

Newfound Landing

THURSDAY, JUNE 14, 2018

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COMPLIMENTARY

A tree (or 20) grows in Hill

Residents gather to plant trees at Hill Town Pond

BY DONNA RHODES
drhodes@salmonpress.news

HILL – A group of residents gathered at the Hill Town Pond for a project that was intended to simply replace an apple tree that didn't make it through the long winter but wound up adding a lot more natural beauty to the site.

Lisa Seymour is the town's administrative assistant who first inquired about replacing the apple tree with a young crabapple. When she got the go ahead to do so, she said she asked a friend where she might get one and he ended up procuring more than she ever expected.

"I was so surprised when he called to say he was able to get us 10 crabapple trees and 10 birch trees, too," said Seymour. "It's great because



Lisa Seymour, nine-year-old Lauren and Lucy Natkiel helped plant birches and crabapple trees around the Hill Town Pond last Sunday.

we can now do more in trying to make the area around the pond look a

bit more appealing." The trees, she added, were from the New

Hampshire State Forest Nursery in nearby Bos-

Since the project had grown in scope, Seymour approached the

Parks and Recreation department to see if anyone would be interested in helping plant the trees and word went out around town looking for other volunteers. Last Sunday they all gathered at the pond, rolled up their sleeves and got to work.

Besides adding one crabapple tree where the old apple once stood, others were placed strategically around the grounds where they will enhance the beauty of the pond with their flowers each spring. Birches were also set out in a few locations, with one clump of three seedlings planted near a picnic table where they will one day provide shade for those enjoying lunch or a snack by the pond.

As some volunteers dug the holes to plant the new trees, Cheryl and Bill Wilson and Niki Mahoney got to work tending to lilacs and other shrubs that were already in place.

"They've been here for a long time but really needed a good pruning," Seymour said.

Lucy Natkiel was joined by a few other residents for the planting project, including

Newfound board and administrators go against public vote

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — Doubling down on their efforts to spend money voters never appropriated, members of the Newfound Area School Board and school administrators made it clear last month that their priorities override any vote by the public.

Christine Davol of New Hampton said that, regardless of the voters' rejection of the proposed school budget for 2018-19, she knows of people who did not vote but supported spending the \$712,000 that administrators had targeted for building improvements.

Sharon Klapyk of Danbury said spending the money identified in the school's capital improvement plan is too important to ignore and declared those who opposed the spending to be "uneducated."

The discussion originated from a challenge from Bristol resident Archie Auger, a former school administrator who discovered after the annual meeting that the default budget that had been prepared in case voters rejected the proposed spending plan had included money for capital improvements with-

out voters ever having approved the expenditures.

Superintendent Stacy Buckley pointed out that there is no legal obligation for the public to approve a capital improvement plan. Typically, town or school officials preparing a capital improvement plan for long-term spending will hold a public hearing and then adopt the plan.

Contrary to general practice, however, Buckley and Business Administrator Michael Limanni maintain that, once adopted, a capital improvement plan becomes part of the operating budget. Other towns and school districts use such plans as general guidelines they review each year before putting capital items in the budget or in separate warrant articles for voters to approve. Newfound is the first school district to argue that a capital improvement plan must be

funded.

The New England Association of Schools and Colleges, in its recently released reaccreditation report on Newfound, commended the district for having a capital improvement plan, and it recommended also adhering to its technology replacement plan which often gets adjusted to make up for budget shortfalls or to meet the district's tax cap.

Dispute

Auger maintains that, because voters have never approved any capital expenditures from the plan the school board adopted in May of last year, it was improper to include those items in the default budget.

Limanni compared building maintenance to the purchase of textbooks, noting that book purchases can exceed \$600,000, yet they are placed in the general op-

erating budget.

Auger had been joined by a large contingent of district voters who demanded that the school board remove the capital items from the default budget. The board has delayed taking any action, even in the face of a threatened lawsuit chal-

lenging the action.

A recent supreme court decision in a similar challenge to Weare selectmen, who placed items voters had not approved in their default budget, came down on the side of the voters, but Newfound's attorney

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DONNA RHODES

Rolling on the river

While some folks enjoyed the excitement created by the start of Motorcycle Week, others opted for more tranquil fun over the sunny weekend, such as fishing on the Smith River in Alexandria.

Running for a good cause in New Hampton

BY DONNA RHODES
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NEW HAMPTON – New Hampton Community School's PTO has had a busy year raising funds for projects and programs at the school and last Saturday morning they closed out their 2017-2018 initiative on a fun note with a Kids Dash, a half-mile run along a portion of the New Hampton Fitness Trail, and a more challenging 5K run through the woods.

Nora Foster of the school's PTO said money raised through the New Hampton Trail



DONNA RHODES

Ten boys and girls headed out on the fitness trail last Saturday for the Half-Mile Kids Dash before older participants took their turn in the New Hampton Trail Challenge 5K race. The event was organized as a fundraiser by the New Hampton Community School's PTO.

Challenge will help the group build an outdoor classroom area at the school.

"When we built the new playground, we

asked some of the teachers what they would like to see on the site of the old playground we tore down and they thought an outdoor classroom would be

beneficial to the school," said Foster.

The plan is to install picnic benches on the site where classes can go outside for reading, writing,

science projects and other activities.

"We already have a great start on it. The owners of New England Family Housing live in New Hampton and are donating some of the tables," she said.

Boys and girls were eager to take part in the event and got some practice laps in around the field behind the Life Safety complex as they awaited the start. Eight-year-old Ethan said he likes to run because it gets him tired out then he can go back to playing. Saygen, who is six, said he finds

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Home invasion, chase result in arrest of teen

BY DONNA RHODES
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CAMPTON — Police in Campton were called to a residence on Owl Street at approximately 2:20 a.m. on Wednesday, June 6, for the report of a home invasion.

Upon their arrival, the homeowner told officers she found a single male standing in her kitchen, chased him from the home then contacted police.

As police were searching for the suspect, he managed to make his way into the garage of a neighboring home where he located keys to an SUV and began to drive away in the vehicle.

Chief Christopher Warn said an officer

spotted the car pulling away from the neighbor's home, and confirming that it was not the owner behind the wheel, he then attempted to stop the car.

The driver did not heed the officer's command to stop however and officers from Campton and the New Hampshire State Police took up pursuit. They followed the vehicle until the driver lost control in the vicinity of the New Hampton/Meredith town line.

Due to his age, the suspect could only be identified as a 17-year-old juvenile runaway from a residential facility in Campton, not far from the home he first entered early that

morning. He was not believed to be injured as a result of the accident and officers took him into custody at the

scene, Warn reported. The teen was then transported to the Sununu Youth Detention Center where he was being held

until his arraignment in juvenile court. There he will face an initial five counts of delinquency alleging burglary, theft,

trespass and disobeying an officer as the Campton Police Department continues their investigation.

State Sen. Andy Sanborn added as guest at next PBVRC dinner

ASHLAND — We in the Second Congressional District are fortunate to have so many qualified candidates running for the seat currently occupied by Ann Kuster. One of them, Dr. Stewart Levenson, will be our guest speaker at the June Pemi-Baker Valley Republican Committee (PBVRC) Spaghetti



COURTESY PHOTO
Sen. Andy Sanborn

dinner at the American Legion Hall, 37 Main St., Ashland. The date is Friday, June 15. Also speaking will be State Sen. Andy Sanborn, who is running for Congress for the 1st Congressional District that includes Campton.

The dinner starts at 5 p.m. and goes to 7 p.m., and includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.

Dr. Levenson is a Republican Congressional candidate from Hopkinton. He is the former Medical Director of the VA New England Network and the highest-ranking whistleblower in VA history. He has

always been a tireless advocate for his patients and their families and considers his run for Congress the necessary next step to create reform. He is an avid hunter and has been a firearms instructor for New Hampshire Fish & Game for the past 10 years.

Sen. Andy Sanborn is everything we hope for in a non-conventional, freedom-loving Legislator, who seconds as a policy geek and an unabashed admirer of his wife, Rep. Laurie Sanborn, but not in that order. Hailing from the "Live Free Or Die State," of New Hampshire, State Senator Andy Sanborn, a serial entrepreneur, only became politically active in 2007, yet today is recognized as a true leading force for personal liberty, personal freedom and common sense in the political arena.

Known for his quick wit, inability to spell, sharp financial acumen and fierce loyalty to friends and family, this 4th generation NH native unabashedly fights

for limited government, economic opportunities for all, and as his friend, US Sen. Rand Paul, says, "A government so small we can barely see it."

As current and past Chairman of the Senate Commerce, Health/Human Services and Ways and Means Committees, the Senator has multiple disciplines of policy expertise where he pushes back on the over reach of government and fights for everyday people.

A boundless energy that only the Irish possess, Senator Sanborn's love of debate is so absolute, it has been rumored there are pictures of him debating his wife's cat, Bunnie.

Tickets are \$10 at the door for adults, \$5 for children five to 12 years, and four and under are free, with a special family price of \$25.00. Non-perishable items or cash donations for the Plymouth Food Pantry are encouraged.

For more information, call Cindy at 536-3880 or deerladydwh@gmail.com.

Eddie Montgomery to honor Troy Gentry at The Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center welcomes Montgomery Gentry featuring Eddie Montgomery to the Plymouth stage on Saturday, June 23, at 7:30 p.m. Rising stars Martin & Kelli open the evening. Tickets for this concert start at \$49.

Originally conceived to mark Montgomery Gentry's 20th anniversary, their dynamic new album Here's To You now represents a tribute to a continuing legacy.

On Sept. 8, 2017, Troy Gentry died in a helicopter crash at the age of 50. The new collection, which was recorded before his death, serves as a reminder of the iconic pair's powerful presence.

The album's title, "Here's To You," is both a tribute to Troy and to the band's rabid fans. "We don't call them fans, we call them friends," says Eddie. "They're who got us

our deal."

Produced by Noah Gordon (Colt Ford) and Shannon Houchins (Brantley Gilbert) the album is one of Montgomery Gentry's best. "It's probably the greatest album we've done since Tattoos & Scars," says Montgomery. "Coming up on our 20th anniversary we wanted to put out a killer album. We hunted and hunted for the right songs. In the studio we were feeling really loose. It was just beautiful and a lot of fun."

There's another reason Montgomery believes Here's To You is one of their best: Troy's sweet, high tenor was on full display. "I've heard him sing since he was a teenager," says Montgomery, "and Troy's soul came out on this album. It's the best he's ever sang."

Despite Gentry's passing, the show will go on, according to Montgomery. "We talk-

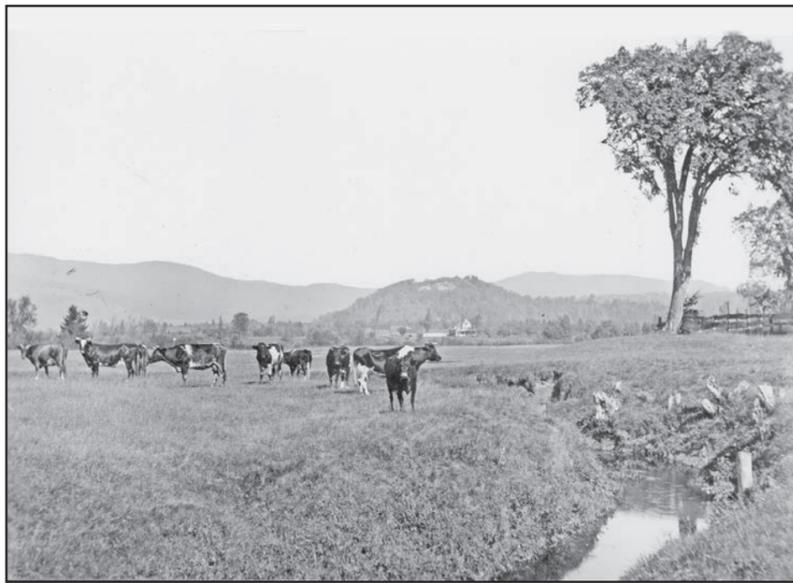
ed about it a long time ago. We both said, 'If one of us goes down, we want MG to keep going. I will continue to honor him and our friends.'"

