



# Newfound Landing

THURSDAY, JULY 28, 2016

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COMPLIMENTARY

## Lake Week kicks off with Grey Rocks gathering

BY DONNA RHODES  
dhrhodes@salmonpress.com

HEBRON — The Newfound Lake Region Association's 2016 Lake Week celebration got off to a start bright and early last Saturday morning with a sunrise kayak paddle on Newfound Lake. Later in the day, participants converged on Grey Rocks Conservation Area for a morning filled with information, food and fun for residents and visitors alike.

Sponsored by the Newfound Lake Region Association, the focus of the day was on the beautiful natural and recreational resources of the lake as well as education on how to keep it that way for generations to come.

One of the many booths was for Watershed Warriors, a program developed by the New Hampshire Lakes Association to help children understand the importance of clean water and how the water cycle actually moves from the sky to the rivers, streams and lakes and back up to start it all again. Six

stations at their booth allowed children to participate in some fun, interactive activities where they not only learned about the water cycle itself but discovered how lakes were formed, but the importance of the food web involved in an aquatic setting and how invasive plants or animal species can oftentimes disrupt life in a stream, lake or pond. Boys and girls also got to build a "water bracelet" of beads as they discovered the ways in which water flows across the planet.

In addition to their educational programs, New Hampshire Lakes Association organizes Weed Watch volunteers who check boats brought, among other places, to the Wellington State Beach boat launch. There the volunteers check for milfoil and other invasive plants that may be caught on a boat's sides or propeller or trailer.

NLRA Trustee Ed McTierney said the group is educating the public that even kayaks and canoes

SEE LAKE WEEK, PAGE A13



Summer residents Owen (left) and his younger brother Drew had fun learning how to cast a spinning reel during a children's fishing clinic that helped kick off the 2016 Lake Week last Saturday morning. Helping Owen reel in his "catch" and assisting Drew with his skills were Hugh and Nick, volunteers from nearby Camp Mowglis.

## Bristol Fire Chief resigns

BY THOMAS P. CALDWELL  
Contributing Writer

BRISTOL — After nearly four months on

paid administrative leave, Fire Chief Steven Yannuzzi has tendered his resignation, "to pursue other interests."

Selectmen unanimously accepted his resignation on July 25, shortly after reconvening from a nonpublic session and sealing those minutes. Chair Shaun Lagueux read a statement into the record, noting that Yannuzzi had served the town for seven and a half years.

His resignation was effective July 21.

"This is a private and confidential personnel matter, and, as such, the town and its representatives will make no further comment, whatsoever," he stated.

Selectmen had placed Yannuzzi on paid leave in early April, but would say nothing about the chief's absence until faced with a Right-To-Know request, at which time Town Administra-

tor Nik Coates acknowledged, "The Fire Chief is an employee of the Town and ... is on a paid administrative leave."

Coates would not provide the starting date of Yannuzzi's paid leave, nor say how much the town had paid him during his absence. Yannuzzi's annual salary for 2016 was budgeted at \$64,605, so taxpayers paid him nearly \$20,000 in wages while he was on administrative leave.



The last Saturday in July will see the quiet, picturesque Hebron Common once again transformed into a busy fairground. This year, the Hebron Fair will be held on July 30.

## 64th Annual Hebron Fair Set for July 30

HEBRON — The last Saturday in July will see the quiet, picturesque Hebron Com-

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24 pages in 2 sections  
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mon once again transformed into a busy fairground. This year the Hebron Fair will be held on July 30.

The fun begins when the church bell rings at 9 a.m. The silent auction runs from 11 a.m. to 2 p.m., the live auction starts at 1 p.m., and the chicken barbecue is at 5:30 p.m. The annual fair is one of the Newfound area's most popular summer events. It is rain or shine with free admission. The Union Congregational Church sponsors the fair with many other local non-profit agencies joining the festivities.

Around 100 vendors

will be selling their goods. In addition to the many crafts, there will be a variety of tasty foods, including the always popular homemade baked beans at the lunch tent; a vast selection of rummage; white elephant items including \$5-a-bag bargains; used books, puzzles, games, CDs, and movies; t-shirts; plants; home-baked goods; gift basket raffles and much more. The children will enjoy pony rides and old-fashioned games, while the dunking booth provides great entertainment for all ages.

SEE HEBRON FAIR, PAGE A13

## Future plans for Grey Rocks meet with enthusiastic response

BY DONNA RHODES  
dhrhodes@salmonpress.com

HEBRON — At the opening of the Newfound Lake Region Association's 2016 Lake Week, representatives of Resilience Planning and Design LLC of Plymouth and FitzDesign out of the Monadnock Region, unveiled their concept for the future of Grey Rocks Conservation Area on North Shore Road in Hebron, and the reception they received was very enthusiastic.

Steven Whitman of Resilience, along with Karen Fitzgerald of FitzDesign who drew the plans up, presented the NLRA with their conceptual view of the future for Grey Rocks that was based on public input and included many exciting features.

Among the items included in their designs



Newfound Lake Region Association's Executive Director was pleased when he saw the unveiling of conceptual plans for Grey Rocks Conservation Area in Hebron last weekend as Lake Week got underway.

and sketches were rain gardens, fishing alcoves, and bike and kayak accommodations.

There are also plans that include building a lakeside headquarters for the NLRA, a pavilion for public education programs, hiking trails, boat launches, and collection areas for storm water runoff that would

benefit the lake.

"This is our first visualization for the property, and it all shows what would be allowed under the conservation easement restrictions for low impact use of the property," said NLRA Executive Director Boyd Smith at last Saturday morning's reveal.

SEE GREY ROCKS, PAGE A13





DONNA RHODES

A table providing price information and picking supplies awaits visitors to Kemah Farm's blueberry fields in Alexandria, where families have made a tradition of picking their own fresh blueberries for more than 60 years.



DONNA RHODES

Enjoying a great day of berry picking at Kemah Farm in Alexandria are 11-year-old Emma of Bristol and her cousins Gabby, age seven, and Elsa, age four who summer in the Newfound area each year.

# Kemah Farm opens its fields for blueberry picking

BY DONNA RHODES  
dhrhodes@salmonpress.com

ALEXANDRIA — Last week, the Brown family opened their pick-your-own blueberry fields at Kemah Farm to the public once again,

## Area residents warned to be on the lookout for rabid bat

BY DONNA RHODES  
dhrhodes@salmonpress.com

TILTON — Over the weekend, Tilton's Health Officer, Katherine Dawson, issued a warning to residents of Tilton and nearby communities, asking that they keep a safe distance from any bats they may encounter.

"There has been a public exposure to a rabid bat in Tilton, and people should avoid all physical contact with bats," she said.

Signs that a bat, typically a nocturnal, non-aggressive creature, could be ill can include flying during daylight hours and other unusual or erratic behaviors.

Three people are currently undergoing treatment for rabies exposure from the recent incident in Tilton, including a three-year-old child who

where they proudly proclaim they have been "Sharing the Fruit of Our Labor since 1948."

Perched on a beautiful ridge below the summit of Mt. Cardigan, Kemah Farm is a special

place where people can gather their own fresh-from-the-bush blueberries to use in their family favorites recipes, and their delicious berries have brought customers back time and again.

"This is a tradition," said members of the Hasenjaeger family. "We're from Boston but stay in Bristol every summer and we've been coming up here to pick blueberries every year. They're the best!"

Children Gabby, Elsa and John William helped their mom and grandmother in the picking process last week, with some help

from their older cousin Emma, who lives in Bristol.

Holding a large container filled with the juicy berries, Emma confessed with a smile that she could almost eat as many as she had picked.

"The blueberries here are delicious this year and they're huge," she said.

As her cousin John William helped the family gather ripe berries, all he could think of was breakfast however.

"John William wants everyone to know he is really looking forward to some blueberry pan-

cakes tomorrow," his grandmother said as she promised that his wish would be granted.

A long dirt drive known as Mud Hill Road leads to the old family homestead where a large booth provides customers with all they will need for their berry-picking excursion.

A sign provides information on the price per pint and the table is filled with stacks of pint containers and picking buckets. There are even some old straw hats to protect their guests from the hot summer sun along with a selection of leather belts to weave

through the bucket handles for hands-free picking if one so desires.

From the farmhouse, customers are invited to enjoy the view with a short stroll down to the berry bushes or simply drive along a mowed path through the fields where they can park nearby.

Kemah Farm is located approximately 3.3 miles up Mt. Cardigan Road in Alexandria, just around the bend from Cardigan Mountain Apple Orchard. The farm is open 8 a.m. until 8 p.m., seven days a week for the duration of the summer berry season.

BY DONNA RHODES  
dhrhodes@salmonpress.com

BRISTOL — Four outstanding local musicians performed at The Purple Pit in Bristol last Friday evening for a benefit concert that helped raise money for an equally outstanding cause — the resurgence of a D.A.R.E., or approved "D.A.R.E.-like" program, for students of the Newfound Area School District.

D.A.R.E. is a national Drug Abuse Resistance Education program that teaches students about the dangers of drug and alcohol abuse but also ad-

## Local musicians lend support to call for a drug education program



DONNA RHODES

Four local musicians donated their time and talents to a benefit concert at The Purple Pit last Friday to support Stand Up Newfound's goal to bring an educational program on the dangers of drugs and alcohol to area schools. From left to right are David Richardson, Jack Heath, Paster Deb Hoffman and Jack Polidoro.

dresses internet safety and social issues such as bullying. Taught in

the schools by a specially trained police officer, it also helps

police and children establish a good relationship. SEE D.A.R.E., PAGE A13

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COURTESY

### Fun in the sun

Boys and girls taking part in Tapply-Thompson Community Center's summer camp program thought the water up in Lincoln was really cool when a field trip took them up to Kinsman Falls and the Basin for some summer fun. If you have a great shot of boys and girls like these who are enjoying the outdoors this year, we'd love to share it with others. Please send your photos to [drhodes@salmonpress.com](mailto:drhodes@salmonpress.com). For individual or small group photos, include first names, ages and a brief description of the activity and you could see their smiling face in this summer's Fun in the Sun photo series.

## Hampstead Stage Co. brings "The Wizard of Oz" to Gordon-Nash Library

NEW HAMPTON — On Tuesday, Aug. 2 at 6:30 p.m., the Gordon-Nash Library in New Hampton will be presenting The Hampstead Stage Company and their classic adaptation of L. Frank Baum's "The Wizard of Oz." This will be the final event for the Summer Reading Program and

will be held in the library's downstairs function room.

This free program is geared to ages five and up, but all are invited to attend. Sign language interpretation is available with advanced notice.

Funding for this Kids, Books and the Arts event is provided by the Jack and Dorothy Byrne

Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the New Hampshire State Council on the Arts & the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

## Friends of Minot Sleeper Library hosting book and bake sale Aug. 6

BRISTOL — Don't miss the best part of the summer. The Friends of the Minot Sleeper Library are holding their annual Book and Bake Sale on Aug. 6 from 9 a.m. to 2 p.m. as part of the Made in Bristol festivities.

You can buy gen-

tly priced, gently used books, both paperback and hardcover in every imaginable category. You can read these on the beach for the rest of the summer; even squirrel away a few for rainy days. What could be better? The Friends also have great home

bakers bringing their best baked goods to you. Come and see what delicious real home-made treats you can buy for yourself, family, friends, and even for the freezer. You can carry it all away in our brand new design Minot Sleeper tote bags.



COURTESY

### Local entertainers perform at Day Away

Day Away is fortunate to have local artists, poets, and musicians visit frequently to entertain our participants. Recently local musicians, Libby Danahy and Bob Patten to entertain and their music was enjoyed by all participants and volunteers alike. For many years, Libby taught classroom music in the Newfound Elementary Schools (1975-78, 1982-2008). Since retirement from full-time teaching in 2008, she has had time for leading senior sing-alongs, providing church music, and teaching piano lessons. Day Away is a social respite program for caregivers who are caring for a loved one with Dementia/Alzheimer's disease. The program is held on Thursdays in Bristol. It is a wonderful program which provides caregivers a day of rest and participants a day their own with new friends. Trained volunteers and an RN are on staff. Volunteer are always needed for morning and afternoon shifts. If you would like to share your talent(s) at Day Away we would love to have you! For more information, contact Fran Olson at 744-6828 or [franeolson@gmail.com](mailto:franeolson@gmail.com). Shown in the photo are Bette and Bob entertaining at Day Away.

## Tapply-Thompson Community Center hosting lobster & chicken supper Aug. 27

BRISTOL — The Tapply-Thompson Community Center's Annual Lobster & Chicken Supper will be held at Kelley Park in Bristol on Saturday, Aug. 27 from 5:30 - 7 p.m. Don't miss this delicious summer tradition.

Tickets are available at the TTCC or at the door while they last. The cost is \$15 for Chicken, \$17 for Lobster & \$20 for a combo of a lobster and quarter chicken. We offer kids hot dog plates for

\$4. The meal includes salad, Walker's Farm corn on the cob, baked potato, cole slaw, fresh rolls, dessert and drinks. Dinner enter-

tainment will be provided by 'Solitary Man'. In the event of rain the dinner will be held at the TTCC. For more information, call 744-2713.

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CLIP AND SAVE

## "What do I do with Household Hazardous Waste?"

Safely rid your home of hazardous products such as oil-based paint, lawn and garden chemicals, and fluorescent light bulbs. Residents and residential taxpayers in the 24 participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the collection sites throughout the region.

On July 30, bring your hazardous waste to the Belmont Fire Station and Public Works Garages in Franklin, Gilford, & Meredith. On Aug. 6, HHW will be collected at the New Hampshire DOT Garage in Bristol, the Public Works Garage in Laconia on Bisson Avenue, and the Town Highway Garages in Center Ossipee and Moultonborough. The participating communities for the collection consist of: Alexandria, Andover, Belmont, Bridgewater, Bristol, Center Harbor, Effingham, Franklin, Freedom, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Meredith, Moultonbor-

ough, New Hampton, Northfield, Ossipee, Sanbornton, Sandwich, Tamworth, and Tilton.

As a reminder: Latex paint and alkaline batteries are not considered HHW, and will not be accepted on the collection days. These products can go in with the house-

hold trash (dry out the paint before disposal).

To get maps to the collection sites, make a donation to the program, or learn more information about wastes, visit the Lakes Region HHW Web site at <http://lakesrpc.org/serviceshhw.asp> or call 279-5343 or 279-5341.

### Plan for addressing water quality impairments in the Lake Waukewan Watershed to be presented

MEREDITH — A plan to address water quality impairments in Lake Waukewan and Lake Winona will be presented by the Lake Winnepesaukee Association and FB Environmental Associates on Aug. 3 at 6 p.m., at the Meredith Commu-

nity Center.

