

Newfound Landing

THURSDAY, MAY 2, 2019

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COMPLIMENTARY

Newfound Valedictorian, Salutatorian named

BY DONNA RHODES

drhodes@salmonpress.news

BRISTOL – Newfound Regional High School Principal Paul Hoiriis is pleased to announce that Jillian Buchanan of New Hampton and Madison Gould of Hebron have been named Valedictorian and Salutatorian for the Class of 2019.

“This was really no surprise to me. I think it was apparent early on in their high school careers that these two would be academically successful,” Hoiriis said. “I think I’ve been most impressed however by the way they’ve learned to use their voice over the years and become really comfortable in a leadership role.”

Gould, who is the Salutatorian, has been active throughout the past four years in a number



DONNA RHODES

Paul Hoiriis, Principal of Newfound Regional High School, recently announced that Jillian Buchanan (right) and Madison Gould (left) have been named Valedictorian and Salutatorian for the Class of 2019.

join the team.

“It was a chance for me to make friendships that I wouldn’t make in the classroom. I loved it,” she said.

Because of her involvement, she participated this year in a Special Olympics Conference where they discussed ways that schools can make their Unified Sports programs even better in the future.

For her own senior project, Gould focused on communications sciences and disorders. Hoiriis said that she did a fantastic job on her project and informed her that it was selected as one of 10 Senior Projects of Distinction this year.

While that was good news, what mattered most to her was that through her project she was able to confirm her future goals. Next year she will be attending the University of New Hampshire where she will major in Communication Sciences with the goal of working in either speech and language pathology or audiology one day.

SEE TOP 2, PAGE A11

Last call for Bicentennial celebratory sponsorships!

BRISTOL — The Bicentennial Year has begun in Bristol and there are many fun & historic events on the horizon to celebrate! While many events will be offered at little or no cost to participants, thanks in part to our amazing business & community sponsors, there is an easy and cost-effective way for area residents to show their support while receiving some memorabilia and event tickets.

A Celebratory Sponsorship costs only \$75 and entitles you to receive all of the following benefits: one Commemorative Coin or Key Chain, 1 Bicentennial Pewter Christmas Ornament, two Bicentennial Shopping Bags, two tickets to the Ice Cream Social on July 11, two tickets to the Pancake Breakfast, one commemorative program

book, and your individual or family name listed in the program book as a Celebratory Sponsor. Listing your family in the program book is a way to be a part of Bristol’s history!

The deadline to purchase a \$75 Celebratory Sponsorship is Friday, May 17 in order to be included in the Commemorative Program Book. Sponsorship forms are available at the Bristol Town Offices, the TTCC, the Minot-Sleeper Library and on line at www.townofbristolnh.org.

All these commemorative items will be available for purchase by the general public without this sponsorship package

as of June 24. More information will be available at www.townofbristolnh.org.

For an up to date listing of all Bristol’s Bicentennial Celebration plans, visit the Bristol Bicentennial Facebook page at: www.facebook.com/bristolbicentennial/ or frequently check the Town of Bristol’s website at: www.townofbristolnh.org.

Your participation is welcome! Volunteer, attend or participate in any or all of the activities! The Bicentennial Committee can be reached by email at: bristol200@townofbristolnh.org, or via phone at 744-3354, ext. 136.

of areas. She has a strong interest in music, playing the clarinet and soprano saxophone, and stating that Jazz Band has been her very favorite thing to do in high school.

She is also the Student Council Vice President this year, serves as Presi-

dent of the National Honor Society and has played Unified Soccer since it began in her sophomore year. A friend of hers brought Unified Soccer to the school as a senior project and Gould said that it sounded like so much fun, she decided to

Spring delight for the Pasquaney Garden Club

BRISTOL — Pasquaney Garden Club celebrated spring at their season opener with a delightful demonstration presented by Ali Coy of Alioops flower shop in New London. Coy’s project resembled a small window box filled with plants, cut flowers and greens and highlighted with a gentle arch of curly willow branches. Coy walked through the steps of creating the floral arrangement answering many questions from meeting participants and sharing helpful hints and tips along the way. The group had great fun



COURTESY

Ali Coy from Alioops, New London, sharing arrangement techniques with Pasquaney Garden Club.

learning from her presentation. She offers classes in her shop in New London also.

The business agenda of the meeting focused on planning for upcoming projects and events, and there were special refreshments to wish a fond farewell to long time club member Marcia Anderson, who is relocating to Colorado. Anderson has been a good friend and hard worker in the club and will be missed by all.

The busy calendar continues with several program in May to which the public is invited as well as the members of garden club.

Saturday, May 4, the SEE GARDEN CLUB, PAGE A11

Local inns open their doors for Muffin & Scone Tour

BY DONNA RHODES

drhodes@salmonpress.news

REGION — The Lakes Region Bed and Breakfast Association’s Fourth Annual Muffin and Scone Tour was a big success as six local inns opened their doors and invited residents and visitors alike to see the wonderful accommodations they offer to their guests. Participants could purchase a ticket for \$10 at any of the inns listed on the tour and while everyone enjoyed delicious baked goods along the way, those who decided

SEE TOUR, PAGE A11



DONNA RHODES

Heidi Milbrand invited folks to explore the country-comfort of Pleasant View Bed and Breakfast in Bristol last Saturday as part of the Lakes Region Bed and Breakfast Association’s Fourth Annual Muffin and Scone Tour.

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Newfound presents Spring Concert May 9

BRISTOL — The Music Department at Newfound Regional High School will present its annual Spring Concert, on Thursday evening, May 9, at 7pm in the NRHS Auditori-

um. The concert will feature a wide variety of music, including selections the groups

performed at the State Large Group Evaluation Festival in March. Selections will be performed by the Chorus, Concert Band, Select Choir, and Jazz Band.

The Band will perform a varied repertoire, including Selec-

tions from "Majestia" by Swearingen and "Heroic Variations" by Beethoven. The Select Choir is slated to perform two pieces including "Route 66" by Troup.

The Jazz Band will perform four selec-

tions including the Jazz Crusaders classic "Tuff Talk," while the Chorus will sing the "Ave Maria" by Cassini, along with other selections.

The concert is open to the public, and there is no admission charge.

Danbury Historical Society hosting lumbering program

DANBURY — The Danbury Historical Society presents "The History of Lumbering" by Harry Prouty on Saturday, May 4 from 1 - 3 p.m. at the Danbury Grange Hall, 15 North

Rd., Danbury.