Tickets to see Montgomery Gentry and special guest Martin & Kelly are \$49 and \$59 for premier seating. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

Farm exhibit to open at Plymouth Historical Society

PLYMOUTH — The Plymouth Historical Society invites you to attend an opening reception for their new exhibit, "Farms and Farming in Plymouth: An Agricultural History from 1764 to the present." The opening will take place on Wednesday, June 20 from 4 – 6 p.m., in the Old Webster Courthouse located on Court Street, behind Town Hall.

In Plymouth's earliest days everyone farmed; the work was back-breaking, the tools primitive. Take a walk through time as you learn about the 18th and 19th century farms and farming methods, how farming has changed over the years, and the innovative farms of today. The story is told in



COURTESY

The Plymouth Historical Society invites you to attend an opening reception for their new exhibit, "Farms and Farming in Plymouth: An Agricultural History from 1764 to the present."

photographs, farm tools and implements, and narrative; the grange movement, develop-

ment of the agricultural fairs, and the Town Farm for paupers add additional aspects of

farm life.

All are welcome and refreshments will be served.

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| OCEAN'S 8 Daily Matinees: 1:30, 4:30 Daily Evenings: 7:30, 10:00 PM | PG-13 | Join us for an advance screening of: Jurassic World: Fallen Kingdom on Thursday 6/21 at 7:00pm Find us online at: BarnZs.com Facebook |

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DONNA RHODES

Kindergarteners at Holderness Central School were happy to show off the cornhusk dolls they made during a recent Artist in Residence program. Assisting the boys and girls with the project were seventh grade student Hailyn and fifth grader Reid.



DONNA RHODES

As part of an Artist in Residence project, "The Wonder of New Hampshire," some of the older students at Holderness Central School learned about covered bridges then made their own scale models. From left to right with two of their bridges are Trevor, Anthony, Ethan and Ben.

Celebrating the arts in Holderness

School's Artist in Residence program culminates with a big community party

BY DONNA RHODES

drhodes@salmonpress.news

HOLDERNESS – After nearly two weeks of working with several local New Hampshire residents through an Artists in Residence program, students at Holderness Central School spent the final two days preparing for their big night on Friday, June 8, when all they learned and all they created was displayed to the public.

Principal William VanBennekum was proud of all that had been accomplished by the students and teachers in such a short amount of time. HCS was able to invite 13 artists to the school this year through two means. One, he said, was the support of the school board, which budgets for the availability of such programs, and the rest came through a grant from the New Hampshire State Council on the Arts.

"We're probably one of the only schools in the state that have had this many Artists in Residence come to a school at one time. It's been incredible," said VanBennekum.

The focus of the project was "The Wonders of New Hampshire" where students were able to explore several realms of the state's history through art, woodworking, music and culture. Heading up this year's A.I.R. project was music teacher Shandra Hazelton and art instructor Jadi Mercer.

Mercer said that 2018 marks the 29th year of A.I.R. programs at the school but this year she and Hazelton



COURTESY PHOTO

Students at Holderness Central School not only displayed their talents in a variety of classic folk arts but also built all the sets for theatrical performances that were a part of their Community Artist in Residence Culmination Party last week.

decided to ramp things up by bringing in so many artists for one project.

"For the first time ever we also included all grade levels from kindergarten through eighth grade and there were age-appropriate things for them all to take part in each day," she added.

Acclaimed local basket weaver Alice Ogden worked with students in several age groups to weave Tree Stars and baskets from hand-hewn materials, some young students opted to build birdhouses, and after hearing a presentation from the Gracys of Ashland, who are nationally known covered bridge restoration experts, many of the seventh and eighth graders built covered bridges of their own with former HCS wood shop instructor Ron Reynolds.

"That was really cool because it gave us a chance to work with wood. We built them to scale and modeled them on the idea of a covered bridge by Walter's Basin, if they would ever

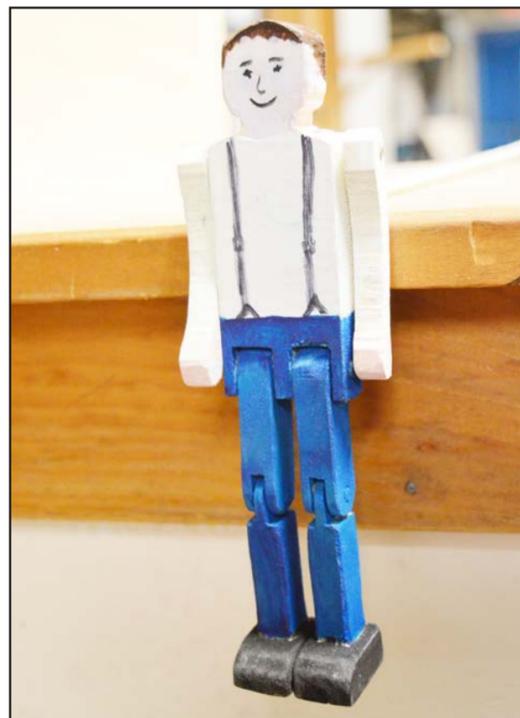
build one there," said eighth grade student Ethan.

Kindergarteners were busy last week making cornhusk dolls, a popular child's toy in the early days of the state; another nostalgic toy students built was a whimsical, jointed Walking Woodman doll, which was carved from wood and attached to a stick so it could "walk" across a surface.

There were also folk dance classes, theater games, music workshops and writing classes, incorporating not only the arts but history, math and English into the project. The students were also in charge of all the production factors for the Community A.I.R. Culmination Party that was held last Friday evening. One group took on the task of writing six vignettes for others to perform, some developed the music soundscapes for the productions while older students built the set designs. A few of the boys and girls also took on the logistics of

the night by creating nametags and signs in the computer lab. The signs helped direct everyone to rooms throughout the school where museum-like displays of their New Hampshire-based art were available for viewing. Teachers played a fun role as well, gathering old family recipes that were put together in a school cookbook.

After seeing the theatrical performances and exploring all the art on Friday, parents and community mem-



COURTESY PHOTO

"Walking Woodmen," a child's toy from more than a century ago, was one of just many crafts children at Holderness Central School created during "The Wonders of New Hampshire" Artist in Residence program.

bers were then invited to cap off the evening by taking part in a special contra/square dance, led by local caller Byron Rickter and his band.

"The biggest thing for us was to build our community and bring

in local artists to work with the students," Mercer said. "Another thing that was great throughout all of this was to see the older students working together with the younger kids...they made a lot of new friends."

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The impact of opioid addiction on friends and families

BY DEB NARO
Contributor

Opioid addiction affects more than just the individual struggling with addiction. Family and close friends may also be affected by their loved one's decision to abuse drugs because the health of the person is related to how family and friends feel. When a person you care about is sick, addicted, or suffering, you become upset and often are stressed about the situation. You look for ways to solve the problem and your life is impacted when you cannot control the person's addiction.

Often, finances impact family lives. Many times, bills go unpaid, necessities get overlooked, and the comforts of home are affected. As the addiction progresses, personal items of the family member may be sold to purchase drugs. Additionally, should the individual lose their job, utilities may be turned off, and worse yet, family members may be evicted from their home, left to live with relatives or to be homeless.

Relationship problems generally ensue as family and friends argue with their loved one about their addiction, financial problems, the impact of children in the family, and the overall quality of family life. Many times, co-dependency develops, as friends and family members feel the need to take care of and help with the substance use disorder. However, that behavior is usually enabling continued addiction.

As heard on the Morning Edition of NPR on April 18, Yuki Noguchi reports the following story of a family affected by substance abuse.

Bottom of Form
Last August, Desti-

ni Johnson practically danced out of jail, after landing there for two months on drug charges. She bubbled with excitement about her new freedom and returning home to her parents in Muncie, Ind. She even talked about plans to find a job. Eight months later, Johnson, 27, lay in a coma, silent except for the beeping of machines. She looked small and pale, buried in a tangle of hospital bed-sheets and tubes, after suffering a dozen or so strokes as a result of her latest opioid overdose. Her mother, Katiena Johnson, kept vigil at the intensive care unit at Ball Memorial Hospital in Muncie every day, fretting not only about whether her daughter would live, or how much brain damage she'd suffered, but also how to pay for the myriad costs resulting from the latest harrowing chapter of Destini's opioid addiction. Katiena Johnson says her daughter is regaining consciousness and is out of the ICU.

"Her troubles just kept piling on top of one and the other and the other and the other," she says. "They just bury [themselves] deeper and deeper in cost after cost after cost, of court costs and everything else."

There are many different types of costs associated with the opioid epidemic including emergency response, health care, criminal justice, rehabilitation and lost productivity. It's no wonder the total estimated burden from the epidemic is enormous. Health care research firm Altarum put the figure at \$1 trillion since 2001. The White House Council of Economic Advisers estimates that, includ-

SEE CADY, PAGE A5

PET of the Week Little Rascal



LACONIA — Round, portly, substantial, aptly describe the stateliness of the oddly named Little Rascal, a very handsome tabby and white cat currently calling New Hampshire Humane Society home.

Once upon a time, he probably was 'little,' but this tailor-made lap cat will take up rather a lot of room, both in your heart, and on the sofa. Surrendered because relocation plans did not include him, he



enjoys the attention of humans, but has little experience sharing his space with dogs. This

laid back cat has taken in stride the hubbub of shelter life, enjoys a daily brushing, and revels

in lots of cuddle time from people. He really would be a wonderful addition to almost any home, provided you are willing to allow him to settle in after so much upheaval in his life.

They know Rascal is a little older, but he is robust and in good shape, if a little on the large side.

Please visit him, he waits patiently for his forever home.

Call 524-3252 or check www.nhhumane.org.

Letters to the Editor

Legislative season wrap-up

To the Editor:

It's been 500 days since I was elected, and it has been an education. Being a part of your Legislature has been fulfilling. I say "your" because although I was the Representative, all of you made it worthwhile. I will run for re-election this Fall, but this is not a career. I think more than two or three terms is enough, and then some of you can step into the job. I will be looking for my replacement.

This is the 44th of my periodic reports and the last for this season covering House Legislative activity for the 2017/18 Session. Just before Memorial Day the last session dealt with all the Committee of Conference Reports. These were bills that emerged from both chambers with some differences requiring a meeting of the minds. Although we could debate them, in the end we could only vote up or down on the Reports. The Reports could not be amended.

So, what did we cover? Not being a boater, SB 119 was not high on my list of critical bills. It determined the length for temporary docks. I understand there is probably a reason because like my waist line, boats are getting bigger, but why are we micro-managing your lives? This is really a local town decision. Similarly, SB 318 manages standards for teenage work hours. Our current rules are unmanageable. This change is not an improvement. It burdens the employer to know the school session week for every student from every school, and then the employer is forced to limit the hours worked. Why not make

it simple... no working hours between 10 p.m. or before 6 a.m.? No limits on number of hours. The parents and kids decide if it is impacting school work. Get the government out of parenting.

SB 564 granted a business tax deferral for 10 years to an exploratory business developing "regenerative manufacturing." This is a totally new area for the development of human organs. A new venture in Manchester puts New Hampshire at the head of this new technology. Successful or not it moves our state to the forefront. Some of my colleagues say this is picking winners and losers and violates [Art] 5-b of our Constitution. I had a financial reason. It is money we don't have today so we are not robbing anyone. The state will receive no additional business tax except if the economy grows or businesses are successful. The state should only receive new money through economic growth or by restricting areas of unnecessary spending.

I'll change my forum this summer. Some will be about new legislation I intend to introduce while others will be topical. I will also be walking throughout my District to meet those I serve as I run for re-election. I hope to see you too. I'm available for coffee. Just give me call at 320-9524 or email me at dave@sanbornhall.net.

Cheers.

Dave Testerman
State Representative
Hill and Franklin

A little clarification

To the Editor:

Some Bristol residents seem to have gotten my point wrong in my letter to the editor last week, so I will simplify and clarify it for everyone to understand.

First, the editor of the paper selects the title not the writer of the letter. Second, in my letter last week I never once mentioned privatizing ambulance service in Bristol. Third, I have always held all the men and women at the Bristol Fire Department as professionals. They devote many hours of training and education to be certified. I personally know this because my wife is an Advanced EMT.

