



COURTESY
As much as seven inches of rain washed away Sculptured Rocks Road in Groton last Thursday, stranding residents and sending dozens of first responders to the scene to assist.



DONNA RHODES
Gov. Chris Sununu shook hands with Hebron Fire Chief John Fischer as he and Homeland Security and Emergency Management Director Jennifer Harper arrived by helicopter to get a first hand look at damage along Sculptured Rocks Rd. in neighboring Groton after torrential rains ravaged the area on July 11.

Heavy rains cause flooding along the Cockermouth

BY DONNA RHODES
drhodes@salmonpress.news

GROTON – Torrential rains on July 11 not only caused water from the Cockermouth River to overflow in Groton and low lying parts of Hebron; it also caused the typically passive riv-

er to change its course, wiping out bridges and undermining entire sections of Sculptured Rocks Road. The first call of distress from the area came in to the Lakes Region Mutual Aid Dispatch service at 8:33 p.m. that

Thursday when residents at 435 Sculptured Rocks Road in Groton reported their home was surrounded by water and rocking in the current. Other residents soon found water flow-

ing through their property as well. Rescuers from Hebron Fire Department raced to the scene as others, including employees and equipment from Groton Highway Depart-

ment, were called in to assist. Robert “Bubba” Ellis of Groton HD said it was “crazy” how fast the water came up. As a result of the heavy rain the river re-

routed itself onto the road just before a new bridge, which had been installed after a damaging storm two years ago, and once again took out bridges, pavement and

SEE FLOODING, PAGE A10

Friends of the Minot-Sleeper Library announce annual book sale

BRISTOL — Save the date of Saturday, Aug. 3 for the annual Book and Bake Sale at the Minot-Sleeper Library from 9 a.m. to 2 p.m. This popular event, sponsored by the Friends of the MSL, is a fundraiser that helps support many library programs, such as Summer Reading events and prizes. In addition, the Friends help fund and volunteer their time at library hosted events throughout the year. Find out more about this nonprofit organization by visiting the Friends page at minot-sleeperlibrary.org, or get involved by joining the Friends at their meeting the first Monday of the month at 10:30 a.m. at the library. Their next meeting is Sept. 9.

BY BOB MARTIN
Bob@Salmonpress.news

BRISTOL – It isn't every day that you get to see Navy Seals parachute out of a helicopter, but that was just the case at Wellington State Park on Saturday at the Swim With a Mission event that took place all day in front of thousands of spectators. The annual event has raised more than \$112,000 since it began three years ago, and involves a day full of swimming, eating, drinking and demonstrations by Navy Seals and police departments with their K-9 units. People of all ages enjoyed the festivities on the shore of New-

found Lake on what was hot, sunny Saturday. The event began at 7:30 a.m., with about 300 swimmers taking to the beautiful clear water of Newfound Lake for solo and relay races. At 11 a.m. the Swim With a Mission festivities began, which included food, face painting and kids activities, raffles, veterans booths and more. At about 1 p.m., organizers Phil and Julie Taub addressed the crowd to recognize Gold Star families and other Navy Seals who were on hand for the event. Gov. Chris Sununu was also at Wellington for the event,



BOB MARTIN
Navy Seals parachuted out of helicopters in the Swim With a Mission event held at Wellington State Park on Newfound Lake.

and was very pleased to see the great turnout for a worthy cause. “It really is a huge sense of pride for us,” said Sununu. “This is the ‘live free or die’ state. You hear me say it all the time that it isn't four words on a license plate. It is how we live here. It is about service and what we can give back.” Several veterans were on hand to field questions from the crowd, with the military personnel touching on all kinds of subjects including their gun of choice, their dedication to their country and aspects of their time in combat. One Marine on hand was Mark “Oz” Geist, who is the co-author of “13 Hours” and was a member of the Annex Security Team that fought in the battle of Benghazi in Libya in 2012. Geist said it is a great feeling knowing that we live in a day in age where military personnel are loved

and respected, with Geist saying that it was an honor to serve. “It is an honor to be here and be with these fellow warriors,” said Geist. Following the question and answer session, spectators made their way to the shore where they were treated to musical performances by Carlos Martinez and Jodi Katz. In the distance, the sound of a helicopter could be heard and then after several pass overs, three Navy Seals hopped out of a helicopter and landed in Newfound Lake to the cheers of hundreds of people on shore, and others watching from boats on the lake. Navy Seals continued demonstrations from boats, showing “frog men” tactics and other military procedures. The crowd then made their way back to the main festival area where Navy Seals and police

SEE SWIM, PAGE A12

Hill Library welcomes science-oriented storyteller

BY DONNA RHODES
drhodes@salmonpress.news

HILL – With a “Universe of Stories” the theme of this year’s statewide summer reading program, The Friends of Hill Public Library

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DONNA RHODES
ScienceTeller Leo Ducharme got some help from four-year-old Paxton and nine-year-old Olivia for an experiment he demonstrated at Hill Public Library last week.

brought ScienceTeller Leo Ducharme in last week to tell a story about space and share the fun of science with boys and girls. A ScienceTeller, he

explained, is someone who is part storyteller and part scientist, which Ducharme found to be a great combination. “Aliens-Escape From

Earth” was the tale he told about two children who, late one night, snuck outside. In the woods behind their

SEE SCIENCE, PAGE A10

PSU alumna named International Principal of the Year

P L Y M O U T H — Plymouth State University (PSU) alumna and current Doctor of Education degree candidate Alexa Schmid has been named the 2019 International Principal of the Year by the United States Department of State, the inaugural award for overseas principals. Part of the National Association of Secondary School Principals' National Principal of the Year program, the award recognizes a secondary school principal who teaches abroad and provides strong learning opportunities for students, as well as exemplary contributions to the profession. Schmid is a native of

Plymouth. "Alexa has made an impact on the lives of countless students across the world," said Marcel Lebrun, Ph.D., Professor and Director of the Doctor of Education in Learning, Leadership and Community Program at Plymouth State University. "Plymouth State University is proud to play a supporting role in her story, ensuring that she has the training and resources to be successful in Kenya, and wherever life – and her career as an educator – may take her next." After completing her undergraduate degree, Schmid served in the Peace Corps



Alexa Schmid

COURTESY PHOTO

in Zambia, in Southern Africa, where she lived in a small village with no electricity and learned to speak the local language while she helped rural subsistence farmers with fish farming, agroforestry, animal husbandry and agricultural practices. The experience expanded her worldview and ignited her interest in teaching abroad. Schmid began her career teaching in Cairo, Egypt, while completing coursework for her Master of Education degree with PSU through online and in-person classes during her summer breaks. While teaching at the American Embassy School in New Delhi, India, Schmid decided to explore administrative roles within education. Upon completing her Certificate of Advanced Graduate Studies in Educational Leadership with PSU, she became the Embassy School's Assistant Principal. In 2017 Schmid moved to Nairobi, Kenya, to become Principal of the International School of Kenya. She is currently working toward her Doctor of Education degree at PSU.

"It is an honor to be recognized with this award. I've been fortunate to have some amazing mentors who have helped at every step of my career," said Schmid. "I am also fortunate to have found a program – right in my own childhood backyard of Plymouth – that gives me the flexibility to live my dream of teaching abroad, working with students from different backgrounds, and making a global impact, while continuing my education. Because my coursework is online and through in-person classes over summer break, I can be at my best for my students each and every day. I hope that I inspire my team to grow and stretch to provide meaningful learning experiences for students."

The International School of Kenya is a private, nonprofit school founded in

1976 through a partnership between the United States and Canadian governments. The school serves the educational needs of both expatriate and Kenyan students who seek a challenging, international curriculum that leads to the International Baccalaureate Diploma program. Schmid oversees 260 students in the middle school, which includes grades six through eight, and she takes pride in preparing them for a rapidly changing world, providing them with the knowledge and skills they need to take responsibility, address challenges, and to become responsible citizens.

Schmid's director, David Henry of the International School of Kenya, nominated her for the Principal of the Year award, exalting her can-do attitude that allows her to quickly adapt to new situations and find creative solutions to problems. She stood out among the other nominees because of her leadership in developing student-led community-building opportunities, supporting the school's diverse student population and creating a sense of belonging and identity for her students. Schmid implemented a new advisory program, along with several clubs and leadership opportunities to enhance students' voices. She also transformed the school's elective programs to encourage increased student choice, allowing students to follow their passions or find new ones.

Schmid is particularly proud of her work to support students as they take on leadership roles. She assisted a group of students who planned and led the entire school in a "Plastic Protest" on Earth Day, and then presented a single-use, plastic-free proposal to the school's director. She also helped a student group in developing school-wide workshops on dif-

SEE SCHMID, PAGE A10

Discover Dinosaurs Alive! at Science Center

HOLDERNESS — Discovering dinosaurs is no longer just for paleontologists. On Wednesday, July 31 from 4 to 5:30 p.m., Squam Lakes Natural Science Center invites families with children ages four and older to learn all about dinosaurs in a fun and educational program.

In this special event, participants head out on the trail and discover five giant, animatronic dinosaurs. After, children learn all about when and how dinosaurs lived in prehistoric times and play dinosaur-themed games. The program concludes with a classroom visit from a live, modern day dinosaur.

Species featured in Dinosaurs Alive! include Acrocanthosaurus, Deinonychus, Dilophosaurus, Parasaurolophus and Tyrannosaurus rex. All five dinosaurs look, move and sound like the real thing—one even spits!

Meet the Dinosaurs of Dinosaurs Alive! costs \$8/member and \$10/non-member and pre-registration is required. To register, visit www.nhnature.org, or call the Science Center at 968-7194, ext. 7. The Dinosaurs Alive! exhibit is open daily through September 30 and included with regular trail admission.



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NEWFOUND LANDING STAFF DIRECTORY

PRESIDENT & PUBLISHER FRANK G. CHILINSKI (603) 677-9083 frank@salmonpress.news	EDITOR BRENDAN BERUBE (603) 677-9081 brendan@salmonpress.news
BUSINESS MANAGER RYAN CORNEAU (603) 677-9082 ryan@salmonpress.news	SPORTS EDITOR JOSHUA SPAULDING (603) 941-9155 josh@salmonpress.news
OPERATIONS DIRECTOR JIM DiNICOLA (508) 764-4325	PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@@salmonpress.news
DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516	

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Week of 7/19 - 7/25

LION KING Daily: 11:30, 2:10, 4:50, 7:20, 10:00 PM	PG	TOY STORY 4 Daily: 12:00, 2:20, 4:40, 7:00, 9:20 PM	G
SPIDER-MAN FAR FROM HOME Daily: 11:30, 2:15, 5:00, 7:40, 10:15 PM		PG-13	

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PSU Exercise and Sport Physiology Program earns national recognition

PLYMOUTH — The Exercise and Sport Physiology Program at Plymouth State University (PSU) recently earned recognition from two national organizations – the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM).

