region’s unmet childcare needs. Additionally, 51 percent of the childcare slots at The Children’s Learning Center will benefit children of low- and moderate-income households, providing them with high-quality, affordable childcare in a convenient location with skilled teachers.

“This expansion was necessary to meet the increasing needs for childcare and preschool education in our community whereby increasing our capacity will allow us to serve three times the current number of families,” says Alison Murphy, Director of the Children’s Learning Center.

The new facility will be completely renovated to become an energy-efficient building complete with solar panels to reduce environmental impacts; a high-quality HVAC system will allow for ventilation for increased infection control; indoor and outdoor play areas will allow for physical activity no matter what the NH weather brings; and a garden for the children to grow fresh foods and be taught about nature and healthy eating.

Funding for the \$3.1 million dollar project is ongoing, although to date Mid-State has received grants from the Community Develop-

ment Finance Authority (CDFA) in the form of a public facilities grant and tax credit program. Construction financing is being provided in part by the Bank of New Hampshire and tax credit commitments have been made by Woodsville Guaranty Savings Bank, Bank of New Hampshire, Northway Bank, Meredith Village Savings Bank, Orchard Medical Management, Anagnost Companies and the Grappone Auto Group. Additional fundraising activities are ongoing and a capital campaign will roll out later this summer.

Additionally, Mid-State’s Children’s Learning Center will undergo a name change and a total rebrand of the school, becoming Little Antlers Learning Center. The new name along with a brand new logo, representing a cartoon moose named “Max,” will be revealed as construction begins at the new facility. Little Antlers Learning Center’s unique name was thought of by Mid-State staff member, Colleen, and was chosen as the community favorite through a survey in June.

Considered a true learning program, Little Antlers Learning Center will continue to provide the same level of high-quality childcare for which it built its reputation on within the community. To stay connected with the Little Antlers expansion project and learn more about their programs, please visit [www.mid-statehealth.org](http://www.mid-statehealth.org).

About Little Antlers Learning Center

Little Antlers Learning center (LALC) is a program of Mid-State Health Center and provides early childhood education and childcare to families in the Plymouth, NH area. LALC is committed to providing an approach to early childhood education that fosters natural curiosity, nurtures independence and self-confidence, and inspires a lifelong love of learning.

The new expansion will ensure families have a place for their children to learn, grow, and play. The building itself will serve as a learning model to the children and community. The expansion of Little Antlers will allow us to continue to uphold our mission by providing significant social and economic benefits to the community through the delivery of high-quality childcare services to an increased number of children and families. The new building will be easily accessible to families, located at 742 Tenney Mountain Highway in Plymouth.

About Mid-State Health Center

Mid-State Health Center finds itself on the leading edge of innovative, high-quality, patient-centered primary care. This approach helps residents of the communities we serve lead healthier lives and stretch their health care dollars further. To this end, the mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

Mid-State’s philosophy of doing what is right for the patient extends to doing what is right for our community. Our staff is committed to the care of the entire community – not just our patients. Mid-State’s leaders actively engage the community in the leadership of its practice through the participation of the community leaders serving on our Board of Directors and support its larger community by encouraging its professional staff and employees to actively participate in many venues. For more information on Mid-State Health Center, please visit [www.midstatehealth.org](http://www.midstatehealth.org)

Please contact eDriven Marketing, LLP at [cjs@drivenmarketing.com](mailto:cjs@drivenmarketing.com) for Media outreach, additional information, quotes or for follow-up story consideration.

Kathryn Marie Moyer, 78,

Kathryn Marie (Ramsey, Gould) Moyer - 78, of New Hampton, NH, passed away after a lengthy illness. She was fortunate to have the love and presence of several family members and friends at her bedside throughout her last several months. During that time, she maintained her sense of humor and good nature. Her caregivers would always comment about her sweetness.

Kathy grew up in Lincoln, NH, the youngest of 6 born to Catherine (Ayer) and Floyd Ramsey. As a young woman she excelled at sports, especially basketball. She graduated from Lincoln High School in 1960 and married Douglas Gould in 1963. They had 2 daughters, Gina and Melissa. After Kathy and Doug parted ways, she was a single Mom working at International Packings Corporation in Bristol to support her family.

She and Robert Moyer married in May of 1983. Together, they spent many days fishing on the Pemi River and Spectacle Pond. Kathy enjoyed playing tennis and could cut a rug with the best of them. She absolutely loved to dance and was the first on the dance floor at parties and gatherings.