Simply put, my main point I was making last week had to do with conducting due diligence for the taxpayers of Bristol by reviewing cost and revenue for the services provided as Laconia is now doing. In Bristol's case, we provide Alexandria, Danbury and Hill 24/7/365 ambulance service at a far lower tax rate than Bristol taxpayers, yet they combined

have more people and square miles to cover. Why? Currently Bristol's cost for ambulance service is \$378,000 while the other three towns combined cost is \$252,000. Plus, Bristol has been paying the lion share cost of the \$160,000 ambulance along with other miscellaneous costs.

I will concede the Bristol selectboard is trying to make some changes in this area. Here is one example. They extended a 12-month contract of \$252,000 into a 15-month contract of \$252,000. Most people would have done some simple math and taken the \$252,000 divide it by 12 months and then multiple it by 15 months to come up with the new cost of \$315,000. Bristol selectboard must have thought it would be un-fair to charge Alexandria, Danbury and Hill the \$315,000. So, we got stuck with a \$63,000 tariff on the Bristol taxpayers for 2018.

John Sellers
Bristol

A past selectman's view of Bristol

To the Editor:

What defines Bristol, in my view, is the community spirit of the people living here. How they care so deeply about others. This must portend a bountiful future for the town of Bristol. What's important to me are our people and their future.

In Bristol, there are any number of folks who

decide to make something better than they found it and do so, no matter how vocal the naysayers. It is this sort of selflessness that assures a successful future for those who live here year round and seasonally.

Barbara Greenwood
Bristol

Newfound Landing

Proudly serving Alexandria, Bridgewater, Bristol, Danbury, Groton, Hebron, Hill, New Hampton and the surrounding communities.

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With this mending job, the whole story's on tape

There comes a time in a guy's life when there's a certain shirt he really, really likes. So, in guy-fashion, he begins wearing it everywhere.

In the early stages of this affliction, the shirt is still new enough and clean enough that it can pass muster even at events where dressing up a bit is required. Say, visiting hours at the funeral home.

But then, not long into life, the shirt acquires a gravy stain--or more probably, a grease stain. Let's say you're all ready to go out, but a tractor is sort of in the way. "Just a minute while I move that honking big tractor," you say, heroically, and presto!, grease stain.

There are a whole lot of tricks to get a grease stain out, and I've tried them all. On a light-colored shirt, it still shows.

So that shirt is now relegated to two uses---farm, or camp. But you know what? It still fits really well, and feels good. So you still wear it, all the time.

+++++

My younger daughter had dealings with some housing authorities in the southern part of the state a week or two ago, and upon hearing her name one of them exclaimed

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



"Hey! I know your Dad! He's the Duct Tape Guy!"

This is all because of a shirt, which on a rainy day such as today I wrote about.

Twenty, maybe 30 years ago, I bought the shirt new. It was plaid, in colors of blue and grey. "Big surprise!" snorted someone, looking at my kitchen wall, all of its hooks hung with a sea of blue and grey shirts and frocks. Okay, so call me predictable.

What happened with this shirt I liked so much was that it got a couple of pretty bad rips. But in my shop I had the very item that could save the day---(you guessed it) duct tape.

The first mending job was for a rip caused by a nail-head sticking out of a hay wagon just when I happened to be (a) in temporary zero gravity, and (b) on the way by, as in jumping down.

This was not all that challenging a repair. I just laid the side of the shirt out on a shop bench and cut a length of good old duct tape that just fit. The problem was, I finished the job by applying duct tape to the front side too. We are talking



JOHN HARRIGAN

This pretty decent shirt has a bit of wear and a rip in the right sleeve, but is good yet for many a year.

shiny tape here.

"Where are you going with that shirt on?" was what I think

I heard one night when a bunch of us were headed for town. If this was a cartoon, icicles

+++++

would have been hanging off the question. So, to preserve its longevity, I relegated the shirt to the Outdoor Stuff rack.

The problems really began when I tore off a sleeve.

"Aw, that's no big deal," Bob said. "It'll mend right up with duct tape."

He was right, but the mending job was certainly not a one-side-only deal either. This may explain the strange looks when I wore it to the store.

That's when I first heard the verb "burn" used in conjunction with the noun "that shirt," which I promptly packed into camp. It is there still, although with a couple of new holes, chewed by mice. But that's all right, I can fix them with a little duct tape. There's a big roll right there handy in camp.

Now I have another shirt coming along, moving up from the farm team to the big leagues, so to speak, a nice blue-grey plaid (what else?) that just seems born to fit. So I wear it all the time.

The problem is, it has as pretty big rip below the right shoulder. But I've looked it over carefully, and ascertained that it'll mend right up with a little duct tape.

Which makes me think it might be prudent to pack the shirt off to camp, lest it accidentally fall into a fire.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

CADY

FROM PAGE A4

ing lost productivity because of opioid deaths, the total economic cost from the opioid crisis reached \$504 billion in 2015 alone. The biggest share of that burden is borne by families — who measure the damage not only in financial terms, but in terms of anxiety and heartache.

Multiply the Johnsons' story by about 143,000 opioid-related overdoses and 42,000 deaths across the country per year, according to the Centers for Dis-

ease Control and Prevention's latest data, and you get a sense of the damage ravaging families and their finances. To increase the quality of life for all affected, it is essential that the health and well-being of children, family members and friends also be considered when discussing the effects of the opioid epidemic.

If you or someone you know struggle with addiction or substance use, please call the NH State-wide Addiction Crisis Line at 1-844-711-4357 for help.

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2018 Salmon Press

REAL ESTATE & HOME IMPROVEMENT GUIDE

Distributed in the August 15th issue of the Littleton Courier, Coös County Democrat, Berlin Reporter and Plymouth Record Enterprise.

Sales Deadline: Wednesday, July 25th

Full Page\$480
 Half Page.....\$350
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 Tracy at 616-7103 or Lori at 444-3927
 Email: tracy@salmonpress.news

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Northway Bank joins NH Solar Shares as a business sponsor

PLYMOUTH — NH Solar Shares announced that Northway Bank of Plymouth has signed on to support the project with a \$5,000 donation. NH Solar Shares, a subsidiary of the Plymouth Area Renewable Energy Initiative (PAREI), in partnership with the NH Electric Cooperative is building solar PV arrays for the purpose of increasing the portion of clean renewable energy on the grid, building more environmentally sustainable communities and sharing the benefits of solar energy with low income families.

These small community-scale solar photovoltaic (PV) arrays will

be built one community at a time, located on donated space, inspired by a task force of local volunteers and funded through charitable donations, a Go Fund Me campaign, business sponsors, and state and private grants. The solar PV electricity generated at each site will be credited directly to the electric bills of low income families who are interested in learning about solar energy and how to save energy in their homes.

“We are delighted to have the support of our local bank whom we all know and trust,” said Sandra Jones, Director of PAREI and Manager of NH Solar Shares. “A donation to this cause



COURTESY PHOTO

Glen Feener, Assistant Vice President of Northway Bank, presents Sandra Jones from NH Solar Shares and the Plymouth Area Renewable Energy Initiative with a \$5,000 donation. Northway Bank will become a business sponsor for NH Solar Shares that builds community solar projects where the solar energy is credited to low income families' electric bills.

is a ‘power full’ one, it helps the environment, it increases the percentage of renewable energy on our grid and it produces a gift to our local families every hour the sun shines for the next 25 years.”

Recently NH Solar Shares completed the design for their inaugural array, which will be located on the hillside

behind Frosty Scoops Ice Cream Stand in Plymouth owned by the Common Man Family of Restaurants. It will be a solar picnic park that will consist of 90 solar panels installed on two wooden picnic pavilions and three steel fixed ground mount solar structures. The area will include a nature

path complete with signage for historical and solar related facts. The site plan was recently approved by the Plymouth Planning Board. Some tree removal will occur above the grassy hillside to create a shady grove and to open up the solar window on the side of the property that abuts the railroad tracks.

In 2017, NH Solar Shares was awarded a \$75,000 CDFA Business Tax Credit Grant which allows businesses to target a portion of their NH BET and payroll taxes to support the Solar Shares’ effort. “We owe a big thanks to all of our business sponsors including Northway Bank, Common Man, Dunkin Donuts, EVP Marketing and Media, M.E. Latulippe Construction Inc., Pemi Tree Works and Revi-

sion Energy. We hope more local businesses will take part in NH Solar Shares, with a donation of any size” said Jones. Businesses interested in pledging their support via the tax credit program should visit www.nhcdfa.org/taxcredits/current-projects or call the number below.

Interested donors, volunteers, and families wishing to participate should contact Sandra Jones, NH Solar Shares, PO Box 753 79 Highland St., Plymouth, NH 03264, 536-5030 or sandra@plymouthenergy.org. For more information, visit www.nhsolarshares.org. NH Solar Shares LLC is a wholly owned subsidiary of the Plymouth Area Renewable Energy Initiative - a 501-C 3 not for profit tax exempt charitable organization.

Edward M. Moses

On Thursday, May 10, after fighting a truly valiant battle with cancer, Edward (Eddie) M. Moses left this mortal world to return home to his Heavenly Father and to be reunited with those loved ones who passed on before him.

As is to be expected, his departure and absence has left a gaping hole in the lives of those he left behind. He was a wonderful husband, a kind and generous father, a good son and brother and a true and loyal friend. Ed was also one of those rare souls whose ready smile and ever-constant cheerful attitude (as well as those

mini candy bars he was always handing out) never failed to bring a ray of sunshine into the day of all those he encountered.

Ed’s family would like to extend an invitation to all those whose lives he touched to attend a gathering in remembrance of him and in celebration of his life. It will be held on Saturday, June 23 from 11 a.m. to 2 p.m. at The Church of Jesus Christ of Latter-day Saints, 357 Fairgrounds Rd., Plymouth (luncheon will be served). We are looking forward to meeting you and hearing your stories. If you have any questions, please contact 744-9421.

Squam Lakes Association opens new trail in Holderness

HOLDERNESS — On June 2, the Squam Lakes Association officially opened the Brooks Fisher Trail with a ribbon cutting ceremony and guided hike. The trail, located off Perch Pond Road near Owl Brook Hunter Education Center in Holderness, was constructed by the Lakes Region Conservation Corps AmeriCorps service team, led by SLA Director of Operations Brett Durham.

Durham expressed his excitement at the opening, saying, “This trail is the realization of many hours of hard work from our AmeriCorps team over the winter months. It is a wonderful and unique

addition to our 50+ miles of trail, and is the perfect trail for family hikes.”

The 1.4-mile trail is land owned by Burleigh Limited Partners, and the creation of the trail and parking area at the trailhead was generously supported by Tim and Audrey Fisher, Peter and Faith Coolidge and the E.S. Webster Foundation. This trail switches back across the slope using a trail building technique called benching and has an average grade of about six percent, which will make it a much easier trail to hike than many around the area. The new trail also showcases an historic cellar hole and

offers ample opportunity to explore the woodland natural resources. It gradually leads hikers up the flanks of the Squam Range connecting to the Crawford Ridgepole Trail near Mount Webster to a scenic overlook near the summit.

According to Tim Fisher, “Squam Lakes Association and Lakes Region Conservation Corps AmeriCorps team have done an incredible job constructing this trail. The opening is a deeply meaningful and special event for me and my family. We are proud to offer this gift to the community to enjoy for generations to come.”

The Brooks Fisher

er Trail is open to the public, and closed only during mud season. For more information, please contact the Squam Lakes Association at 968-7338.

The SLA is a non-profit organization established in 1904, and for more than 100 years has been working to protect and conserve the natural beauty, peaceful character, and resources of the Squam Lakes Watershed. In collaboration with local and state partners, the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes region.

How to Submit Announcements & Obituaries To Salmon Press Publications

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

Obituaries can be sent to:
obituaries@salmonpress.com
Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

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

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

Strategies for Living

Sutherland Springs, Texas: My thoughts

BY LARRY SCOTT

On Sunday morning, Nov. 5, 2017, while my wife and I were enjoying a relaxing lunch following morning worship, another morning worship service was being turned into an unimaginable nightmare. In Sutherland Springs, Texas, a lone gunman entered the First Baptist Church and opened fire. It was 11:30 a.m. CST, and their world would never be the same again.