After rigorous examination of curricula, faculty and other factors, the program was approved as an NSCA Education Recognition Program (ERP)-recognized undergraduate strength and conditioning program. PSU joins other premier programs nationwide that have achieved this elite level of recognition. The NSCA ERP designation distinguishes institutions that offer programs designed to prepare students to become NSCA-certified as



COURTESY

The Exercise and Sport Physiology Program at Plymouth State University (PSU) recently earned recognition from two national organizations – the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM). Shown in photo (L-R) – PSU students Ashlyn Szabo, Abigail Reynolds, and Aaron Chalfoux measure aerobic capacity in PSU's Exercise and Sport Physiology Research Laboratory.

personal trainers and strength and conditioning specialists. PSU students will also benefit from expanded educational and networking opportunities through NSCA. SEE EXERCISE, PAGE A11

Hill Village Store hosting new flea & farmers' market

BY DONNA RHODES
drhodes@salmonpress.news

HILL – The Hill Village Store is the site of a new Flea/Farmer's Market, held each Sunday from 8:30 a.m. until 3:30 p.m., weather permitting. Storeowner Sean Foden and his wife Marsha invite everyone to come browse the selection of items for sale each week, which can include everything from jewelry and clothing to children's toys, tools and collectibles. Baked and canned goods were also available last week and as crops ripen they hope to have farmers bring vegetables, berries and other



locally produced foods as well. There is no charge for vendors, they are simply welcomed to come set up their tents and tables and join in the fun of an outdoor summer market. Set up begins at 7:30 a.m. The market venue is located on the strip of lawn in front of the store, post office and fire department, with plenty of parking available and great exposure to Route 3A. Hill Village Store also invites everyone to visit their Monday Night Cruise Nights, which keep growing bigger each week.

Bristol Police Log

BRISTOL — The Bristol Police Department handled 242 calls for service, resulting in eight adult criminal arrests, one protective custody arrest, and 15 criminal offense investigations from June 22 to July 6. Officers also performed 87 motor vehicle stops, investigated 8 motor vehicle accidents, and conducted 210 directed enforcement patrols, area checks, and foot patrols. Other call reasons included: K9 deployment, domestic disturbances, mental health emergency, intoxicated persons, warrant checks, wanted persons, criminal investigation follow-ups, harassment, thefts,

burglary, forgery/fraud, 911 investigation, criminal threatening, criminal mischief, unwanted persons, noise complaints, shots fired complaints (aka fireworks complaints), fireworks complaints, suspicious vehicles, suspicious persons, disturbances, drug activity complaints, drug investigations, fights, motor vehicle complaints, DWI complaints, hit and run accidents, welfare checks, warrant service, search warrants, residential alarms, business alarms, parking complaints, civil matters, civil stand by, protection order services, protection order

violations, paperwork service, animal complaints, public assists, motorist assists, abandoned vehicles, sex offender registrations, VIN verifications, road hazards, juvenile complaints, community policing events, assist other police agencies, and assist the fire department.

Arrests:

James Kerr, 29, Bristol- Domestic Violence Assault, Resisting Arrest, Simple Assault on a Police Officer X2, Breach of Bail

James Kerr, 29, Bristol- Stalking, Breach of Bail

Ronald Bouvier, 28, Bristol- Criminal War-

SLA to hold Around the Lake Sailing Race

HOLDERNESS — The Squam Lakes Association (SLA) will hold its annual "Around the Lake Sailing Race" on Sunday, July 28. The start and finish line is in Piper Cove and the course travels past Bean Ledge and Deephaven

Reef. Starting at 1:00 PM and ending at 4:30 p.m., with awards ceremony at 5 p.m., this sailing race is open to all types of sailboats.

Prizes will be awarded on the Portsmouth Number handicap system. Any size boat can win and will have separate divisions for racing and recreational sailors. Division A will include racing sailboats and Division B will be for recreational sailboats, with no spinnakers permitted.

Online registration is open now. Entry forms are available at the SLA Resource Center on Route 3 in Holderness or can be downloaded online. Racers must be capable of sailing safely on

Squam Lake and are asked to exercise proper racing decorum. The race course is subject to wind and weather condition changes. Maps of the course and racing instructions will be available at the SLA office or on race day from the official's boat.

The tax-deductible entry fee is \$40 and will benefit the SLA's Community Youth Sailing Program. Registration is open until Saturday, July 27, and entry forms should be submitted by noon on July 28 at the SLA Resource Center. For more information on the Around The Lake Sailing Race call 968-7336, or visit the SLA Web site, www.squam-lakes.org.

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CADY Corner

How much screen time is too much?

BY DEB NARO
Contributor

Have you ever picked up your cell phone to quickly respond to a text or research something on the Internet, then before you know it, an hour has gone by? New research has found that cell phone usage is more than just a time waster; especially for children and teens. Published in the journal for Preventive Medicine, a recent study reports that young people who spend seven hours or more a day on screens are more than twice as likely to be diagnosed with depression or anxiety versus those who use screens for an hour a day. Although seven hours a day may seem like a lot, 20 percent of 14-17-year-olds who were studied spent this amount of time on their electronic devices.

Jean Twenge, author of the book iGen, lead researcher of the study, and psychology professor at San Diego State University notes that young people with more screen time tend to be less happy than kids who engaged in activities such as playing sports, reading (non-electronically) or spending face-to-face time with friends. Not only did findings uncover connections between screen time and mental health issues, the study also found that young people who spent seven hours or more (excluding schoolwork) were more easily distracted, less emotionally stable, and had more difficulty finishing tasks and making friends compared to those who spent just an hour a day on screens (excluding schoolwork). Currently the American Academy of Pediatrics has set specific guidelines for children ages two to five regarding screen time, recommending no more than an hour a day for this age group however specific guidelines for older children and adolescents were not addressed.

According to the National Alliance on Mental Illness (NAMI),

since the rise of the smart phone, indicators of mental “wellness” such as happiness, self-esteem and life satisfaction have decreased while serious mental health issues of anxiety, depression, loneliness and suicide have increased significantly, particularly among young people. More time on screens, particularly social media, can lead to increased risks of stressors including social isolation, cyberbullying, social comparison, decreased life satisfaction, reduced productivity and distraction from personal values and goals.

As a parent, what can you do to limit your child’s screen time? One simple suggestion is to have your children charge their phones overnight in a room separate from their bedroom. This will keep them from checking their phones at night and causing them to lose sleep. Enforce daily screen time limits, establish a specific amount of time each day that your child can have access to their device and stick with it. As a parent, if you are struggling with limiting your own screen time, recognize this, kids will be more likely to participate if you are up front about your own cell phone use. Encourage your child to pursue healthy interests that also promote personal connections and growth such as playing a sport or joining a club. Focus on your family routines of having dinner each night or doing an activity together on the weekends where phones are put aside. Make exclusive, family time a priority away from media distractions—unplug.

Please visit the CADY Web site at cady-inc.org. for more information on healthy child development. If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.



DONNA RHODES

A sweet celebration

Lanie LaPage and Avery Smock were among the more than 50 people who enjoyed a special Ice Cream Social hosted by the Bristol Bicentennial Committee last Thursday night. The event was followed by music from the Jonathan Tirrell-Wysocki Trio as part of this year’s free Summer Concert Series at Kelley Park. Due to inclement weather, the concert and ice cream social were moved to the Old Town Hall however. On July 18 The Country Mile Band will be performing from 6:30-8 p.m., followed by the Studio Two- Beatles Tribute Band on July 25, Uncle Steve Band on Aug. 1, Back Shed String Band on Aug. 15, and on Aug. 22 Honest Millie will round out the summer series of music in the park.

North Country Notebook

Black flies, and who knows why turkeys do the things they do?



By JOHN HARRIGAN
COLUMNIST

Sudden, brief rain squalls rolled through the area over the weekend, and I was glad I wasn’t haying any more. Others were, and went racing by with lowbed trailers of round bales.

I decided to weed my garden, not a big job because it’s not a very big garden. Just a row of radishes, some lettuce, and by and by,



COURTESY PHOTO

A TURKEY SITS atop a birdfeeder.

cucumbers and carrots. I’m in no hurry, and

it’s a good thing because I was late and slow putting the seeds

in, even though Mother Nature gave me plenty of time. Plenty, at least, for life halfway between the Equator and the North Pole.

The further north you go, the shorter the seasons. Everything is compressed. People in South Carolina think we are crazy for living in northern New England. I love it here but don’t really understand how people manage to get by in the Far North, even though I’ve been there.

+++++

The winds were stiff and all over the place while I was in the garden. A stiff breeze will sometimes keep the black flies at bay, especially when the wind keeps changing directions. Still, while I was SEE **NOTEBOOK**, PAGE A11

Strategies for Living

The knock at the door

BY LARRY SCOTT

“The knock at the door startled Irene Adkins. The seventy-nine-year-old great-grandmother wasn’t expecting any visitors. A cautious peek through the peephole revealed a well-dressed silver-haired gentleman with a kind face that struck her as vaguely familiar.” So writes Robert Morris in his book, “The God I Never Knew,” a book I wholeheartedly recommend.

“It would take her a while to realize that the man’s face indeed bore an uncanny resemblance to one she knew better than any other – her own. Irene’s 73-year-old brother, Terry, had come for a surprise visit. It was quite surprising because Irene never knew she had a brother.

“Back in 1932, in the depths of the Great Depression, a desperate and confused young English couple unhitched

their tattered camper trailer on the side of the road and drove away. Police later found three small, hungry children inside. Irene, at ten months of age, was the youngest. The three were placed in separate foster homes and grew up unaware of the others’ existence. Meanwhile, the young couple eventually achieved some stability a few years later and had another child – their son, Terry.

“When Terry was fourteen, his parents revealed their shameful secret. They told him of the desperate straits in which they’d found themselves and of the wrenching decision to abandon the trio of hungry mouths they could not feed. Shortly thereafter Terry began a lifelong quest to find his siblings. ... He searched in vain for almost sixty years. Then came a break-through. He

learned the name of the agency that had placed Irene and her siblings in foster homes. Not long thereafter came the day – April 3, 2010 – when Irene Adkins discovered the wonderful brother she never knew. In the discovery the rootless orphan found a source of answers to questions she had carried around in her heart all her life” (Chapter 1).

This, to me, is the perfect picture of where God stands in his desire to have a relationship with you and me. He knows how empty life can be without him, and he has encouraged our search. To him, we are “family,” and it is only as we welcome him into our lives that we will finally realize, “We’re home! This is where we belong!”

Jesus, in one of his parables, referred to himself as “the Good Shepherd,” one who would leave “the 99” to them-

selves as he searched for “the one lost sheep.” No one of us, in God’s view, is good enough to cause God to love us any more, and none of us is evil enough to cause God to love us any less. Regardless of our station in life, God is anxious to make the acquaintance.

In the New Testament book of Revelation, Jesus is quoted as having said, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in.” The great truth of the Gospel is that we have access to God. He is, indeed, anxious to “meet” us, but he will never force the issue. He responds only by invitation.