Harry Prouty, a lifelong logger, will show a presentation, display tools used by old time loggers, tell interesting stories & show a movie of loggers back about 80-90 years ago. Harry may play a few tunes on his harmonica too. Lumbering has played a major part in

our town & our state's history. Trees have been harvested in NH since our early settlers cleared the land for farming. New Hampshire forests gave rise to a logging industry that supported the state through much of its early development.

Special free afternoon event.



COURTESY

Alexandria police receive donation

The Alexandria Police Department recently received a generous donation of tactical vests and ballistic helmets from Nick Raptis, a local resident and owner of Village Pizza on Lake Street in Bristol. "Our officers and their families can't thank you enough," they said.

Local residents initiated into Honor Society of Phi Kappa Phi

BATON ROUGE, La. — The following local residents were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Rebecca Turmel of Alexandria was initiated at Plymouth State University.

Jasmine Patten of Bristol was initiated at Plymouth State University.

Julie Fagan of Holderness was initiated at Plymouth State University.

Marissa Palermo of JAMESPORT was initiated at Plymouth State University.

David Zehr of Plym-

outh was initiated at Plymouth State University.

Riley Drew of Plymouth was initiated at Plymouth State University.

These residents are among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify,

as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

More About Phi Kappa Phi
Since its founding,

more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards nearly \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit www.phikappaphi.org.

Mid-State Health Center welcomes new Medical Director

PLYMOUTH — Today, Mid-State Health Center announced that patients will begin seeing a fresh face leading Mid-State's clinical team. Long-standing New Hampshire physician Dr. Lane Beatty joined the health center in April, and will work side-by-side with founding Medical Director Dr. Frederick Kelsey during the transition.

Incoming Medical Director Dr. Lane T. Beatty, MD, BSc, has an extensive background in internal medicine, chronic illness management, and post-acute/long-term care. Most recently, he worked as Medical Director for several seacoast area skilled nursing facilities. Additionally, Dr. Beatty has served at Dartmouth-Hitchcock Clinic/Catholic Medical Center in Manchester, Wentworth-Douglass Hospital in Dover, and Frisbie Memorial Hospital in Rochester. He earned his medical degree from Wayne State University School of Medicine in 1998, then went on to be selected for a highly-competitive post-graduate residency at Henry Ford Hospital. Dr. Beatty remains an active member of the American Board of Internal Medicine.

CEO Bob MacLeod



COURTESY PHOTO

Dr. Lane Beatty said, "We are extremely fortunate to have a physician of Dr. Beatty's quality take the helm at Mid-State. Lane demonstrates a sharp medical intellect and an unwavering commitment to patient care. I am delighted to welcome him to the team, and to the greater Plymouth and Bristol communities."

Dr. Beatty said his goal is to honor Dr. Kelsey's ground work, while guiding the health center into the future. "In joining Mid-State, I have found a team truly dedicated to serving the community and providing patient-focused care, and I could not be more excited to be a part of this."

To learn more about Mid-State Health Center or to enroll as a patient, visit mid-statehealth.org, call Mid-State Plymouth, 536-4000, or Mid-State Bristol, 744-6200.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

ADVERTISE WITH US
ADVERTISING EXECUTIVE
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TO FAX THE GRANITE STATE NEWS:
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TO PRINT AN OBITUARY:
E-MAIL: brendan@salmonpress.news

TO SUBMIT A LETTER TO THE EDITOR:
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Newfound Landing is published every THURSDAY by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253.

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PSU honors Ayotte and Lynch with Raymond Burton Public Service Award

PLYMOUTH — Plymouth State University (PSU) and the Raymond Burton Legacy Fund recently recognized former Senator Kelly Ayotte and former Governor John Lynch at an event honoring the legacies of Raymond S. (Ray) Burton, PSU alumnus class of 1962 and long-serving member

of the New Hampshire Executive Council, and Robert Frost, one of the nation's poet laureates, who taught at Plymouth State in the early 1900s.

Sen. Ayotte received the 2019 Robert Frost Contemporary American Award, and both Sen. Ayotte and Gov. Lynch received the 2019 Raymond Burton

Public Service Award at the annual event benefitting student scholarships.

The PSU Alumni Association's prestigious Robert Frost Contemporary American Award recognizes individuals whose service to the people of northern New England best exemplifies Poet Laureate Robert Frost's

values of individuality, hard work, humanitarianism and devotion. One of the country's most acclaimed poets, Frost taught in PSU's historic Rounds Hall and lived on campus from 1911 to 1912.

Donors created the Raymond Burton Public Service Award in memory of Ray Burton, a former school teacher and principal, and long-serving member of NH's Executive Council who represented the North Country. The award honors individuals who, accord-

ing to Burton's lifelong friend Duane Baxter, "...like Raymond, loved and respected the role of education, cared deeply about New Hampshire and its citizenry, and devoted their public service to public good."

"We are honored to recognize Sen. Kelly Ayotte with both the Robert Frost Contemporary American Award and the Raymond Burton Public Service Award, and to also recognize Governor John Lynch with the Raymond Burton

Public Service Award," said Paula Lee Hobson, Vice President of University Advancement at Plymouth State University. "Both have dedicated much of their lives to serving the people of New Hampshire, and have made significant contributions to help our state become a wonderful place. We truly appreciate their efforts and their passion for New Hampshire."

Gov. Lynch was the 2013 recipient of PSU's Robert Frost Contemporary American Award.

SEE AWARDS, PAGE A12

Mountain Village Charter School presents Baker River Regatta

PLYMOUTH — Local paddlers gear up! The Baker River Regatta – the Baker River valley's first and only paddle sports race and fun event – is happening on May 4. With categories for all skill levels, watercraft and paddler combination, everyone is able to participate. It will be a fun day of canoeing, kayaking, and paddleboarding on the Baker and Pemigewasset Rivers to raise money for the Mountain Village Charter School.

This year, there are long and short courses on the Baker River, both ending at the Plymouth Amphitheater and Rotary Park. This Baker River is great for novices as it is smooth and quick without rapids or portages. The Long course is twice as long (nine miles) for experienced racers and those looking for an additional challenge. In addition to classes for men, women, mixed teams and adult/

junior, the regatta offers categories for teams from High School, College and Business and more. The non-timed Best Costume and Most Trash Picked Up categories are open to all participants in any class, and are perfect for paddlers wanting to join the regatta fun without being timed.