Twenty-six people, including Annabelle Pomeroy, the 14-year-old daughter of Pastor Frank and Sherri Pomeroy, were killed and another 20 were sent to the hospital. In church! And “where,” I can hear the skeptic ask, “was God when the lights went out?” Surely a loving and powerful God could

have stopped all of this in a moment! But He didn’t ... and the question is, “Why?”

Blaming God, rejecting Him as insensitive and beyond reason is a natural human reaction, but it is not valid. Night clubs, weddings, parades, and picnics all face the evil of an occasional twisted mind. That’s not what life was meant to be, but that’s the way it is; evil, in one way or another, touches every one of us.

Society has for the most part turned its back on God. The only picture some people will ever have of who and what our God is all about will be discovered in the lives of men and women who model their faith through thick and thin. Life dishes on all of us. Our homes burn down, our children rebel, our

jobs are terminated, and, yes, our churches are destroyed ... all the ups and downs of life come our way as well. There are, indeed, times when God, in His grace and mercy, stops a disaster before it happens, but for the most part, God leaves life to deal with us just as it does with every other person.

But there is a difference. In the words of the Psalmist, “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me” (Psalm 23:4). I can tell you from experience that, in my darkest hours, I discovered God was there. In the shadows, perhaps, hidden and unrecognized, yes, but He WAS there! Character is often only developed under stress, and that being the case, I should

be a saint. Sorry about that, but a saint I am not!

One of the key verses of scripture that has been such a strength to me is found in Romans 8:28, “We know that in all things God works for the good of those who love him, who have been called according to his purpose.” I have no clue as to what good can come to the people of the First Baptist Church. I, too, agonize over a situation I do not understand. There are no easy answers here, but I pray they will find peace and comfort in the knowledge that God cares, He allowed it to happen for reasons best known to Him, and He will see them through.

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

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call
 Where to Meet
 What to Pack

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Had a pleasant surprise this morning by way of a hen partridge in my yard, along with her little flock of wee ones! What a delight to be able to watch them for a little while before they wandered into the woods. Such fun to be able to do a critter patrol from the comfort of my home!

Town

Board of Selectmen Meeting Tuesday, June 19 at 6 p.m. in the Municipal Building.

Planning Board Meeting Wednesday, June 20 at 6 p.m. in the Municipal Building. Steve Whitman from Resilience Planning will be in attendance to discuss and answer questions about the funding for watershed grants. As time allows, work will begin on updating the Gravel Pit Regulations.

Alexandria Conservation Commission Meeting Wednesday, June 27 at 6:30 p.m. in the Municipal Building.

The ACC is looking for Volunteers for Roadside Pick up on the first Saturday of July, August, September and October. If you'd like to participate, please be at the Municipal Building, 47 Washburn Rd. at 9:45 a.m. on those days.

These meetings are open to the public unless otherwise noted.

Alexandria UMC

Sunday, June 17, worship begins at 9 a.m. Baby bottles for Haven Pregnancy Services in Plymouth are due back today. Please feel free to join us as we send Pastor Deb and Warren off on their next adventure. "Some people come into our lives and quickly leave. Others stay for a while, and leave footprints on our hearts, and we are never ever the same"

Vacation Bible School will be held the week of Monday, July 9 through Friday, July 13. Please spread the word and mark your calendars! If you would like more information, please leave a message at AUMC, 744-8104. All are welcome!

Wishing all Dads a Happy and Blessed Father's Day! May you be safe in your travels, keep a smile on your face, and have peace in your heart!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church summer schedule has begun: potluck breakfast and Table Worship will be at 8:30 a.m., with conversation and refreshments afterward. Everyone is welcome! The famous annual Church Fair is coming soon: Saturday, July 28, from 9 a.m. to 2 p.m. Save the date, mark your calendars, and watch for news and posters.

Grange Chicken BBQ

The date of the chicken BBQ is Saturday, June 23 from 5 to 6:30 p.m. Along with a quarter chicken, there will be home baked beans, all kinds of salads and strawberry shortcake for dessert. The cost is \$9 for

adults.

Danbury Country Store

The Danbury Country Store celebrated their fifth anniversary on May 1. To celebrate, they are holding a customer appreciation day on Sunday June 24 from 11:30 a.m. until 2 p.m. There will be face painting, music and while they last, hotdogs, burgers and an ice cream sundae bar.

Groton

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

There was a select board meeting on June 5. At that meeting there was a discussion from the floor on the tax increase in December 2017 and what had caused the jump. The select board explained that the increase was mainly from the school, county and state. The town did increase, however with the input of money from the wind turbines we were able to reduce the amount of the town portion of the tax relieving some of the tax burden on the residents of Groton. The monies that the select board was able to apply from the unreserved fund balance reduced our taxes from \$18.22 per thousand to \$15.64. Without the added revenue from the windfarm the tax rate could have hiked to over \$25 per thousand. The select board is doing everything in its power to keep the town tax rate down. There will be unavoidable hikes over the years just due to the increase of the cost of doing business.

I will be adding a section at the end of this article so that Groton residents will be able to see how much taxes are still owed on each of the preceding four tax years.

Building permits were signed for the following for PID Map 1, Lot 53-5 (for a pole roof over a camper), Map 1, Lot 53.5 (for foundation only), Map 2, Lot 105 (for a 10'x20' shed).

An Intent to Cut was signed for Map 9, Lot 2 off from Old Coach Road for 40 acres.

The cemetery trustees have hired Rich Braley of Braley's Helping Hands to mow the town cemeteries. He started last week and has done a fantastic job on two of the cemeteries already. The cemetery on River Road has a tree down, which will soon be cleaned up and then the grass will be mowed.

The conservation committee did a fantastic job with the fishing derby on June 2 with 30 children participating. It was a beautiful day and everyone had a wonderful time and 57 beautiful trout were caught as well as a few hornpout and at least one turtle. A huge "thank you" to Newfound Sales and Trading Post in Bristol who gave three gift cards to help make the fishing derby a great success.

The conservation committee and the Groton Historical Society are working hand in hand to provide an access path to the Town Pound across from the transfer station.

The conservation committee will be sponsoring a roadside cleanup June 30 at 10 a.m. meeting at the Town Hall with a lunch to follow. Your participation will help to

make our little town look great for the summer.

There will be an evening concert at the Baker River Bible Church on 259 Route 25 with a choral group from Appalachian Bible College on Thursday, July 5, at 7 p.m. Free and the public is welcome.

The Historical Society Museum will be open June 23, and July 14 from 1-3 p.m. Our theme for these two exhibit days will be "The Military through the Years" pertaining to residents of Groton.

Announcements from the Hebron Public Library:

* New Hampshire State Park Passes are now available through the Hebron Library. Passes provide for free admission for two adults and up to four dependents under the age of 17. There are specific passes for each day of the week, and they may be reserved in advance at the library. Passes must be returned to the library within 48 hours of day of use. They may be returned in the book drop slot. Pass is not valid for camping, parking meters, or admission to Cannon Mountain Aerial Tramway, Flume Gorge, Hampton Beach or Wallis Sands.

This service is only for Hebron library card holders. If you are a Hebron or Groton resident and do not yet have a Hebron library card, please stop by and see Robin. It only takes a moment to sign up.

The Hebron Library is very grateful to the Friends of The Hebron Library for their generous contribution of these passes.

* Squam Lakes Natural Science Center Passes are available at The Hebron Library for Hebron and Groton Residents. Pass is valid for two \$5 trail admissions, plus up to four additional discounted passes at \$10 each. Reserve yours today at the Hebron Library – first come, first served.

Stop into the library and see the newly decorated children's area with many new books, magazines and DVDs, which are available for library card holders to borrow.

Hebron Library Hours:

Monday, 4 – 7 p.m.,
Wednesday, 1-5 p.m., and
Saturday, 9 a.m.-1 p.m.

Meetings and closures coming up

Select board work sessions - June 19 at 6 p.m., July 10 and 17 at 5 p.m. at the Town House.

Select board meetings – June 19, July 10 and 17 at

7 p.m. at the Town House.

There is a planning board meeting June 27 at 7 p.m.

Totals of unpaid taxes:
2015 (\$12,124.84)
2016 (\$32,735.34)
2017P01 (\$21,937.82)
2017P02 (\$58,519.39)
2018P01 – not due till
July 2 (\$443,319.18)

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

New Hampshire State Park passes available at Hebron Library!

Passes provide for free admission for two adults and up to four dependents under the age of 17.

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Monday 4-7 p.m.
Wednesday 1-5 p.m.

Saturday 9 a.m.-1 p.m.

The Hebron Library is very grateful to the Friends of The Hebron Library for their generous contribution of these passes.

Hebron Historical Society

Pot Luck Supper and Program

Saturday, June 16 at 5:30 p.m.

On Saturday evening, June 16, the Hebron Historical Society will sponsor a presentation by Dr. Paul Wainwright entitled "New England's Colonial Meeting Houses and Their Impact on American Society."

In colonial New England, there was little distinction between faith and community. Meetinghouses were built by the communities, usually but not always through taxation, and were used for both religious worship and town business. They were the central focus of the community and were an important point of contact for all. While most colonial meetinghouses that are still standing have been extensively renovated to meet current needs, a few have not been substantially changed at all and are fascinating glimpses into our history.

Dr. Wainwright is a resident of Atkinson, where he specializes in fine-art black and white photography featuring landscapes and

historical architecture.

He is juried into many of the most prestigious art institutions in the US including Boston's Museum of Fine Arts. Although always pursuing his photography passion, Paul graduated from Yale University with a Ph.D. in physics and worked for many years in research at Bell Laboratories.

The program will be held in the Hebron Community Center (16 Church Land in the basement of the Union Congregational Church) which is directly across North Shore Road from the Hebron Common and is fully handicapped accessible. The evening will begin with a pot luck supper at 5:30 p.m., followed by the featured program at 6:30 p.m.

Genealogy 101 - Hosted by the Hebron Library - June 20 at 6:30 p.m.

June 20 at 6:30 p.m. - Union Congregational Church Meeting Hall in Hebron

Come and learn how to discover your roots with Genealogy 101 - Who do you think you are?

You are invited to a presentation by Ralph and Karyl Larson, who have over 25 years experience tracing their family roots within the U.S. and the world. They will highlight the data available, how to find it, how to organize it and how to preserve it. There will be something for all levels of experience. Handouts will be provided.

MARK ON THE MARKETS Strategies



BY MARK PATTERSON

Whether you use a financial planner, advisor or do it yourself, planning your financial future involves a plan,

strategy and tactics to get you where you need to go. So let's take a moment to think about the difference between these strategies and tactics to maybe reflect on what you have or have not done with your personal finances. To me, a "plan" is the most macro or broad big idea regarding (in this example), your financial picture. But then we must create a strategy for your plan.

The strategy represents a subjective time frame; for example, five years. The strategy identifies the objectives you want to accomplish and attaches a loose timeframe to achieve your goal.

My strategy may read like this; Accumulate and grow my assets reducing the risk to the overall portfolio as I approach retirement at age 70. Using good Social

SEE **MARKETS**, PAGE A9



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Shaker Regional School District Employment Opportunities

High School:
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Math Teacher

Middle School:
Spanish & French Teacher
Math Teacher
Grade Level Assistant
General Special Education Assistant

Belmont Elementary School:
Elementary Teacher with Special Ed/Behavior Certification
School Year Secretary
Classroom Assistants (3)
Behavior Support Assistant
1:1 Special Education Assistant

Canterbury Elementary School:
General Special Education Assistant

District Wide:
Board Certified Behavior Analyst
School Psychologist- 1 day/week
School Psychologist – full time

For complete details for any of the above positions, please visit the Human Resources page on the District website, www.sau80.org. Application must be made through SchoolSpring.com.

Shaker Regional School District Employment Opportunities

Shaker Regional School District is accepting applications Substitute Teachers (\$75.00/day), Substitute Nurses (\$150.00/day) and Substitute Custodians (\$11.20/hr) for the 2018-2019 School Year.