Kathy was honored to be inducted into the Linwood High School Athletic Hall of Fame in 2012, 52 years after her graduation. As a Mom, her love of sports continued, but now as a spectator: She never missed her daughters’ athletic events and you could see



her arriving in her 1966 yellow Ford Mustang with “Mork” on her license plate, displaying her admiration of Robin Williams. Their friends and teammates meant a lot to Kathy, and she cheered them on as if they were her own.

Her homebody spirit thrived observing nature and all animals, especially the birds in her own yard. Lifting gigantic bags of sunflower seeds was part of her fitness plan. The cats and dogs lucky enough to be in her care over the years all lived long lives and grew blissfully plump from lots of table scraps and bowls of cream. Her pets weren’t the only ones to get generous portions - she passed along her sincere love of butter to her children and grandchildren!

Kathy lived a consistently kind life and was always ready to have a witty exchange with any willing participant. She was a wonderful Grammy and she relished giving thoughtful gifts to her family members, particularly to her grandchildren Kayla and Max.

Kathy is survived by her husband of 38 years, Robert Moyer; her daughter Gina and husband Greg Wagner

and their daughter Kayla Wagner; her daughter Melissa and husband Michael George and their children Maxwell Byrd, Sara French and Collin George.

Kathy’s siblings surviving her are sisters Patricia Bennett and her husband Daniel, Frances Fowler, Elizabeth Dauphine and her husband Clifton, and a brother William Ramsey. Her eldest brother Floyd Ramsey predeceased her in 2019.

She is also survived by Robert’s daughters, Alyssa and her husband Cliff Bertrand, Chanda Moyer and her son, Anderson, her brother-in-law Skip Moyer and his wife Julie, sister-in-law Kerry and her husband Gary Russell. She will be missed by many special nieces and nephews, as well as her lifelong dear friend Phyllis Keysar Evans.

A remembrance gathering will be planned at a later date.

In lieu of flowers, please consider sending a donation in her name to:

NH Audubon, Attn: Development, 84 Silk Farm Road, Concord, NH 03301 or give via their website. The funds will benefit the Newfound Audubon Center.

<https://www.nh-audubon.org/donate/make-a-donation/>

Emmons Funeral Home 115 South Main Street Bristol, NH is assisting the family with the arrangements. For online condolences visit: [EmmonsFuneralHome.com](http://EmmonsFuneralHome.com)

Quincy Bog Natural Area hosts presentation on insects

RUMNEY — Join ecologist Kerry Yurewicz for Quincy Bog’s first in-person evening talk of the summer titled “Insects in the Web of Life: Why They Matter and What We Can Do to Help Them” on Wednesday, July 28 at 7 p.m.

Yurewicz will introduce attendees to the wild, wonderful world of insects and discuss the roles that insects play in the web of life, scientific evidence related to recent news stories about an ‘insect apocalypse,’ and ways that we can all help conserve these fascinating and important animals.

Wednesday Evening Programs in late July and August will take place at Quincy Bog’s Nature Center, 131 Quincy Bog Rd. in Rumney. Talks are free and open to the public, and are underwritten in part by the Ruth V. Fisher Memorial Fund. Contact Jessica Halm with any questions regarding this or future Quincy Bog presentations by email at [jesshalm78@gmail.com](mailto:jesshalm78@gmail.com).

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**ALEXANDRIA**  
**Verification of the Checklist**

New Hampshire law requires that the Supervisors of the Checklist verify the checklist every ten years. Any person on the checklist who has not voted in the past four years must re-register to remain on the checklist. The Supervisors are sending letters of notification to these voters at the address they provided when they registered.

The Supervisors of the Checklist will hold sessions for re-registering voters who have not voted since April 1, 2017, also accepting applications for new voter registration, requests for the correction of the checklist, and change of political party affiliation.