Race Director and Board Chairman Jamie Hannon described the race course as "quick and fun, with lots of corners and a few riffles, just enough to be interesting, but still very novice friendly." Hannon went on to explain that spring time canoe and kayak races are common throughout New England, the Northeast and Canada, "so why not bring it here to the beautiful rivers of central New Hampshire? It's a fantastic way to celebrate Spring."

Registration for the race starts at 9 a.m.

on Saturday, May 4 at Plymouth Sands Campground, located at 3 Quincy Rd. in Plymouth. More information and pre-registration is at <https://www.mountainvillagecharterschool.org/baker-river-regatta/>. Registration is \$25 for adults and \$15 for children 12 and under. All proceeds support the Mountain Village Charter School.

Now in its fifth year, the Mountain Village Charter School is a tuition-free public school open to all NH residents. Located in Plymouth, the school offers a Nature-based, Montessori education to students in grades one through eight. Charter schools in New Hampshire receive only 38 percent of the funding that traditional public schools receive so fundraisers like the Baker River Regatta are extremely important to the continued success of the institution.



COURTESY

Horace famously said, "A picture is a poem without words," and from May 6 through May 31, the Minot-Sleeper Library, 35 Pleasant St., Bristol, will have on display many such 'poems' created by Lakes Region Art Association member artists. The exhibition includes paintings and photographs covering a wide variety of subjects and mediums. The library is open Monday, Wednesday, and Friday 10 a.m.- 2 p.m., Thursday 1-8 p.m., and Saturday 10 a.m.-2 p.m. Closed Memorial Day, May 27. The Lakes Region Art Association / Gallery is located 120 Laconia Rd. (Tanger Mall), Tilton, suite 132. Gallery hours are Thursday-Sunday, 10 a.m.-6 p.m. Art classes are available in many mediums, and the gallery features a monthly free raffle for a chance to win a framed painting or photograph donated by a LRAA member.

Think Spring - 2019!

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From the Editor's Desk

Welcome to Winterspring

There are certain "holidays" that seem to have grown in scope and popularity in the last decade, and all of them take place in the long, cold, unpleasant stretch of time between December and Memorial Day. This is certainly not a coincidence. We need incentives. We need parties. We need themed food. Whatever it takes to get us to the finish line of this chilly season, we seem prepared to embrace with enthusiasm.

Valentine's Day is obviously very longstanding, and has been celebrated in February for centuries. Countless kids have depended on this mid-winter candy infusion, thanks to the tradition of handing out cards and sweets in school. But there has also been a recent advertising push to celebrate not just romantic relationships but also friendships, opening up the holiday (and purchasing power) of all people everywhere.

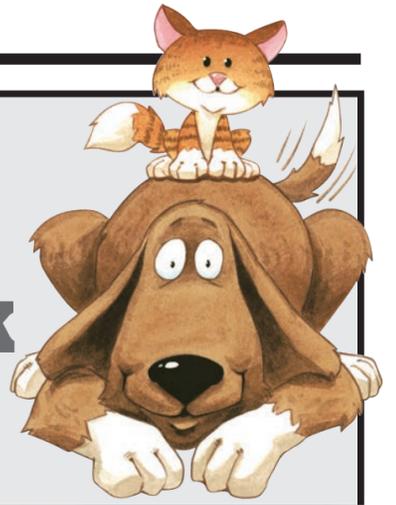
But what to make of the astonishing popularity of Groundhog Day? Across the country, people wake up wondering if the groundhog saw his shadow and then spend the rest of the day trying to work out whether it's a good or a bad thing. Thankfully, the "holiday" aspect of this one stops there. (Would anyone really want to experience a groundhog-themed dinner?)

Also, for mathematically-minded folks, there is Pi Day - March 14. The ratio of a circle's circumference to its diameter is approximated by the number 3.14 - also known as Pi. And on Pi Day, one must obviously eat pie. This will be mentioned and marketed for days preceding the actual date and bakeries and pizza places will likely enjoy an uptick in sales. As far as food theming goes, Pi Day is a clear winner.

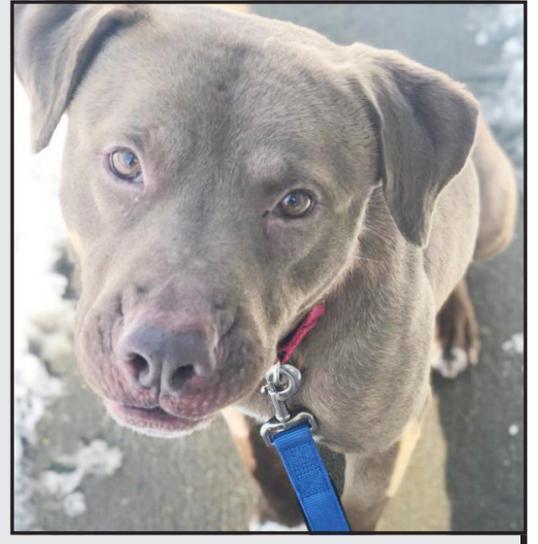
St. Patrick's Day on March 17 provides a much-needed reason to celebrate in a month that might meteorologically be "spring" but we Granite Staters know to really be the 4th month of winter. The North American celebration of the feast day bears little resemblance to the religious holiday in Ireland, but it's a true oasis of green amid the browns and grays of March.

March also brings one of the longest-running and most time-consuming "celebrations": NCAA basketball March Madness. Brackets, seeds, play-in games and picks are the talk of offices, dinner tables and sports bars everywhere. And just when this reaches its thrilling conclusion, April is upon us and the end is finally in sight. Next up: Kentucky Derby and Cinco de Mayo - and then finally... summer. We shake our heads and marvel that we made it through another winter and wonder how in the world we survived. One glance back at the calendar - and our grocery lists - will remind us.

PET of the Week Drummer



Drummer is a magnificently sweet and smart 5 year old mixed breed. Incredibly social and sweet playful soul this young man will make a great hiking partner for his humans. Since relocating from the south three months ago, he has learned to sit, give paw, and get down when his exuberance overtakes him. He is currently working on learning stay, come, drop it, and going to a mat on cue. He sure is ready to explore his new surroundings, take in the sweet smells of springtime in New England with you. Drummer would do best in an active home with teens or older. He can be a little picky about his dog friends and may be ok with a dog savvy cat, so do take that into account. But know that Drummer will be a devoted friend. Bow wow wow yippe yo yippe yay, let's get Drummer a home where he can stay and play.