Please visit https://www.sau80.org/departments/human_resources to obtain an application. Completed applications should be submitted to:

**Shaker Regional School District
Debbie Thompson, Business Administrator
58 School Street
Belmont, NH 03220**

Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an equal opportunity employer.



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DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

Mobil Gas Station

Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|-------------------|------------------------------|-------------------------|-----------|--|--|
| Ashland | 283 River St., Unit 75 | Deeded Slip | \$64,533 | Karen A. Donnelly (for Edward & Karen Donnelly RET) | R. Garth Dubois |
| Ashland | 283 River St., Unit 82 | Deeded Slip | \$128,000 | Dana Z. Armstrong (for John & Dana Armstrong RET) | William C. Franklin (for William C. & C. Franklin Trust) |
| Bridgewater | 38 Lakefield Lane | Single-Family Residence | \$305,000 | Sally H. Keniston (for Sally H. Keniston RET) | Christopher J. and Rhonda L. Keith |
| Bridgewater | 233 Whittemore Point Rd. N. | Acc. Land Imp. | \$160,000 | Charles D. and Karen L. Thomas | Matthew L. and Angel M. Belmonte |
| Bristol | 31 Juniper Rd. | Single-Family Residence | \$308,000 | William J. and Mary T. Lapanus | Donna and Matthew Galluzzo |
| Bristol | 859 Lake St. | Commercial Building | \$170,000 | Speare Memorial Hospital | Jeremy J. Hiltz (for Jeremy J. Hiltz RET) |
| Bristol | 240 Pikes Point Rd. | Single-Family Residence | \$590,600 | Cynthia A. Greiman (for Thomas J. Regan, Jr. Trust) | William and Allison Johnson |
| Bristol | 17 Village West Dr., Unit 10 | Condominium | \$146,533 | Christopher R. and Kelly J. Nicolosi | Susan B. Gray |
| Bristol | 567 W. Shore Rd. | Single-Family Residence | \$280,000 | Heidi V. Cogean | Scott J. and Tammy J. Mantie |
| Bristol | N/A (Lot 6) | N/A | \$80,000 | Sunset Heights LLC | Bryar A. and Darren W. Hasenjaeger |
| Campton | 34 Dogwood Circle | Mobile Home | \$58,000 | Ronald D. Stietzel (for Stietzel Fiscal Trust) | Kristen B. Burns (for Burns Fiscal Trust) |
| Campton | 82 Dogwood Circle | Mobile Home | \$65,000 | Scott E. and Judith A. Dixon | Ryan and Elizabeth Wood |
| Campton | 7 Perch Pond Rd. | Single-Family Residence | \$140,000 | FNMA | Samuel Kraft |
| Campton | Spring Hill Road | Residential Open Land | \$25,000 | Kurt E. O'Connell | William R. Fitts |
| Campton | 34 Weetamoo Trail, Unit 3 | Condominium | \$64,000 | Mary L. Marino | Karla M. Ruzicka |
| Campton | N/A | N/A | \$70,000 | Albert A. Donatio (for Albert A. Donatio LT) | Bruce and Sima Seymourian |
| Ellsworth | 229 Ellsworth Pond Rd. | Single-Family Residence | \$136,000 | Don P. Moyer | Anthony and Denise Brogna |
| Hebron | 41 Ledgewood Circle, Unit 41 | Condominium | \$510,000 | Dennis W. Dodge (for Dennis & Judith Dodge RET) | Keith A. and Cheri L. Richardson |
| Holderness | 133 7 Pines Rd. | Single-Family Residence | \$76,800 | Ryan Dawson | Jeffrey Sibulkin |
| Holderness | 160 High Country Way | Mobile Home | \$117,533 | Thomas L. and Julia G. Thomas | Michael R. and Lisa I. Capaldo |
| Holderness | 75 Howe Rd. | Mobile Home | \$124,900 | US Bank NA Trust | Zachary J. Maynard |
| New Hampton | 176 Main St. | Single-Family Residence | \$174,933 | Ryan D. Salmon | Wade E. and Debra Bouley |
| Plymouth | 7 Adams Rd. | Single-Family Residence | \$75,000 | US Bank NA Trust | Leanne Moses |
| Plymouth | 16 Center St. | Mobile Home | \$33,000 | Brian W. Ray (for Ethier Wescott Estate) | Gerri Loupe and Lawrence P. Hamilton |
| Plymouth | 32 Plaza Village Rd., Unit B | Condominium | \$57,933 | Roger and Susan Blake | Roger Blake (for Carbone Fiscal Trust) |
| Rumney | 887 E. Rumney Rd. | Single-Family Residence | \$95,000 | Sara J. Tatham (for Chester R. Ireland Trust) | Wade A. and Veralisa G. Reed |
| Rumney | 30 Stone Hill Rd. | Single-Family Residence | \$350,000 | Jane Doggett | Dianne and James Cook |
| Thornton | 75 Mad River Rd. | Single-Family Residence | \$132,400 | US Bank NA Trust | Denise M. Smith |
| Waterville Valley | 25 Bobcat Way, Unit 4 | Condominium | \$206,000 | Michael L. Price | Jeffrey P. and Linda M. Denoncourt |
| Waterville Valley | 21 Garage Way, Unit 1-2 | Condo Package | \$40,000 | Marsha L. Gintzler (for Marsha L. Gintzler 2004 Trust) | Bryant P. and Amy C. McGuire |
| Wentworth | 3 Triggs Island | N/A | \$450,000 | Richard W. Eaton (for Twillingsate Trust) | JSE Sunshine Trust |

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com 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.

Markets

FROM PAGE A7

Security planning, some "A" rated fixed indexed annuities for a small portion of income and a good fixed income bond ladder, I want to create a sustainable income that is not subject to market risks. Then with the remaining assets I want to continue to grow these assets with equities or stocks acquiring some mitigated market risks to keep me ahead of inflation and grow my legacy. I also want to fund Long term care insurance (asset based), and life insurance.

Now that I have outlined a basic strategy, I need to make "tactical" moves to get my strategy in motion. While I am still in the "accumulation" phase, a tactical move may be; with a portion of my assets I will sell cash covered "puts" to create income or accumulate stock in companies I want to own. Once I own this

stock, I may sell covered "calls" for income. This is a buy/write tactic that aids in the overall "accumulation" strategy.

The point is that your plan and strategy should be well defined. Not that changes should not be made, but a general idea of what you want to accomplish and how. The tactics that you or your advisor employ are more defined or maybe represent shorter periods of time. Tactics are just tools to help you reach your strategic goals which are a just a part of the overall plan.

Reading this may seem simplistic to you, but I know sometimes, very basic concepts can be a valuable tool for solving problems that may have seemed very complex. Buying mutual funds until you retire and taking the money out of them when you need it would be a strategy and plan. But that plan does not include

enough detail to ensure that you won't run out of money in retirement.

A very good exercise would be to write out your plan and ob-

jectives, then create a strategy to work towards your goals. If you are comfortable with the details or tactics to fulfill your plan, then

write those down as well. If you are not comfortable with any or all of this then, call a planner or you can call my office.

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



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Edward Jones: Financial Focus

Father's Day - Lessons About Money Can Be Priceless Gifts to Children

Father's Day is almost upon us. If you're a dad, you certainly may enjoy getting cards and gifts, of course. But, over time, you will gain even greater satisfaction by what you can give your children - such as some valuable financial lessons.

These lessons can include the following:

Setting goals - If you are contributing to an IRA and a 401(k) or similar employer-sponsored plan, explain how you build these accounts now, while you

are working, so you'll have enough money to enjoy a comfortable retirement someday. And you can bring your children into the picture, too, by telling them that another financial goal is saving enough to help send them to college or to further their education in other ways.

Value of understanding the financial markets - You may actually be quite surprised at how interested your kids are in investing, especially the concept of "owning" companies through stocks and stock-

based vehicles. Depending on their ages, you might even want to show them the progress of your own investments and describe, in general terms, how different events can cause the markets to rise and fall, especially in the short term. You could even discuss the difference between the basic types of investments, such as stocks and bonds.

Putting time on your side - You might want to emphasize the importance of patience, and how investing is not a "get-rich-quick" scheme, but a process that

requires decades of diligence and persistence. Let your children know that it's of great value to start investing as early as possible, so you can put time on your side, giving investments a chance to grow.

Living within your means - We all know that you can't always get what you want. Stress to your children that you can't just splurge on big purchases whenever you feel like it, because such behavior can lead to bad outcomes. Use concrete examples: If you have a car that's several years

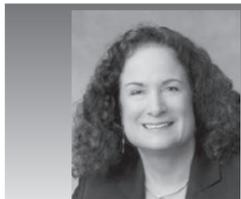
old, tell your children that it would be nice to have a new one, but you simply must wait until you can afford it.

Paying debts on time - Tell your children that, no matter how good a saver you are, or how thrifty you try to be, you still have debts, such as your mortgage payment, and it's important to pay these debts on time. You may not want to get too detailed about the consequences of missing debt payments - bad credit scores may not be that easy for children to understand - but you can certainly

mention that if you're always late on payments, you might find it harder to borrow money when you really need it.

By sharing these principles with your children, you will, at the least, give them something to think about, and you may well find that you've helped start them on the path to a lifetime of making solid financial moves. And who knows? If they truly master the ideas you've taught them, one day they might give you some really nice Father's Day gifts.

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



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Member SIPC

Ashland Community Church

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

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays:

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

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics

Anonymous Group:

Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

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

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Ashland Episcopal (St. Mark's Church)

Sherrill Hall has been a busy place this week.

Wednesday morning saw a gathering of clergy from the Summer Chapels that operate in various locations around the state. Bishop Rob attended the meeting and a mid-day lunch was served.

Wednesday evening, St. Mark's hosted the Lakes Region Convocation. This group is made up of delegates from each church in this region who meet monthly to discuss challenges and exchange ideas. Regions throughout the state take turns hosting the Convocation.

Thursday evening was the much anticipated Celebration of New Ministry instituting the Rev. Kelly Sundberg Seaman as Vicar of St. Mark's Church and Church of the Holy Spirit. The red hangings on the altar, the clergy of St. Marks as well as visiting clergy in their red stoles and the Bishop in his red robes gave the sanctuary a very festive appearance.

Service Participants were The Rt. Rev. A. Robert Hirschfeld, Presiding; The Rev. Kelly Sundberg Seaman, The Rev. Maryan Davis, Deacon; Ms. Paula Hancock, Crucifer, Ms. Anne Hunnewell, Litanist; Mr. Dick Hunnewell, Litanist; Ms. Ruth Harlow, Lector. Ms. Joan Bowers, Sr. Warden of Church of the Holy Spirit; Ms. Deborah Holland Sr. Warden of St. Mark's; Mr. Robert Swift, Organist.

A beautiful and meaningful service followed the procession of clergy; hymns sung and an eloquent sermon by Bishop Rob telling us that we need to love and care for each other now; how much time do we have left?

Symbolic gifts were presented Rev. Kelly by Bishop Rob, the Rector and Wardens, Jean Murphy Dir. of Sunday school, Deborah Holland, Sr. Warden, and Bea Thi-beault, Treasurer.

A service of Holy Eucharist followed and the service concluded by the Bishop leading the congregation in prayer.

A reception was held in Sherrill Hall following the service with a large array of sumtuous desserts and a special "Welcome Kelly" cake. It was a welcome opportunity for parishioners and guests to mingle and visit.

Services at St. Mark's and Holy Spirit are as follows: Sat. 5PM at Holderness School Chapel, Healing services on Tuesdays 11 a.m. in Plymouth and Thursdays 11 a.m. at St. Marks, 8 a.m. Sunday Morning services at Griswold Hall, Plymouth and 9:30 a.m. worship service at St. Mark's.

Bristol United Church of Christ ("the Church on the Hill")

We are handicapped accessible!

Our doors are always open wide to all those seeking to find a safe, but invigorating place for spiritual life, growth, fellowship and service. Wherever you are on your spiritual journey, you are welcome here!

Sundays: Pastor: Pastor Mike Carrier
Intergenerational Service: 10 a.m.

Coffee Fellowship: Following service

Sunday School: Will resume in the Fall. Watch for the date!