These sessions will be held from **11:00 a.m. to 2:00 p.m.** on the following dates:

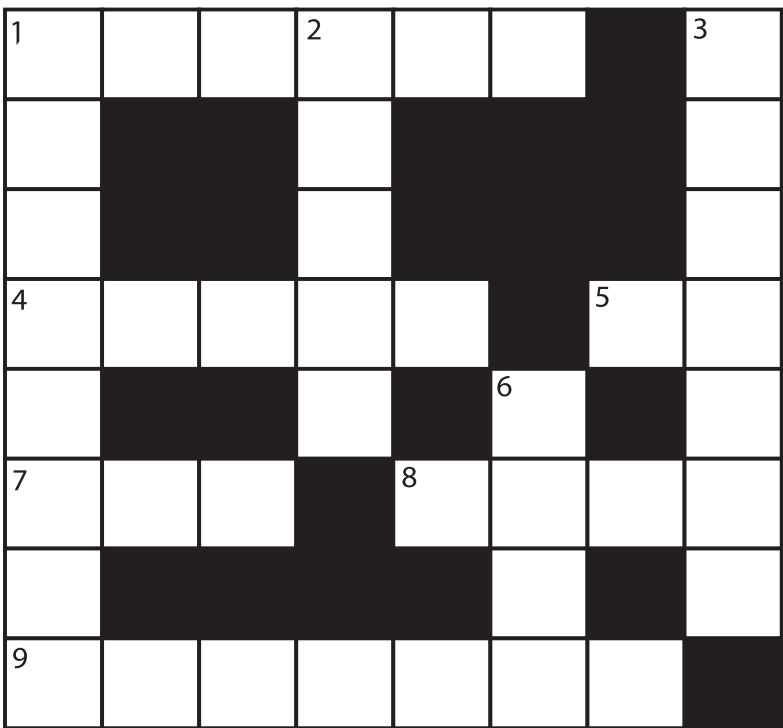
**Saturday, May 1, 2021**  
**Saturday, June 26, 2021**  
**Saturday, July 24, 2021**

Location: Old Town Hall, 45 Washburn Road, Alexandria  
Voters may also re-register at the Town Clerk’s office during the Clerk’s regular hours.  
Voters may check party affiliation on-line:  
<https://app.sos.nh.gov/Public/PollingPlaceSearch.aspx>  
Alexandria Supervisors of the Checklist





Crossword Puzzle



ACROSS

1. Metal frames on a grill  
4. Cup-shaped spoon  
5. Midwestern state (abbr.)  
7. Writing fluid  
8. Venison  
9. Comes together

DOWN

1. Cooking food over a flame  
2. Place to eat a meal  
3. Chicken or turkey  
6. Unpleasant emotion

Answers: Across 1. Grates 4. Ladle 5. IL 7. Ink 8. Deer 9. Gathers Down 1. Grilling 2. Table 3. Poultry 6. Fear

THIS DAY IN...



HISTORY

- 1861: CONFEDERATE FORCES WIN THE FIRST BATTLE OF BULL RUN DURING THE AMERICAN CIVIL WAR.  
• 1949: THE U.S. SENATE RATIFIES THE NORTH ATLANTIC TREATY.  
• 1970: THE ASWAN HIGH DAM OPENS IN EGYPT.



TRUE OR FALSE?  
MARINATING FOODS THAT WILL BE GRILLED CAN REDUCE THE FORMATION OF CANCER-CAUSING CHEMICALS FROM FLAME-LICKED FOODS.

ANSWER: TRUE



CHAR

partially burn to blacken the surface



ENGLISH: Grill

SPANISH: Parrilla

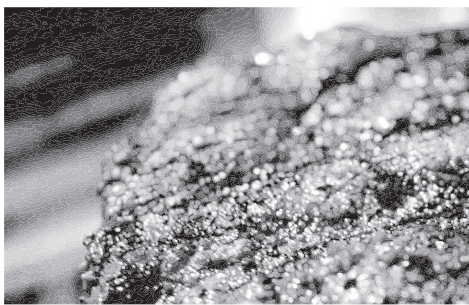
ITALIAN: Griglia

FRENCH: Gril

GERMAN: Grill



GRILLING COOKS FOOD DIRECTLY OVER HEAT, WHILE BARBECUING USES HEAT THROUGH CONVECTION OF HOT AIR. GRILLING IS FAST WHILE BARBECUING IS SLOW.



Can you guess what the bigger picture is?