The Waukewan-Winona watershed includes five towns in and around Meredith, New Hampton, Center Harbor, Holderness, and Ashland. Development around the lake consists of a mix of

SEE WAUKEWAN, PAGE A14



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## New study reinforces the dangers of mixing alcohol and energy drinks

BY DEB NARO  
Contributor

Energy drinks combined with alcohol were once available for purchase as a pre-mixed beverage, until 2010 when the Food and Drug Administration (FDA) determined that the combination was unsafe. A new study by the Research Society on Alcoholism found that despite what the FDA determined, mixing highly-caffeinated energy drinks with alcohol is still a popular binge drinking practice.

Energy drinks are beverages that typically contain caffeine, other plant-based stimulants, simple sugars, and other additives. They are very popular among young people and are regularly consumed by 31 percent of 12- to 17-year-olds and 34 percent of 18- to 24-year-olds.

The study investigated whether consuming high-caffeine energy drinks mixed with alcohol results in a greater desire to drink alcohol than alcohol alone. Researchers invited 26 adult social drinkers (13 males, 13 females) to attend six double-blind sessions that involved drinking alcohol and energy drinks, alone and in combination. After each session, the participants rated their desire for alcohol and their breath alcohol concentration was measured.

This study provides laboratory evidence that these kinds of mixed beverages lead to greater desire to drink alcohol versus the same amount of alcohol consumed alone. The findings are consistent with results from animal studies indicating that caffeine increases the

rewarding and reinforcing properties of alcohol. The study, "Desire to Drink Alcohol is Enhanced with High Caffeine Energy Drink Mixers," was published online in the journal *Alcoholism: Clinical and Experimental Research*.

The dangers of mixing alcohol and energy drinks are many. When alcoholic beverages are mixed with energy drinks, a popular practice among young people, the caffeine in these drinks can mask the depressant effects of alcohol. At the same time, caffeine has no effect on the metabolism of alcohol by the liver and thus does not reduce breath alcohol concentrations or reduce the risk of alcohol-attributable harms. Drinkers who consume alcohol mixed with energy drinks are 3 times more likely to binge drink (based on breath alcohol levels) than drinkers who do not report mixing alcohol with energy drinks. In addition, drinkers who consume alcohol with energy drinks are about twice as likely as drinkers who do not report mixing alcohol with energy drinks to report being taken advantage of sexually, to report taking advantage of someone else sexually, and to report riding with a driver who was under the influence of alcohol.

Energy drinks are often marketed to youth and young adults. And while they continue to increase in popularity, many of these young consumers are not truly aware of the contents of these products and the consequences associated with them. Energy drinks are not simply "energy in a can" and often contain

SEE CADY, PAGE A14

## PET of the Week

### Sweetie Pie & Sugar Baby



These two little pip-squeaks, Sugar Baby and Sweetie Pie mother/daughter, have travelled far indeed always together in search of a loving home.

They are Southern Belles who now find

themselves enjoying the northeast, where dogs are assured a pretty good life, lots of liberty and the pursuit of supreme happiness.

We don't want to split them up. It's true, some of the time Sweetie Pie

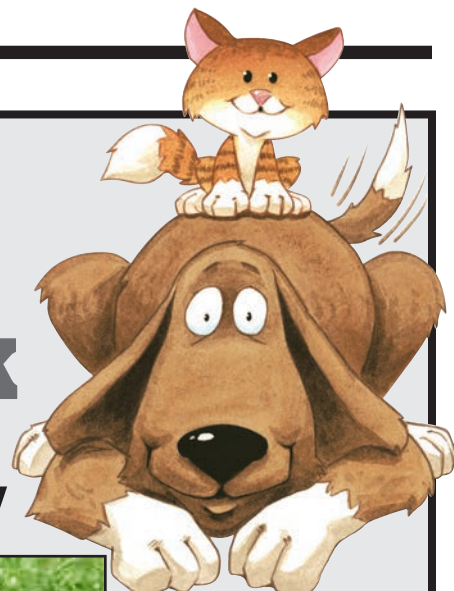
looks at her daughter Sugar Baby and wonders how much longer she has to be the lead dog, since she would love to receive ALL available hugs and cuddle time. Meanwhile the younger, more vigorous

Sugar Baby is very involved playing with a plethora of squeaky toys, always checking back to make sure Mummy is close by.

They truly are a bonded pair and should sprint forward together with updated resumes courtesy of New Hampshire Humane Society – on their next important adventure – a permanent home!

Two little Rat Terrier types, who collectively weight not more than one regular sized dog can't be that much more to assimilate into your home. They are quite the jaunty couple together.

Is your heart big enough for two?



## North Country Notebook

### A Lincoln Navigator, delivered directly to your roof



By JOHN HARRIGAN  
COLUMNIST

One of the things I dislike about the media is that they often do not follow up on a hot story. The ocean liner that crashed into terra firma off a Greek island in 2007 when the captain allegedly was showing off for friends ashore, for instance. The last word we had was that salvagers were righting the ship to search for missing passengers.

(This decidedly did not happen, and lots of YouTube offerings showed the ship going belly-up. She was nudged into deeper water and slid stern-first into a caldera.)

Well, for many weeks now, I've had a reminder on my desk to follow up on the big (to us) meteor near-miss (my term) that occurred on May 17, and produced sonic booms all over northern Maine and New Hampshire and blew up (space cadets prefer "disintegrated") just north of Rangeley, Maine (for the map-challenged, that's about 200 miles northeast of Manchester, 50 miles or so north of North Conway and 25 miles north (true or not) of Berlin. Also, it's about 15 air miles from my camp, which doesn't matter, because I never say where my camp is, except "in the middle of nowhere."

I happened to be up on the night of May 16 and for a little while



COURTESY

The May 17 manifestation of a visitor from space caused this flash over Portsmouth harbor, an episode captured by surveillance cameras throughout the region.

into the wee hours of May 17, and I wondered why my mighty dog Millie (a) growled at seemingly nothing, and then (b) cowered under my feet, as she does during thunder, which she is sure represents gods marching to smite her, and then there was this flash and a big thunder-like rumble, and then nothing.

The world as we know it knew the next morning that a piece of real estate the size of an SUV when it entered the atmosphere at five miles per second, and about the size of a big beach ball when it disintegrated (went "kaboom" to us laymen)) north of Rangeley, was about 22 miles up when it exploded and rained its fragments onto a territory half the size of the District of Columbia, or maybe Delaware.

I called the Maine

Mineral and Gem Museum in Bethel, Maine, a couple of days later and asked if any of the flocks of ground-searchers the radio stations and local press had had so much fun talking about ("Meteorite Geeks Swarm from All Over") had found any bits of the meteor that never quite became an "ite." The response was "Nope." The Museum had offered a \$20,000 reward for anyone who turned up with a piece of the "ite" weighing 2.2 pounds.

So as a dutiful media guy doing the unthinkable, an actual update, I called them on July 20, a bit more than two months after the grand celestial event, and the response was the same---"Nope." There was a heavy pause there (it was me, waiting for perhaps more). "We're sort of waiting until hunting season,

when so many people are going to be around their camps and in the woods," said Anne Marie, who described herself as keeper of the house at the museum.

An interpretation of this is that people who long for a piece of this errant rock hope that hunters, breaking their camps open for the season, will glance skyward to perceive a hole in the roof. They then would presumably tear their camp apart to find what made the hole. That, or a hole in a boat or canoe, if you think about it, would be about the only chance of finding a piece of the rock. This is why finding meteorites is a lot more likely in, say, mid-March, on a lake where there's four feet of ice. It is also why the polar caps are such great places for finding meteorites.

SEE NOTEBOOK, PAGE A14

## Newfound Landing

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

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Towns

Alexandria

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Summer gifts

The first tomato has ripened. The heat spell was what they needed. The basil has been cut twice for pesto. All the hostas are in bloom, the hummingbirds are happy. No signs of fruit on any of the trees. It will be tough on the bear and deer.

From the town

Select board minutes, July 19

Letter: Bruce Webster regarding Cole Hill Road Abatement Reply: Gonsalves (Map 202 Lot 43)  
Abatement Reply: Paul & Patricia Mallen (Map 414 Lot 16)  
Lakeview Heights Homeowners Association Letter regarding dues  
Pole License PSNH/Eversource 41-0550  
Letter: Mark Keenan regarding culvert concerns  
PA 29 Application for Property Tax Credit/Exemption: Jenkins  
Letter: Auditor Agreement reconciliation of Tax Collector's Report of Barbara Emery  
Grant Forms/Certifications for Generator Grant Application  
Notice of Intent to Cut Wood or Timber: Map 404 Lot 38  
Letter: Timber Bond required Map 413 Lot 88

Appointments/Department Heads

Bob Guida: Mr. Guida discussed his candidacy for NH State Senate.  
Gabe Bolin from Trout Unlimited and Kate Barrett: Mr. Bolin and Mrs. Barrett reviewed Trout Unlimited's interest in collecting field data in regards to concerns about Patten Brook and the bridge on Bog Road over Patten Brook. The Selectmen authorized the initial collection of data by Trout Unlimited at no cost to the Town.  
Joe Kraemer, Alexandria Historical Society: Mr. Kraemer requested permission to move the old hearse from the barn at the Tucker House to the old Town Shed. Doug Benton, Cemetery Trustee, said that the hearse could be moved back to the hearse house on North Road. There was discussion about repairing or moving the hearse house; no decision was made by the Select board.

Business: The Selectmen will review complaint forms received unregistered vehicles and trash on properties in Town (Map 411 Lot 190 & Map 412 Lot 1). Michael Provost, Health Officer, stated that he thought only one of the properties may be in violation.  
The Selectmen approved the AMC tax exemption and denied the Lakes Region Conservation tax exemption.  
Alexandria Volunteer Fire Department Annual Pig Roast  
Saturday, Sept. 3 at 5 - 8 p.m.

Danbury

Donna Sprague  
huntoonfarm@myfairpoint.net

South Danbury Church

Last Reminder!

The annual South Danbury Church Fair will be on Saturday, July 30, from 9 a.m. to 2 p.m., a day to enjoy fun, food, and friends, and to discover happy surprises. There will be homemade ice cream, baked goods, crafts, treasures and collectibles for sale, and the popular day-long yard sale. Readings by author Mary Lyn Ray will be held at 10:30 a.m., and former U.S. Poet Laureate and National Medal of Arts recipient Donald Hall at 11:30 a.m. After Don's reading, lunch will be served – with a choice of hot dogs, hamburgers, and cheeseburgers, homemade salads and baked beans – followed by auctioneer extraordinaire Doug Windsor calling the hilariously entertaining annual auction.

Our regular Sunday worship at the South Danbury Church will be at 11 a.m. on Sunday, July 31. All are welcome-and encouraged-to attend.

Blueberry time!

The Double Z Ranch, formerly the Aqua Tree farm on Brad Chase Road is opening for the 2016 blueberry season. The fields are beautiful and new stock has been planted. Check out their Facebook page to follow updated picking conditions. The farm also has two tents at the Wilmot Farmer Market. Tylor Polizzi whips up a fantastic breakfast there and Marie Polizzi makes cannoli, muffins and tasty ice teas.

Groton

Jo O'Connor 217-9002  
grotonnews@yahoo.com

There will be a memorial service for Pam Yinger on Aug. 20 at 10 a.m. at the Union Congregational Church in Hebron where she served as a Deacon. Pam was a great lady and true friend of the Town of Groton.

From the Select Board

The Select Board Meeting on July 19 was short but a few things

were accomplished. Building permits were approved for 33 Smith Road for a deck and for 151 Snowburk Lane for a recreational camp. Also a septic design was approved.

The work at 559 North Groton Rd. is wrapping up. There were several 25 yard containers taken out and some loads taken for recycling. It was quite a job and we're thankful it is coming to an end and the guys that labored in the heat to get it done.

The road reconstruction for North Groton Road from the section that was completed last year and going northwest past Campbell Road will begin on Monday, Aug. 1, with removing and grinding of the road surface. Road closures for through traffic will take place From 7 a.m. to 5 p.m. until the project is completed. Please seek alternate routes. Should you have any questions or concerns regarding this, please feel free to contact the Town of Groton Select Board Office at 744-9190.

Announcements

Select Board Work Sessions at the Town House – Aug. 2 at 5 p.m.  
Conservation Commission Meeting at the Town House – Aug. 11 at 7 p.m.

Library Trustees and Cemetery Trustees who happen to be the same people will be meeting Aug. 3 at 5:30 p.m. at the Town House.

Changes in Select Board office hours:  
Thursday, Aug. 4 - office open until 5 p.m.  
Friday, Aug. 5, and Monday, Aug. 8, the office will be closed.

There will be an Old Home Day committee meeting coming up. The Old Home Day Committee had lost a couple of members, so if you are interested in serving on this committee, please let Christina Goodwin know. The Old Home Day is held on the third Saturday in August, which will be Aug. 20 this year.

Job Openings

The Town House is still in need of a part-time custodian. If you are interested in this paid position, please let Sara Smith in the Select

Board's Office know. Her phone number is 744-9190. This is one day per week in the summer months and two days per week in the winter months plus before special events or meetings that might take place at the Town House.

The Town is also looking for two part-time police officers. Please contact Chief Thompson if you might be interested.

The Town is also still looking for a Health Officer, Highway Department Assistant/Laborer, and Transfer Station alternate. Those who may be interested, please contact the Town Office.

The Groton Historical Museum will be open Aug. 6, 13, 20, and 27 from 2-4 p.m. Stop by and see what changes have taken place and learn a bit about our community.

Order forms for the bright red 911 street number signs are available from both the Hebron and Groton Web Sites. You can also get forms and pay for signs at the Groton Town Clerk Offices, open Monday, Wednesday, and Friday 9 a.m. to 4 p.m., and Tuesday evening from 4

to 6 p.m. or at the Hebron Town Office Monday – Friday from 8:30 a.m. to noon.

Mail is also an option: HFD Improvement Fund, PO Box 188, Hebron, NH 03241.

What do you call a snowman in July?  
A Puddle!

Hebron

Bob Brooks 744-3597  
hebronnhnews@live.com

Friends of the Hebron Library

The Friends of the Hebron Library is a newly formed group that exists to support the Library in developing its collections, facilities and services for the community. The group hopes to encourage gifts and bequests as well as stimulate public support and interest in the Library.

An Open House will be held at the Library during the Hebron Fair on Saturday, July 30. There will be two delightful Hebron Library book bags filled with surprises to be raffled off that day. One bag is for an adult and

the other is for a child. Proceeds will go to the friends for the benefit of the Library so please stop by our lovely library and show your support.

Look for us at Hebron's Family Fun Day on Saturday, Aug. 13. The Friends will be participating with a great game of Musical Chairs for everyone! There will be prizes and a lot of fun for children and the young at heart.

The Friends of the Hebron Library encourage anyone from any community to join us. If you are interested please come to our next meeting at 6 p.m. Monday, Aug. 1 at the Library.

Mayhew Program Tour Dates

The Mayhew Program challenges and helps at-risk New Hampshire boys to believe in themselves, work well with others, and find their best. We provide year-round support to approximately 200 boys from low-income, predominantly single-parent

SEE CHURCHES, PAGE A14

Obituaries

Armand Gilbert DuBreuil, 85

FRANKLIN — Mr. Armand Gilbert DuBreuil, 85, formerly of Alexandria, died at Mtn. Ridge Healthcare in Franklin on July 20, 2016.