NOTES: Sunday choir has ended for the summer, but our Guest Musician Program will begin on June 10 and continue through August. We welcome anyone interested in sharing their gift of music at this time.

Please contact our organist Estelle Giarrizo on any given Sunday and she will schedule you into the program.

Bristol UCC Missions Committee announces Scholarship Application Guidelines for all people who call Bristol UCC church their home. It's intended to help them in their pursuit of a post secondary education.

Supporting our people and encouraging them in their quest to further their education is an important mission that begins here in our own church. To apply for educational scholarship, a letter of intent describing your needs and what you are studying must be submitted to the Missions Committee by June 30. Scholarships will be given out by the beginning of August. Good luck to our applicants! Bristol UCC Missions Committee.

Wheelchair accessibility has now been enhanced by the deletion of half a pew as you enter the Sanctuary, accommodating two to three wheelchairs!

Location: P.O. Box 424, 15 Church St., Bristol, NH 03222

Phone: 744-8132

Office Hours: 9 a.m. to noon - Monday through Friday

Pastor Mike began his time with us on Sunday, June 3. He can be reached through the office at 744-8132, his email - mike.carrier@earthlink.net or by phone: 960-0196. Rev. Andrew McLeod will be on sabbatical throughout the summer and shall return in September.

Weekly Events:

Mondays: A.A. Step meeting - 7:30 p.m.
Tuesdays: Bone Builders - 9:30 a.m. Senior Crafts: 9:30 a.m. Senior Luncheon - noon AA Discussion - 8 p.m.

Wednesdays: Morning Reflection Returns!! With Rev. Andrew off on sabbatical, Don Sorrie is leading us as our spiritual leader, in discussing devotions by women from the NIV Bible. Our first meeting was held on Wednesday, June 6. Our participants will be

looking forward to more great discussion, contemplation, prayer, and peacefulness for the days ahead. We'll be gathering on Wednesdays at 7:30 a.m. for one hour through Aug. 29.

(Coffee provided by other than Don!) Come join us, and bring others for a time in God's word.

Fridays: Bone Builders - 9:30 a.m.

Monthly Events: WIC (Women/Infant/Children) Clinic - 2nd Monday at 8:30 a.m.

T.E.A. (Time, Encouragement, Accept) - for Women 3rd Tuesday at 4 p.m. Meeting place varies.

Check with the church office for exact place and time.

Women's Fellowship - Last meeting till September will be held on Thursday June 21 at 10 a.m. in Fellowship Hall, followed by lunch at The Big Catch...all are welcome!

Ongoing: Bristol Community Services is in need of: cereal, rice, Chef Boyardee-type meals, dish soap and toilet paper.

Coming Events: Our Dynamite Dinner Crew is taking a well-deserved summer break, but will resume on Sept. 8 with a roast turkey dinner. Always a favorite!

Adults \$9. Children \$4. Serving 5:30 to 7 p.m.

Take Out Available: 744-8132

PLEASE NOTE: As mentioned, Rev. Andrew is taking a well-deserved sabbatical for the summer.

We are fortunate to have our spiritual and pastoral needs in the capable hands of Pastor Mike Carrier for the months of June, July, and August.

B.U.C.C. cooperates with other churches and community organizations to serve the needs of all people who live near us. Our reach extends around the world through our work with other members of the United Church of Christ!

Holy Trinity (Roman Catholic)

The summer schedule for Holy Trinity begins on Sunday, June 24.

The schedule is:

Saturday

4 p.m. at St. Matthew Church in Plymouth

Sunday

7:30 a.m. Mass at St. Matthew Church

8 a.m. Mass at Our Lady of Grace Chapel, Bristol

9:30 a.m. at Our Lady of Grace

9:30 a.m. at St. Agnes Church in Ashland

11:30 a.m. Mass at St. Matthew in Plymouth

A contractor has been selected to build the Holy Trinity Parish Christian Life Center. The building committee selected Conneston Construction. We are now waiting on the Diocesan Building Committee to meet the third week of June to finalize and solidify all details.

The Gift is a series of six sessions to be held on Wednesday mornings from 9 to 10:30 a.m. at the Marian Center on the Bristol Campus, on June 13, 20 and 27, July

11, 18 and 25. This is an inspiring and practical workshop aimed at people of all ages to help them encounter the Holy Spirit and empower them to share their faith. For more information, call Ellie Morrison at 744-8271.

There is a blood drive Wednesday, June 13 from 1 to 6 p.m. at Simard Hall which is in the basement of Our Lady of Grace Chapel.

Parishioner and newly graduated high school senior Sam Ebner has embarked on a medical mission trip to Kenya with his grandfather, Tom Ebner. Our prayers are with them as they do this most important work.

Parishioner Dave Hemeon is being accepted s a candidate to the Diaconate at St. Joseph Cathedral on Saturday, June 16 at 10 a.m., and will be ordained a permanent deacon in 2021.

Don't forget that next weekend is the time to bring back baby bottles for Haven Pregnancy Center. Just fill them with cash or a check and bring them to church with you. This is a great way to support Haven in all the incredible work they do for parents and their babies.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fel-

lowship, our community, and our world to nurture justice, respect, and love.

Sunday, June 17

Nursery and Religious Education - 9:30 a.m. - 10:30 a.m. - Contact: Jane Clay, DRE

Service 9:30 - 10:30 a.m. - For the Beauty of the Earth

Rev. Dr. Linda Barnes, Worship Leader
Sarah Dan Jones, Music Director and Choir

Join us as we celebrate the beauty of the earth with a flower communion, a uniquely Unitarian Universalist tradition. We'll come together with words, music, and a nod to fatherhood, as we recognize how we, too, blossom into the fullness of summer. Please bring a flower to share on this Sunday morning.

Visit our Web site
www.starrkingfellowship.org
536-8908

Sunday, June 17 is our annual Flower Communion Sunday. Please bring a flower to share - a flower from your garden, the roadside, or a flower shop. We'll put our flowers together creating a big, beautiful. community bouquet!

Summer Services - Summer is nearly upon us; time to put together our more casual summer services. On Sunday mornings, from 9:30 - 10:30 a.m., June 24 through Aug. 26, we are seeking members and friends to present topics, reflections, and/or personal journeys for our summer Sunday mornings. Worship associates will be available to help each Sunday with setup and audio/video assistance. No Coffee Hour. No Childcare, but attended children are welcome and a play area and toys will be on hand. If you are interested in providing a service, please contact Stew Weldon at weldonstew@gmail.com for more information and/or to sign up.

From the Activities Committee - Hikes, bikes, and paddles - We have had a busy year with our Second Sunday hikes and plan to continue this program in the fall. For the summer, our expanded interest includes biking and paddling, as well as hiking. But we need volunteers to organize such events. Contact Mitch at mitch@newfoundfarm.org with your thoughts.

Help Wanted - Nursery Position - Nursery care provider Sunday mornings, 9 - 11 a.m. for infants and children up to four years of age. Sept. 2, 2018 through June 16, 2019. Flexibility and availability for special occasion, such as congregational meetings and events. Qualifications needed: Experience in early childhood education. CPR certification for infants and children, and satisfactory completion of background check. If interesting in applying, contact Jane Clay, Director of Religious Education - dre@starrkingfellowship.org.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, June 27 from 10:30 a.m. to noon.



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Seniors and overmedication

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

For some, taking medications is essential to maintaining health, and can't be avoided. But evidence suggests and experts agree that millions of people are taking more medications than needed. The more drugs that are taken at the same time, the greater the risk of adverse interactions and potentially devastating side effects, due to the cumulative impact and the mixing of drugs.

Overmedication and taking multiple medications (technically called polypharmacy), are common and increasing to epidemic proportions among the senior population. Seniors are prone to more chronic conditions that require medication, but an aging body tolerates drugs differently and metabolizes drugs more slowly, making drug interaction a greater concern.

Contributing Factors: The main reason

polypharmacy has increased over the past decade is that there are more drugs available for chronic illnesses from high blood pressure and cholesterol to osteoarthritis and osteoporosis. Improved diagnoses also enhance medication use. Marketing of drugs to consumers plays a role, as patients inquire about and demand the medicines they see advertised on TV and in magazines.

There also is a lack of coordination among insurers, doctors, and pharmacies. Patients may see multiple specialists who don't coordinate with each other to discuss what drugs are being prescribed. It is then left to the patient to track it all, and some seniors are simply not prepared for that. Recent statistics show that on average, one out of every four patients have prescriptions from at least 4 different doctors.

In addition, it is often assumed that people need to take chron-

ic disease medications for long periods, or the rest of their lives. Many who have marginally high cholesterol, high blood pressure and blood sugar can cut back on their medications if lifestyle changes bring their conditions under control and there is too little emphasis on exploring those options. There's also a fair amount of research suggesting that a sizable portion of people are taking antidepressants, anti-anxiety meds, and pain relievers when it is not necessary.

Potential Dangers: While drugs do save lives, few prescription medications are completely free of risks or side effects. A 2012 report by Bruyere, a Canadian health services organization, listed several factors that put seniors at increased risk from polypharmacy:

Physiologic changes (increased sensitivity to benzodiazepines, analgesics, or antihypertensives)

Reduced kidney and liver function (making it harder to excrete drugs)

Reduced body fat (this changes the distribution of drugs)

Existing conditions (dementia, delirium, poor kidney function, poor balance and increased likelihood of falls)

Polypharmacy also has an effect on cognition and the mental capacity of seniors. Overmedicated seniors have been mistakenly diagnosed with depression, dementia, and even Alzheimer's disease.

Recognize the Warning Signs: Knowing symptoms to watch for can help you determine if your loved one may be overmedicated. Potential signs include: drowsiness; physical complications, like dry mouth and ulcers; confusion; withdrawal from family or friends; hallucinations; dizziness or falls; fractures; and seizures. If your loved one experiences these warning signs or

any sudden changes in behavior, notify a doctor immediately.

How to Cut Down on Prescriptions:

If your loved one takes four or more medications (including vitamins, herbs, and OTC medicines) and has not had them reassessed by the primary care doctor within the past year, this should be done as soon as possible. Pill bottles should be taken to the doctor, so he or she has accurate information.

Be proactive when discussing meds with the doctor. Your loved one should ask if he or she still needs to be taking each drug and why. Seniors can also ask if dosages can be lowered.

Ask the doctor if lifestyle changes, such as modifying diet or exercising more, would enable your senior to cut back on any med-

ications. See if alternative treatments like acupuncture, yoga, or meditation can help.

Don't just rely on the doctor to know details about drug-drug interactions. Do online research. Reliable websites such as healthline.com and medscape.com list potential interactions and provide explanations.

If a new medicine is taken on top of two or more and there are new side effects, tell the doctor right away especially if symptoms include stomach upset or queasiness, dizziness, sedation, or loss of balance.

A new side effect or drug-drug interaction can develop with meds that have been taken for a while.

That's because some drugs build up in the body, increasing their potency. Other drugs

SEE OVERMEDICATION, PAGE A14

School

FROM PAGE A1

ney, Barbara Loughman, said it was entirely legal to include the money because voters the previous year had appropriated \$800,000 to repair the high school roof. Although the capital improvement plan had not been adopted when the roof job was approved, she said that, having approved the repairs, other items identified in the capital improvement plan could be included in the default budget.

Auger — who, incidentally, had made the motion to add the \$800,000 to the previous year's budget — said the roof repair was a one-time expenditure, which by statute could not be included in the default budget.

Selectmen and residents of Newfound Area towns had agreed with Auger, and their own attorneys differed with Loughman's interpretation of the law. They asked the school board to turn back the money they felt had been inappropriately included.

While large contingents had attended the March and April meetings, only Auger came to press the issue in May, and the school board rebuffed him, continuing to put off a decision.

Vincent Paul Migliore of Bridgewater advocated utilizing a provision of the law that allows a school district to hold a special meeting to settle on a budget, rather than relying on a default budget. He found no support among other school board members, who felt no obligation to listen to the voters, or who like school board chair Jeff Levesque of Groton wanted to retain some of the appropriated funds, returning part of the money this year and part of the money next year.

Levesque said he understands residents' concerns about high taxes, saying he is sometimes unable to pay his own taxes, but he maintained that taking care of the dis-

trict's school buildings is more important than affordability.