I cannot tell you how he will reveal himself to you; I just know, from experience, that he is as good as his word.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Services planned for John Stokoe

John C. Stokoe, 84, of Hebron passed away peacefully at his home Tuesday, April 30, surrounded by his four children. Please join us for his memorial service Saturday, July 27 at 10am at the Bristol United Church of Christ, 15 Church St. Bristol NH 03222.

A burial will be held Monday, July 29, 2019 at the Bethlehem Cem-



etery, 286 Kenwood Ave., Delmar, N.Y. In lieu of flowers dona-

tions can be made to The New Hampshire Alzheimer's Association 166 S River Rd #210, Bedford, NH 03110 or online at www.alz.org/manh to end this horrible disease or Newfound Lake Region Association, 10 North Main ST., Unit 1, Bristol, NH 03222. www.newfoundlake.org.

Roland E. Matthews, 82

GROTON — Roland E. Matthews, 82, died Monday July 15, 2019 at the Speare Memorial Hospital.

He was born in Groton the son of Frank E. and Lena (Hobart) Matthews, Sr. He lived most of his life in Groton. Roland retired from his custodial work at SAU 4 after 23 years of dedicated service. He spent the majority of that time at the Newfound Memorial High School facility. In addition, and following retirement, he worked cutting and selling firewood and

continued doing custodial work for the Town of Hebron in their public buildings. In his spare time Roland enjoyed bowling.

Family members include his wife Alberta (Kinsley) Matthews of Groton, a daughter Deborah Smith of Bradenton, Fla.; a brother, Charles Matthews of Plymouth; step children Sandra Sharp and Dan Lamos, both of Alexandria; several step grandchildren; step great grandchildren; nieces and nephews.

He was predeceased

by brothers Frank Jr., Vernon and Donald Matthews, and sisters Mary Hoyt and Pearl Matthews and step daughter Tammy Coutu.

A graveside service will be held on Friday, July 19, 2019 at 10 a.m. at Homeland Cemetery, Bristol. In lieu of flowers, donations may be made in his memory to the Hebron Fire Department, PO Box 97, Hebron, NH 03241. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Bernard Lawrence Huntoon, 88

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

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

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



with 2 Bronze Service Stars and United Nations Service Medal. Bernard especially enjoyed time spent with outdoor activities, including, snowmobiling, fishing, hiking, hunting and camping. He loved to travel and spend time with his grandchildren and great grandchildren. Bernard was a member of the Pemigewasset Valley Snowmobile Club in Bristol for many years and served as Past President. In addition to his parents, Bernard was predeceased by his son Dennis, and siblings, Clinton Huntoon, June Brown and Mary Brownell.

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

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

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

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

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

For more information, go to, www.smart-funeralhome.com.

Churches

Ashland Community Church

Sundays

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

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

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

Our new Youth Zone (grades 5-8) will be starting soon and our Special Needs Class (for youth and adults) is led by Barbi Sharrow and Debbie Tall. Both classes meet in the worship center for singing at the beginning of the service and then are dismissed to their classes when the message begins.

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

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

You don't have to dress up. You don't have to be any particular age. And

please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for: You'll learn how to relate to God. You'll experience Christian community. And here's the big thing – you will change. Join us as we seek God together. Just come as you are! (No perfect people allowed!)

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

We look forward to seeing you soon!

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

We are handicapped accessible!

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

Sundays: Pastor: Rev. Andrew MacLeod Intergenerational Service: 10 a.m. Coffee Fellowship: Following service

NOTES:

Wheelchair accessibility can accommodate up to three wheelchairs in our Sanctuary!

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

Phone: 744-8132

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

Pastor's hours: Monday through Thursday - 9 a.m. to noon and other times by appointment.

Rev. Andrew's Home Phone: 217-0704 Email: pastorbucc@myfairpoint.net

** Please note that for the months of July and August, Sunday worship will begin at 9:30 a.m.

Weekly Events:

Mondays: A.A. Step meeting – 7:30 p.m.

Extra Uke practice, for those who can make it, from 9:30 a.m. to 10:30 a.m. every Monday!

Women's Fellowship Craft Group – 11 a.m.

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.

Senior Luncheon – Noon

NANA Chair Yoga classes: 1 p.m.

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in Fellowship Hall. Don Sorrie is moderating with discussion throughout, by a lively and committed group! All are welcome! Uke practice follows from 8:30 to 9:30 a.m.

Fridays: Bone Builders – 9:30 a.m.

NANA Chair Yoga classes: 11 a.m.

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

Women's Fellowship – Our next meeting will be held on Sept. 12 at 10 a.m. in Room 1, as there are no meetings during July and August.

T.E.A. Meetings are scheduled for every third Tuesday of the month at 4:00 p.m. Location varies.

Special Events:

**NOTE:

Watch for a renewal date of Sunday School in

September!

Our summer guest musician program will begin again on June 16 and will continue through August. Anyone interested in sharing their gift of music, please contact Estelle Giarrizzo on any given Sunday and she will schedule you into the program.

Women's Fellowship has created a small library in the church. If you have any spiritual and inspirational books in good condition that you would like to donate, please leave them in a marked basket in Fellowship Hall!

Our Women's Fellowship craft group will be meeting in Room 1 of the church every Monday, at 11 a.m. and continuing throughout the summer and fall months, for the purpose of creating small and affordable crafts to be sold at our Christmas Bazaar! All are welcome, and bring your lunch!

Our summer Ice Cream Night remaining for July is held on

Wednesday evenings at 7 p.m.: July 24 – Schackett's July 31 – Newfound Experience

Watch for our August schedule!

Come join us for great ice cream, fellowship, and fun!

Ongoing:

Bristol Community Services Food Pantry needs canned fruit, canned veggies, instant potatoes and oatmeal, canned chicken and tuna, spaghetti and spaghetti sauce, rice, soup, pasta mixes, jelly, baked beans, Chef Boyardee meals, cereal, snacks, desserts, drinks and condiments.

The ukelele band continues to grow and become more proficient as the weeks go by! We're having a ball! If you are

interested in joining, please contact Debbie Doe. The band gets together twice a week on Mondays at 9:30 to 10:30 a.m., and Wednesdays at 8:30 to 9:30 a.m. in Fellowship Hall for lessons and practice, and perform once a month during services. The band performed at "Day Away" on July 11 and clients and participants had a wonderful time! Watch for our performance schedule in August!

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

SEE CHURCHES, PAGE A7

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See The Full Schedule At **WWW.NOHAVERHILLFAIR.COM**

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

This week has gotten off to a fabulous start! I picked up my sidekick on Sunday, then went on to a family gathering. We had supper last night with her dad and brothers. Thank you for the fabulous tacos Jeremiah, ah, they were delicious! Later on today, we'll be going on an adventure to the river.

Town
Conservation Commission Meeting
Wednesday, July 31 at 6:30 p.m. in the Municipal Building.

Town-owned property auction Saturday, Aug. 3 at 10 a.m. To view the brochure listing properties and auction details, please visit the Town website at alexandrianh.com (no spaces).

Alexandria UMC
Sunday, July 21, services begins at 9 a.m.

Office Hours and Visitation Wednesday, July 24 from 11 a.m. until 6 p.m. Book study begins at 6 p.m.


Time to make the grilled cheese sandwiches that were requested. It certainly is a beautiful day for a stroll down a county road and adventure at the river! Hope you all have a wonderful week ahead, filled with good and positive things!

Oh my, how exciting is this? Looked up from my computer before sending my column and there was a bear cub strolling into my back yard! Kayleigh's beautiful blue eyes grew wide when she saw it! Don't see Mamma Bear, so I guess we'll be extra mindful with our stroll down the road!



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obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

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

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

Bristol

Al Blakeley
adblakeley0@gmail.com

I hope many of you have had the chance to see all the beautiful sunsets the past week or so. They have been spectacular! Now that most of the pollen has stopped floating in the air, we can breathe a little easier; wash windows and cars without having to repeat as often.

Concert on Thursday night 6:30 - 8:30 p.m.; The Country Mile Band. Friday, July 19, Take a Hike! w/Slim Baker Executive Director: Meet at Slim Baker Lodge at 10 a.m. The Rockin' Rotary Block Party on North Main Street to celebrate Bristol's Bicentennial will take place Saturday, July 20 from 5:30 - 8:30 p.m. Next week's concert will be Studio Two - Beatles Tribute Band. September Cash Calendars for the TTCC are available now. Grab one before they're gone!

Enjoy the outdoors! The lakes are just the right temperatures to jump right in and a cool walk through the woods or just a stroll along a beach help to forget the winter doldrums. Drop an email if there are any items you think worth mentioning here.

It is so nice of Old Mill Properties to sponsor hike and bike rides organized by the Newfound Pathways on Saturday, July 20 at 9:30 a.m.! Three events on the same day with something for just about everyone: 1) an easy family bike ride to Newfound Lake on the bike path (children must be accompanied by an adult and snacks will be provided), 2) a bike ride around Newfound Lake, clockwise with a stop at the Hebron Store (2 hour time frame for 17 mile ride) level of difficulty - average to hilly. , 3) hike

the trails at the Slim Baker property, including a photo stop on Inspiration Point on Little Round Top (1 - 2 miles distance). Carpool from Millstream Park or meet in the parking lot at Slim Baker Lodge.

The Minot-Sleeper Library continues its Summer Reading Program on Wednesday, July 24 at 10:30 a.m. with DIY Rocket Peeps, a hands-on activity for children and teens. Bring your imagination and build a solar system featuring a rocket and marshmallow Peeps. The library will provide all the materials. For adults, join other community members as we play Mah Jong, the board game, every Monday from noon-2 p.m. Mark your calendars for a special presentation with author Michael Cameron Ward on Tuesday, July 30 at 6:30 p.m. This program is co-sponsored with Bristol's United Church of Christ.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

On Sunday, July 21, the church welcomes back Rev. Gray Fitzgerald and Rev. Chris Lanzara. They've planned a lively worship program that will include traditional and new sacred music. Chris will teach the congregation some new songs, that they can join in for the choruses. If you've never been to their church before, this would be a great time for a visit!

Remember to save the date for the annual South Danbury Church Fair – Saturday, July 27, from 9 a.m. to 2 p.m. This year's special events are live music from 9:30 to 11 a.m. with Canyon Run's Lynda Nelson (who just had a recording session in Nashville) and Chick-en Willie. And then at 11 a.m., Lynne Monroe, Frank Whittemore, and Mary Lyn Ray will share exciting news about "The Don and Jane Project," to honor the life and legacy of poets Donald Hall and Jane Kenyon, and to preserve their Eagle Pond Farm. Auctioneer Doug Windsor will keep everyone laughing at the lively Annual Auction, after the midday Lunch. And naturally there will be the traditional Church Fair features – the Bake Sale (baked beans, too), Homemade Ice Cream, Crafts, Yard Sale, Raffle, and more – with time to meet South Danbury businesses and their wares, and catch up with friends and

neighbors. The South Danbury Church, an Open & Affirming Congregation of the United Church of Christ, is located at 1411 U.S. Route 4 in South Danbury, New Hampshire. Anyone who needs a ride to attend worship or events should contact them by email or Facebook Messenger to make arrangements. They are happy to help. For more about the South Danbury Church and its activities, follow "Friends of the South Danbury Christian Church" on Facebook, email south-danburychurch@gmail.com, or call 491-3196.