He was born in Middletown, Conn. on Oct. 26, 1930, the son of Armand and Beatrice (Ponton) DuBreuil. Mr. DuBreuil was raised in Pawtucket and Cumberland, R.I. and later resided in Blackstone, Mass., Franklin, and Alexandria for 18 years. He recently resided with his son in Belmont.

Several years ago, he worked in the Providence area as a store display coordinator. He also worked as an agent for Zifcak Real Estate in Woonsocket and Metropolitan Life Insurance in Milford, Mass. While in

New Hampshire, he formerly operated Family Variety in Franklin and later worked at Rite Aid in Ossipee and North Woodstock.

He was a member of the former St. Timothy Church in Bristol.

Mr. DuBreuil's wife, Therese (Lapre) DuBreuil, died in 1999.

Family members include five sons (Donald A. DuBreuil and wife Tina of Belmont, Richard J. DuBreuil and wife Nancy of Franklin, David E. DuBreuil and wife Toni of Bristol, Marc C. DuBreuil and wife Jill of Naples, Fla., and Gerald J. DuBreuil and wife Michelle of Plymouth); several grandchildren and great grandchildren; a sister, Beatrice Lepore, and husband Frank of Cumberland,

R.I.; a brother, Daniel DuBreuil, and wife Lynn of Cumberland, R.I.; and nieces and nephews.

He was predeceased by a son, Gary DuBreuil.

A Mass of Christian Burial was celebrated Saturday, July 23, 2016 at 9 a.m. at Our Lady of Grace Chapel, 2 West Shore Rd., Bristol. Burial followed in Holy Cross Cemetery, Franklin. A visitation was held at the Church from 8:30 -9 a.m.

Donations in memory of Mr. DuBreuil may be made to New Hampshire Catholic Charities, 17 Gilford Ave., Laconia, NH 03276.

Thibault-Neun Funeral Home, 143 Franklin St., Franklin, is assisting with arrangements. For an online guestbook, please visit www.neun-funeralhomes.com.

CCI  
greenheart  
Become a Host Family for an international high school student  
Bring the World Home  
This school year or semester!  
Plus travel abroad for teens & adults  
Barb Rosendahl 603-455-1368  
ccigreenheart.org Barb.Rosendahl@gmail.com

Injured in an Accident?  
CONKLIN & REYNOLDS, P.A.  
is pleased to announce its affiliation with  
ATTORNEY GARY CASINGHINO  
Automobile & motorcycle accident attorney  
CALL GARY CASINGHINO, ESQ. at our Plymouth or Lincoln office for an appointment  
✓ Successful recoveries for hundreds of accident victims  
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Conklin & Reynolds, P.A.  
Attorneys At Law  
Plymouth office: Deborah R. Reynolds, Esq. 607 Tenney Mountain Highway, Plymouth, NH 603-536-8980  
Lincoln office: Michael F. Conklin, Esq. 264 Main Street, Suite 14, Lincoln, NH 603-745-3451

Rymes  
PROPANE & OIL  
WACKY WEEKENDS  
AT THE BRIDGEWATER OFFICE.  
557 Mayhew Turnpike, Bridgewater  
9am-5pm  
All Summer Long, come and get your 20 lb propane tank filled on the weekends for  
JUST \$1 BUCK !!!!!  
100 lb tanks= \$89  
603-724-6066, ext 2170  
Limit 5 tanks per customer



Ashland Episcopal (St. Mark's Church)

Bishop Frank Griswold will join us as guest preacher on Sunday, July 31. Rev. Randy will be on vacation for the month of August and we will be welcoming guest preachers for those Sundays. Rev. Jane van Zandt will return for Aug. 7 and 28; Rev. Jay Hutchinson will be with us on August 14, and Bishop Frank Griswold will preach once again on Aug. 21. During Randy's absence, our Deacon Maryan Davis will be available for pastoral emergencies at 548-7994.

The children of the Sunday School participate every Sunday in the processional preceding Rev. Randy and Deacon Maryan carrying the cross and lighted candles up to the altar. They take turns ringing the church bell before the service and extinguishing the altar candles after the service. They listen to a children's homily told by Ruth Harlow before going to Sherrill Hall for their classes, and return to the Sanctuary for Communion.

The St. Mark's Raffle is in full swing. Tickets are available at Coffee Hour or from Jean Murphy or Deb Holland. Prizes are \$200 toward either a supply of firewood, a supply of oil, gasoline, or food at Bob's Shur-Fine. Tickets are \$2 each. The proceeds from this effort are distributed to St. Mark's outreach programs - including Ashland Summer Camp and After School Scholarships, Ashland Girl Scouts, Operation Santa Claus, The Food Pantry, Holderness Summer Camp Scholarships, Got Lunch and emergency outreach needs. Winners names will be drawn on Saturday evening, September 10 at the St. Mark's Ham & Bean Supper.

A Vesper Service is held every Sunday evening at 6:30 p.m. at the Bridgewater Town House on Bridgewater Mountain. It is non-denominational, a short but meaningful service with guest preachers and music - a nice way to end the week.

Save the date. Saturday, Aug. 13, 2-4 p.m. The Concerned Christian Community's Tea and Treasure Sale will be held at St. Mark's Church, Highland St. Ashland. Community Churches have been invited to have a table of their own to sell whatever they wish and use their proceeds however they wish. A special tea will be served free to shoppers. The St. Mark's Sewing Group has been busy decorating unusual boxes that will be filled with goodies and raffled off.

Christian Science Society, Ply

Monday afternoons from noon-2 p.m., there is always someone at our building who would be happy to talk with you and answer

any questions you might have. This is a time when our Reading Room is open for all to use to help with their Bible study. There is a wide range of digital and print material available for research and for reading about documented instances of healing that followed study of the Bible and the spiritual sense of the messages in the Bible as they were revealed to Mary Baker Eddy.

Everyone is welcome to come to our Sunday services at 10 a.m. and the Wednesday testimony meetings at 6 p.m. We're located at 7 Emerson St. in Plymouth. For more information about Christian Science Society, Plymouth and/or Christian Science go to our Web site, www.cs-plymouth-nh.org, or to www.christianscience.com.

Family Worship Center Ply. Assembly of God

Thursday, July 28, 6:30-7:30 p.m., please join us for our Family Night at the Church. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school; Mpact Club for girls, preschool through high school; and two Adult Bible Studies: one led by Pastor Glen and the other by Scott Gusha. Do come for this great time of fellowship and learning.

Royal Ranger Sr. Cmdr. Willie Gusha, assistant Raymond Clark, and three Ranger boys were privileged to go to Camporama for 7 days in Eagle Rock, Mo., July 18-22. This is the experience of a life-time and lives are changed forever, for the glory of God. Thank you to all who helped provide funds for these to go.

Saturday, July 30, the men's monthly brunch will be held. Please contact Pastor Glen or Willie Gusha for information and reservations.

Sunday, July 31, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. A missionary couple, Rich and Kim Greenwald, national directors, Assembly of God Rural American Ministries, will be guest speakers. Nursery for ages newborn to three. There is a children's ministry during the morning service for Preschool, and grades K, 1-4. You may put prayer requests in the green box marked "Prayer Requests" on the hall table.

Monday, Aug. 1, noon-2 p.m. - the Church's Helping Hands Food Pantry will be held and free clothing will be available.

Scott Gusha has accepted the leadership of the Operation Christmas Child project. Boxes of school supplies and other items for children are needed. Scott has a list of needs and do's and

don'ts on the table in the hall opposite the sanctuary. Please contact him for information.

Michelle Thayer has a ministry to the residents at Forestview Manor in Meredith.

Part of the Church roof has been repaired, and we are grateful to the company who did the job so well, and for the donations towards this project. The church is now holding a "Raise The Roof" project in an effort to pay this off quickly, so all donations can be made out to Family Worship Center and marked "Roof Project" and are greatly appreciated.

Our Mission Statement is "Transforming lives through God's Word."

Our church is collecting funds for prison ministry, also aluminum cans to support the cost of ministry supplies such as Bibles and printed literature. A collection barrel is at each church entry. Please continue to support this ministry. Money donations may be made to the church marked "prison ministry."

Prayer requests for the bulletin may be given to Candy Gusha at craftmom03264@yahoo.com.

Please give announcements for the Sunday bulletin to the Church office by 4:30 p.m. on Tuesdays by e-mailing fwcag@hotmail.com or Pastor Yunghans at gyunghans@hotmail.com, or phone the church at 536-1966 or Pastor Glen at 726-0254. Everyone is welcome at all of our services. The Church is handicapped accessible, east entrance. Note the Church's new Web site: www.assemblyofgod-plymouthnh.org.

Holy Trinity (Roman Catholic)

Day Away program

Happy Summer from the Day Away program! We would love to have you volunteer with us! All training is provided and you can pick either a morning or afternoon shift. The Day Away program allows caregivers of patients with dementia a day away while our staff (including a registered nurse) provides a fun filled day away complete with lunch and plenty of activities like crafts, music, exercise and wonderful people who give their time to make the day so special. The Day Away program meets on Thursdays in Simard Hall from 9 a.m. to 3 p.m. If you would like more information, please call Fran Olson at 744-6828.

Weekly Meetings Thursday, July 7

Day Away Program, Simard Hall, 9 a.m.-3 p.m.

~AA meeting Monday-Saturday, St. Matthew Hall 11 a.m.~

Hard Hat Crew

It has come to our attention here at the parish office that many of our elderly, disabled and homebound parishioners cannot take care of some much needed repairs to their homes. We are asking men and women of the parish who have skills in the building trades to consider

helping as an act of service to someone in the parish. We would like to put together a Hard Hat Crew. If you are interested please call Deacon Mike at 536-4700, or at 744-2700 on Thursdays.

Unbound Reboot Training

Unbound NH, in cooperation with the Abba House at St. Andre Besette in Laconia, will be hosting an Unbound Reboot training at Immaculate Heart of Mary Parish in Concord. This training is for all who have compassion to help a friend, or who want to know more about Unbound Ministry and would like some hands-on training. The cost for the day is \$20. The training will start at 8:30 a.m. and end at 2:30 p.m. Pre-registration is not necessary, but would help with refreshments. Call 657-8009 for more information.

Rites of Christian Initiation for Adults

If you are not a Catholic, or need to complete your Sacraments an inquiry session will be coming up where you can ask all of the questions you would like to ask about this incredible life changing process. For more information, call the Plymouth office at 536-4700.

Welcome new parishioners!

If you have recently moved here or have changed parishes, please stop by one of the offices to register. You can also request a form by email. This allows us to better inform you of upcoming events, register your children for Faith Formation, etc. If you have a child entering our Faith Formation programs for the first time this fall, could you please give us a call at 536-4700 (Plymouth/Ashland) or 744-2700 (Bristol). This gives us a better idea of the amount of resources and teachers we will need for the upcoming year. Thanks!

Do you have a few hours to spare to help with Red Cross Blood Drive events?

Holy Trinity Parish has partnered with the Red Cross to host blood drives every few months at Our Lady of Grace Chapel in Simard Hall. Volunteers are needed to staff the registration and refreshment tables for a few hours during each event. These events are typically scheduled on a Tuesday or Wednesday afternoon. If you have an interest in joining the crew that makes these events possible, please contact Kathleen Haskell at 744-2862.

The GOT LUNCH! Program

Both programs meet on the Monday morning of each week to make the lunches. Ashland/Holderness meets at St. Mark's Episcopal Church in Ashland, and the Plymouth program meets at Starr King Universalist Fellowship Hall in Plymouth on Fairgrounds Road. Packing is one from 8:30 to 9:30 AM and delivery starts soon after. Donations of fresh fruit and vegetables, as well as monetary donations of any amount are also appreciated.

You can also sponsor a child for the summer. For more information, call: Elena Worrall (Ashland/Holderness), at 744-0105 or Mary Kietzman (Plymouth), at 536-1076.

Blood Drive: Our Lady of Grace Chapel Simard Hall Aug. 10 1-6 p.m.

Summer Mass Schedule Saturday, May 28, through Sunday, Sept. 4

Saturday 4 p.m. St. Matthew Church, 5:45 PM Our Lady of Grace Chapel, Sunday 7:30 a.m. St. Matthew Church, 9:30 a.m. Our Lady of Grace Chapel, 11:30 a.m. St. Matthew Church. Additional Masses Sunday, June 26 through Sunday, Sept. 4, Sunday 8 a.m. Our Lady of Grace Chapel, Sunday 9:30 a.m. St. Agnes Church

Star King Unitarian Universalist Fellowship

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

Sunday, July 31, 9:30 a.m. Making Transitions Barbara Lambert

Our sixth informal summer presentation and discussion will be led by Barbara Lambert, a member of the Fellowship. There is no choir or coffee hour, no RE Program or nursery, though children are always welcome to join us. Visitors are invited to attend the service as well as all programs at the church.

Our regular schedule of services will begin in September with our new settled minister, Rev. Linda Barnes.

Social Justice Community Outreach "GOT LUNCH! PLYMOUTH" program. Every Monday morning a group from SKUUF, other local congregations and friends from the Plymouth community gather downstairs to put together bags of food suitable for families that need extra help with a week of nourishing lunches for children. This will help to keep their bodies strong and ready for the next school year. Drivers and navigators then deliver the bags throughout the Plymouth community to families who have signed up for these lunches. Donations can be made at any time to SKUUF with Got Lunch! Plymouth noted on the memo line of a check.

Also items such as small jars of peanut butter, jelly, and canned tuna or chicken can be deposited in the basket in the foyer for the "GOT LUNCH! PLYMOUTH" program, as well as canned or dry packaged food items in the basket for our local Community Closet collection.

Yard Sale

SKUUF will participate in the Plymouth town-wide yard sales on Saturday, September 10th.

Do a dig through your house & bring a box - or two, or ten - to SKUUF with your cast off treasures. Drop off your items any time SKUUF is open, in the designated areas - look for the signs! The downstairs door will be open Tuesday through Thursday mornings and Sunday morning. We don't sell: clothing, computers / monitors / parts, stuff that's broken or has missing parts, sets of encyclopedias or musty books or large appliances.

Questions? Got something big to transport? We have folks who can help!

Kathy Hillier, 536-1572, ednkath@gmail.com or Nancy Dowey, 801-1845 nancydowey@gmail.com

Ongoing activities

Choir will meet again in September on most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group will meet again in the fall at the PSU dining hall for a casual gathering of SKUUF members and friends for good food and discussion. Contact Deedie at cdkriebel@gmail.com for info.

Starr King Men's Group will not meet during the summer but will resume in September.

Summer hikes, biking and kayaking/canoeing All are welcome. Check our Web site for information. Contact mitch@newfoundfarm.org or cdkriebel@gmail.com to register and receive updates.