CADY Corner

Tips to create a safe prom and graduation season

BY DEB NARO
Contributor

As we approach the spring and summer season of celebrations from prom to graduation to summer vacation, these occasions can present a reason to "party" with alcohol and other drugs. Many teens view drinking as a "rite of passage," and they may be pressured by their peers to drink at these events. It takes a combined effort of parents, schools,

the community, law enforcement, and students to make sure these events stay safe.

Parents do make a difference! Research shows that positive parenting has more influence over teens' decision-making than their friends, TV, celebrities, music, and social media. Take an active role in teaching your teen about responsibility. Set clear expectations along with a family rule of

no alcohol until age 21. Explain the reasons behind your expectations and encourage your teen to talk about any concerns. Discuss and agree upon consequences in advance with your teen. Be consistent and enforce the established consequences.

Other ways you can help:
Remind your teen that under no circumstances should he/

she ride in a car with someone who has been drinking or using drugs.

Set curfews: Teen car crashes and deaths increase late at night. Know where your teen is, how long he/she will be there, when he/she will be leaving, who is there, and who is supervising the event.

Do not allow alcohol or other drugs to be present at home, in cars or other places
SEE CADY, PAGE A12

Letters to the Editor

Why are we legalizing marijuana?

To the Editor:

We have a crisis in this State and it is called legalization of marijuana! HB481 passed the House and is headed for the Senate. There is a large, well funded, pro marijuana group that is backing full legalization of a very dangerous drug. All you need to look at is the impact on Colorado that the proponents do not want to talk about. To hear them it is all music and flowers but is it really? The strength of today's marijuana is five to ten times of the Woodstock era and they plan to make byproducts that will have an even higher concentration.

In Colorado, the emergency rooms are filled with cases that are caused by marijuana use and the losses on the road are sky rocketing. Pueblo is about 2 hours south of Denver. Here is a statement from one of their Emergency Room Doctors:

"Realizing that the average joint of Woodstock had 1-3 mg of THC and knowing that the average Colorado joint has ~20 mg of THC (so, the equivalent of smoking 10 joints from Woodstock at the same time), you can see the harms won't go down. Now, we have high concentrate THC - dabs, wax and shatter - that contain 90-225 mg of THC. This is the same as smoking ~ 50 - 100 Woodstock joints at the same time. I don't think that the general public understands what type of potency we are dealing with. I frequently have patients that tell me they are using 2,000 - 5,000 mg of THC a day."

"The number one diagnosis in adolescent rehab/psychiatric centers is cannabis use disorder [addiction]...The medical costs alone will not even come close to being covered by the tax 'windfall'. Taxes from cannabis will NOT solve a budget crisis."

What are we doing in the middle of an opioid

crisis? This isn't a drug that will cure opioid addiction. Marijuana was the first drug almost all opioid users started with and in many cases what they use to supplement their high.

We know it is a drug that children see the adults using and, just like alcohol, they will use despite the age restrictions. The impact on development in adolescent brains is well known and devastating. Proponents are now recommending it to pregnant women as a cure of morning sickness. Can you imagine the effects on the developing babies?

What can you do? Below I've listed how your Representative voted. It's too late to change their vote but you can encourage them to sustain the Governor's veto that is sure to come.

Rep. Howard Pearl - Voted for Legalization
howard.pearl@leg.state.nh.us (603) 321-1482

Rep. Rep. Greg Hill - Voted No
greg.hill@leg.state.nh.us (603) 286-7329

Werner Horn - Voted No
werner.horn@leg.state.nh.us (603) 470-9667

Rep. Joyce Fulweiler - Voted No
joyce.fulweiler@eg.state.nh.us (603) 520-2228

Dave Testerman - Voted No
dave@sanbornhall.net (603) 321-1482

What we don't know is how will Senator Harold French vote. Contact him at (603) 271-4063 or Harold.French@leg.state.nh.us. He is key. Protect Franklin!!! Ask him to vote No in the Senate!!! Defeat HB481. The hearing was on the 23rd of April and they will vote on the bill a few days after.

If you want to contact me call at (603) 320-9524 or email at dave@sanbornhall.net.

Cheers!

Dave Testerman
State Representative
Hill and Franklin

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Of big spiders, beetles, and dogs, and skullduggery under The Dome

Until the spider thundered around the corner, I thought I had the floor; and the new arrival didn't even raise his hand (he didn't need to). He just came to an abrupt stop on the threshold, a big, black spider about the size of a half-dollar. All eyes were upon him—mine, Millie's, and creatures living in the room's cracks and crevices, presumably part of the spider's lunch menu.

It bears mentioning that Millie is a dog. She doesn't know it, which explains some of her aberrant behavior. She thinks she is a human, and is only acting like her owner.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



But most of the time, Millie is all dog. One display of this is her near total indifference toward insects. Maybe she's found out that their skeletons are on the outside, I don't know.

Even when this dog is mildly curious about a creature on the floor, and follows it along for a little bit, she doesn't get too close. Researchers are always trying to divvy everything up into learned behavior versus instinct.

The following would

go under learned behavior:

One morning, I urged Millie to check out some sort of gigantic beetle that had suddenly appeared on the kitchen floor.

She was interested, all right, trying her best for the old nose to tail business, but the beetle turned around and around to face her, tank-like, and all she got for her interest was a painful pinch on the nose.

+++++

According to the Web site Spider ID (yes, spider people have their own Web site), "Spiders

found in New Hampshire include 25 unique species from confirmed sightings by contributing members of Spider ID." The article dryly notes that spiders are not easy to count, because they don't go through toll booths or anything like that, where if they did, they would have to be highly trained to answer complicated questions, such as "Is there anything above Franconia Notch, or does it, like, you know, just sort of drop off

into empty space?"

(Answer: "Boy, mister man, I'll tell you what, come to think of it there's lots of stuff up there. Berlin, for instance, and it's not the one in Germany. This means that you don't go driving like you're on the Autobahn. And then there's Pittsburg, which for some reason refuses to put the "h" at the end of its name.")

This will have to suffice for now, and it's irrelevant anyway, because the nearest toll booth

is in Hooksett, about three-quarters of the way to Boston.

+++++

At the State House, people in the Corner Office are thinking about this question too, on the possibility that there might actually be something north of the notches, even people, which could lead to more money for the Campaign Slush Fund.

SEE NOTEBOOK, PAGE A12

The real-life implications of inaction



BY BOB MACLEOD
CEO

Mid-State Health Center

I am the CEO of Mid-State Health Center, a community health center with locations in Bristol and Plymouth. I have been fortunate to work in New Hampshire's health care industry for 37 years, and I've seen firsthand how the lack of available workforce impacts our citizens' access to health care, whether it be mental health services or primary care services. New Hampshire cannot afford to delay investing in our health care delivery system because the health care needs of our residents aren't going away.