Cooking Demo

Also on the 27th will be a cooking demonstration at the Wilmot Farmers Market. There will be samples of Asian Lettuce Wraps and "chit chat" about making the most of your grocery dollars while also supporting local farms. On your way to or from the South Danbury Church Fair stop by the market to say hello to your Danbury farms: Of-fabit Farm, Good Enough Farm and Huntoon Farm. Not on the 27th but on alternating Saturdays you will also find Erica Schumaker and coming in August, our newest Danbury business Pumphouse Farm. Your Danbury neighbors are well represented at the Wilmot Market, every Saturday through Sept. 28 from 9 a.m. to noon. On Aug. 17, there will be another cooking demonstration featuring corn and eggs. Crack open your datebook and plan to attend.

Groton

Ruth Millett and Joanna Peel
rem1752nh@gmail.com
786-2926

Storm Damage Update

Currently the following roads are closed, but are open to local residents only (road signs will explain closures) – Sculptured Rocks Road (from Everett Hobart Park and East from there)
North Groton Road (from the Town Garage and North from there to Hall's Brook will be open soon for one-lane traffic)
Other Town maintained roads received some damage but are all passable at this time.
The Town Garage experienced flooding yet again with about 4 feet of water in the building and surrounding during the storm. Sludge and raw sewage remain and damaged sheet rock which will need to be cleaned

up in the days ahead.

The Police cruiser could not be moved due to the fact it could not be started in time though it had been started and run 3 days prior. All the heavy equipment was removed in time. Warnings did not come soon enough for the crew to get everything out in time. The first "code red" alert was received 30 minutes after the flooding had already occurred. We owe a lot to the 3 men who risked their lives literally to remove all that was removed at the loss of one of their personal vehicles.

Many employees, residents and contractors along with State crews are out mending the damage. 90% of roads were passable by Friday evening and by Saturday evening 100% were passable yet there is much repair remaining. The Town has been in contact with our insurance carriers and also with FEMA to start yet again the process of getting the work done. Thank you to Sara Smith who has worked tirelessly as well as the Town Highway Department and Bubba Ellis in particular. We appreciate them all. We know it is a hardship for many, especially those who had extensive property damage. The Town crew asks that you have patience as they are faced with a large clean-up as well and we will all get through this together.

On a lighter note... the Groton Old Home Day is scheduled for Aug. 17. This is a fun day for all who get involved. We're not sure about the fireworks yet, but monies are coming in for that. There is a collection jar at the Transfer Station for donations for this.

Hebron Fair will be held July 27 from 9 a.m.-4 p.m. This is always a good time too. Hope you take the time to come out and enjoy some community time together.

Scheduled April Meetings and Office Closures:

Select Board Work Sessions –Tuesdays, July 23 at 5 p.m., Aug. 6 at 6 p.m. at the Town House.

Select Board Meetings Tuesdays, July 23, Aug. 6, and Aug. 20 at 7 p.m. at the Town House

Planning Board Meeting at the Town House, Wednesday, July 31 at 7 p.m. at the Town House

Conservation Commission Meeting August 8th at 7pm at the Town House

The Select Board Office is supposed to be on vacation this week; though with the flooding it won't be much of a vacation for her. The office will technically be closed to the public.

Town Clerk's office will be closed Aug. 3 and 5 for a mini vacation.

Taxes due

There are a total of 253 outstanding invoices with a total due of \$167,011.09 which includes the 2019P01 bills that were due July 1st. Tax money is still flowing in, so this balance will come down in the days

ahead. Please remember that we take partial payment and prepayments by mail and there is a tax bill pay online www.grotonnh.org go to the Town Clerk/Tax Collector and use the red button. You will need your map and lot number. You may also pay for dog licenses, register motor vehicles online and get estimates for motor vehicle registrations. Please call if you have trouble using this convenience.

Hebron

Bob Brooks 744-3597
hebronnnews@live.com

Hebron Gazebo Program Saturday July 20, 6 p.m.

July 20 marks the return of WMUR Ch.9 Chronicle theme song composer Jordan Tirrell-Wysocki playing traditional Celtic Music with an Ice Cream Social hosted by the Friends of the Hebron Library. There will be NO BBQ that night, just dessert. The Hebron Gazebo Programs are sponsored by the taxpayers of Hebron, Hebron Village Store, D. Merrill, and individual donations. Free popcorn thanks to Bill White. If you have any questions or information please call 744-3335. Hope to see you there!

Hebron Historic District Commission Meeting

The Historic District Commission will hold a meeting on Tuesday, July 23 at 7 p.m. in the second floor meeting room of the Town Offices building, located at 7 School St.

Hebron Store looking for cars Thursday nights!

It has been brought to my attention that there has been sparse attendance at the Thursday Night Car Show.

Starting Thursday June 6 and continuing every Thursday through the Summer the Hebron Store will be holding a Car Show from 6-8 p.m. There will be Food, Drinks, and Ice Cream available and also a 50/50 Raffle and Door Prizes! "If you can drive it, tow it, push it, bring it on down!"

The Hebron Fair is coming!

The 67th Annual Hebron Fair is Saturday, July 27. Here comes the Hebron Fair again! Join us on the Common the last Saturday of July, starting at 9am, rain or shine. Admission is free. This year the fair will be expanding beyond the Common. There will be scenic helicopter rides at the Hebron Safety Building by White Mountains Helicopter. And in the other direction, at Ash Cottage and beyond, you'll find nature walks and more by NLRA and NH Audubon plus from 1:30 to 3 p.m., you can enjoy Music in the Mountains by the New Hampshire Music Festival. In addition to these exciting new happenings, there will be all the usual fun for the whole family including a huge selection of crafts, rummage, white elephant, scrumptious foods, baked goods, plants, books, He-

Comfort Keepers

Eight ways to keep aging eyes healthy

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

1. Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health – kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.
2. Exercise - A physi-

cian-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

3. Avoid eye trauma – Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.
4. Smart computer use – Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more

harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

5. Consider other health issues – Older adults can have health issues that affect their vision health, and it's important to talk to a healthcare professional about how physical conditions and medications can have an impact on the eyes.
6. Sunglasses – Protective eyewear becomes more important as we age, and it's important

for seniors to build the habit of always wearing sunglasses when they are outside.

7. Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!
8. Vision screenings – Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

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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.comfort-keepers.com/plymouth-nh for more information.

Churches

FROM PAGE A5
Restoration Church, Plymouth (Assemblies of God)

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

Sunday: 10:30 a.m. Morning Service
Monday: First and

third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

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

Our Mission Statement:

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

Starr King Unitarian Universalist Fellowship

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

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

This week at Starr King: Summer Services Continue - Sunday, July 21

Reflections on Baratunde Thurston's TED Talk on Living While Black

Suzanne M. Gaulocher Ph.D., MPH, Assistant Professor of Public Health, Associate Director, Center for Healthy Communities, Plymouth State University, Presenter Nancy Chaddock, Worship Associate.

About the TED: Baratunde Thurston explores the phenomenon of white Americans calling the police on black Americans who have committed the crimes of...eating, walking, generally "living while black." In this profound, thought-provoking and often hilarious talk, he reveals the power of language to change stories of trauma into stories of healing--while challenging us all to level up. Come and watch to discuss this here and now issue.

For more details, visit our Web site www.starrkingfellowship.org 536-8908

MARK ON THE MARKETS



BY MARK PATTERSON

Most of us would agree diversification is a good thing as it relates to our investment mix but also as it relates to our income as we approach retirement. In all likelihood the tax code will change during our lifetime, so the ability to

Tax diversification with benefits

switch from least to most tax advantaged income sources as possible is a worthwhile goal.

Tax free income can come in the form of a Roth IRA. You would not have had a deduction from taxes when you put the money in and likely would have paid tax on that income when received, but then the money could grow and after 59 and a half could provide tax-free income. While this is a great tool for retirement savings, it is not without limitations.

The maximum that

you can contribute depends on your modified adjusted gross income. The Roth like other retirement vehicles does not allow, without penalty, for a withdrawal before 59 and a half under most circumstances. But what if there was a way to save for retirement that would not limit how much you could save annually while providing tax-free growth and future tax-free income? There is a financial tool that has been used for many years, but has recently, for a host of rea-

SEE MARKETS, PAGE A11

Towns

FROM PAGE A6

bron Fair t-shirts, lunch featuring homemade baked beans, raffles, pony rides, children's games, nonprofit organizations, a silent auction from 11 a.m.-2 p.m., and the live auction starting at 1 p.m. Please note the chicken BBQ has been discontinued. Again, John Erickson of Pike's Bay Boatworks is donating one of his nautical creations to the auction. This year, his project is a seven foot, 10 inch plywood dinghy, specially built in 2019 for the fair. This cute little boat is perfectly suited for tending your yacht (or wake boat!) or tooling around in a quiet Newfound Lake cove. It's small enough for car-topping or hauling in the back of your pickup and constructed with marine plywood, epoxy sealed and painted. The church's baked goods and plants booth is seeking donations. The best sellers are whole pies, breads, muffins, cookies, cookie bars, brownies, "krispy" treats,

perennials, annuals, and house plants. They should be labeled for the "Baked Goods Booth," and can be left in the church kitchen on the Friday before the fair or at the booth Saturday morning. Baked beans for the lunch booth may also be dropped off the morning of the fair or contact the office for other arrangements. Your donations are appreciated, as all the profits go to support the church and its local missions. White Elephant items may be delivered directly to Dian West's home at 17 Brookside Lane. Please leave them in front of her garage or on her front porch if raining. Rummage (clothing and textiles), auction items, books, puzzles and games will be accepted directly at the church (9 a.m.-4 p.m., seven days a week). The cut-off date for donations is the Wednesday before the fair, so please drop things off early. Call the church office to make other arrangements or for pick-up of large items. Please refer to the list of items

we regretfully cannot accept by visiting our fair Web site, <http://www.hebronchurchfair.org/> (under Donating). Anyone willing to volunteer before, during or after the fair should call the office, 744-5883 or email staff@hebronchurchnh.org. Extra hands are always needed to set-up the big auction tent on Thursday, July 11 at 6pm. You'll find the Church Fair Work Schedule (under Volunteering) on the fair Web site. Proceeds benefit the Union Congregational Church of Hebron. The Fair Committee is extremely

grateful for the gifts of everyone's time and donations. This could not happen without our fabulous community! Thank you!

Cow Patty Bingo

Yes folks it's time once again for everyone to buy their Cow Patty Bingo Tickets. This year's event will be on Aug. 17 at 4 p.m. Tickets are \$10 each for a chance to win \$1,000, and there are only 255 tickets available. The tickets can be purchased at the Hebron Library, at any Hebron Gazebo Concert, or at the Hebron Fair. Good Luck!