Uncommittee Gatherings will meet every third Sunday at 11 a.m. downstairs. Bring your own crafting supplies. Contact Gigi Estes, or Virginia Miller, sea-beans@roadrunner.com, for information and any changes.

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@gmail.com or just come and meet with this welcoming group. Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

Gentle Yoga meets in the Fellowship Hall on Wednesdays from 5-6 p.m., and Saturdays from 8:30-9:30 a.m. For information, contact Darlene Nadeau at 493-1478.

Bridge players meet on Thursdays in the Conference Room from 12:30-3:30 p.m.

Starr King UU Fellowship is located at 101 Fairgrounds Rd., Plymouth. The phone number is 536-8908. The Web site is www.starrkingfellowship.org where you can access "Newsletters" to read, or print out, any of several past issues; "Podcast" to enjoy listening to sermons you have missed, or just want to hear again; "Events Calendar" to find out what is going on in our Fellowship.



# Gordon-Nash Concert and Art Series continues Aug. 17

NEW HAMPTON — On Aug. 17 at 6 p.m., the Gordon-Nash Library will be very proud to present the second in this year's series of Art and Music in the Nash Gallery at the library with a performance by Ellen Nordstrom (mezzo soprano) and Abigail Charbeneau (piano) accompanying sculptures by Jane Hsiaoching Wang.

**Ellen Nordstrom** (lyric mezzo) graduated from the University of North Carolina and continued her studies in voice with Sandra Sliker and Louis Burkot at Dartmouth College.

She later served as an intern for two years with the Lake George Opera and received a Lila Wallace Grant awarded to music school faculty to pursue studies in speech pathology under mentor Mary McDonald Klimek at Harvard Medical School. Her other coaches and teachers have included John Balme, Steve Steiner, John Wustman, Richard Hughes, Stafford Wing, Marajeau Marvin and Peggy Russell. She debuted in Europe in 1995 with the Rome Opera Festival as Orlofsky in "Die Fledermaus." She also has performed lead and comprimaria

roles with the Brandenburg Opera, Dartmouth Repertory Players, Echo Valley Arts Opera Series, Granite State Opera, Handel Society of Dartmouth College, Liederkrantz Society of Manhattan, Northern Stage, Opera Burlington, Opera North, Operafest of New Hampshire, Vermont Opera Theater and Woodstock Madrigals. She is a frequent lecturer in northern New England on vocal health and Italian diction and has been featured as a vocal coach on MTV's "Made," as well as NECN's "Sports World." Nordstrom has taught at Classicopia,

Colby-Sawyer College, Dartmouth College, Interplay Jazz, Kimball Union Academy, Operafestival di Roma's Opera Academy in collaboration with the University of Virginia, Phillips Exeter Academy, Plymouth State University, St. Paul's School, UNH and UVMC. Some of her students have gone on to perform on "American Idol," MTV, "Star Search" and at the Metropolitan Opera. She works in conjunction with local speech therapy recovery programs and serves as a freelance music critic for the state of New Hampshire for the Performing Arts of

New England out of Kennebunk, Maine. Most recently, Nordstrom taught at AIR (Arts in Reach) in Portsmouth as well as BYPC (Bedford Youth Performing Company).

**Jane Wang** Composer/multi-instrumentalist/multi-media artist Jane Wang develops and curates/co-curates work in the disciplines of installation art, fluxus, musical

instrument construction, performance art, video. Her works have shown at the 2009 Open Performance Art Festival (Beijing), Fluxhibition 3, A Book About Death (NYC), various happenings by Matthew Lee Knowles (UK). She curated the 2012 six month series: the art of the UnGrand and continues to curate the ongoing mobius blogs and open calls for work: Signs SEE **CONCERT**, PAGE A14

## Artistic Roots offers class special for August!

PLYMOUTH — Artistic Roots is Zen doodle, fused glass and children's classes this month. Bring two friends to take a class with you, and your class is free! This is more fun for everyone.

Suzan Gannett is offering foam-printing classes for children this month. Children will decorate a handprint and place the print on an abstract



COURTESY

The work of artist, **Suzan Gannett**. She will be offering a class on zen doodle flowers this month at Artistic Roots on Aug. 24 from 5-7 p.m. Bring two friends and your class is free.

background. The class is for children 5 and above is on August 16th from 10-noon. Cost is \$10 for members and \$12 for non-members.

Lynn Haust is offering The Glass Fusing Classes on Aug. 8 from 5-7 p.m. and again on Aug. 22 from 5-7 p.m. She teaches participants to create beautiful fused glass creations to place in a window to

catch the light. You will learn to use stringers, frit and how to cut and place glass. Cost is \$25 for members and \$35 for others.

Suzan Gannett is a multi-medium artist working in watercolors and Zen Doodles and jewelry (making her own flame work beads). She is offering adults a Zen Doodle Class featuring Flower Medallions on Aug. 24 from 5-7 p.m. Students will learn a variety of designs and how to incorporate them into flow-ers. This class will meet from 5-7 p.m., and the cost is \$20 for members and \$25 for non-members.

Each month Artistic Roots also offers an open class in Knitting held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is on 73 Main St. in Plymouth. You can register for classes by stopping by the gallery or phoning 536-2750.



COURTESY

## Plymouth native brings his music back to the area

Plymouth native, singer songwriter, David Garlitz (PRHS '97) is visiting the area to play the following concerts: Monday, Aug. 8, 6:30 p.m., Hermanos Cocina Mexicana, Concord; Saturday, Aug. 13, 7 p.m., The Common Café, Rumney; Sunday, Aug. 14, 8 p.m., Riverwalk Café, Nashua; Monday, Aug. 15, 7 p.m., The Country Cow Campton; and Wednesday, Aug. 17, 3 p.m., Farmers' Market, Cocheco Arts Festival, Dover. The David Garlitz Trio features Dave on guitar, Brendan Dowd on bass and Jared Steer on drums. They will feature songs from his new CD, released in May, "Young Bloods, Green Beans and Spring Chickens" (iTunes). Times are subject to change—please call ahead to the venue to confirm times and the availability of seating.

## Pemi Bluegrass Festival kicks off Aug. 4

THORNTON — The 24th Annual Pemi Valley Bluegrass Festival will be held at the Sugar Shack Campground in Thornton from Thursday through Sunday, Aug. 4–7. The festival this year features International Bluegrass Music Association's award winning bands including Rhonda Vincent and the Rage, The Seldom Scene, Blue Highway, The Gibson Brothers, Helen Highwater Stringband; Chris Jones and the Night Drivers, Lonely Heartstring Band, Gold Heart, Zink & Company, Beartracks, Bluegrass Gospel Project, Newfound Grass, Parker Hill Road Band, and the Robinson Gospel Jam. Check the complete list on the performers page of the Web site.

The Bluegrass Festival provides fun, activities and entertainment for all ages. Picking Tent featuring beginner hosted slow jams Friday and Saturday; Kids Academy,

with instruments provided; Pemi Valley Bluegrass University, on site swimming and fishing; canoe and tube rentals available; and many food concessions to select from.

The Kids Academy is a free three-day learning program for festival attendees with a valid wrist band held Friday through Sunday at the festival. The goal is to teach children ages eight to 17 to play, sing and perform bluegrass music. Fiddle, guitar, banjo, upright bass, mandolin and dobro. Ellen Carlson has been teaching at Kid's Academy's at different festivals for over 10 years.

The Wernick Method Jamming Camp is a two-day course on learning to jam in bluegrass music. The course is offered on Wed and Thurs and is taught by Ellen Carlson. For further information check the Web site at <http://www.drbanjo.com/camps-ellen-carlson-pemi-valley-216.php>.

The Bluegrass University is a set of beginner classes for adults and teens who want to get the right start or review the fundamentals. These classes are hands-on intensive learning experiences taught in small group settings. The classes will be held at the festival on Saturday from 2 until 4:30 p.m., and the cost is \$35. To register or learn more, visit [www.thebluegrassuniversity.com](http://www.thebluegrassuniversity.com).

Join us from Aug. 4 to the 7th for the Pemi Valley Bluegrass Festival 2016 Music in the Mountains, Picking in the Mountains! Whether you come for the day or the entire weekend we are offering more discounts for tickets and camping. Visit [www.pemivalleybluegrass.com](http://www.pemivalleybluegrass.com) for tickets and camping reservations.

Please note that admission is free for Thornton residents on Thursday, Aug. 4. Just show proof of residency at the gate.

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# Dehydration: Its Dangers and Ways to Prevent It

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Water is vital to keep our bodies functioning properly. We lose about 68 ounces of water a day, mostly through perspiration, respiration, and urination. This water must be replaced to prevent excessive fluid loss, or dehydration.

### Why is Water So Important?

It helps to control body temperature. Perspiration keeps us cool in hot weather and protects the body against heat exhaustion. Water helps the body to insulate itself against cold weather. It carries nutrients to body cells and carries away waste. Water promotes better digestion and intestinal function. It keeps the mouth, nose, eyes, and skin moist.

Water ensures proper volume of blood. The urinary tract can be flushed out. This is important in reducing the risk of urinary tract infections. Urinary tract infections can be serious or fatal in seniors.

### Dehydration can be life-threatening.

Dehydration is one of the most frequent causes of hospitalization after age 65. Kidney function is less efficient in seniors, and body water content decreases. There is also less ability to notice changes in body temperature, as well as a reduced sense of thirst. Seniors also eat less, which means they are getting fewer fluids from food. Diabetes can upset the balance even further.

If a loved one experiences any of the signs listed below, go to the ER or contact a physician immediately:

- Fatigue
- Cramping
- Muscle weakness
- Difficulty walking
- Dizziness
- Confusion
- Forgetfulness
- Headaches
- Difficulty breathing
- Dry mouth, nose, or skin
- Sunken eyes
- Inability to sweat or produce tears
- A notable increase in body temperature
- Elevated heart rate

- Low blood pressure
- Low urine output
- Dark colored urine
- Constipation

If you suspect dehydration in a loved one, you can check by pulling up the skin on the back of the hand for a few seconds. If it does not return to normal almost immediately, the person is dehydrated.

Sixty-four ounces of fluids daily is recommended for good health. First, ask a doctor for appropriate levels of fluid intake, especially for seniors affected by congestive heart failure or kidney disease.

### Preventing Dehydration

Here are some ways to encourage your loved one to drink enough water and healthy liquids during the day:

Always have water and other healthy drinks in sight and within easy reach. Seniors may forget without a visual reminder. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues that discourage them from getting up to get or replenish their fluid supply.

Drink sparkling water and vegetable juice. They can reduce

spikes in blood sugar and unnecessary calories throughout the day.

Replace caffeinated beverages with their decaffeinated versions. Sodas, coffee drinks, and teas with caffeine all have a diuretic effect on the body.

Try flavored water. Add juice, a flavored drink mix, or flavored ice cubes to a bottle of water to make

it more enticing. Keep in mind that diabetics need sugar-free water.

Supply liquid nutritional supplements. They provide both water and nutrients.

Consume foods that help with hydration. These include broth-based soups, watermelon, apples, oranges, cucumbers, green peppers, lettuce, and tomatoes.

Choose healthy hydrating treats. Popsicles, water- or juice-based smoothies, frozen juice pops, Italian ices, or sorbets are hydrating treats that can help meet water consumption goals.

Have seniors take extra water with medications. Some medications can affect hydration.

Remind seniors not to wait until they are thirsty to drink. Dehydration starts before people feel thirsty.

About Comfort Keepers  
Comfort Keepers is

a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing

services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New

Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.comfortkeepers.com/plymouthnh](http://www.comfortkeepers.com/plymouthnh) for more information.



COURTESY

## Historical Society raffling off Fritz Robbins etchings

The New Hampton Historical Society is offering a raffle of two Fritz Robbins framed etchings, "The Village Church" and "Dawn Patrol O'er Lake Winnepesaukee," certified by seal as restrikes from original plates. Raffle tickets may be purchased from historical society members at the Blood Drive to be held at the New Hampton Safety Complex on Friday, Aug. 5 from noon to 5 p.m., and will be available at New Hampton's Old Home Day, Aug. 13, where winners will be announced at the end of festivities. We hope to see you at our museum at 30 Dana Hill from 10 a.m. to noon on Saturdays this summer, where we are featuring our "Message In A Bottle" exhibit. The museum will be open from 10 a.m. to 4 p.m. on Old Home Day. The Historical Society's 2016-17 program listing is now available on printed card inserts at the Gordon-Nash Library and at the museum, with our first program scheduled for September 20th. Please visit our new Web site, [www.newhampton-history.org](http://www.newhampton-history.org), where you will find a story about the artist Fritz Robbins and prints available for purchase from the society.

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## Investing: A Marathon, Not a Sprint

Next week, the 2016 Summer Olympics begin in Rio de Janeiro. One of the most compelling events is the marathon, a 26.2-mile endurance contest with roots dating back to ancient Greece. It may be that we've kept our interest in the marathon because it can teach us much about life – and it certainly has lessons for investors.

In fact, if you were to compare investing to an Olympic sport, it would be much closer to a marathon than a sprint. Here's why:

- **Long-term perspective** – Sprinters are unquestionably great athletes, and they work hard to get better. Yet their events are over with quickly. But marathoners know they have a long way to go before their race is done, so they have to visualize the end point. And successful investors, too, know that investing is a long-term endeavor, and that they must picture their end results – such as a comfortable retirement – to keep themselves motivated.
- **Steady pacing** – Sprinters go all out, every second and every stride. But marathoners have to pace themselves – too many spurts of speed could tire them out and doom their

performance. As an investor, you, too, should strive for steady, consistent progress. Rather than attempting to rush success and achieve big gains by chasing after supposedly "hot" stocks – which may already have cooled off by the time you hear about them – try to follow a long-term strategy that emphasizes diversification among many different investments. (Keep in mind, though, that while diversification can reduce the impact of market downturns that primarily affect one type of asset, it can't guarantee success or prevent all losses.)

- **Ability to overcome obstacles** – When sprinters stumble or fall, they are finished for the race; there's simply not enough time to recover, so they typically just stop. But over 26 miles, a marathoner can fall and – providing he or she is not injured – get up again, compete and possibly even win. When you're investing for the long term, you have time to overcome "mishaps" in the form of market volatility. So instead of dropping out of the "race" and heading to the investment sidelines, stay invested in all types

of markets. As you near retirement, and you have less time to recover from market downturns, you may need to adjust your portfolio to lower your risk level – but even then, you don't need to call it quits as an investor.

- **Proper fueling** – Sprinters have to watch what they eat. But world-class marathoners have to be ultra-diligent about their diets, especially in the period immediately preceding a race. Because they must maximize the oxygen their bodies can use while running, they need a high percentage of their calories to come from carbohydrates, so they "carbo-load" when needed. When you invest, you also need to periodically "refuel" your portfolio so it has the energy and stamina needed to keep you moving forward toward your goals. And that means you must add dollars to those areas of your portfolio that need beefing up. Regular reviews with a financial professional can reveal where these gaps exist.