ANSWER: GRILLED STEAK



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to parks.  
Each number corresponds to a letter.  
(Hint: 12 = S)

A. 12 5 8 16 20 12

Clue: Schoolyard ride

B. 12 14 11 3 22 12

Clue: Team play

C. 22 3 9 9 12

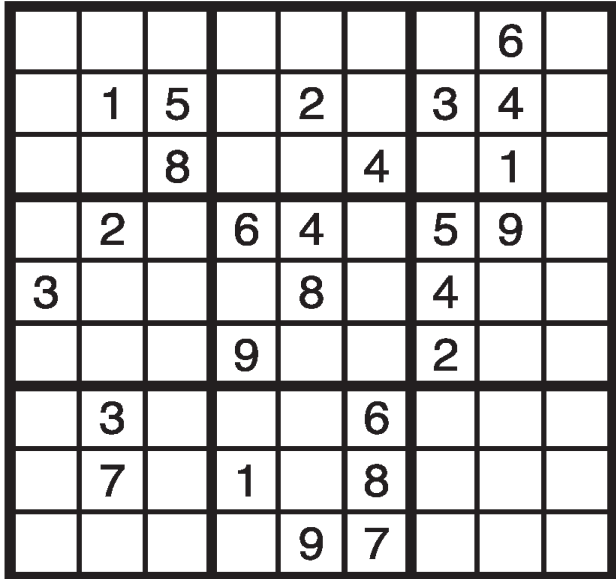
Clue: Plant with a trunk

D. 22 3 2 8 15 12

Clue: Walking paths

Answers: A. swings B. sports C. trees D. trails

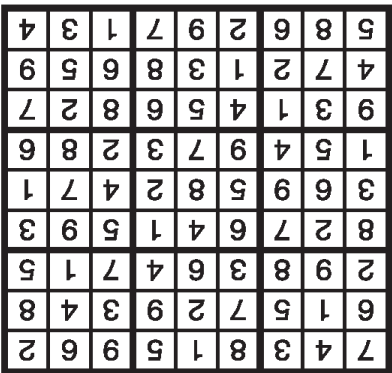
SUDOKU



Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ANSWER:

Fun By The Numbers

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COURTESY

Enterprise Rebekah Lodge #46 honors members

Enterprise Rebekah Lodge #46 of Bristol recently honored members for their years of service. Those recognized by Martha George, Noble Grand (pictured in middle) are (left to right) Lorraine Doyon (Laconia) 45 years and Gloria Rogers (Bristol) 60 years. Absent was James Lawrence (Concord) 40 years and Lois McLeod (Plymouth) 65 years. I.O.O.F. (Independent Order of Odd Fellows) and Rebekahs are a world-wide fraternal order involved in a variety of civic and philanthropic efforts on a local, national, and international level. Membership is open to men and women. For more information, contact Martha George at 632-4089.

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COURTESY

Cardigan Lodge #38 presents scholarships

Recipients of a \$2,000 scholarship each from I.O.O.F. Cardigan Lodge #38 of Bristol were (left to right) Connor Smith and Hope Qualey, recent graduates of Plymouth Regional High School. Connor has been accepted into the AAS Automotive Technology program at Lakes Region Community College and Hope will join the one-year Cosmetology program at Empire Beauty School this Fall. I.O.O.F. is a world-wide fraternal order involved in a variety of civic and philanthropic efforts on a local, national, and international level. Membership is open to men and women. For more information, please contact Charles Moore at 217-7234.



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NH Audubon  
announces  
Red Barn  
speaker series

HEBRON — The New Hampshire Audubon Newfound Center invites the community to attend our annual Red Barn Speaker Series on Tuesday evenings, from 7 to 8:15 p.m.

This series will be held at the Red Barn at Meadow Wind B&B (41 N Shore Rd., Hebron)—parking is across the street at Ash Cottage. No registration is necessary, though attendees are encouraged to bring their own chair. Kids (and kids at heart!) won’t want to miss the “Owls of New Hampshire” program on July 20th, featuring Squam Lakes Science Center naturalists and live ambassador animals. For more information and a full list of speakers, visit [www.nhaudubon.org/center-and-events/newfound-center-hebron/](http://www.nhaudubon.org/center-and-events/newfound-center-hebron/) and scroll down, or visit our Facebook page, “Newfound Audubon Center.”

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About New Hampshire Audubon

NH Audubon was founded in 1914 in Nashua, NH as a response to the huge quantity of birds being killed for use in the hat-making industry and for food. Today, the association has 3 centers throughout New Hampshire, and is involved in the management of over 8,000 acres of wildlife sanctuaries and conservation easements statewide. NH Audubon participates in many conservation efforts, both through research and policy action, and continues to educate and inspire people of all ages to explore our natural world.

We are grateful to our sponsor, Christopher Laux at Morgan Stanley, for making this event possible. We would also like to thank Mavis and David Britelli for their continued support, as well as Aaron and Sarena Mason for graciously hosting this series.

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