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Wizard of Wash

DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

HILL:

Hill Public Library

NEW HAMPTON:

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Irving Gas Station

PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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SUMMER FUN in BRISTOL!

We are Celebrating Bristol's Bicentennial in 2019!

Be sure to put these dates on your calendar.

July 20 — Rockin' Rotary Block Party! 5:30 to 8:30 pm
— North Main Street & Kelley Park. Hosted by Bristol Rotary Club. Activities will include music with a DJ, face painting, kids games, free hot dogs and lemonade, free balloons, local craft beer tasting with Shackett's Brewing Company and Woodman's Brewery, a corn hole tournament, bubbles for the kids and a Pickle Ball Demo & Free Practice - wear your sneakers and have some fun!

August 1 — Free Summer BBQ Sponsored by Newfound Lake Region Association along with the Summer Concert Series — Uncle Steve Band. 6:30 — 8:00 pm Kelley Park.

August 23 - 25 — Spaghetti Supper, Pancake Breakfast, Games, Music, Old Time Artisans & Crafters, Historical Reenactments, Community Service at Inspiration Point, and more!
Full Schedule will be posted on the website.



Stay up to date on events by following the committee at:

[www.facebook.com/](http://www.facebook.com/bristolbicentennial/)

bristolbicentennial/

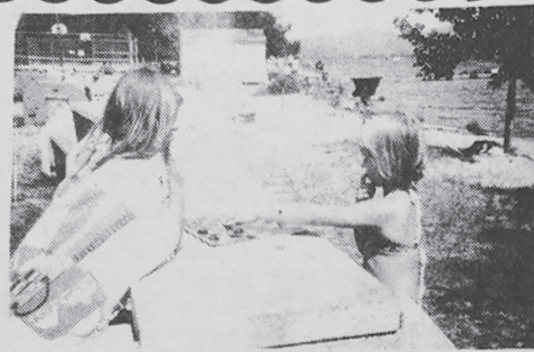
www.townofbristolnh.org

For more information contact us at:
bristol200@townofbristolnh.org
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Flooding

FROM PAGE A1

roadbed in its path. “Trees came down in the rain, blocked the river and created chaos,” Ellis said. “It’s crazy what water will do.” Ironically, federal funding had finally been received from the October storm in 2017 that caused extensive damage along Sculptured Rocks Rd. and reconstruction had been scheduled for later this summer, Ellis said.

First responders had more immediate issues to deal with that night though as they tried to reach residents further along the rural dead end road. From approximately Sculptured Rocks Natural Area west, the road was flooded with “feet” of water, as one rescuer reported to emergency dispatchers. Several residents on the far end of Sculptured Rocks Road, Jewell Hill and Sevin Kids Road were stranded in their homes and that caused a huge public safety concern. Nearby Beaver Pond Road was also flooded where the dirt road crossed the Cockermouth, stranding even more residents;

even Hebron Fire and Rescue personnel became victimized by the flood as water flowed around the backside of the area where they had parked their vehicles. “We were an island for a while there,” said Linda Fischer, EMT Chief for the Town of Hebron. Rescuers from nearly a dozen towns raced to Groton to provide boats and personnel, and Fire Chief John Fisher said water by then had even risen above the lofty pedestrian bridge at Sculptured Rocks. “From there it just continued down the road and just got worse,” the chief said. “The water coming off the mountain was pretty amazing.”

It was estimated that nearly seven inches of rain fell over the course of two bouts of heavy downpours, causing those flood conditions. For immediate safety purposes the couple making the first notification to 911 dispatchers was asked to remain in their home until rescuers arrived. Once they reached them, the situation had calmed down somewhat however, and Fischer said they decided to remain in their

home. A neighbor in her 70’s, however, did finally agree to err on the side of caution and was evacuated to stay with friends until the river waters receded. Besides the older bridge on Sculptured Rocks Road, a wood bridge on adjacent Jewell Hill Rd. stranded residents when it was also swept downstream. First responders reported throughout the long night that residents could be seen outside their homes with flashlights, trying to access the situation and checking on their neighbors. “Everybody managed to hunker down though and stay safe,” Chief

Fischer said. Responding departments that evening included crews from Hebron, Bristol, Camp-ton-Thornton, Franklin, Holderness, and Tilton-Northfield. Ashland was later asked to join them at the Hebron Fire Department staging area and an engine and boat were also called in from Concord’ Battalion 3 in case the situation worsened throughout the night. For a time, Groton Road in Hebron was also under water and 1,000-pound round bales of hay could be seen floating across the road from a nearby field. There were washouts

beside the bridge across from the Groton Highway Department on N.Groton Road and further uphill the road had to be closed due to another erosion problem at a bridge, closing off much of the access to parts of the town. On Friday morning, an excavator was sent out into the woods off Sculpture Rocks to try to reroute the river back away from the road. In the meantime, dump trucks were busy hauling gravel in to repair some of the washouts and open it to at least one lane of traffic for residents. Other crews were repairing Beaver Pond Road and work got un-

derway at the N. Groton Road bridge where the road was shut down just below the town transfer station. Late Friday afternoon, Gov. Chris Sununu took a helicopter tour of the area then touched down at Hebron Fire Department with Homeland Security and Emergency Management Director Jennifer Harper to get a “boots on the ground” assessment of the damage. The town hopes to hear soon what assistance may be available to both the towns and the victims of the flood. For more on this story please check next week’s edition of this paper.

Science

FROM PAGE A1

house they encountered a crazy space scientist, Dr. Cosmo, and an alien space ship. Ducharme had some slimy green alien goo on hand to show what the children found in the woods and other special effects to add to the fun as the children helped the aliens escape from Dr. Cosmo. From there he brought out a variety of items to begin some simple experiments. To demonstrate how air takes up space he had the boys and girls stab a potato with a slender hollow tube, leaving a chunk of the potato wedged inside. With a swift smack of his hand on the opposite end, the air inside forced the potato chunk to go flying as it needed more space. Olivia and Paxton were invited to help make some more alien goo in another demonstration, then Sephirah and her brother Billy helped pour some chemicals into a latex glove. As they rubbed the glove to heat up the concoction inside, it began to expand and soon turned into polyethylene

foam, much like that used in home insulation. When it came time for his final experiment, the children once again got to help create a mass of foaming bubbles by mixing dish soap and hydrogen peroxide into a large tube. When nothing happened, Ducharme said that was because he forgot to add yeast, a catalyst that would speed up the chemical reaction. Dumping some inside, the soap and hydrogen peroxide quickly turned into a bubbling mass that overflowed the tube. As he closed his presentation, Ducharme reminded the boys and girls that there were lots of great science books to be found in their library, filled with experiments they could try at home as well. He also handed out cards that had a recipe for making alien goo with milk, dish soap and food coloring. Sephirah and Billy thought that was a great idea and were eager to take a few more books home that day. Billy said he enjoyed seeing the ScienceTeller, especially all the experiments he did. “He sure made some

goeey stuff,” said Billy. The two said they have a clean water science kit and enjoy experimenting with things they find around their home. Olivia and Paxton said they liked the show as well because they also like to have fun with experiments at home. Like the others, they agreed that Ducharme’s Alien Goo was their favorite part of his presentation. On July 23 at 1 p.m., educator Mary Doane will be at the library with another special presentation, “Turtles Are Out of This World.” As part of the program there will be music, storytelling, and of course turtles, and it is sure to be a great time for children of all ages. “Intergalactic Olympics” will be held outside the library at 1 p.m. on July 31 and on Aug. 8 representatives from the Boston Museum of Science will travel to Hill for a truly out of this world program titled “Night Sky.” Using their portable planetarium they will

take everyone on a journey through the solar system and beyond. Seating will be limited for this event so advance registration at the library is required. Librarian Lynn Christopher said it’s still not too late to sign up for the summer reading program, which is open to students in Pre-K through high school. Participants need only pick up a reading log then begin tracking their summer reading to earn prizes. She also invited all to join her each Thursday at 11 a.m. for Brown Bag Story Hour. Everyone is asked to simply pack a lunch and meet at the town pond for a story and a craft or activity each week. For more information on these or other programs, visit www.hillpubliclibrary.com or stop by the library itself, located at 30 Crescent St., adjacent to the town offices.

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Schmid

FROM PAGE A2

ficult topics, including race, gender, neurodiversity, and LGBTQ+. Schmid has spearheaded various initiatives to improve the school’s operations and recruitment efforts. She also leads a diversity working group to improve the school’s cultural competency, global citizenship in the curriculum, diversity in staffing, and support for the school’s diverse community. “My role as Principal is similar to that of a gardener,” Schmid said. “My job is to nurture and support those in our community so they can blossom. I aim to create fertile ground and a space where creativity, innovation, and possibilities are endless. I model this to my students by taking

risks and showcasing my curiosity.” Schmid will travel to Washington, D.C., in September 2019 to participate in The National Association of Secondary School Principals’ National Principal of the Year program. There, she will participate in professional development, network with peers, and be recognized for her achievement during an awards program and reception. Schmid is looking forward to spending the summer in Plymouth, enjoying the break with her family and taking courses at the PSU campus. She expects to complete her doctorate studies in 2020. For more information about Plymouth State University, please visit www.plymouth.edu.

Power Outage Tips

BEFORE

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

DURING

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

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

Ready

Notebook

FROM PAGE A4

still in the protection of the shop I doped up, old-time parlance for putting repellent on.

Black flies are sneaky, and will let the wind fool you. They are so fast they can change direction when the wind does, and fly in the lee, and thus get the hovering time they need to land and latch on to hair or skin.

I sprayed my hat, a ridiculous piece of apparel I would not want to be seen in public in, but of course I am. There we are, after all, out there in full view, the both of us, looking silly.

Long ago, I learned to spray a little repellent on two fingers, and use them to apply it around eyes and ears. I also dope up arms and pants cuffs. All this usually gets me enough time to do whatever task is at hand without getting chewed half to death.

Why not a hat-net instead? I’ve tried them, including some of the most recent and best, and just can’t tolerate them dominating my field of vision. And I certainly don’t mind jumping into the shower.

+++++

I still call it bug

dope, but it’s a far cry from the old stuff. Today’s repellants are said to have the minimum DEET needed, last much longer in water, and are easier on the skin.

Rudy Shatney used to mix up his own repellent, out of pine tar oil and citronella and a third (maybe fourth) mysterious ingredient I’ve forgotten. Many of the old woods-guides had their own repellent recipes, allegedly sworn to by generations. The people who were fighting deer flies and black flies before Europeans got here are said to have used bear grease.

Plastic steering wheels became common at about the time I started using Rudy’s bug dope. He had an old Dodge I drove around to do camp chores, and the first (and last) time I ever tried to drive it with bug dope on my hands it melted the steering wheel.

+++++

I got a call from an old friend as I was writing this, about as old as they come--we were boyhood friends and neighbors. He and his date were driving up the road to their home in Stewartstown when they got a good long look at a full-grown bear with a

very long tail.

“We thought at first we were seeing a five-legged bear,” Skip joked.