As an investor, you can learn a lot from Olympic marathoners – so put this knowledge to good use.



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 **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at [Jacqueline.Taylor@edwardjones.com](mailto:Jacqueline.Taylor@edwardjones.com). Her office is located at 14 Main Street, Downtown Meredith. For more information, see <http://www.edwardjones.com/> or "like" her on Facebook [www.facebook.com/EJAdvisorJacquelineTaylor](https://www.facebook.com/EJAdvisorJacquelineTaylor).

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town              | Address                        | Type                      | Price     | Seller  | Buyer                                       |
|-------------------|--------------------------------|---------------------------|-----------|---|---|
| Alexandria        | 1485 Fowler River Rd.          | Residential Open Land     | \$48,000  | Gavin C. Bell                                   | Peter D. and Kathryn L. Brigham             |
| Ashland           | 255 River St.                  | Single-Family Residential | \$250,000 | Mark W. Iverson and Christine V. Iverson        | Joseph R. and Kathleen D. McDonald          |
| Bridgewater       | 353 Deer Path Lane             | Single-Family Residential | \$750,000 | William E. and Margaret J. Hoyt                 | Matthew A. and Joanne P. Naimie             |
| Bristol           | 25 Manor Estates Drive, Unit 7 | Condominium               | \$425,000 | John and Pamela Coughlin                        | Tracey McGowan                              |
| Campton           | 24 Sugarbush Drive             | Single-Family Residential | \$160,000 | Sarah M. Sutherland                             | Joseph J. and Carolann Maccini              |
| Dorchester        | 817 N. Dorchester Rd.          | Single-Family Residential | \$70,533  | Roger and Michelle M. Guimond                   | Rebecca N. Compton                          |
| Groton            | Sculptured Rocks Road          | Residential Open Land     | \$50,000  | Vintage Lands LLC                               | Charles F. and Nancy J. Norris              |
| New Hampton       | 599 NH Route 104               | Gen. Office               | \$77,000  | G10 LLC   | Scott A. Buitta and Marcos A. Coli          |
| New Hampton       | 20 Wolfe Den Drive             | Single-Family Residential | \$269,000 | Richard and Kay V. Marini                       | Jamie L. and Benjamin Laroche               |
| Plymouth          | Bridgewater Hill Road          | N/A                       | \$128,933 | Ellen W. Faran RET and Ellen W. Faran           | Judith Faran                                |
| Plymouth          | 7 Center St.                   | Mobile Home               | \$25,000  | Richard W. Sherman Trust and Richard W. Sherman | Beverly Potter                              |
| Plymouth          | 7 Center St.                   | Mobile Home               | \$29,533  | Beverly Potter                                  | Scott Fox                                   |
| Plymouth          | 163 Thurlow St.                | Single-Family Residential | \$212,666 | Carl S. Muskat                                  | Francis G. Page and Lindsay Bruneau-Page    |
| Thornton          | 13 Oak Ridge Rd.               | Single-Family Residential | \$134,933 | Joseph L. and Carolyn D. Peltier                | Jamie Mcmillan and Amanda L. Hook           |
| Thornton          | Stone Dam Road                 | N/A                       | \$20,000  | Stephen Shaughnessy                             | Stanley and Joel Freeman                    |
| Thornton          | 89 Sullivan Drive              | Single-Family Residential | \$410,000 | Paul R. and Yvette M. Daley                     | Mahoney RT and Michael K. Mahoney           |
| Thornton          | N/A                            | N/A                       | \$60,000  | Lidia and Gisli G. Sigurjonsson                 | Frederick A. and Sally E. Bewersdorf        |
| Warren            | 35 Linsey Lane                 | Single-Family Residential | \$168,000 | James D. Mchugh                                 | Francesca Delvecchio                        |
| Waterville Valley | 23 Black Bear Rd., Unit 1301a  | Condominium               | \$60,000  | Robert M. and Ann M. Kroon                      | Steven W. and Kathleen M. Kroon             |
| Waterville Valley | 3 Windsor Hill Way, Unit 37    | Condominium               | \$140,000 | John P. Caputo                                  | Debra J. McCrevan RET and Debra J. McCrevan |

## ABOUT THE REAL REPORT

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

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

data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com) 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.

# MARK ON THE MARKETS

## Strategies/Tactics



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 5 years. The strategy identifies the objectives you want to accomplish and attaches a loose time-frame 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 Security planning and some "A" rated fixed indexed annuities and a good fixed income bond ladder, I want to cre-

ate a sustainable income that is not subject to market risks. Then with the remaining assets I want to continue to grow these assets that can assume 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 objectives, 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](mailto:Mark@MHP-Asset.com)*

# Kelly Beebee joins mortgage lending team at Meredith Village Savings Bank

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MEREDITH — Kelly Beebee has recently joined the Mortgage Lending Department as a Mortgage Loan Originator for Meredith Village Savings Bank (MVSb). She was previously Branch and Business Development Manager for the Bank's Plymouth Main Street office. Beebee is currently located at the MVSb office at 28 State Route 25 in Center Harbor.



Kelly Beebee

"Kelly brings great energy to this position, and offers the added benefit of working with our customers for over ten years," said Mark Chalifour, Vice President of Residential Mortgage Sales. "As a Loan Originator, Kelly has access to a wide range of programs and competitive rates. She knows the market, the neighborhoods, and she will work hard to get to know each customer

so she can meet their needs. She is a wonderful addition to our team."

Beebee joined MVSb in 2006 as the Head Teller at the MVSb Main Office in Meredith. In 2010, Beebee was promoted to Branch Manager of the Plymouth Main Street Office and became Branch and Business Development Manager in 2012.

Beebee has served in board roles for numerous community organizations including Voices Against Violence, Plymouth Rotary, and the Plymouth Regional Chamber of Commerce. She has chaired local committees for the Plymouth Holiday Parade and Festivities, Taste of Newfound and Toys for Tots Fundraising Events as

well as many others. She is Plymouth State University alumni and holds a Bachelors of Science degree in Business and Financial Management.

For nearly 150 years, Meredith Village Savings Bank (MVSb) has been serving the people, businesses, non-profits and municipalities of Central NH. MVSb and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, North Hampton, Laconia, Meredith, Moultonborough, Plymouth or Wolfeboro, call 800.922.6872 or visit [mvsb.com](http://mvsb.com).

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# THE WINNIPESAUKEE TALKIE

## Residential move-in tips: 7 useful to do's



BY RANDY HILMAN

Probably, you have not given much thought to the home buying process as an adventure, but when you stop to think about it, acquiring a home is like a journey of a thousand miles: It begins with an initial step that ends well hopefully.

Your journey starts with a desire to own rather than rent, or to have a “getaway” retreat, such as are popular here in the Lakes Region. This initial decision to own a home is typically followed by the search for particular homes among the myriad of houses vying for your attention, dwellings that appeal to your sensibilities and budget.

You strive to learn all you can about the communities and neighborhoods in which your favorite picks are located. Then, when you’ve found “the one,” there’s all that stuff that happens from contract to closing, like obtaining a loan, having inspections, negotiating and overcoming unpleasanties, a welling up of the excitement of ownership as closing day nears.

Then, at last, you leave the closing table with keys, a sheaf of papers and your agent’s gift in hand. You’re ready to move in. But wait there’s more to come. This is not the final step, says my friend and real estate colleague, Richie O’Brien, who helps people buy and sell homes every day and who has owned her fair share of homes over the years.

There’s more of which you should be aware, things that will save time, money and make the transition easier. That’s where this column begins – at the front door.

### Change the Locks/ Alarm/ Garage Opener Codes

Many of us in small communities throughout the Lakes Region and elsewhere don’t bother to lock our doors. Why? Well, we haven’t been the victims of crime. Strangers tend not to wander into homes, but, says Richie, a former executive of a health supplements company, tending to home security is the ounce of prevention that forestalls the need of cures.

“You just don’t know how many keys have been distributed to family, friends, workmen, whomever,” she says. “Everything that happens from contract to closing, like obtaining a loan, having inspections, negotiating and overcoming unpleasanties, a welling up of the excitement of ownership as closing day nears, of course, isn’t prudent.”

dent.”

### Security Lighting

Hand-in-hand with keyed entries is the system of security lighting, she notes. Even though the property may have been inspected during the due diligence phase of acquisition, re-inspect all exterior perimeter lighting to ensure ensure good working order. Consider adding new lighting fixtures or changing out older ones for those that operate on daylight or motion sensors.

### Have House Professionally Cleaned

Our standard real estate contracts require sellers to leave homes free of debris and in “broom clean” condition.

“Yuk,” says my real estate friend, adding with a grimace, “steam clean the carpeting before moving in your stuff and have all surfaces (including plumbing fixtures and appliances), with which you and your family will come in contact, disinfected”.

### Schedule Inspection /Service of Mechanicals

Your general building inspection found no plumbing and hot water tank leaks. Both the furnace and air conditioning units turned on and operated; but were filters changed, burners and coils cleaned, boiler inspected, Freon lev-

els checked? Probably not. Move-in week is the time to do it.

My friend Richie O’Brien takes her inspections one step further by checking to see if there are water pipes on any exterior walls.

“When I move into a new home I check for pipes on exterior walls and if I find them I take the necessary steps to have them adequately insulated. “Anyone who’s ever sustained damage from frozen water pipes will understand why I give this a high priority.”

### Transfer Fuel/ Utilities Accounts Prior to Closing

Here’s a real money- and time-saving tip. See to the transfer of fuel, utilities and other service accounts prior to closing to avoid costly and time consuming interruptions to service, says a spokesperson for the New Hampshire Electric Cooperative. Besides providing for an orderly transition of service that is timed with your move, the transfer of accounts ensures that final bills are properly tallied in time for the closing.

### Find Secure Storage For Settlement Papers

Paperwork is easily misplaced. I know. With all the details of acquiring a new home converging at once, it’s not difficult to misplace anything, even important settlement

documents. Pledge to put these closing documents in a safe place early on. You’ll need them at tax time and when you ultimately sell your home.

### Photograph Your Household Furnishings in Place

Fire, theft, natural disaster. These casualties happen. Photographs help verify the condition of your personal property and its actual existence should an insurance claim become necessary. In this age of videos, considering making a moving video of contents in addition to photo stills. It always pays to have a record on hand and creating a photo/video file will never be easier to create than during your initial occupancy.

Okay, so the journey was not without its stressful moments, but in the end, owning a home is one of the best financial decisions consumers can make. It pays to be ready for move in. Good luck.

Want to receive more information that can help you manage your home and maximize its value? Subscribe to my free, twice-monthly newsletter. It’s packed with useful tips and tricks that will help you beautify and manage your home. Send me

an email with your request and I’ll get your subscription started right away.

Every day I help people buy, sell and invest in real estate in our beautiful Lakes Region. Whom do you know, who plans to buy sell or invest in real estate in the near future? And what about you? Are you planning to move or buy a home this year? Your referral and your business will mean a lot to me. Please call or send an email to request a newsletter or free buyer consultation and home sale evaluation. Meanwhile, thank you for reading The Winnepesaukee Talkie.

*The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, Tenn. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 603 610-8963 or by email to: rhilman@randyhilmanhomes.com Connect with The Winnepesaukee Talkie on Facebook for the latest news and information on everything Lakes Region.*

### SCHOOL ADMINISTRATIVE UNIT #48 2016-2017 School Year

### SPECIAL EDUCATION AIDES (Must be Highly Qualified)

Please send letter of intent, resume, and recommendations to:

Lynn Davis, Human Resources Assistant  
SAU #48  
47 Old Ward Bridge Road  
Plymouth, NH 03264  
ldavis@pemibaker.org

### Newfound Area School District

is looking for a candidate to fill a vacancy on the School Board. Eligible candidates must reside in the town of Bristol, be at least 18 years old, and must be a registered voter. The term of the seat runs from appointment by the School Board until March 2017. Interested parties should submit a letter of interest by Friday August 5, 2016 to: Jeff Levesque, School Board Chair  
C/O SAU #4  
20 North Main Street  
Bristol, NH 03222

## Dr. Joan Eversole

Wanted: - Per Diem Dental Assistant: Seeking and exceptional team person.

Experienced chairside assistant who can fill in for sick time, vacations, etc.

We focus on warmth, caring and expert communication. Applicant should be career-minded, personally stable, enthusiastic and dependable.

Please call Kathie at 536-1445.



## Child Care Openings for the Fall

Children 13 months through 4 years

The Center for Young Children & Families provides programs based on warm, nurturing and respectful relationships with children and their families. We believe that children are curious, competent, and capable learners who learn best by pursuing their questions and curiosities through play-based learning. Our highly-qualified, skilled teachers cultivate important aspects of children’s learning—critical thinking, creative expression, confidence, autonomy, problem-solving, and positive social interactions.

The Center for Young Children & Families is nationally accredited by the National Association for the Education of Young Children, a mark of quality that is achieved by fewer than 10% of early care and education programs nationwide.

For further information, call 535-2299 or e-mail [klsanders@plymouth.edu](mailto:klsanders@plymouth.edu) or visit our website at [www.plymouth.edu/services/cycf/](http://www.plymouth.edu/services/cycf/)

If your kids are a size...



small



medium



large

then they need flu vaccines.

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

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

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

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COMMUNITY:  
*Spend Locally!*





“Trés Bien” by Rita Dee sits at Hesky Park, one of the 26 new sculptures in the Meredith Sculpture Walk.



Artists gather after the gala celebrating the third year of the Meredith Sculpture Walk.

# Meredith Sculpture Walk opens for third year

**BY ERIN PLUMMER**  
eplummer@salmonpress.com

MEREDITH — A new batch of sculptures in a number of mediums by artists of many inspirations can be found around Meredith Village for the third year of the Meredith Sculpture Walk.

The Sculpture Walk, organized by the Greater Meredith Program's Sculpture Walk Committee, took applications for sculptures, put them through a jury process, and installed the pieces around the village. All these efforts from the creation to the installation were lauded on Monday night at the annual Meredith Sculpture Walk celebration at the Chase House.

This year features 32 total locations with 26 new sculptures.

A total of 97 applications were submitted to the this year's process. A jury of three people, which is different every year, reviewed each application for the necessary criteria. Sculpture Walk Committee chair Bev Lapham said this year the quality of pieces that applied was especially good. While the quality has consistently been good the past two years, Lapham said that was stepped up this year.

“We’re starting to get a reputation as a place to display sculptures,” Lapham said. “The quality went up.”

Lapham said the jury also wanted to have a variety of different sculptures as part of the exhibit and not too many of one size, focus, or material.”

The walk also includes two additional sculptures that are now permanent features.

“The Black Sailboat” by Meredith artists Steve Hayden and Dave Little had been part of the Sculpture Walk for two years, and was due to be taken down. Lapham said they put together a fundraising effort to purchase the sculpture and make it a permanent fixture. The effort received contributions from Meredith Village Savings Bank and the GMP's Beautification program as well as a number of donors including all the committee members and docents. They came up with enough money to

buy the sculpture, with the approval of the town the sculpture is now a permanent feature.