It's no secret that New Hampshire is one of the oldest states in the nation by age. Like the patients they serve, the state's well-established providers are inching closer to retirement, and many choose to cut back their hours in order to spend more time enjoying the North Country lifestyle, which leaves a gap in health care organizations and in access to timely care.

According to a recent survey of hospitals, community health centers, community mental health centers, home health providers, area agencies, and nursing homes, there are over 2,000 health care vacancies across the state. The reason why New Hampshire's health care system has an astounding number of open positions and why, as a result, patients go without necessary care is complicated and affects each sector differently. To put it simply: it is a combination of low Medicaid reimbursement rates, a lack of investment in the health care workforce pipeline, administrative burdens faced by health care professionals and

the organizations hiring those professionals, inadequate investment in the State Loan Repayment Program, and a lack of telehealth reimbursement for primary care services.

Mid-State had been searching for a medical director for over nine months, and we are constantly recruiting for primary care providers with no end in sight. While we are able to pay a fairly competitive salary, we have difficulty recruiting qualified clinicians because the surrounding states offer incentives to clinicians, such as the availability of State Loan Repayment Program funding, that New Hampshire doesn't. The State Loan Repayment Program offers student loan repayment to primary care, behavioral health, substance use disorder, and dental health care clinicians working in medically underserved areas for a minimum of three years full-time or two years part-time. This is the #1 recruitment and retention tool for health care organizations, including community health centers. The result of the state's lack of investment in tried-and-true programs like SLRP means practices throughout the state delay onboarding new patients. This means that patients go without the care they need.

Amidst the worst health care workforce shortage New Hampshire's ever seen, there is a beacon of hope: a legislative proposal that was developed by a bipartisan coalition of over 50 Granite State health care organizations, health education and policy experts, the Business and Industry Association, and elected officials to address these systemic health care workforce challenges. The proposal, based on decades of knowledge and experience, includes investments in tried-and-true programs, including increased funding for the State Loan Repayment Program. The proposal also reduces administrative burdens employers experience when hiring clinicians, expands ac-

cess to health care education programming, and implements a reasonable, and long overdue Medicaid rate increase for all Medicaid providers.

The can can't be kicked down the road any longer: all Granite Staters need and deserve access to health care services. I ask that our elected officials continue to listen to the clinicians who serve our most rural and underserved communities and address our health care workforce shortage in a systematic fashion by including this bipartisan proposal in the state's budget

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Terri L. Spaulding, 58

GROTON — Terrie L. Spaulding, 58, died Thursday, April 25, 2019 at home after a period of declining health.

She was born in Franklin, the oldest daughter of William Hobart and Kathlyn Rice. She grew up in the greater Newfound area and graduated from Newfound Memorial High School. Before becoming ill, Terrie was the executive housekeeper at B-Mae Denny's in Gilford.

Family was very important to Terrie. She spent time with her children and grandchildren often doing arts and crafts projects or planning and enjoying family gatherings and barbe-



ques.

Terrie was predeceased by her husband, Robert Spaulding, in September of 2018.

She is survived by five children (Andre` Roy of Effingham, Robert Spaulding of Belmont, Crystal Baker of Groton, Jessica Spaulding of Gilford, and Joey Baker of Hawaii); nine grand-

children (Johnathan, Tristan, Ryan, Angela, Kael, Reagan, Madison, Kiernan, and Joshua); a brother, Dean Hobart, and sister Heidi Dennis, both of Bristol.

She was also predeceased by a brother, William Hobart.

A graveside service will be held on Thursday, May 2, 2019 at 1 p.m. at the Bunker Hill Cemetery, Bunker Hill Rd, Hill. Having lost both parents within seven months the family would appreciate any assistance with expenses by donating to Emmons Funeral Home at 115 South Main St., Bristol, NH 03222 or <https://www.gofundme.co/1ma85qw4io>.

Tyler Bentley Wilkins, 71

BRISTOL — Tyler Bentley Wilkins, 71, of Pleasant Street, moved up to his Home in Heaven in his sleep between April 26 and 27, 2019 after a long battle with Parkinson's disease and complications from pneumonia.

He was born on May 7, 1947 to Loring and Thelma Wilkins in Rochester. Because of his father's career as a pastor and chaplain in the Navy, Tyler lived all over New England, California and Hawaii. After he graduated high school in San Diego, Calif., he attended various colleges; graduating from Providence Bible Institute.

He was a hard worker at everything he did.

As he was living and working at Christ's Home in Warminster, Pa., he met the love of his life, Beverly Ann Holman. Together, they raised five daughters and one son in Warren, Ashland, and Plymouth. He is survived by his brother, Arthur, and sister Sharon of Arizona; his wife Beverly of Plymouth; daughters Faith Torsey (and Phil) of Ashland, Hope Wilkins of Plymouth, Grace Carpenter (and Kevin) of Newport, Sarah Wilkins and Susan Wilkins of Plymouth; a son, David Wilkins of

Plymouth; two grandchildren, Michael and Anna; and nieces and nephews.

He was predeceased by his parents.

He was a dedicated prayer warrior with deep faith in Jesus; a member of the Campton Baptist Church; and a shining example of quiet strength and gentle love.

The Memorial Service was on Wednesday, May 1 at 1 p.m. at the Campton Baptist Church. A private, family - only burial will be at a later time in Green Grove Cemetery in Ashland. For more information, go to duplicatesfuneralhome.com.

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Here we go with another rainy day! From what I understand, the folks up in Four Corners got a bit of that white stuff this morning. All this weather has made for an interesting spring, and as chilly as it's been the green is coming in! And the Spring flowers also, as my hyacinths, tulips and grape hyacinths have poked through. Here's hoping the dandelions aren't far behind! A "weed," yes, but oh so good to eat!

Town

Saturday, May 4, the Conservation Commission will be holding its first of the year roadside cleanup! If you are interested in joining the CC, they will be meeting at the Municipal Building at 9:45 a.m.!

Board of Selectmen Meeting Tuesday, May 7 at 6 p.m. in the Municipal Building.

Alexandria UMC

Thursday, May 2, Visitation and Office Hours begin at 11 a.m. Bible Study on John will begin at 6 p.m.

Saturday, May 4, the Bristol Baptist church will be holding a whopping breakfast from 7 until 9 a.m. This is by donation and proceeds will go to the roof replacement fund.