"I understand about not being able to pay taxes, but I also understand about supporting our schools, and that is why I sit in this seat," he said.

With the board divided on whether to take any action on Auger's request, Levesque closed the discussion and said they would have to take it up another time. He did not put it on the agenda for the June 11 meeting.

Roof project

The roots of the dispute can be traced back to the school board's decision when forming a facilities committee to make its own members a minority. School board subcommittees typically consult with administrators and staff members, but the board develops the plan and maintains control of the decisions. The Newfound facilities committee left the work to staff members and administrators, giving them voting rights on any proposals they came up with. The plan that would be brought back to the full board for approval was the administration's plan — something Klapyk noted when she first joined the facilities committee.

Apart from occasional questions from Migliore, administrators have not faced many challenges from the current school board members, unlike past years when the board took a more active part in the decision-making. This year's board did not make time to complete the February evaluation of the superintendent's performance prior to her receiving a raise, and when the board received an "update" on the high school roof project on May 29, administrators told them they needed an immediate decision, rather giving board members time to review the proposal developed by construction consultants Bonnette, Page & Stone.

When Auger made the

motion to add \$800,000 to the 2017-18 operating budget, he was acting on the facilities committee's recommendation that the roof repairs be done immediately to prevent further damage to the building. The school board could not legally include the roofing project in its budget recommendation because, even if paid through a bond issue, the cost would exceed the amount allowed under the school district's tax cap. By amending the budget from the floor at the annual school district meeting, Auger was able to exceed the tax cap and, in the process, increase the base for calculating the next year's budget by \$800,000.

Despite the facilities committee's assertion that the roof repairs were a pressing need and Auger's ability to convince the voters to approve the spending, the administration did not put the project out to bid in 2017, but it hired Bonnette, Page & Stone this year to evaluate the roofing types and costs, as well as to handle the bidding process.

In their report to the school board on May 29, BPS President Keith McBey and Project Manager Barrett Salta recommended a RhinoBond roof, at a price of \$591,923, which is less than half the price of a "built-up" roofing system, whose

estimated cost would be \$1,367,163.

Davol, whose brother-in-law does roofing, objected to being asked to make a decision that night, saying she prefers to review material before making up her mind. Migliore agreed, asking why there was such a rush after waiting 18 months to do the work.

McBey said they need to make a decision and hire the subcontractors soon in order to establish a timeline for the work over the summer and have a chance to procure the material. It could take a month or more after deciding to get the material to have it on hand to begin the construction, and they want to complete it over the summer, he said.

Bringing up the potential for bad weather, workforce issues, and other things that could potentially delay the work, Migliore said they have to work around such problems, and they could work around a two-week delay to give school board members time to consider the options.

With administrators also emphasizing the need to get under way with the project, Davol joined other board members in approving the \$591,923 expenditure with a reluctant yes, leaving Migliore as the only one voting against the recommendation.

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Run

FROM PAGE A1

running to be a lot of fun yet also helps run down some of his extra energy while seven-and-a-half year-old Connolly had another reason for taking part in the Kids Dash.

"I like sports a lot and do baseball, soccer, football and basketball so I like to run to stay in shape," he said.

As for seven-year-old Ryan, he had his eye on the finish line where he hoped he'd be the first to cross.

"I like running and the medals they have today are really cool," Ryan said.

NHCC teachers and staff, parents and friends cheered the boys and girls on as they headed off to run the inner loop before their more challenging race began. For them, it was three trips around the outer loop to complete the 3.2 miles that make up a 5K competition.

"I go out on these trails a lot and there's going to be some rough places out on the back," said one dad as he contemplated his run.

Erin Thebodo is a new member of the PTO, having just moved to the town from Belmont this year, and it was her idea to create the New Hampton Fitness Trail run. Thebodo said she loves community events that

bring people together through life-long activities like hiking or running.

"I really would like to see us utilize this trail more as a community. We're so lucky to have it so close by and we need to take advantage of that," Thebodo said. "I hope the trail run can become a tradition and perhaps we can even see some more activities take place here in the future."

More than 50 people took part in this year's event and assisting the PTO in the organization of the race were students from Newfound Memorial Middle School who served as guides for the runners out on the trails.

Winners in the 5K were Dave Irving of New Hampton for the men, and NHCS alumnus Kayla Wagner of Bristol for the women's division. In the kids' half-mile dash, Saygen Kane of New Hampton and Rosie Dodge of Bristol were first for the boys and girls ages six and under, Wilder Irving of New Hampton and Kira Parker of Bristol took the seven-to-10 year-old division, while Carter Masterson and Skyler Lacasse, both of Bristol, took first place for the 11-12 year-olds.

All participants received ribbons for their participation and there were also special gift bags for the children who came in second place.

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Senior Page June 2018

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airs for you if you cannot do so, as long as you have given them that authority. That's why you need to set one up now while you are able to do so, and not wait until it's too late.

Your well-drafted and personalized Power of Attorney document will provide many benefits to you and your family. It will allow you to choose the person who will do things for you rather than leaving it up to chance and the final decision of a Judge. If you

don't have an Agent with the power to act for you, the Probate Court will have to appoint a guardian and you will have no choice in who that will be. With a Power of Attorney you choose your Agent and you can nominate that same person (or another) to act as your Guardian if that really became necessary. But, with a valid Power of Attorney you probably won't need a Guardian to be appointed, so you and your family

will avoid that aggravation and expense.

The Power of Attorney will allow your family to take actions to protect assets or engage in proper planning if you become incapacitated, without the need for Court intervention. Your document can include directions and the power to engage in actions like setting up trusts or moving assets around among family members so your Agent can do whatever needs to be done to protect and preserve your family finances (within the bounds of the law).

Your Agent should be given the right powers to avoid the claims of family members or others that your Agent has engaged in improper transactions. Often, it is necessary to move money around and change the title of assets (either for tax planning or Medicaid purposes). This can look suspicious to outsiders and if the person doing it did not have the full authority to do so, it could be considered elder financial abuse. With the power to take these actions written into the document, your Agent is protected from these false accusations.

When drafting your Power of Attorney you are presented with a great opportunity to discuss your wishes and future plans with your family, and especially with your chosen Agent and any alternates. You can outline how you would like the future to be and can tell your family what to do in various situations. You can tell them if you want money preserved for them, or if you want it spent on your own needs. If everyone in your family knows how you feel and what you want, it should help to avoid future fights and arguments about the right thing to do.

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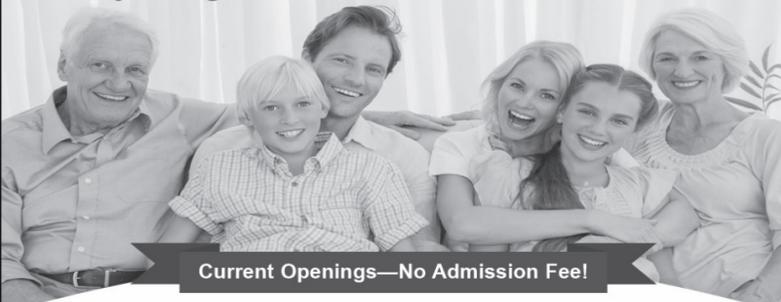
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Caregivers support group offered in Plymouth

PLYMOUTH — With the increased aging of the population, more and more persons are finding themselves providing care for those in need. Caregiving is not restricted to the elderly, but may also include a person of any age with chronic illness, disability, trauma, or

combat-related injury. These “informal” and unpaid caregivers are usually family members who may not even consider themselves to be caregivers since they regard their service as a natural and normal responsibility of relationship. Statistics from the National

Alliance on Caregiving in 2015 reported that 43.5 million persons in the nation had provided care for an adult or child during the previous year. Of these, 34.2 million had cared for an adult 50 years old or older. 15.7 million caregivers were caring for someone with Alzhei-

mer’s disease or other dementia.

Caregivers residing with the person being cared for spend an average of 40-plus hours weekly on caregiving tasks. The average estimated duration of care is four years. Duties often include feeding, bathing, dressing,

grooming, bathing, assistance toileting, researching professional caregiving services and other supports, learning about the recipient’s illness, coordinating physician visits, managing finances, shopping, food preparation, housekeeping, laundry, and transpor-

tation. In addition to the administration of medications, about 46 percent of caregivers are performing some kind of medical and nursing procedures.

Many caregivers feel ill-prepared for their role and have little or no support. This leads to high levels of stress, frustration, anger, guilt and feeling overwhelmed, drained of energy and helpless. Increased worry, uncertainty and loss of attention to their own needs leave 27 percent of caregivers exhausted at the end of their days.

To provide local caregivers with a forum at which they can express the challenges they face in their particular circumstances, a Caregivers Support Group will be offered on the third Wednesday of each month at the Plymouth Senior Center. Each gathering of the group will begin promptly at 12:30 p.m. and end at 2 p.m. The meetings will be in the upstairs conference room. The first gathering will be on Wednesday, June 20. There is no fee and no need to register prior to the group’s meetings. The Caregivers Support Group is sponsored by Pemi-Baker Community Health. The facilitator of the group will be Guy Tillson, Pemi-Baker’s Hospice Chaplain and Bereavement Counselor. He is a former clergyman with a 24-year career history in ministry and has been licensed as a Clinical Mental Health Counselor in New Hampshire having worked in the mental health field at agencies in Laconia, Conway and Wolfeboro for 20 years.

Hill

FROM PAGE A1

nine-year-old Lauren, who helped dig the holes and set the seedlings in place. She was happy to help, saying she has planted gardens before but never trees. Living nearby, she will now have the opportunity to watch these trees grow over the years, knowing she played a role in their presence by the pond.

Natkiel said she, too, was glad to help Seymour and her fellow residents make improvements to the town. She thought it was important to be part of something that people will enjoy for generations to come.

“This is such a nice quiet town. There’s such a good sense of community here and I want to see children grow up, wanting to come back and raise their children here, too,” Natkiel said.

The pond and surrounding property lie directly across the street from the town offices, library, Jennie D. Blake Elementary School and Hill Village Bible Church, making it a focal point for most activities in the village. Approaching the pond there is a memorial to residents of Hill who have served the nation in all major wars and conflicts. Stone steps, courtesy of Lowe’s, lead down to the monuments and a bench where people can sit to reflect



DONNA RHODES

As one group of volunteers planted trees by the Hill Town Pond last Sunday morning, Carol Wilson and Niki Mahoney did some much-needed pruning on lilacs and other shrubs on the property.

on their sacrifices or just enjoy the quiet nature of the town. There is an annual children’s fishing derby held at the pond each spring and a gazebo

beside it is the scene of summer time gatherings and musical events. The library also hosts story times and many other fun children’s events on

the lawn.

Seymour was grateful for all who assisted with a little project that took on a life of its own.

“I asked for one cra-

bapple tree and got all this. It’s great and will really help by making this place a little more appealing,” she said.

Overmedication

FROM PAGE A11

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What’s Happening at Plymouth State University



Deathtrap Inaugurates Silver Summer Dinner Theatre

The Broadway smash comedy-thriller *Deathtrap* is on the menu, along with delicious dinner choices, at the Silver Center for the Arts this summer. A dozen afternoon and evening performances are slated from June 30 through July 15 in the air-conditioned Studio Theatre.

Award-winning playwright and reviewer Walter Kerr hailed *Deathtrap* as, “an absolute knockout of a suspense melodrama.” Audiences can enjoy a great dinner and a show for only \$55 per person or just the play for \$25. A cash bar will also be available.

For more information or to purchase tickets, please call the Silver Center Box Office at (603) 535-ARTS (2787).

Newfound Landing Sports

Section **B**
Thursday,
Thursday, June 14, 2018



JOSHUA SPAULDING

Jasmine Peterson finished fifth in the javelin at the New England Track Championships on Saturday.



JOSHUA SPAULDING

Reid Wilkins goes over the high jump bar during action Saturday at UNH.

Peterson sets new school record at New Englands

BY JOSHUA SPAULDING
Sports Editor

DURHAM — Four local athletes were among the hundreds of track stars from around New England who gathered at the University of New Hampshire's Wildcat Stadium on Saturday for the New England Track Championships.