The second permanent sculpture is “Red Wing” by Hugh Gibbons of North Falmouth, Mass. That sculpture was also nearing its two year mark and Gibbons donated it to the Sculpture Walk.

All of the new sculptures were installed by the beginning of July by a crew lead by Fred Huntress and including Lapham, Dan Feddersen, Bill Gartner, Steve Hayden, and

Andy Lane.

On Monday night committee members, community supporters, and 11 artists came to the celebration gala for this year's Sculpture Walk.

The artists talked about their pieces. Lapham said he looked across the room and saw everyone was “enraptured” by their stories.

“I think we’ve accomplished a lot with this,” Lapham said. “Public art in Meredith is here to stay.”

Lapham said response to the Sculpture Walk has been

overwhelmingly positive on all fronts. Lapham said he was told by town manager Phil Warren that he has not received any complaints or negative feedback about the Sculpture Walk and Warren has been greatly supportive. He said members of the Public Works and Mill Falls facilities crews who have been helping with the process are also excited about it. He said while they were getting their bearings in the first few years, now they are really enthusiastic about doing this.

“I’m just so im-

pressed with the generosity and kindness of the artists,” said GMP Executive Director Liz Lapham. “They give back as much in their passion as they did in their artwork. I didn't think we could go any higher, but I think we've gone to another level.”

Liz Lapham said this is a great example of public pride with people working together to make this happen.

“I love the fact we have some residents tonight who truly support it,” Liz Lapham said.

Ginnie Lupi, director of the New Hampshire State Council on the Arts, first experienced the Sculpture Walk last year and said she was so impressed she left with tears in her eyes.

“I think it's extraordinary and it's a beautiful example of the power of the arts and what happens when communities embrace the arts,” Lupi said. “Meredith is a great example of a community coming together to recognize that the arts are here for the people who live here and the people who visit.”

# Northern Pass and wetlands: Impact on construction costs central to project's response to DES

**BY DARIN WIPPERMAN**  
Courierreporter@salmonpress.com

Earlier this month, Northern Pass submitted a 41-page document, as well as several attachments, to the New Hampshire Department of Environmental Services. The project was responding to a DES progress report filed in May that suggested the proposed transmission line did not minimize impacts on wetlands to the extent state law requires.

In its July 15 response letter, Northern Pass did agree to make some slight changes to the project in order to address wetland and vernal pool impacts. On the request to bury more lines in Coös County, however, Northern Pass retained its view that additional line burial could imperil the project's financing.

Northern Pass is the proposed 192-mile hydropower transmission line through New Hampshire. The controversial plan, a partnership between Hydro Quebec and regional power supplier Eversource, includes 60 miles of buried lines. In its May comments to Northern Pass, DES had suggested burial of more line in Coös County to lessen the project's impact on wetlands and other sensitive areas.

As part of the original project application, Northern Pass

completed a detailed analysis of wetlands impacts. Some conservation commissions and project opponents noted the extensive analysis the project undertook.

Even though DES pointed toward the need for less wetlands impact from the construction of Northern Pass, the department did not make binding statutory findings in the May comments. Collis Adams, administrator of the DES Wetlands Bureau, made that point in an email included as part of the project's recent reply to the May DES progress report.

Collis sent the email in response to a message from Dana Bisbee, an attorney representing Northern Pass. On May 17, Bisbee had asked whether DES comments about wetlands impacts in the progress report implied “that DES has already made a finding on the avoidance and minimization requirement” found in state law.

Collis noted on May 19 that the progress report “is a request for additional information only.” The department “will not make a final determination until the information submitted in response to the request has been fully evaluated.”

“No final determination relative to the proposed route or any

alternative route(s) has been made at this time,” Collis concluded.

In the response to DES points about the need to minimize wetlands impacts, Northern Pass defended the proposed route as financially and environmentally sound.

“Avoidance and minimization review for DES wetlands application purposes focuses on the applicant's design within the site,” the project declared.

Continuing, Northern Pass wrote that the project “has minimized impact to the maximum extent practicable for the selected route. The fact that much of the proposed route in Coös County lies along highway rights-of-way (ROW) or the heavily logged Wagner Forest was another point the project made.

Conversely, “The Route 3 alternative suggestion is not practicable,” Northern Pass added. “Having accepted an additional \$500 million in project costs to place a total of more than 60 miles underground, Northern Pass has avoided wetlands impacts to the maximum extent practicable,” the letter continues.

Northern Pass “believes it has struck the right balance between addressing these concerns and ensuring

that the project remains both technically and economically feasible,” DES was informed. The project noted that full burial of the transmission line would add \$1 billion to the projects current \$1.6 billion construction price tag.

Hydro Quebec will pay for the construction of Northern Pass.

Agreeing to bury 60 miles of line lowered the overall energy transmission capacity of the Northern Pass project by about ten percent. The project informed DES, “That reduced capacity means that there is a corresponding reduction in revenue that can be derived from potential electricity sales.”

In addition, because of a big drop in electricity prices, Hydro Quebec “will not cover its costs” with full burial, compared to the “revenue requirement” needed from Northern Pass, DES was informed.

With a less financially attractive project, Northern Pass would have an increased chance of being “evaluated as uneconomic” by investors, the project wrote. The project “must judge where the tolerance of potential investors for increased cost and risk will be exhausted,” Northern Pass added.

Beyond the financial considerations, North-

ern Pass responded to many wetlands-specific comments from DES. The project defended the decision to place a transition station, where lines would go from above ground to below ground, in Bethlehem at Route 302 by Baker Brook. The idea led several town residents to express concerns.

Placing Transition Station #5 along Route 302 allowed Northern Pass “to add 3 miles of additional underground construction in order to avoid and minimize visual and environmental effects to Baker Pond, the Rocks Estate, and Profile School,” DES was informed.

Like other stations, the location of Station #5 “was based on the limited availability of a land owner willing to sell a parcel of land located at the junction of the underground route and the overhead ROW,” Northern Pass noted.

Northern Pass did agree to make a slight change to an access road in Whitefield, near the Lancaster town line, to avoid a documented impact to a vernal pool. However, shifting an access road to protect a vernal pool in Bethlehem along Route 116 was deemed a bad idea, because of the additional wetlands impacts such a change would cause, DES was informed.





Lake Week

FROM PAGE A1

can import unwanted plants and microscopic plankton to a lake so the children were challenged to find what was wrong with a kayak the association had on display.

In the end, boys and girls could sign a pledge to become a Water Warrior.

“As a Water Warrior they pledge to do one thing a day to conserve water and/or keep wildlife clean and healthy,” said New Hampshire Lakes Association’s Vice-President Andrea LaMoreaux.

Newfound Audubon Society took part in the event, too, bringing an interesting “What’s for Dinner?” wheel where with one spin, children could peek under the flaps to see what animals depended on for their meals as they learned about the food chain of the area. There were owl and dragonfly masks they could make and some “goody bags” to take home as well.

Further down the trail that runs beside the lake channel, fly

tying of fishing lures was being demonstrated, people were taught how to tie proper knots for fishing and boating, then discovered how to identify the species of fish found in Newfound Lake.

Finally, volunteers helped children learn to cast a spinning rod as they tried to catch some large plastic fish on the grass. Helping them perfect those proper casting procedures were Russ and Diane Walberg, Russ Crabtree and teen campers from nearby Camp Mowglis.

Mini-eco Tours on board the NLRA’s pontoon boat Madelaine brought some added educational fun for the whole family.

Participants were also able to purchase tickets for the NLRA’s upcoming Mega-Raffle that will feature as much as \$10,000 in prizes for many lucky ticket holders. Each ticket is being sold for \$20 and will have five chances to win one of the terrific prizes and prize packages being offered this year through local business and NLRA supporters. The prizes range in

value from \$100-\$600 and among those are one or two night stays at local cottages, hotels and inns. There are passes to Squam Lakes Science Center, concerts and dinners at the Mill in Bristol, bike or pontoon boat rentals, dinners at local restaurants, wine tasting parties and much, much more. Many are also paired with certificates for other great businesses or services.

Tickets are being sold locally at The Inn on Newfound Lake, West Shore Marine, Renaissance Florals, and at the NLRA office, located above TD Bank in downtown Bristol. They may also be purchased online at [www.NewfoundLake.org](http://www.NewfoundLake.org). The drawing for all prizes will be held after the annual NLRA meeting on Aug. 6 at the Bridgewater Town Hall, and winners must be able to claim their prize by October 1.

Rounding out a week of activities, Lake Week will wrap up this coming Saturday with the annual Hebron Fair. Details on events can also be found on the NLRA Web site.

Hebron Fair

FROM PAGE A1

Behind the church under the big striped tent, starting at 1 p.m., Rev. “Honest John” Fischer will be taking bids on all sorts of fantastic pre-owned treasures, as well as a multitude of new items and gift certificates generously donated by local businesses. The silent

auction starts at 11 a.m. and always features a great selection of wares to bid on.

In addition to all the homemade goodies, preserves, fresh vegetables and plants, gift baskets donated by Clay’s Chocolate Shop in Campton and Basic Ingredients of Bristol will be raffled at the church’s food and plant table.

The following day, Sunday, July 31, from 11:30 a.m. to 1:30 p.m., there will be a \$2-a-Bag Sale in the church basement. There is always great stuff left from the “Hebron Boutique” rummage sale. Come fill a shopping bag full of clothes for only \$2.

For more information, call 744-5883 or visit [hebronchurchfair.org](http://hebronchurchfair.org).

Grey Rocks

FROM PAGE A1

Prior to the nonprofit organization’s acquisition of the property, Grey Rocks was a marina, and remnants of that business still exist, which Whitman skillfully used in his design.

Former cement pads from the marina’s infrastructure are being optimized to now host more natural components, such as kayak storage areas with a ‘green roof,’ and the base of other physical structures featured in his planning.

Smith was excited about the design Whitman presented.

“This land was a marina for 40 years and what Steve has come up with is a means to move it back to its natural state, and maximize it for public use,” he said.

Andy McLane is a member of the family who once owned the marina and later donated it to NLRA for future preservation. He, too, couldn’t have been more excited when he saw Whitman’s design and Fitzgerald’s presentation of the concept.

“This is incredible. It’s perfect,” McLane said. “I absolutely love it!”

Three public discussions on the design and layout of Grey Rocks Conservation Area were held prior to Whitman’s conceptual design work and Smith said he was glad to have the community of Newfound Lake



COURTESY

A conceptual design, developed and presented by both Resilience Planning and Design JLLC and FitzDesign, reveals proposals for Grey Rocks Conservation area in Hebron that were based on public input and unveiled at the Newfound Lake region Association’s Lake Week event last Saturday.

involved.

“We have the opportunity to use this property as an educational classroom and we love having that personal involvement of people who live along and near the lake,” Smith said.

The design will now be presented to the NLRA Board of Trustees who will go over the plans and decide what

is economically feasible and where funding for the project will come from.

While Smith acknowledged that perhaps not all of the proposal will be included in their final decisions, the public will continue to be a part of the process and people can look forward to great things happening at Grey Rocks in the future.

D.A.R.E.

FROM PAGE A2

tionship that can carry over into the future.

Stand Up Newfound is a relatively new community-wide organization, which has made it their mission to curb and help prevent substance abuse in the local towns. They believe D.A.R.E. or a similar program would be another great way to educate children on the inherent dangers of such behavior before they could even become involved in it.

Deb and Bryan Richardson are among the many members of S.U.N. who are concerned about the rising heroin and opioid crisis in the state and so the group organized a night of music to raise funds for education on the topic. “We have to take these problems seriously today and the funds raised through the benefit concert all go directly to the establishment of a D.A.R.E. or similar program in our schools,” said Deb Richardson

The owners of The Purple Pit generously offered their venue for the benefit concert and musicians Pastor Deb Hoffman of the S.U.N. Steering Committee, David Richardson, Larry Heath and Jack Polidoro provided the entertainment.

“I admire the work that Stand Up Newfound is doing for the community and feel it’s extremely important so I wanted to be a part of this night,” said David Richardson, who is also the nephew of Deb and Bryan Richardson.

Heath agreed he was also playing guitar that night in support of the cause, while Polidoro added that he has played for similar benefits in Laco-

The goal for the evening was \$500, but S.U.N. was pleased to announce they actually exceeded that goal through not only ticket sales, but many donations from those who could not attend the concert but wanted to support them in their endeavors. S.U.N. said they were grateful for Pastor Deb of the Alexandria Methodist Church for her work in arranging the concert and to the Purple Pit who hosted it at no charge.

Bryan Richardson said the group will next meet with the school board to discuss their plan and

talk with the police department about their all-important role in the proposed programming.

“There used to be a D.A.R.E. officer in the district but that person left so we’ll also need to find another officer who is willing to be trained, then decide on the curriculum that will be used,” he said. “We’d like to get a program of this type into all schools in the district.”

For more information on Stand Up Newfound and how you can become involved, visit them on Facebook or email [standupnewfound@gmail.com](mailto:standupnewfound@gmail.com).

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\$50

Sunday’s after 5pm

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(\*must present coupon. \$15 not to be used on alcohol)  
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Center Sandwich, NH

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Waukewan

FROM PAGE A3  
seasonal and year round residential homes and cottages. Businesses on the lake include some commercial and light industrial use, especially in the southern portion of Lake Waukewan and several campgrounds. Both Lake Winona and Lake Waukewan are impaired for Aquatic Life Use due to low dissolved oxygen concentrations and, in the case of Lake Waukewan, Meredith's drinking water supply, cyanobacteria blooms. Potential threats to the lake quality and public drinking water supply include stormwater runoff, development pressure, recreation, septic systems, erosion, and land use practices. The goal of the project is to protect the surface waters of the

watershed from these threats by developing a Watershed Restoration Plan which establishes in-lake and watershed load reduction goals for phosphorus, the key limiting nutrient for this subwatershed and Lake Winnepesaukee. The draft plan, developed by a group comprising residents, community officials, local lake associations and environmental consultants, outlines recommendations and strategies for actions to reduce nutrient and pollutant loading to the lakes. The action plan includes recommendations for public education, planning, land conservation, adoption of best management practices, site restoration projects, water quality monitoring, and more. In addition to the goal of nutrient (phosphorus)

reduction, the Action Plan was also developed to foster thinking about long-term strategies for improving the water quality and related natural resources within the watershed, and to promote communication between citizens, municipalities, and state agencies. Funding for this project was provided in part by a Watershed Assistance Grant from the New Hampshire Department of Environmental Services with Clean Water Act Section 319 funds from the U.S. Environmental Protection Agency. There is no cost to attend the program; however, pre-registration is requested, and can be done through the Lake Winnepesaukee Association at 581-6632.