Long-tailed bears, as the old saying goes, are not rare but are indeed uncommon. In older times, when people would slow down to look at such curiosities, they were placed on exhibit, and sometimes even trained to dance.

+++++

As we drift toward the Dog Days of August, I close with a photo sent my way by longtime reader and fishing friend Lou Ferland, who always signs his mail “Dr. David “Lou” Ferland, Chief of Police (Ret.), Adjunct Professor-Southern NH University.”

Lou and I are part of a loose and varied group that has fished for years at Tim Pond, Maine, a body of water said never to have been stocked, meaning that it has its own native strain of fish. The photo, fittingly I think for us both, is of a turkey, happily and inexplicably plopped atop one of Lou’s feeders.

Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

Markets

FROM PAGE A7

sons, come back into vogue. That financial tool is maximum-funded life insurance.

For certain clients this can be a powerful tool to amass income that can later be loaned back to yourself, tax free through the loan provisions of the policy. The insurance company uses the death benefit as collateral against the loan. Loans prior to 59 and a half are not penalized as with qualified plans. These loans also may not affect Social Security benefits.

For clients near retirement or in retirement, assets accumulated may be used for legacy planning.

Structuring a policy to focus on accumula-

tion as opposed to face amount or death benefit will often times increase the accumulation of cash to be distributed as a loan.

Because everyone’s circumstances are different, life insurance as a financial tool may be exactly what you were looking for, but may not have considered it because of radio and TV personalities that try to convince their audience that anything other than “term” insurance is not good. You must also qualify medically, but if you do, there are a bunch of other “living benefits” that are available with many of these policies.

Reviewing some of the better companies Indexed Universal life policies, I have discovered that many IUL’s have a better IRR or

Internal rate of return than some mutual funds net of fee’s plus a death benefit to your heirs!

To paraphrase Darwin; It is not the fittest or strongest that will survive, it will those who can adapt to change. Life insurance is an asset class that should not be ignored.

Many things that have worked in the past must be reviewed with an open mind towards changes for the better in a changing environment. Tax rates and policy will continue to change, we must find ways of mitigating these potential increases.

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

Exercise

FROM PAGE A3

“We are thrilled and honored that our program has been officially recognized by NSCA,” said Rynne Carmichael, Ph.D., CSCS, Associate Professor, Exercise and Sport Physiology. “We have worked hard, and it is a tribute to our dedicated faculty, staff and students that our program has achieved this important milestone. NSCA-ERP recognition will be a tremendous benefit to our students.”

PSU was also recently accepted as a member of the American College of Sports Medicine’s “Exercise is Medicine on Campus (EIM-OC)” program. The EIM-OC initiative promotes physical activity as a vital sign of health, and encourages faculty, staff and students to work together toward improving the well-being of the cam-

pus community. PSU will take this one step further by collaborating with community health-care providers, as well as integrating with existing health-related initiatives on-campus. PSU is one of only 200 institutions worldwide to be approved by EIM-OC.

“The EIM-OC is a global initiative, and I’m happy that PSU will be involved,” said Carmichael. “The mission of the EIM-OC initiative is to connect campus and community to support the ‘Exercise is Medicine’ vision—to encourage the use of physical activity in the prevention and treatment of chronic diseases. We are excited to begin!”

PSU’s Exercise and Sport Physiology Program is part of the institution’s Health and Human Enrichment Cluster. Exercise physiology is the study of the acute and chronic adaptations to the stress

of physical activity and how exercise can improve physiological function in general, while sport physiology specifically helps us understand and improve athletic performance.

Graduates of PSU’s Exercise and Sport Physiology Program are prepared to pursue careers in clinical and research settings, strength and conditioning, and the health/fitness industry. The program also prepares students to pursue graduate-level studies in exercise science, physical and occupational therapy, and other allied health professions, and for national certification exams in exercise science and strength and conditioning.

For more information about Plymouth State University’s Exercise and Sport Physiology Program, visit www.Plymouth.edu/academics.



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Edward Jones: Financial Focus

Estate Plans Can Help You Answer Questions About the Future

The word “estate” conjures images of great wealth, which may be one of the reasons so many people don’t develop estate plans – after all, they’re not rich, so why make the effort? In reality, though, if you have a family, you can probably benefit from estate planning, whatever your asset level. And you may well find that a comprehensive estate plan can help you answer some questions you may find unsettling – or even worrisome.

Here are a few of these questions:

What will happen to my children? With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 21, depending on where you live). Nonetheless, you don’t want to take any chances, so, as part of your estate plans, you may want to name a guardian to take care of your children if you are not around. You also might want to name a conservator – sometimes called a “guardian of the estate” – to manage any assets your minor children might inherit.

Will there be a fight over my assets? Without a solid estate plan in place, your assets could be subject to the time-consuming, expensive – and very public – probate process. During probate, your relatives and creditors can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust allows your property to avoid probate and pass quickly to the beneficiaries you’ve named.

Who will oversee my finances and my living situation if I become incapacitated? You can build various forms of protection into your estate planning, such as a durable power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a medical power of attorney, which allows someone to handle health care decisions on your behalf if you become unable to do so yourself.

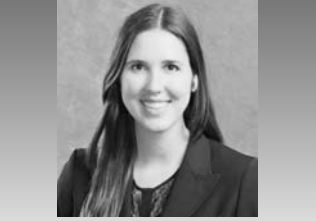
Will I shortchange my family if I leave significant assets to

charities? Unless you have unlimited resources, you’ll have to make some choices about charitable gifts and money for your family. But as part of your estate plans, you do have some appealing options. For example, you could establish a charitable lead trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable remainder trust, by contrast, can provide a stream of income for your family members for the term of the trust, before the remaining

assets are transferred to one or more charitable organizations.

As you can see, careful estate planning can help you answer many of the questions that may be worrying you. Be aware, though, that certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex, so you should consult your estate-planning attorney or qualified tax advisor about your situation. But once you’ve got your plans in place, you should be able to face the future with greater clarity and confidence.

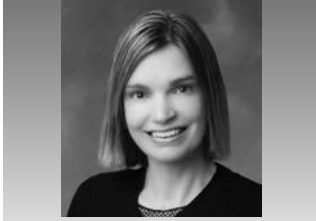
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Devon Sullivan
Financial Advisor
(603) 279-3284 Meredith, NH



Keith Britton
Financial Advisor
(603) 253-3328 Moultonborough, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

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Swim

FROM PAGE A1

personnel demonstrated how the K-9 units work. Phil Taub was pleased

with the day said it was a pleasure spending the week with the Navy Seals and those involved in the event. He thanked the military personnel

for their service and it is clear how much they are appreciated for their dedication to the nation. “We had an amazing four days in New Hamp-



K-9 officer Joe Tucker of the Manchester Police Department was with his dog Sabre at the Swim with a Mission event.



Gov. Chris Sununu was on hand for the Swim With a Mission event, which raises funds toward helping veterans.

shire with this incredible group of Navy Seals,” said Taub. “We are so grateful they are here.” Swim With a Mission began three years ago and was started because the Taubs were frustrated and concerned that veterans were not being treated properly. Aside from the swimming, last week there was a paintball event that Governor Sununu took part in with Navy Seals, and also a Whiskers and Whiskey event in Bridgewater with proceeds going to Swim With a Mission. Swim With a Mission is designed to be a sustainable and successful not for profit event focused on raising money and awareness for veterans. For more information, log on to www.swim-withamission.org.

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Laws and Arnold to be inducted into Newfound Hall of Fame

BRISTOL — Newfound Regional High School will be inducting six individuals in its fourth annual Athletic Hall of Fame class on Saturday, Sept. 21. Two of the inductees are Keith Arnold and Billy Laws.

Arnold graduated from Newfound Memorial High School in 1988 and Plymouth State College in 1992. He was an outstanding cross country runner and ski athlete while at NMHS.

In the fall, he was a member of the outstanding cross country team that was inducted into the NRHS Athletic Hall of Fame in 2017. The team

won the NHIAA Class M cross country championship two consecutive years, 1985-87. Arnold was the top male runner in 1986 and 198, and captain in 1987. He is the only Newfound runner ever to qualify and run in three consecutive New England Cross Country Championships. His senior year, he placed 29th in the New England Championships, held in Connecticut. He missed being named an All New England runner by four spots.

In the winter, Arnold headed to the slopes where he participated in three skiing events,



COURTESY PHOTO
Billy Laws will be inducted into the Newfound Athletic Hall of Fame this year.

downhill, Nordic and best as he was named the NHIAA Division V State Skimeister in both 1987



COURTESY PHOTO
Keith Arnold will be inducted into the Newfound Athletic Hall of Fame.

and 1988. Newfound was the state runner-up in both 1987 and 1988.

One of his teammates commented that although he didn't exactly love to practice, when it came time to race, there was no one he would rather have on the team than Keith.

Laws graduated from Newfound Regional High School in 1991 and Plymouth State College in 1997.

Laws was a three-sport athlete at Newfound Memorial High School and Newfound Regional High School. He participated in cross country, skiing and track. Billy was also a member of the 1987 Class M cross country state championship team, as a freshman. Laws and Arnold had a strong friendly rivalry.

He, like Arnold, was an outstanding skier in giant slalom, cross-country and jumping. Laws continued the four-year string of Newfound Skimeisters, as he followed Arnold's 1987 and 1988 championship, with being named the Skimeister in 1989 and 1990.

In 1989, Laws was the Class M and S 800-meter state champion with the record breaking time of 1:59.8. In 1990, Laws again was the state champion in the 800 meters. He also set school records for the 800 meters, 400 meters

and long jump. In addition, he was a member of the 4x400 relay team. In 1991, Laws again competed in the Meet of Champions.

In Laws' spare time, he participated in school plays.

The reception Sept. 21 for the six inductees will be from 2 to 3 p.m. in the NRHS cafeteria with the induction starting at 3 p.m. Tickets are \$25 each and are available by sending a check made out to NRHS Athletics, and sent to Alex Sobolov, Athletic Director, 150 Newfound Road, Bristol, NH 03222. If you want to pay at the door, please contact Alex, at asobolov@sau4.org or 744-6006, x1507.

The selection committee continues to gather information on potential nominees. Please go to the NRHS web page, click on the 'Athletics' link and go to Hall of Fame. There is a nomination form there that can be filled out for any individuals or teams that you feel warrant further discussion. Some of the nominee names have come to the committee with very little background info, so please feel free to fill out the nomination form. Too much info is better than too little. Please send the completed form to Sobolov at the above address.

The man behind the scenes *Plymouth's Dave Hand has seen some of New England's finest moments first hand*

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — People around Plymouth may know Dave Hand as the guy on the sidelines helping coach lacrosse at Plymouth Regional High School. Or as the guy who they see adjusting cameras in the field hockey goal or on the football goalposts during Bobcat games.

But take a trip into his basement and you'll see a wall lined with numerous press credentials, pictures and other mementos of a career that has spanned more than 30 years in television.