NAC Crop Walk for Hunger begins at 10 a.m. on May 4. I've signed up to walk and plan on having a hearty breakfast too! What a great way to start the day! Thank you to all who have supported the walkers!

Community Dinner Saturday, May 4 in the Vestry. On the menu is spaghetti, salad, garlic and plain bread, desserts and beverages. A busy day in the communities of Bristol and Alexandria for sure! Come one, come all and have wonderful food and great

companionship! Yes ladies, and gentlemen, if it's cool out, I'll lay the fire, so we'll all be toasty!

Sunday, May 6, 3rd Sunday of Easter worship begins at 9 a.m., with Sunday School following at 10:15 a.m.

Looks like we have a little break in the raindrops, so I'm headed out to finish putting in some iris rhizomes and ground cover. Not sure if they'll bloom this year, but hey, I'm taking back the flower garden! The "lawn" can remain a jungle! Have a wonderful week ahead! Be safe in your travels, and keep an eye out for the wild critters out there, the young ones are coming along. Have seen lots of deer, turkey, an owl, ducks, Canada geese and porcupine!

Groton

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

This is a reminder that dog licenses are due April 30th. Every owner or keeper of a dog three months old or over shall annually, on or before April 30 cause it to be licensed. RSA 466:1, as amended. \$25.00 penalty after May 31. Proof of rabies vaccination by a licensed veterinarian must be presented before a dog license can be issued. Laws of 1967.

Licenses available from the Town Clerk's Office

Male/Female \$9, Neutered Male/Spayed Female \$6.50

Owner who is 65 or older, \$2 for first dog

The Town of Groton is soliciting bids for the following road projects:

2019 Sculptured Rocks Road Reconstruction and Paving project. A site visit will be conducted on Wednesday, May 1 at 9 a.m., meeting first at the Town House for anyone interested in bidding on the project.

2019 North Groton Road Reconstruction and

Paving project. A site visit will be conducted on Wednesday, May 1 at 10:30 a.m., meeting first at the Town House for anyone interested in bidding on the project.

The bid specifications and bid submission deadlines are available on the Town web site at www.grotonnh.org, or at the Town Office (754 North Groton Rd.). Please contact the Town at 744-9190 or selectmen@grotonnh.org for more information.

The Town is looking for a Deputy Town Tax Collector. We've determined that this person must be a resident of Groton and will not only be trained as a Town Clerk/Tax Collector but will also help out from time-to-time in the Select Board Office. There are other Committees in the Town which are hurting for members; the Old Home Day Committee, the Conservation Commission, the newly formed search committee for the Police Department. If any of these sounds interesting to you, please let us know at the Town Offices. Call either 744-8849 for the Town Clerk or 744-9190 for the Select Board Offices or come to one of the following meetings. We hope to fill up these positions soon.

The Conservation Commission has a few dates for you to keep in mind coming up in the next couple of months. There will be a highway/byway cleanup on May 4. Those attending will receive a T-Shirt with the Town logo. Bring some gloves but bags will be provided

The annual Fishing Derby will be on June 1 this year. There will be prizes for different age groups and the more that participate the more fun it will be. More information will be coming.

The Town Web site at www.grotonnh.org will have updated news and announcements so peek there every now and then to keep up with what's happening. Check out the Calendar too to see what the dates are for scheduled meetings and dates of office closures.

The road bans for all State Roads have been lifted as of today, April 29, as well as some of the Groton Town roads, such as Smith Road, Sculp-

tured Rocks Road, North Groton Road and Bailey Hill Road. The rest of the roads will remain posted for restrictive weight limits until further notice. Per Order of the Highway Department and the Groton Select Board.

Scheduled April Meetings and Office Closures:

Groton Hazard Mitigation Plan meeting - Tuesday, May 7 at 4 p.m. at the Town House.

Select Board Work Sessions - Tuesdays, May 7 at 4 p.m. and May 21 at 6 p.m. at the Town House.

Select Board Meetings Tuesdays, May 7 and May 21 at 7 p.m. at the Town House

Conservation Commission Meeting at the Town House, Thursday, May 9 at 7 p.m.

Planning Board Meeting at the Town House, Wednesday, April 29 at 7 p.m.

All Town Offices will be closed May 27 for Memorial Day Holiday

Taxes due

There are a total of 166 outstanding invoices with a total due of \$121,417.11. You may get the balance due on your taxes by looking at the NH Tax Kiosk. The link is available by clicking on the grey button on the Town Clerk/Tax Collector's page of the Town website: www.grotonnh.org Payment may be made over the internet by clicking the RED button on the same page. 2019P01 bills will be coming out end of May for Payment by July 1.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

May 4th is the next Community Breakfast in the Community Hall of the Union Congregational Church of Hebron. For \$4, we will be serving eggs, bacon, sausage, pancakes (and maybe french toast), hash, oatmeal, yogurt, fruit, pastries, juice, coffee and tea. But you must be an early riser as breakfast is served from 7:30 to 8:45 a.m.!

Hebron voting and Town Meeting information

Voting for Town Offi-

cials - Tuesday, May 14: 11 a.m. to 7 p.m.

Voting for Hebron town officials will take place on Tuesday, May 14 from 11:00am to 7:00pm in the Community Hall (basement of the Hebron Church) located at 16 Church Lane in Hebron.

The town clerk will be available at the clerk's

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

office on Monday, May 13 from 3 to 5 p.m. to accept absentee ballot requests.

Business Meeting - Thursday, May 16, 7 p.m.

The business portion of town meeting will take place on Thursday, May 16 beginning at 7 p.m. at the Public Safety Building, located at 37 Groton Rd. in Hebron.

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

Sunday School: 10 a.m.