Concert

FROM PAGE A7  
of Our Times and The Prostitution of Art. She composed and performed scores for her long-time collaborator performance artist Hanne Tierney, playwright Renita Martin, conceptual artist Jason Hendrik Hansma, choreographers Danny Swain, Liz Roncka, Yuka Takahashi. She has an ongoing artistic partnership with choreographer Nathan Andary with future projects planned for 2016 and beyond. Her sculptures knit from electrical wire have shown at Mobius, Zeroplan, The

NY Fountain Art Fair 2011, and the group exhibition Forest, For the Trees. She received a 2013 Drama Desk Nomination for Outstanding Music in a Play for Hanne Tierney's Strange Tales of Liaozhai wherein she performed on and built space places - the invention of Tom Nunn. Abigail Charbeneau earned a Bachelor's degree in music from Skidmore College, and a master's degree in piano performance and piano pedagogy from the University of Illinois. She has studied with Pola Baytelman, William Heiles, Arkady Aronov, Adaleina Krivosheina,

Kenneth Drake, and Reid Alexander, and has been on the faculty of Millikin University and the University of Illinois. Charbeneau also teaches at St. Paul's School. This concert, and the next two, one in September, with Gravel Road, and one in October with Craig Jester, benefit the Gordon-Nash Library and all that it does in the community. Tickets are \$10 in advance or \$12 at the door. The Gordon-Nash Library is committed to being a community center supporting all the arts. Refreshments will be served.

CADY

FROM PAGE A4  
stimulants such as caffeine, guarana and taurine, all of which can be dangerous - especially when mixed with alcohol.

When talking with youth about drugs and alcohol - be sure to include discussions of the latest fads and ask them for their opinions. For

more information and tips on how to start the conversation, visit our Web site at [www.cadyinc.org](http://www.cadyinc.org) and follow us on facebook - [www.facebook.com/cadyinc](http://www.facebook.com/cadyinc).

Notebook

FROM PAGE A4  
One of the media's jobs is putting things in perspective, so I've been wondering from the start (a) how unusual this kind of thing is--a near-miss and all, by a thing the size of a Lincoln Navigator---, and (b) what if it had not entered the atmosphere at such an oblique angle and burned up, but had instead come down directly over, say, (pick a Maine or New Hampshire border town you don't like). Mike Hankey, operations manager at the American Meteor Society, directed me to its web site (easy to Google), where I found out that what he told me was true, which was that this kind of thing happens somewhere on the planet every day. As a for instance, he pointed me to a fireball that hurtled in just four weeks later, on June 14, and

broke up above northwestern Vermont and northeastern New York. Several New Hampshire people witnessed this event from afar, and even then it was impressive. "Never saw anything like it before," wrote Cathi P. of Tamworth, which leaves me wondering where she was on the night of May 16. Anyway, if you go to the AMS web site you will easily find links to other celestial-oriented sites, and you run the risk of kissing your family goodbye and becoming a totally star-kissed gooney bird. There is a lot out there to look at, and wonder about. Okay, so it can be a family gooney bird rapture. But what about the (b) part? What if this Lincoln Navigator had come straight down, over, say, Odell (an unincorporated place where nobody lives, but non-residents in the non-town of Odell

dispute this)? Mike Hankey figures that the explosion two miles above Odell would have been the equivalent of 20 tons of TNT. But what about ground level? Mike directed me to a similar-sized piece of rock that smacked straight down onto Carankis, Chile in 2009. Curious readers who look this up, particularly the non-residents of Odell, and regard the crater, will be glad that the beach ball (nee Lincoln Navigator) went over to Rangeley instead. (This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)

Churches

FROM PAGE A5  
families. We are the only program in the state that combines a residential summer program and school year mentoring, tuition-free, through high school graduation. Join us this summer for a guided tour of the program, meet the boys, and enjoy one of the best meals on Newfound Lake! Lunch tours (10:30 a.m. - 1 p.m.) July 29 Aug. 1-5, 8 & 10 Dinner tours (5:30 - 8 p.m.) Aug. 2 & 4 To reserve your space, contact Mayhew at 744-6131 or [maryjo@mayhew.org](mailto:maryjo@mayhew.org).

Hebron Fair Saturday, July 30  
The Hebron Fair will once again extend across the Common on the last Saturday of July, starting at 9 a.m., rain or shine. Admission is free. There will be all the usual fun for the whole family including a large selection of crafts, rummage, white elephant, delicious foods, baked goods, plants, books, lunch featuring homemade baked beans, raffles, pony rides, children's games, non-profit organizations, a silent auction 11 a.m.-2 p.m., the live auction at 1 p.m., and chicken BBQ at 5:30 p.m. The church's "Baked Goods and Plant Booth" would appreciate any donations of:

whole pies, cookies, muffins, bars of any kind, breads, cakes without icing and plants. They should be labeled for the "Baked Goods Booth," and can be left in the church kitchen on the Friday before the Fair or at the booth Saturday morning. Baked beans for the lunch booth may also be dropped off the morning of the fair, or contact the office for other arrangements. The Fair Committee is exceedingly grateful for the gifts of everyone's time and donations. We could not run this huge event without our wonderful community! Thank you! Proceeds benefit the Union Congregational Church of Hebron.

**EIN DEUTSCHES REQUIEM**  
**THURSDAY, JULY 28—7:30 PM**  
Silver Center for the Arts, Hanaway Theatre  
Festival Orchestra and Symphonic Chorus  
Paul Polivnick, conductor  
Dan Perkins, principal guest conductor/  
director of choral activities  
BRAHMS Variations on a Theme by Haydn  
BRAHMS *Ein deutsches Requiem*  
(A German Requiem)  
**Tami Petty, soprano**  
**Paul Max Tipton, baritone**

**SEASON FINALE: SLAVIC ICONS**  
**THURSDAY, AUGUST 4—7:30 PM**  
Silver Center for the Arts, Hanaway Theatre  
Paul Polivnick, conductor; **In Mo Yang, violin**  
PROKOFIEV's Violin Concerto No. 1 and Selections from  
TCHAIKOVSKY's *Swan Lake*

- **Tuesday Chamber Series—8/2**
- **NEW! Wolfeboro Chamber Series—8/1**
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| 20 Minute Yoga Demo Classes with Dale Eakin, Amy Greene & Jen Hollowell | Goody Bags and Raffles                                     |
|   | Wine, Beer, Sangria Lemonade & Iced Tea                    |

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# Newfound Landing Sports

Section **B**  
Thursday,  
Thursday, July 28, 2016

## Highlighting the Newfound Hall of Fame inductees

*Bailey had successful career as athlete, Leaver made mark as teacher and coach*

BRISTOL — Newfound Regional High School will be celebrating its first Athletic Hall of Fame class on Oct. 1 during the annual Homecoming festivities. This issue will highlight two of the eight individual inductees.

Ray Bailey, Jr. graduated in 1976 from Newfound Memorial High School. Ray was the Class President and Male Athlete of the Year. He was on the varsity soccer team for four years and captain for his junior and senior years. He was named to the Class M All-State First Team in 1975 and was selected for the NH Shrine soccer team.

He was injured his sophomore year in basketball but came back to be co-captain his junior year and captain his senior year. He was selected to the Class M All-State team in 1976 and was named to Who's Who All-American High School Basketball in 1976.

Ray's best sport may have actually been baseball, where he was co-captain his junior year and captain his se-



COURTESY PHOTO

**Ray Bailey, Jr. enjoyed a stellar career at Newfound as a three-sport athlete.**

nior year. He was named First Team Class M All-State in both his junior and senior years.

Ray went to the University of Connecticut and earned an in-state athletic scholarship his junior and senior years. He was on the ECAC champion Northeast Regional in 1979 and participated in the NCAA Col-

lege World Series in 1979. He was co-captain his senior year when UConn was ECAC runner-up.

Ray has been coaching and teaching English since 1980, with 32 years at Merrimack Valley High School in Penacook. He has coached baseball for 11 years and softball for four while at MV. He was selected



COURTESY PHOTO

**Kathy Leaver was a well-respected coach (among other titles) at Newfound.**

the Merrimack Valley Teacher of the Year in 2001.

Cathy Leaver played field hockey, basketball, softball and tennis at Laconia High School. She went to Plymouth State College, graduating in 1977.

While a student at Plymouth State College, Cathy played four years

of field hockey, three years of girls' basketball one year of lacrosse and helped start the PSC softball program.

Cathy came to the Newfound Area School District in 1978 and remained until retirement in 2014, coaching at Newfound Memorial High School and Newfound Regional High School.

At the high school level, her coaching career included volleyball for one year, field hockey for two years, softball for five and one half years and girls' basketball for seven years, qualifying for the state tournament twice.

She also had coaching stints at Winnacunnet High School, Plymouth Area High School and at Plymouth State.

Cathy also coached the junior high team and carried 18 girls on the team with nine girls playing the first three innings and the other nine the last three innings. She would alternate the starters every game so all girls had the same opportunities.

In her spare time, Cathy participated in many summer softball tournaments and was the pitcher in the ASA Class A National Invitational Tournament in York, Pa., winning the tournament in 1992.

Cathy's long-time career had much impact on the students of the Newfound district, including being teacher, coach, athletic director, Student Support Director and Vice-Principal.

At the Oct. 1 event, there will be a reception for the inductees in the cafeteria from 2 to 3 p.m., with the induction starting at 3 p.m. For more specifics or ticket information, please contact Peter Cofran at 744-6006, x1507 or pcofran@sau4.org.

## Chicago is indeed my kind of town (for a few days anyway)

I've written here numerous times about my trips to different Survivor events. Usually, those trips are quick in and out jaunts. Most of them involve taking the train to New York, but this year I've also been out to Los Angeles and to Reno, with both trips lasting less than a day.

Earlier this month I decided to change things up and headed to Chicago and this time stayed for a couple of days.

Rob Has a Podcast, the podcast that runs the events I attend in New York and other places, held the first RHAPcon in Chicago on July 8-10 and there was no way I was going to miss a chance to be part of another live

### SPORTING CHANCE



By JOSHUA SPAULDING

event. I've met some great people at these events and since this one was in a new place, I was expecting that there would be some other different people there.

The trip didn't start so well, however. I had a 9 a.m. flight on Friday out of Boston and I like to listen to the recommendations of the FAA and get there two hours early. So I had planned to catch a bus out of Dover at 4:30 a.m. to get there at about 6:30 a.m. I left myself plenty of time, setting my alarm

for 2 a.m. However, I didn't hit snooze when it went off, I just turned it off. Next thing I knew it was 3:30 a.m. I have never jumped out of bed so fast as I did that morning.

With a quick exit from the apartment (I had packed the night before) and a little speeding along Route 16, I pulled into the bus station just as they announced the bus for Logan was boarding.

Once in Chicago, I had some time before we checked into the dorms at DePaul University for the weekend. I wanted to see a few things, so I headed to Navy Pier and endured the heat walking around with some great views of Chicago. I had

also purchased a ticket to go up Willis Tower (formerly the Sears Tower). This proved to be a longer line than security at the airport. I waited outside, then inside, then downstairs, then at the elevator before finally getting to the Skydeck, which much to my disappointment, was completely glassed in. The views were great nonetheless. And the Ledge was pretty awesome. The Ledge is a glass enclosure built outside of the tower that you can step into and look straight down onto the street. It was impressive. I actually went out twice and sent a few pictures and videos back to some friends to varying reactions.

After that experience, I made sure to stop at Giordano's to get the classic Chicago deep dish pizza. It was as good as advertised.

We had a RHAPcon event at a bar on Friday  
SEE **CHANCE** PAGE B3

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# Johnston chips in for Nor'Easter 18U squad

BY JEFF LAJOIE

jlajoie@salmonpress.com

LACONIA – It's been quite a summer for the Nor'Easter 18U softball team. The squad, which has posted a plethora of top four finishes during the tournament season, saw the long journey wind back home last weekend at the 2016 Nor'Easter Classic throughout the Lakes Region.

The home tournament kicked off Friday night under the lights at Memorial Park in a game that showcased how truly bizarre the summer tournament season can be. Trailing 3-0, the Nor'Easters battled back in the second inning with a pair of runs to get within 3-2. Laconia's Erika Marchione singled and took second on a sacrifice bunt by fellow Laconia resident Cali Swormstedt.



JEFF LAJOIE – GILFORD STEAMER  
**Amanda Johnston prepares to take a throw at first base during Sunday action in the Nor'Easter Classic.**



JEFF LAJOIE – GILFORD STEAMER  
**Amanda Johnston plays first base during her team's game in the Nor'Easter Classic on Friday.**

Gilford's Stevie Orton came through, as her line shot to center field was dropped with two outs, allowing Marchione to score. Josie Bentlage singled home Orton to make it 3-2.

With Gilford's Sarah Lachapelle settling down in the pitching circle, along with the pitching work of Brianna McGrath (Lisbon), the Nor'Easters looked to have its opponent Rage (Mass.) on the ropes. But Mother Nature proved to be the ultimate closer for Rage, as lightning halted the game after just 3.5 innings, and action was ultimately called with Nor'Easters dropping a 3-2 decision in the opener.

The early deficit was not unusual for the Nor'Easters this summer, as the squad has found itself in early holes in countless events throughout New England before

ultimately managing to battle back. Entering the Nor'Easter Classic, the team had a sterling 12-5-1 record overall.

"There have been some big holes this summer but I'll tell you what, these girls have a knack for coming back and they just haven't quit each and every time out," said Nor'Easter head coach Fern Beaudet. "I even felt good about this game even when we were down 3-0. The chemistry is just outstanding and they've gotten better and better each week."

Chemistry has indeed been a key to success for the Nor'Easters this summer. For several players, this summer marked a return to the club many softball players began playing for years ago.

"It's been kind of going back to my roots," said Lachapelle, who graduated from Gilford High School this spring and played with the club on the 12U team before leaving for other clubs. Lachapelle will try out for the softball team at the University of New England. "It's close to home, I knew most everyone on the team going in... I've graduated now so I really wanted a summer to just play softball and enjoy it."

Moultonborough's Maddy Greene, who will play collegiately at the University of Southern Maine, was a fixture on Nor'Easter rosters during her younger days. She left and was a member of the Concord Cannons before returning to the local club.

"It feels good to come back and play in a familiar situation with girls I know," Greene explained. "And our chemistry has just been so good. I think that's the strongest part of our team."

Gilford rising senior Stevie Orton has spent her first summer with the Nor'Easters, and the catcher said the experience will undoubtedly be a big help moving forward with her senior

year approaching.

"This past year was the first year I ever caught so I figured it would be good practice behind the plate getting ready for next year," she explained.

The Nor'Easter pitching staff has been a big reason for its success, with Lachapelle, McGrath, Greene and Bristol's Amanda Johnston, who started at first base in the Classic opening game, all contributing key innings for the club this summer.

"I did a lot of recruiting this winter and the goal was really to get more pitching so we would have multiple options and we definitely have found that," offered Beaudet. "And overall, I've got 11 good players who I can mix and match in a variety of positions so it's been great to have that flexibility."