"When you live in New Hampshire, you have to diversify and find multiple sources of revenue," said Hand. "One day I'm doing a Kennett-Plymouth field hockey game and the next day I'm doing the ALCS (American League Championship Series) in Boston for ESPN."

Since 1999, Hand has worked as a tape operator, a position that has certainly changed over the course of that time as the technology has advanced.

Hand explained that a tape operator will spend time before the game building elements to roll



COURTESY PHOTO
Dave Hand (right) and some of his coworkers after the AFC Championship Game vs. Jacksonville in 2018.

during the game or in the opening. They use different camera angles and build them all together in a package so that when an analyst talks about something, the network has something to show. Then, during the game, they work on live replays.

"I work in a truck with three to six other tape operators and we're each responsible for two to four cameras," Hand said.

The feeds are put into the Electronic Video System, referred to as ELVIS.

"It's like a DVR or a big Tivo," Hand said. "It rewinds all the time."

That in and of itself is a difference. Hand notes that for the first seven years he was doing the

job, it was actually tape and the problem with that is that if they were working on a replay, for instance, the system wouldn't record and if something else happened, it was missed. With the new technology, the system continues recording even while the tape operators are working on a replay or other package.

Hand and the other tape operators work under a producer, who will pick the angles he wants to show or hold on to.

"It's usually what the color commentator wants to talk about," Hand said. "You're usually hearing six different voices and you have to pick and choose the ones you need

to listen to."

Hand began his career in television in Concord in 1986 and he worked there for 10 years, where he helped to create a racing show that covered the sport as it exploded in New Hampshire with the building of New Hampshire International Speedway in Loudon. He covered a number of local racers, including New Englander Ricky Craven, who broke into the big leagues of the sport at that time.

After that, he spent three years working at Concord Hospital, working on medical stories, producing videos for the hospital's use.

SEE DAVE HAND PAGE B2

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Dave Hand stands on the wall at Fenway Park during the 2013 World Series.

Dave Hand

FROM PAGE B1

The time came where he found himself working on a project for the New Hampshire Interscholastic Association, which is the governing body of high school sports in the state. George Edwards, at the time the Principal of Bow High School, offered up his school’s equipment, known as Avid machines, for Hand’s use.

“I had a friend with experience who knew someone to help me,” Hand said. That person was Tom Meegan, who let Hand in on a little secret. “He said, ‘a guy can make a living now with freelance work doing tape in Boston.’”

Hand noted that Meegan took him under his wing and brought him to the crew company in Boston, Green Line Group, where he put in a good word for him.

“I went down to a few Sox games and observed,” Hand said and noted that his first game at Fenway Park was in 1999, where he worked on the Spanish broadcast.

“And then you kind of make your way up the call list,” he said, noting he’s been called for Bruins games, Celtics games and Patriots games, along with college games and other events.

How it works for the television business, is that the local networks don’t actually hire people to do the jobs, but instead, they hire Green Line Group to fill in those positions. So any time a television network comes from out of town, they may also be in touch with Green Line Group, which is how Hand ended up



Dave Hand at his work station for the Dodger broadcast on Friday night at Fenway Park.

working for the Los Angeles Dodgers broadcast in the first game of the series with the Red Sox this previous weekend.

“There’s probably 20 or so of us in New England that do this,” he said. “Luckily every track that rolls in has pretty much the same gear on it, which is nice.”

Hand noted that early on, he had a choice to make about which direction to send his career.

“I have a lot of friends that travel all over, so I had to decide whether I wanted to be around and raise my kids or travel and lose that lifestyle,” he said.

Hand’s kids were eight and five at the time he started doing the job and notes he was lucky enough that his wife had a full-time job that offered benefits, so that allowed him to stay relatively close to home instead of traveling around the world for events like the Olympics.

“Some months you work a couple of days, some months you work a ton of days,” Hand said. “It all tends to even out.”

Hand has been part of the last couple of Super

Bowls. Ironically enough, he spent the entire week leading up to the Super Bowl in Minnesota in 2018 preparing pieces and then flew home on the day of the game. For this year’s Super Bowl, he was working at Gillette Stadium for Patriots.com where they put packages together with film from the rallies and practices and other events happening in Atlanta.

Sometimes his work for the Patriots includes putting together packages for the Jumbotron in Gillette Stadium, where he notes that part of the job is to pump up the crowd and part of the job is to give the coach a quick look at the play to help in making a replay call.

And this provided one of his favorite moments of his career.

It was the 2014 Divisional Playoff round at Gillette Stadium against the Ravens. Running back Shane Vereen was carrying the ball and it appeared there was a fumble on the play. However, Hand had a great angle that showed that Vereen’s knee was on the ground before the ball



Dave Hand poses with the Super Bowl letters at the Mall of America prior to Super Bowl 52 in Minneapolis.



The wall in Dave Hand’s basement is covered with credentials, photos and other mementos of a long career working in television.

after the Red Sox legend passed away, putting together numerous packages of The Kid’s highlights.

One other highlight that became a sort of internet sensation in 2007 was the “here comes the pizza” moment, when a random fan in the left field stands threw a piece of pizza and hit a fellow fan on the shoulder while Angels leftfield Garrett Anderson was near the wall trying to make a catch. Hand was in charge of one of the angles for the NESN cameras and it was replayed over and over as announcers Jerry Remy and Don Orsillo could barely contain their laughter. A simple Google search for “here comes the pizza” will lead the uninitiated to the video clip from that day.

In addition to covering major sports events and even presidential debates, Hand also owns Hand’s On Video and started filming locally when his kids were in high school, getting

highlight videos for their teams. Eventually he started filming numerous sports and has put together highlight videos for many teams over the years, including the perennial state champion Plymouth football team. He also spent a good deal of time with legendary coach Chuck Lenahan in his final year putting together a tribute to Lenahan that was sold at his retirement.

“It’s just another part of the diversification thing,” Hand said.

So even if you’ve never seen Dave Hand at work, if you like watching New England sports, there’s a pretty good chance you’ve seen his work. After all, he was behind the scenes at some of your favorite moments, making sure you got the best possible shot on your television.

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

From soccer to the stage: Touching on some summer topics

Nobody asked me, but...

The US Women’s National Team deserves to be paid the same as the men, if not more. The women’s team has had monumentally more success over the last few years and payment should be doled out based on your success, much like playoff bonuses are in the four major sports leagues. The further you get (the more wins), the more you get paid. Set the base pay the same and then go from there. Seems fair enough for me.

I love the Red Sox, but that trip to London certainly showed they are not ready to compete with the Yankees. The positive aspect was the offense came alive and upon returning to North America, they continued to hit well and amassed a 5-1 roadtrip (albeit against bad teams). Pitching has been the problem this year, with seemingly only David Price able to have consistent success in the starting rotation. The starters’ lack of length

SPORTING CHANCE



By JOSHUA SPAULDING

has led to the bullpen being taxed beyond belief, showcasing an element of the team that was likely a weak link coming into the season. My personal opinion is that someone needs to be labeled as the closer and roles need to be put in place, giving each member a better idea as to how they’re going to be used. And I find it hard to believe that Nathan Eovaldi, despite his heroics from the pen in last year’s playoffs, is the right answer out there.

After making a cross-country drive last year to visit my brother in Wyoming, I decided to fly this year and bring my mother along for the journey. In an effort to see something I’ve never seen before while on the trip, I booked our flights into Phoenix so as we head north, we can stop at the Grand

Canyon. From there, we can drive through Utah and into Wyoming for a few days before flying home. I’ve been trying to make a conscious effort over the last few years to see new places whenever I can and last year’s drive across the country certainly achieved that. It will be fun to tick off another landmark next month.

This weekend (Friday night and Saturday) is the Rafting for Wishes event in Meredith Bay. Our office team will be spending the 24 hours (in shifts) on a raft in the water. My plan at this point is to get on the raft on Friday evening and off again on Saturday morning so I can head to Wolfeboro to cover the Granite Kid Triathlon. I also hope to finish up the event on Saturday afternoon. Anyone looking to help a great cause, Make A Wish, can donate online at https://friends.nh.wish.org/fundraiser/2060817. We thank everyone for their support of our endeavor.

SEE CHANCE PAGE B6

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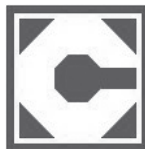
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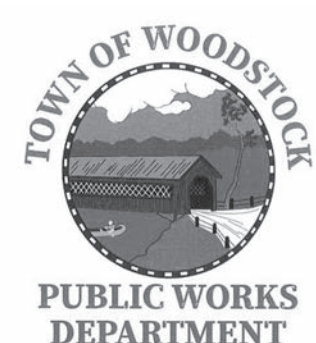
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41 North Shore Road LLC dba Meadow Winds Bed & Breakfast 41 North Shore Road requests permission to remove the arborvitae along North Shore Road and replace it with a picket fence to match existing. They also want to erect an illuminated sign in front of the Inn. This meeting is a continuation of the July 9, 2019 meeting

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LAKE WAUKEGAN: Privately set on a nice level landscaped lot with screened gazebo and walk-in sandy beach. Beautiful great room with open beams and stone fireplace. Open concept kitchen/dining area. Most rooms have water views. **\$989,000**



MOULTONBORO: Custom designed expanded Colonial with two car garage. Gourmet kitchen with cherry cabinets and Italian tiles. Lots of built-ins, rounded columns and cherry floors. An abundance of natural light. **\$459,000**



TAMWORTH: Cozy and private with paved drive and borders several hundred acres of conservation land. Large fieldstone fireplace seen from kitchen, living room and dining. Detached garage. **\$199,900**



We specialize in waterfront properties, residential homes and vacation rentals! Having served this area for forty years, we are your local guide to real estate! Call or visit us today for your no obligation consultation. Let us put our years of experience to work for you.

(7) TAX-DEEDED SALES AT
★ ABSOLUTE AUCTION ★

Town of
ALEXANDRIA, NH
SATURDAY, AUGUST 3 AT 10:00 AM

Undeveloped Wooded Lots
Lot on Newfound Lake
3BR Manufactured Home on 6.9±Ac.
Mobile Home on 3.9± Ac.

Sale to Be Held At
Alexandria Town Hall:
47 Washburn Road, Alexandria, NH

10% BUYERS PREMIUM

Visit our website for more information ID# 19-215

NH Lic. #2279

James R. St. Jean
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Auctioneer

\$922 / 2BR BELMONT, NH

APARTMENTS FOR RENT:

Two bedroom town house style apartment. On site laundry, parking, 24 hour maintenance, close to center of town; rent from \$922- \$1157 plus utilities; income limit guidelines will apply; security deposit required.

No smoking No pets.