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

SEE CHURCHES, PAGE A7



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bristol	Adams Road (Unit 46)	Deeded Slip	\$57,000	Robert J. and Donna L. Nesteruk	Neil W. and Amy L. Senna
Campton	133 Hogback Rd.	Single-Family Residence	\$260,000	Andrew J. and Mary G. Welsh	Elaine M. and Michael J. Bouchard
Campton	42 King Rd., Unit 2	Condominium	\$155,000	Richard and Nancy Vaughan	Sara L. Rector
Dorchester	360 Megan Dr.	N/A	\$323,000	Donna L. Menafr	Michael and Gail Dotoli
Plymouth	16 Pine Gate Rd.	Mobile Home	\$29,000	Bobbette B. and Gerard M. Gosselin	Gorgon F. McCormack, Sr. Trust
Thornton	7 Greensapes Lane, Unit 4	Condominium	\$280,000	Stephen P. and Cheryl L. Levesque	Jeffrey J. and Carole Vincent
Thornton	Snowood Village Condo, Unit E4	Condominium	\$40,000	Kathleen M. Morin	Elizabeth and Edwin Ellinwood
Thornton	10 Stonington Rd.	Single-Family Residence	\$149,000	Jeffrey R. Proehl	Amber R. and Nemanja Blagojevic
Thornton	N/A (Lot 46)	N/A	\$35,333	Faizah Zakaria	Siegart Fiscal Trust
Thornton	N/A (Lot 3)	N/A	\$40,000	Peter D. Rowan and June E. Hammond-Rowan	Levon Harutyunyan and Anahit Truzyan
Waterville Valley	5 Birch Brook Lane	Single-Family Residence	\$600,000	Dewitte Trust	Ronald and Maureen H. Bleday
Waterville Valley	30 Klosters Way, Unit 70	Condominium	\$260,000	Michael E. and Judith M. Mernick	Christopher E. and Stephanie Erb
Wentworth	232 Cheever Rd.	Single-Family Residence	\$119,900	US Bank NA Trust	Janrung Mo

ABOUT THE REAL REPORT

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

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

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Churches

FROM PAGE A6

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

Weekly Events:

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

Tuesdays: Bone Builders – 9:30 a.m.

Senior Crafts: 9:30 a.m.
Senior Luncheon – Noon

AA Discussion – 8 p.m.

Wednesdays: Morning Reflection is a wonderful spiritual and fulfilling experience that continues every Wednesday morning at 7:30 a.m. in the church, Room 1. Rev. Andrew is moderating, with discussion throughout, by a lively and committed group! All are welcome!

Fridays: Bone Builders – 9:30 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 Thursday, May 9 at 10 a.m. in Room 1. All are always welcome!

Choir rehearsal continues at 4 p.m. every Wednesday. We're always looking for new voices. No experience necessary! See Estelle Giarrizzo after services if you are interested!

T.E.A. Meetings are scheduled for every third Tuesday of the month. Location varies.

Ongoing:

Bristol Community Services is in need of anything and everything!

Please help if you can!

For those of you who missed out on our "Thanksgiving-in-April" turkey dinner with all the fixin's, you have one more

chance to enjoy a fabulous dinner, as our last monthly supper of the season will be our very popular pot roast, which will be held on Saturday, May 11. Dinners will resume again in September: 5:30 to 7 p.m.

Adults \$9. Children \$4 under 12.

Take Out Available: 744-8132

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 to-

gether once a week on Wednesdays at 8:30 a.m. in Fellowship Hall for lessons and practice. Their next performance will be on Sunday, May 5, when Rev. Gordon Rankin, the U.C.C. Conference Minister, will be preaching!

SEE CHURCHES, PAGE A10



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DANBURY:

Danbury Country Store

HEBRON:

Hebron Post Office(Outside Box)

Hebron Town Hall

Hebron Village Store

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PLYMOUTH:

Tenney Mt. Store

RUMNEY:

Common Café

Stinson Lake Store

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Science Center gives teens a chance to embrace volunteerism

HOLDERNESS — Volunteers of all ages help in many ways at Squam Lakes Natural Science Center. Annually, volunteers donate more than 8,000 hours of their time, and teen volunteers especially, benefit from learning new skills, time management, and deci-

sion-making. Teens who volunteer have a better sense of their community and how they are a part of it.

In 2009, Squam Lakes Natural Science Center launched the First Guides teen volunteer program based on the adult docent program.

During the summer, teens between the ages of 14 and 17 learn how to be a welcoming and informative presence on the live animal exhibit trail, often demonstrating animal artifacts alongside adult volunteer docent mentors with live animals. Over 100 teens have

participated in the First Guides program since it began and many have returned to become docents after they turn 18.

Last summer, a Community Action Program was added to the curriculum. First Guides were introduced to several local environmental actions,



COURTESY

A first guide teen volunteer shows a turtle shell to visitors.

Caffeine and your fitness routine

BY BECKY CHASE M.S. RCEP

Leah Baron, M.S.
Carley Bennett, PSU Senior Intern
RehabFit

PLYMOUTH — Caffeine is a stimulant derived from coffee beans and is found in coffee, tea, soft drinks, chocolate, and more. Caffeine is the most used drug in the world! Caffeine and exercise has been widely studied regarding fat loss and performance in both endurance and strength training. By stimulating the nervous system and blocking receptors in the body, caffeine increases alertness and energy. Timing, dosage, side effects, sport regulations and longtime effects should be considered when using caffeine for exercise performance.

Caffeine is absorbed

by the intestines 30 to 45 minutes and stimulates the nervous system, heart, and muscles. After ingestion caffeine may stay elevated in the blood stream for up to six hours. Caffeine is broken down into three compounds which increase blood flow, increases fat use as energy for exercise, and improves ventilation (breathing in and out). During exercise the effects of caffeine result in less fatigue and drowsiness, increased energy, alertness, endurance, and muscular strength. Individual differences are present in the metabolism and effects of caffeine. Potential side effects include dehydration, headache, increased heart rate, and anxiety. Differences in side effects

are mainly due to frequency of use and genetics. When an individual consumes caffeine on a regular basis tolerance is increased.

Caffeine comes in many forms such as capsules, oral rinses, foods, and beverages. The effects caffeine has on the body depend on the timing and dosage of the drug and size of the individual. The effects are typically seen within 30 to 45 minutes but the time required is decreased if caffeine is taken on an empty stomach. Typically, larger individuals need more caffeine to observe effects. Because caffeine is a diuretic, it increases urination and therefore can cause dehydration. Be sure to drink the recommended daily

value for water which is half your body weight in ounces. This will prevent becoming dehydrated when consuming caffeine, especially in combination with exercise.

An ergogenic aid is a substance that increases energy production or use, recovery and provides athletes with a competitive advantage. Caffeine is considered an ergogenic aid and has been banned and regulated within sport around the world. The allowable limit of caffeine by the International Olympic Committee (IOC) is 12 micrograms of caffeine per milliliter of urine. Consuming about 9 to 13 mg of caffeine per kilogram of bodyweight one hour prior to performance

SEE CAFFEINE, PAGE A12

including trail maintenance and invasive species removal tasks through Squam Lakes Association; the annual loon census through the Loon Preservation Committee; bat counts at the Science Center for the New Hampshire Bat Colony Count; and invasive plant removal at the Science Center. First Guides have the opportunity to record their experience and share their stories of community action through visual and written works. As a result of the Community Action Program, Volunteer Manager Carol Raymond was accepted into the North American Association of Environmental Educators ee360 Fellowship for leadership training and to further develop this aspect of the First Guides

program.