Playing in the club's home tournament was indeed special for the Nor'Easters. The event featured 56 teams in four divisions, with the competition arguably as tough as it's ever been.

"This tournament, personally, has always meant something to me," said Greene. "There's just always such good vibes here. The teams are good and the weekend is just fun, playing back home."

The team finished at 1-2 in pool play before opening the round of 16 with a 6-1 win over the Dover Xtreme on Sunday morning. In the quarterfinals, the Nor'Easters got a base hit from Johnston to put them up 3-2 over the Northeast Hurricanes Black into the fifth. However, the visitors tied the game at three and scored two in the seventh to finish with a 5-3 win over the Nor'Easters.

Clarise Brooks of Lisbon was also part of the Nor'Easter U18 team.

## Paperwork available online for Newfound fall sports

BRISTOL — Newfound Regional High School fall sports will begin on Aug. 10 with football practice. Cross country, field hockey, soccer, unified soccer and volleyball will start on Aug. 15. Eligibility paperwork is online on the NRHS web page, under the athletics link. All paperwork should be completed at least seven days before the first practice/

tryout to ensure participation on that date. Any questions should be

directed to Pete Cofran at pcofranc@sau4.org or 744-6006, x1507.

### Newfound searching for athletic trainer

BRISTOL — There is an immediate opening for a certified athletic trainer at Newfound Regional High School. Interested applicants should contact Peter Cofran at 744-6006, x1507 or pcofranc@sau4.org.

## Plymouth football, field hockey camps coming up

PLYMOUTH — The Plymouth football and field hockey camps will get under way soon.

The football camp, for grades six through 12, runs Aug. 1 through Aug. 5, from 5 to 8 p.m. The five evenings of instruction consist of

weight training, a specialist period and training sessions. This year marks the 25th annual camp.

The date set for picking up football equipment is today, Thursday, July 28, at PRHS at 5 p.m. All players must

complete their registration for football when they pick up their equipment.

"We are committed to running a skill driven, high intensity exciting camp culminating with age based scrimmages on Friday evening,"

said PRHS head football coach Chris Sanborn. "Our first 24 years were a success and we are excited to continue a great tradition."

Contact Sanborn with any questions at 536-1444, extension 1190) or 726-1957.

The field hockey camp runs from Aug. 8 to 12. Grades five through 12 can attend camp. Session one for fifth through seventh grades runs from 3:30 to 4:30 p.m. Session two for eighth – 12th grades runs from 5 to 7 p.m. The camp stresses fitness, field positioning, team play, specialty training, skill and goalie drills and competitive scrimmages.

Call coach Ashley Laufenberg at 536-1444 extension 1281 with questions.

There are still openings at both camps. Please register as soon as possible. You will be able to register for the football camp when you pick up your equipment.

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# Mount Washington Century Ride set for Saturday

**PINKHAM NOTCH** — Come take the challenge, ride for your health and to support environmental education at the 15th annual Mt. Washington Century Ride, considered New England's Most Challenging and best supported Century.

The Century begins at the Tin Mountain Nature Learning Center in Albany on July 30 between 6 and 8 a.m. The route circumnavigates Mt. Washington via the NH Scenic Byway/Presidential Range Tour that provides spectacular mountain views



THE MOUNT WASHINGTON Century Ride takes place on Saturday. COURTESY PHOTO

and tranquil, New England pastoral scenery. The ride is complete with five aid stations,

support vehicles, two on-duty EMTs, and a bike repair support van. The first 325 registered riders receive a commemorative t-shirt. All riders may collect pledges to win fantastic prizes as well as to contribute to the support of Tin Mountain Conservation Center.

A fabulous meal awaits returning riders at the Tin Mountain Nature Learning Center, where they can relax, tour the beautiful hand-crafted solar photovoltaic facility, or stroll the trails on the 140-acre Rockwell sanctuary. Julie Sargent will be available as a masseuse and more.

Each year, more than 25-30 Tin Mountain volunteers staff the aid stations, ride support vehicles, prepare and serve meals and check-in riders.

If you would like to volunteer for the Century to support Tin Mountain Conservation Center, some volunteer opportunities could include: registration from 5:30 to 8:30 a.m.; lunch and clean-up from 11 a.m. to 4 p.m., event clean-up and help at the aid station from 10:30 a.m. to 3 p.m.

Tin Mountain bike event sponsors include Cadence Wealth Management, L.L.C., Quad Cycles, BikeReg.com, Destination Cycling Pearl Izumi.

Media sponsors include WMWV 93.5 FM, Magic 104 FM, The Conway Daily Sun, The Portland Phoenix, and WPKQ 103.7 FM. Food sponsors The Valley Originals, Bagel's Plus, Weston's Farms, Green Thumb Farms and Sap Hound Maple CO.

Special thanks to the support the Mount Washington Bicycling Club, Coos Cycling Club and White Mountain Radio Amateur Club, Scarecrow Pub, Ragged Mountain Equipment, Bretton Woods Irving gas station, Grande View Lodge and Cabins, Mount Washington Auto Road and to the many trustees and volunteers that make this event possible and a great success.

For more information and to register, visit the Tin Mountain Conservation Center web site [www.tinmountain.org](http://www.tinmountain.org) and click on Mount Washington Century +Ride. The Century homepage provides detailed information about routes, registration, pledge sheets and other useful information. You may also call the Tin Mountain Conservation Center for more information at 447-6991.

Tin Mountain Conservation Center is a 501 (c) 3 non-profit environmental education program that promotes an appreciation of the natural environment among children, adults, and families through hands-on programs in the schools, at camps, and in the community and demonstrates responsible stewardship of natural resources through land protection, research, sustainable forestry, agriculture, and energy.



COURTESY PHOTO

## Runners-up

The Nor'Easters 18U softball team finished as the tournament runner-up in the Erik Whitten Tournament, ahead of this past weekend's Nor'Easter Classic. Newfound's Amanda Johnston is a member of the team.

## FINS & FEATHERS

# Wardens Worry

BY **RAYMOND KUCHARSKI**  
Contributing Writer

My dad took me to my first river flyfishing trip. It was to a nice pool below a bridge in the Assabet River. He fished worms while I tossed a fly around not really knowing what I was doing. He caught a brace of nice brookies while I continued floundering around with my flies. I worked my way down to the tail of the pool when suddenly a fish grabbed my fly and ran. That rainbow trout grabbed a Wardens Worry.

With a name like Wardens Worry I would think it would be in every flyfisherman's fly-box. After all, if it causes a Game Warden to worry it must me a killer fly.

The Warden's Worry is a venerable old bucktail that has been in the Maine streamer arsenal since it was first tied by Game



Warden Joseph Stickney in the late 1920s, (in New Hampshire they're Conservation Officers).

Some flies are designed to imitate a specific insect or bait-fish and others are designed to imitate a variety of food items. Then there are times when you just don't know what the fish are biting and you have to try a fly that can imitate multiple possibilities; the Wardens Worry is one of those flies.

**WARDENS WORRY**  
Hook: Streamer style hook'  
Thread: Black'  
Tail: Red duck feather'  
Body: Orange-yellow chenille'  
Rib: gold tinsel'  
Wing: Red squirrel tail'  
Throat: Yellow hackle.

night before heading back to the dorm. The RHAPcon panels got going on Saturday morning at DePaul with a Big Brother panel. While I don't watch Big Brother, it was still an enjoyable panel that featured a couple of former players. After lunch was the Survivor panel, which featured two-time Survivor Spencer Bledsoe, as well as Alexis Maxwell from Cagayan and Darnell Hamilton from the most recent season, Kaoh Rong. The panels finished out with a large group of RHAP co-hosts talking about their experiences on the podcast.

RHAPcon wrapped up with another bar function, this one right next to Wrigley Field, which was pretty cool.

I had a 7 a.m. flight on Sunday and luckily, I didn't turn my alarm off and made it to the airport (with a great Uber driver who rocked Taylor Swift most of the



COURTESY PHOTO

I LOVED the Ledge at the Skydeck at Willis Tower, which allowed me to stand on glass over the street hundreds of floors below.

way) in plenty of time to head home.

It was nice to have a few days to spend with some pretty great people. The RHAP community is a great group of people and I'm looking forward to the next event, likely this fall in New York.

And I'm sure I'll be back to the one-day excursions at that point.

Finally, have a great day, Mike and BettyAnn Nickerson.

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 Bay-sider. He can be reached at [sportsgsn@salmonpress.com](mailto:sportsgsn@salmonpress.com), at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.

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dicates any preference, limitation, or dis-  
crimination based on race, color, religion,  
sex, handicap, familial status or national  
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preference, limitation or discrimination."*  
(The Fair Housing Act of 1968 at 42  
U.S.C. 3604(c))

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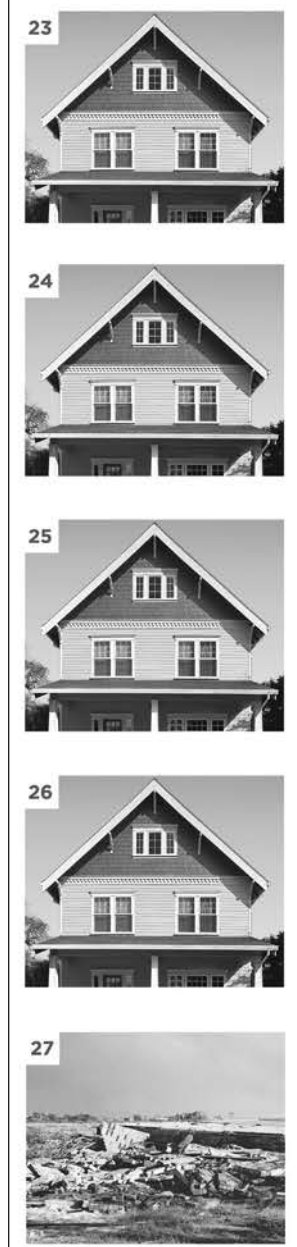
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**One Too Many,  
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impact every aspect of your life, from  
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relationships with family members,  
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Awareness Month, an observance  
dedicated to raising awareness of the  
dangers of alcohol abuse. If you or  
someone you know has a problem with  
alcohol, help is available. Seek advice  
from a doctor or contact an alcohol  
treatment facility, and take the first step  
toward control and recovery.

**Warning Signs of Alcohol Abuse**

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs  
professional help for alcohol abuse or addiction,  
**please call 1-800-NCA-CALL  
(622-2255) or visit ncadd.org  
for more information.**

It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush. It could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.



**2MIN  
2XDAY**

Easier than getting them  
to eat something green.







# TOWN-TO-TOWN CLASSIFIEDS

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2nd Circuit - Family Division - Plymouth  
26 Green St.  
Plymouth NH 03264

Telephone: 1-855-212-1234  
TTY/TDD Relay: (800) 735-2964  
http://www.courts.state.nh.us

### CITATION FOR PUBLICATION

Case Name: **In the Matter of Crystal S. Stockton and John C. Stockton**  
Case Number: **669-2000-DM-00095**

On May 9, 2016, John Stockton of Northfield, NH filed in this Court an Ex Parte (Emergency) Motion & Petition to Change Court Order with requests concerning:

"A. Grant this Motion for Emergency (Ex Parte) Relief; B. Grant me temporary sole parenting responsibility and sole decision making; and C. Grant such other and further relief the Court may deem just."

The original pleading is available for inspection at the office of the Clerk at the above Family Division location.

UNTIL FURTHER ORDER OF THE COURT, EACH PARTY IS RESTRAINED FROM SELLING, TRANSFERRING, ENCUMBERING, HYPOTHECATING, CONCEALING OR IN ANY MANNER WHATSOEVER DISPOSING OF ANY PROPERTY, REAL OR PERSONAL, BELONGING TO EITHER OR BOTH PARTIES EXCEPT (1) BY WRITTEN AGREEMENT OF BOTH PARTIES, OR (2) FOR REASONABLE AND NECESSARY LIVING EXPENSES OR (3) IN THE ORDINARY AND USUAL CAUSE OF BUSINESS.

The Court has entered the following Order(s):

**"The court issues the following orders, which will remain in effect until further hearing: The Respondent shall have temporary sole decision-making and residential responsibility for the minor child(ren). Respondent = John Stockton."**

**Crystal Hall** shall file a written Appearance Form with the Clerk of the Family Division at the above location on or before **September 07, 2016** or be found in DEFAULT. **Crystal Hall** shall also file by **October 07, 2016** a Response to the Petition and by October 07, 2016 deliver a copy to the Petitioner's Attorney or the Petitioner, if unrepresented. Failure to do so will result in issuance of Orders in this matter, which may affect you without your input.

BY ORDER OF THE COURT  
*Deborah A. Nichols*

Deborah A. Nichols, Clerk of Court

July 09, 2016  
(241)

NHUB-2187-F (07/01/2011)

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## SAVE THE DATE

### RN Recruitment Job Fair

**Tuesday, August 9th, 2016 | 4–7PM**  
Steamboat Room @ Chase House  
Mill Falls at the Lake  
312 Daniel Webster Hwy  
Meredith, NH 03253

**Thursday, August 11th, 2016 | 4–7PM**  
Hampton Inn  
195 Laconia Rd  
Tilton, NH 03276

Multiple departments hiring at both **Lakes Region General Hospital & Franklin Regional Hospital**

Please visit our website at [lrgh.org](http://lrgh.org) for a complete list of open positions

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Internal Medicine • Laboratory Services  
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# Sports

B6 NEWFOUND LANDING, THURSDAY, JULY 28, 2016

## Register for fall flag football season

REGION – The Lakes Region Flag Football League (LRFFL) is an NFL youth flag football program, and is open to all boys and girls in the Lakes Region area between the ages of 4-15. New this fall, we have five age divisions: U6; U8; U10; U12 and U15. All divisions are co-ed, and the player's age is as of Sept. 1.

The registration fee for the Fall 2016 season is \$75. The fee covers all expenses for the season, and each player will receive an NFL Flag reversible team jersey and a set of NFL Flags to keep. Credit card payments are accepted online, and checks are also accepted. Register online at [lrffl.com](http://lrffl.com).

For Fall 2016 season, practices for the U8, U10 and U12 divisions are one hour per week, typically on Wednesday nights, while the U6 and U15 divisions will practice on game days. Games are one hour long and are played primarily on Sunday afternoons at the Inter-Lakes High School turf field in Meredith.

Like the league on Facebook at [lakesregion-flagfootball](https://www.facebook.com/lakesregion-flagfootball). Questions? E-mail [lrffl@metrocast.net](mailto:lrffl@metrocast.net).

*What are you waiting for? Stop in this week and see why Taylor is known as an active, fun and friendly retirement community.*

## OPEN HOUSES ARE BACK!

Main campus in Laconia  
**Wednesdays 1:00-4:00pm**  
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**Thursdays 1:00-4:00pm**

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- Get answers to all your questions
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Main Campus - 435 Union Avenue • Laconia, NH 03246 • Back Bay Campus - 69 Taylor Drive (off Bay Street), Wolfeboro, NH 03894  
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