Download application at
<http://www.sterling-management.net/application.pdf>
or call office at 603 267 6787



2019 Salmon Press

REAL ESTATE & HOME IMPROVEMENT GUIDE

In CENTRAL NH,
the NORTH COUNTRY
and GREAT NORTH WOODS

Sales Deadline:
Wednesday, July 24th

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

1/4 Page.....3.5" x 4.5"

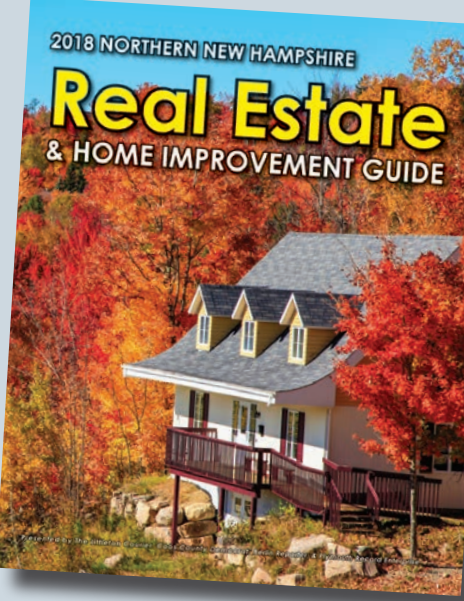
1/2 Horizontal Page..... 7.25" x 4.5"

1/2 Vertical Page..... 3.5" x 9"

Full Page.....7.25" x 9"

Service Directory..... 3.5" x 2"

TO PLACE AN AD PLEASE CONTACT
Tracy at 616-7103 or Lori at 444-3927
Email: tracy@salmonpress.news



Looking for New Customers?



FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

- The Baysider
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- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
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CALL 603-279-4516
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\$109,995
or
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Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'



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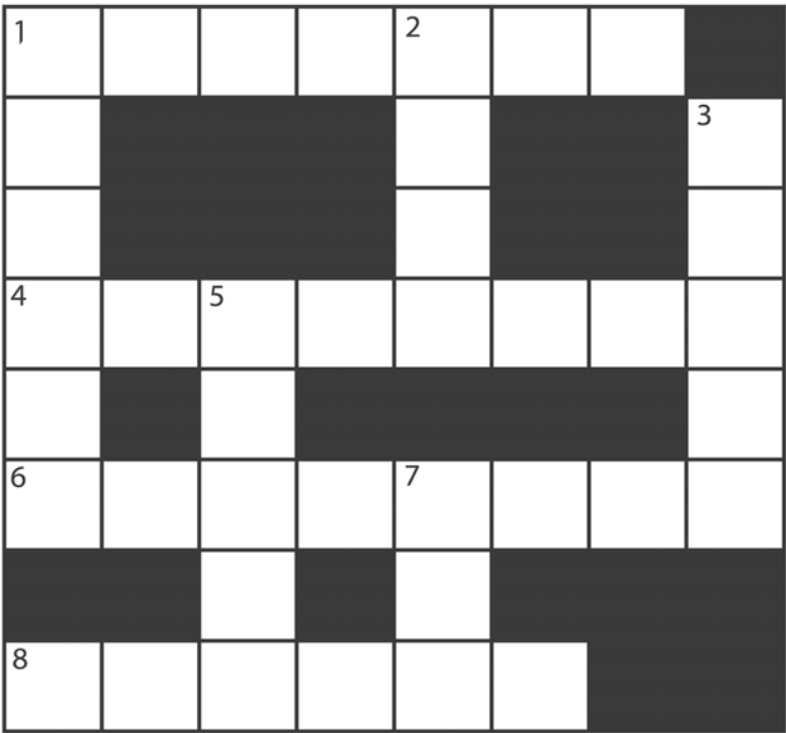
Not the time to check your child's car seat.

safercar.gov/TheRightSeat





Crossword Puzzle



ACROSS

- 1. Summer shoes
- 4. Learn by heart
- 6. Complete turn
- 8. Warm weather clothes

DOWN

- 1. Hot season
- 2. At a distance
- 3. Body of water
- 5. Subway system
- 7. Youngster

THIS DAY IN...



HISTORY

- 1900: THE FIRST LINE OF THE PARIS METRO OPENS FOR OPERATION.
- 1943: ROME IS HEAVILY BOMBED BY ALLIED AIRCRAFT DURING WORLD WAR II.
- 1979: THE SOMOZA FAMILY GOVERNMENT IN NICARAGUA IS OVERTHROWN BY THE SANDINISTA REBELS.



THOSE WHO LIVE IN THIS REGION OF THE WORLD DO NOT EXPERIENCE SEASONS LIKE SUMMER OR WINTER. IT IS ALWAYS AROUND 88 F.

ANSWER: THE EQUATOR

Answers: Across 1. Sandals 4. Memorize 6. Rotation 8. Shorts Down 1. Summer 2. Afar 3. Ocean 5. Metro 7. Tot 8. Flowers



SEASON

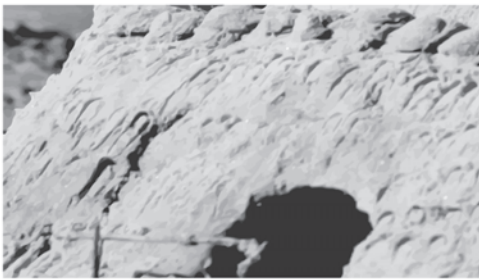
each of the four divisions of the year



- ENGLISH:** Humidity
- SPANISH:** Humedad
- ITALIAN:** Umidità
- FRENCH:** Humidité
- GERMAN:** Feuchtigkeit



BOATING, FISHING, CAMPING, AND WATER SPORTS ARE VERY POPULAR ACTIVITIES DURING THE SUMMER.



Can you guess what the bigger picture is?

ANSWER: SAND CASTLE

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fireworks. Each number corresponds to a letter. (Hint: 7 = r)

A. 7 16 13 19 23 9

Clue: Shoots into space

B. 17 11 8 7 19 21 23 7

Clue: Bright, burning stick

C. 26 7 12 10 6 9

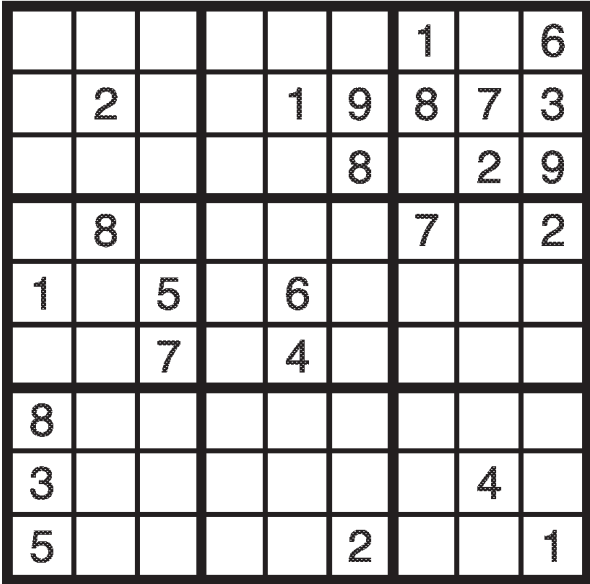
Clue: Opposite of dark

D. 4 12 7 23 24 16 7 19 17

Clue: Devices with spectacular explosions

Answers: A. rocket B. sparkler C. bright D. fireworks

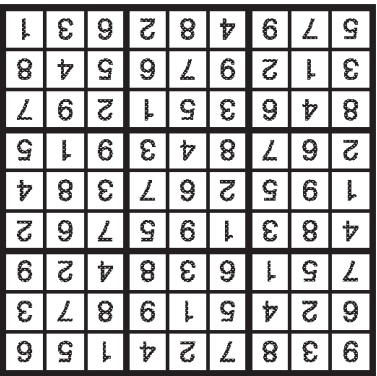
SUDOKU



Level: Intermediate

Here's How It Works:

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



ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Chance

FROM PAGE B2

If I make it off the raft alive, Sunday is also the NASCAR race in Loudon, so it promises to be a busy weekend.

Add to all of that the fact that this coming Sunday starts the final week of preparation for our Village Players show. Our Town opens on Friday, July 26, at the theater in

Wolfeboro. I am stretching my acting chops by playing Charles Webb, editor of the Grover's Corners Sentinel. Tickets for the show are available at Black's in downtown Wolfeboro or at village-players.com. The show runs this Friday and Saturday at 7:30 p.m. and continues next weekend with shows on Friday and Saturday at 7:30 p.m.

and next Sunday, Aug. 4, at 2 p.m. If you happen to see the show, stop and say hello.

Finally, have a great day Dave Hand.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Re-

cord-Enterprise, Littleton Courier, Newfound Landing, Coos County Demo-

crat, Berlin Reporter and The Baysider. He can be reached at josh@salmon-

press.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Newfound seeking fall coaches

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

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

Newfound Memorial Middle School is looking for boys' soccer, girls' soccer, head football, assistant

football and two volleyball coaches.

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

Questions should be directed to Alex Sobolov, Athletic Director at asobolov@sau4.org or 744-6006, x1507.

DJ Johnson
Parent Partner/Recovery Coach



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at LRGHealthcare
Highland Street
Laconia, NH 03246

at Concord Hospital
40 Pleasant St
Concord, NH 03301

For information on alcohol and drug issues
visit theDoorway.NH.gov OR Call 2-1-1.



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Regional Health Care Corporation

Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation, near national parks adn forests, canyon country, ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Job Opportunities

Open Until Filled

Nursing

Director of Pediatric Unit
Director of Oncology
Lead Clinical Nurse
Clinical Nurse (ER, ICU, ACU, Oncology, OR, PACU, Pediatric, Same Day)
Nurse Case Manager

Allied Health

Director of Pharmacy Services
Adv. Pharmacist I/II – Oncology
Certified Pharmacy Technician
Endocardiographer/Sonographer
CT Technologist (Dual)
Medical Technologist
Phlebotomist

Medical Staff

Deputy Chief of Emergency Services
Endodontist
Hospitalist
Internist
Nurse Midwife
Physical Therapist
Physician (Emergency, OB/GYN, Family Medicine)

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

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

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

Accounting Technician I/II
Cook (temporary)
Environmental Service Technician - SPHC
Patient Access Specialist


For more information contact
TCRHCCHR@tchealth.org or 928-283-2432

TCRHCC is a Navajo/Indian preference employer. Final candidates selected will be subject to a favorable adjudicated background investigation.


What's Happening at
Plymouth State University

JOIN US ON SATURDAY, JULY 27, AND SUNDAY, JULY 28, FOR THE 4TH ANNUAL WOMEN'S LEADERSHIP SUMMIT

"Finding Your True North"




Leaders of today and tomorrow are invited for reflection, connection, exploration, and inspiration in the White Mountains. Saturday's events include a Squam Lake boat cruise, dinner, presentations by Marybeth Forbes of Forbes Clean and Care (formerly of Batterymarch Financial Management) and Lynn Koos of Centerbridge Partners, and an optional overnight stay at Merrill Place Conference Center. Sunday activities include guided hiking, biking, walking, and rock climbing trips, followed by massage sessions, lunch, and reflection.



Women's LEADERSHIP SUMMIT

For more information or to register visit
go.plymouth.edu/wls, or contact Lauren Lavigne '94, '96G
at (603) 535-2763 or l_lavign@plymouth.edu.



Plymouth State UNIVERSITY
See further up here.