Athletes qualifying included the top six from each of the six New England states. In New Hampshire, that meant finishing in the top six at the Meet of Champions, which was held the previous week at Merrimack High School.

Among the local athletes, the top performance came from Newfound freshman

Jasmine Peterson. She fired the javelin a total of 123 feet, which broke her previous school record and put her in fifth place overall.

Fellow freshman Samantha Meier from Plymouth also qualified in the javelin and she fired a distance of 111 feet, one inch, to finish in 14th place overall.

On the boys' side of things, Newfound's Reid Wilkins cleared a personal best six feet, three inches to finish in 11th place in the high jump.

Kennett's Chris Caputo qualified in the long jump and leaped 18 feet, 8.5 inches, which put him in 30th place overall on the day.

Complete results from the meet can be found at lancertiming.com.

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

Newfound holds spring sports awards

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound spring sports awards were held last Tuesday and a number of student-athletes were honored for their accomplishments during the spring season in Bristol.

The Bears Booster Club presents the Bears Boosters Club Student Athlete Awards to one member of each team. For boys' track and field, the winner was James Shokal, while Trinity Taylor was the winner for the girls' track team. Jillian Buchanan was the winner for the softball team and Logan Rouille was the winner for the baseball team.

The NHIAA Sportsmanship Awards are presented to one athlete from each of the spring sports teams.

For the boys' track team, Zach Patten was the winner and Megan Stafford was the winner for the girls' track team. For the JV boys' track team, the winner was Simon Shedd while for the JV girls' track team, Elveena Shedd was the winner. Victoria Roman was the varsity softball winner, Tuan Nguyen was the varsity baseball winner, Madeline Leclerc was the winner for the JV softball team and Cody Barton was the JV baseball winner.

The Pabst Award is given to a baseball player who exhibits qualities of leadership and commitment to the team through effort, intensity and passion for the sport of baseball. This year the



COURTESY PHOTO

Newfound baseball coach John Larsen (left) presented the first Ron Bucklin Memorial Award to Steve Hanser (center), with Ron Bucklin's son, Tom, on hand for the presentation.

award was given to Nate Tucker of the varsity baseball team.

A new award at the ceremony this year was the Ron Bucklin Memorial Award, given in honor of the former baseball coach and Bristol High School graduate. The award was developed to honor people in the community who make significant contributions to the community through time, actions, talents and dedication. The honoree serves as a role model for compassion, service to others and strives to make the world a better place through his or her actions and has a passion for helping others. The inaugural Ron Bucklin Memorial Service Award was present-

ed to Steve Hanser, who designed and built dugouts at Wells Field for the Cal Ripken League and donated materials and time to build benches and helmet racks in the high school dugouts. He also leads the charge every Christmas to provide gifts and funds to a family in the community who might go without and has recently pledged to provide a roof for a family in need in the community.

The Cathy Leaver Athletic Director's Award was presented to Nikole and Erik Rouille. The award is named after the longtime Newfound teacher, coach, athletics director and vice-principal. The Rouilles ran the conces-

sion grill at the varsity baseball game, selling food and drinks and often working the grill and missing much of the game and their son's time on the field.

The Female Athlete of the Spring went to freshman track star Jasmine Peterson and the Male Athlete of the Spring went to senior track star Ethan Pruett, both of whom advanced to the Meet of Champions, held the previous week in Merrimack. Peterson also advanced to New Englands, which were held last weekend in Durham.

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

Coaching openings at Newfound

BRISTOL — Newfound Regional High School has the following coach openings for 2018-19: Varsity field hockey, JV field hockey, JV volleyball, unified soccer and unified basketball. If interested, please send letter of interest and resume to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x1507 or pcofran@sau4.org.

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Panther Volleyball Day Camp coming in July

PLYMOUTH — Plymouth State University head women's volleyball coach Joan Forge will be hosting Panther Volleyball Day Camp July 23 – 26. This camp will feature two sessions. Panther Camp One is 9 a.m.-noon for girls entering the fifth-eighth grade and is designed for beginner to intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball. Panther Camp Two is 1-5 p.m. for girls entering the ninth-12th grade and is designed for beginner, interme-

diated and advanced players who want to play and excel at the high school level. The players will be challenged with improving their basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play. Camp will take place at the Foley Gymnasium at Plymouth State University. For information and a registration form, please contact Joan Forge at jcforge@plymouth.edu.



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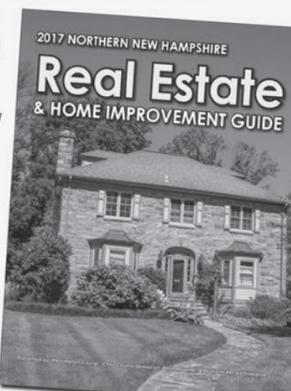
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JOE SOUZA

Plymouth Regional senior Wesley Lambert and Hopkinton's Colby Quiet battle for control of the ball along the sideline during Wednesday's Division III boys' lacrosse semifinal contest at Laconia High School.



JOE SOUZA

Plymouth Regional senior goalie Chris Patnaude makes a save during the Division III boys' lacrosse semifinal clash with top-seeded Hopkinton on Wednesday.

Defending champs end Plymouth's season

Bobcat lacrosse boys fall to Hopkinton in semifinal tilt

BY JOE SOUZA
Contributing Writer

LACONIA — The Plymouth Regional boys' lacrosse team came to play, but the fourth-seeded Bobcats didn't have the firepower to slow down No. 1 seed Hopkinton in the second of two NHIAA Division III semifinal contests held on Fitzgerald Field at Laconia High School Wednesday.

Hopkinton shook off a slow start, taking off in the second quarter and never slowing down in ending Plymouth's season with an 11-2 victory. Hopkinton sophomore midfielder Colby Quiet scored five goals and set up another, including four in a big second quarter to get the Hawks in gear.

The Hawks would go on to win their second state title with a 13-6 win over No. 2 Laconia.

"I can't fault the effort. We just didn't have enough against them. We couldn't get the ball out of our defensive end," said Plymouth Regional head coach Glenn Mausolf after his Bobcats finished their season at 12-4.

Despite losing the opening face-off and struggling to control possession early on, the Bobcats hung tough with the defending champions through the opening 12-minute quarter. Plymouth goalie Chris Patnaude came up big, making six of his 17 saves in the contest during the opening frame. The senior netminder received plenty of support from defenders Josh Johnston, Wesley Lambert and Camden MacDonald.

Hopkinton did break through tough to take a 1-0 lead in the first quarter. Senior midfielder Carter Quiet controlled a pass from junior Corey Breault and slipped it past Patnaude for a



JOE SOUZA

Plymouth Regional freshman Colby Bannon (14) hugs a teammate at the final horn of the Bobcats' 11-2 loss to Hopkinton in the Division III boys' lacrosse semifinal round at Laconia High School.

1-0 lead with 4:36 on the opening quarter clock.

"Chris made a ton of great saves in the first quarter. He stood tall for us," Mausolf said. "But it's hard to win games in your defensive end."

That pressure continued in the second quar-

ter, and the Hawks finally broke through. Colby Quiet scored the first three goals of the quarter and the last one, as Hopkinton outscored Plymouth 6-1 in the frame to take a commanding 7-1 edge at halftime.

Hopkinton's leading

scorer got Plymouth on its heels with a quick two-goal spurt with just over 10 minutes left in the second quarter. Colby Quiet started the outburst with a hockey-like shot past Patnaude out of a scrum in front of the Plymouth goal. A fired-up Quiet won the ensuing face-off, raced through the Bobcat defense and fired in another shot to make it 3-0 Plymouth at 10:06 of the second quarter.

Colby Quiet, assisted by Pete Sintros and Jake Tomlinson would connect again for a 5-0 lead before the Bobcats would get on the board.

Steven Shute put Plymouth on the board, finishing a pass from Connor Magowan at 7:01 of the third quarter.

The Hawks made sure the goal didn't shift momentum, getting back on the attack. Colby Quiet set up Tomlinson's second goal of the night, before adding an unassisted goal for the 7-1 lead the Hawks would take into the halftime break.

"That second quarter swayed the momentum," Mausolf said.

"He's (Colby Quiet) a good ball player," added Mausolf. "He's tough on the stick, a good two-handed player. He's a known player. You try to simulate that in practice, but it's tough."

The Hawks would up their lead to 10-1 after three quarters. Tomlinson and Joe Sawitsky sandwiched unassisted goals around a Colby Quiet goal, assisted by his brother Carter.

Plymouth sophomore Marcus Morel got the Bobcats back on the board, putting a shot past Hopkinton goalie Alex Rousseau (12 saves) at 9:55 of the fourth quarter. The Hawks though answered just 14 seconds later when Sawitsky was able to scoop in a rebound after Patnaude made a fantastic save on Colby Quiet.

That put the finishing touches on the Hopkinton win.

"I think the whole defensive unit played well," Mausolf pointed out. "Of course, there are a couple of things you'd like to have back, but overall we played well. We had

some good deflections and interceptions. Wesley Lambert, Josh Johnston, and Camden MacDonald all played well. The score doesn't reflect how well they played."

That scored may half reflected how well Hopkinton played overall, and in the defensive end as the Hawks kept the Plymouth attack away from Rousseau — making many of his 12 saves relatively easy.

"We practiced for them to be pressing us out and stick protection," Mausolf said. "We worked on those things, but we didn't have the ball in the attacking zone enough. We did have some opportunities, but we either didn't catch it or we lost control."

The loss brings a disappointing end to the fantastic high school careers of 11 Plymouth seniors: Thias Silva, Josh Johnston, Chris Patnaude, Sawyer Wilcox, Wesley Lambert, Mackenzie Doyle, Connor Magowan, Patrick Lillicotch, John Little, Konner Bird, and Nolan Farina.

Thoughts and observations on the high school postseason

The high school season has officially come to a close for my local teams. The Kennett baseball and softball and Plymouth boys' lacrosse teams both lost in the semifinals of their respective divisions last week and athletes from Newfound, Plymouth and Kennett competed at the track Meet of Champions, which for a change was held in a convenient location. In the past years I've traveled to Connecticut, Massachusetts, Vermont and Maine for the annual event, but this year the event was held at the University of New

SPORTING CHANCE



By JOSHUA SPAULDING

Hampshire in Durham.

With the postseason wrapped up and summer on the horizon, I wanted to take a look at some of the details of the high school season.

This season was tough in a few ways, mainly involving the weather, which saw numerous games postponed early in the season, particularly tennis matches, which backed-loaded many of the schedules for the lo-

cal tennis teams. It also kept me from seeing a few of the spring sports teams this season, which was tough for me. One of those teams I was able to see during the playoffs, so in the end, there was just one team I didn't get to see this spring, which is one too many.

As I noted last week, the postseason schedule was a bit of a bear, with numerous teams all playing at the same time, making it impossible for me to see everyone in their postseason action. However, I did see plenty of tournament action, catching the Kennett and Plymouth baseball and

softball teams taking on each other, as well as Plymouth boys' lacrosse team's first round game and Prospect Mountain unified volleyball's opening game. I also made the trip to Manchester on consecutive days last week for semifinals for baseball and softball. It was nice to have teams have success this spring and make it to the Final Four.

However, there were a few things that I wasn't a huge fan of in the playoffs. I love that there are neutral sites used for semifinal and final games, but I wonder how fair it is to other Division III boys' lacrosse teams that Laconia had a chance to play a semifinal game on their home field. Laconia is a great facility for lacrosse but putting Division III games shouldn't happen. It seems like a bit of an unfair advantage for the Sachems, at least in my mind.

The fields at Southern New Hampshire University are great locations for baseball and softball, but they do not exactly provide great access for media members trying to take pictures. The softball field has a press box with decent views, but

if there's enough people in the box, it's tough to get a space. I was lucky enough for the D2 semifinals that there was room to move, but I've been there in the past when there wasn't room for any more people in the box. And the baseball field is fenced in all the way around and there's no way to take good pictures without taking them through the fence, which isn't terribly convenient. From the spot I was standing, you couldn't even see the whole field.

That being said, the season is over and it's time for a bit of a break, starting with a little vacation. Stay tuned.

Finally, have a great day Tom and Debbie Underwood.

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.

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