For the 2019 season, thanks to a grant from ee360, EVP Marketing & Media will train First Guides on videography. The grant also covered the purchase of camera equipment for this purpose. Learning videography skills will enable teen volunteers to visually record their Community Action projects, present their projects to visitors, and to participate in formal presentations to their families and volunteers.

First Guide training will take place June 26, 27, 28, and July 1. For more information or to register please contact Volunteer Manager Carol Raymond at 968-7194, ext. 22 or carol.raymond@nh-nature.org.



21st Annual Golf Classic
June 6 – 8am & 12pm
Owl's Nest Resort & Golf Club
4-Person Team • Best Ball • Shotgun Start

Proceeds benefit
Speare's School Dental Health Program
Providing free or low-cost dental services to more than 1,500 local children each year!

For more information:
 Call: 603-238-2211
 Visit: spearehospital.com/golf
 Email: ccallnan@spearehospital.com





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

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Edward Jones: Financial Focus

Should You Borrow from Your 401(k)?

If you work for a business that offers a 401(k) plan, consider yourself fortunate, because a 401(k), with its tax advantages and variety of investment options, is a great way to save for retirement. But what if you need to tap in to your plan before you retire? Is it a good idea to borrow from your 401(k)? To begin with, you need to determine if a loan is even available. You can only borrow from your 401(k) if you're still working for the company that offers the plan, but even so, you'll have to check with

your human resources area to determine if loans are allowed. If they are, you'll want to weigh the pros and cons before taking action. On the "pro" side, it's pretty easy to get a 401(k) loan – there's no formal loan application and no minimum credit score required. Plus, you're only borrowing from yourself, and you can generally repay the loan with automatic paycheck deductions, typically over a five-year period. However, you'll also encounter some "cons" when

taking out a 401(k) loan, particularly concerning taxes. If you had not borrowed from your 401(k), the money you took out could have been growing on a tax-deferred basis, assuming you used pre-tax dollars to fund your plan, and your withdrawals will only be taxed once. But when you borrow from your plan, you will have to repay it, along with interest, with money you've earned – and been taxed on – and then, when you withdraw it later, you'll pay taxes on it again. Furthermore, if you leave

your employer before fully repaying your loan, the outstanding balance likely will be taxable, although you may have a grace period in which to pay it off and avoid taxes. And perhaps even more important, taking money from your 401(k), even if you repay it later, will almost certainly slow the growth potential of your account – which, in plain terms, means you may have less money available for retirement. Of course, if you encounter an emergency, and you have nowhere else to turn,

you may need to borrow from your 401(k). And some plans allow hardship withdrawals for medical expenses and other needs, although you'll still be taxed on the amount you withdraw. But you'd probably be better off if you can prepare, well in advance, for situations in which you need immediate access to a sizable sum. One way of doing this is to build an emergency fund containing six months' to a year's worth of living expenses, with the money kept in a liquid, low-risk account.

You also might find some resources in the part of your investment portfolio held outside your 401(k). For example, you can always withdraw contributions to a Roth IRA without incurring taxes (although the earnings on these contributions could be taxable if you take the money out before you're 59½ and you've had your account less than five years). In any case, you work hard to build your 401(k) – so, no matter where you are in life, think carefully about how you will use the money.

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



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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Churches

FROM PAGE A7

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!

Hebron Union Congregational Church

All are welcome to join in our worship services on Sundays at 10 a.m., followed by fellowship and coffee. Please come meet our Interim Minister, Rev. Earl Miller.

Once a month, we make soup for members in our greater church community. If you would like to receive soup, or would like to volunteer to make or deliver soup, please contact the Church Secretary at the contact information listed below.

Bible study resumes on Thursday, May 9 at 9:30 a.m. in Community Hall. Anyone is welcome to join us. We are studying Adam Hamilton's book on Simon Peter. There will be no Bible Study on Thursday, May 2.

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our administrative assistant's office hours are Tuesdays from 9:30-11:30 a.m. and Wednesday and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH

03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church website at www.hebronchurchnh.org.

Rev. Miller is also available to meet with parishioners and community members. You can call him at 491-8738 or you can make an appointment by contacting the Administrative Assistant Linda Kriss, using the contact information in the above paragraph.

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 arti-

cle. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

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

Star King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King: Sunday, May 5

Learning Something Meaningful About Curiosity

Nancy Chaddock, Guest Worship Leader
Sarah Dan Jones, Music Director and Choir

For more details, visit our Web site www.starrkingfellowship.org (603) 536-8908

MARK ON THE MARKETS

Black swans



BY MARK PATTERSON

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets

and investments? You cannot manage or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event you will likely see world debt and equity markets react in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names which would lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in equities often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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



MEMORIAL DAY

MAY 27, 2019

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

On Thursday, May 23rd The Plymouth Record and the Newfound Landing will be saluting out troops with a special Memorial Day page.

Signature Blocks are
2x1: \$25 each
2x2: \$50 each

Deadline is May 19th at noon. Please contact Tracy or Lori at 444-3927 or email lori@salmonpress.news

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Tour

FROM PAGE A1

ed to actually stay one of the two nights received a 10-percent on their room. A special raffle was also drawn on Sunday, with one lucky winner awarded either a one-night stay at one of the inns or a gift basket for this year's tour sponsor, King Arthur Flour.

In Plymouth Jane and Frank Hinkle welcomed everyone to Tea Rose Inn, their 1883 Queen Anne Victorian. It is a three-story bed and breakfast where visitors were amazed when they stepped through the door as china, antiques, elegant settees and even a Kissing Nook in the dining room made one feel as though they had stepped back in time.

The Hinkles purchased the inn in 2006 when they moved to New Hampshire from Ft. Lauderdale, Fla. and began looking for a place to start a bed and breakfast inn.

"That had been a long-time dream of mine and I knew when I saw this place that it was just what I was looking for," said Jane.

For three years they painted, wallpapered, carpeted and decorated the inn while constructing separate quarters for themselves in the back portion of the rambling home.

The first floor now has a sitting room and dining area where guests enjoy Hinkle's home-cooked breakfast cuisine. Items on the breakfast menu can include quiche, crepes, English-style Custard French toast or her most popular buttermilk pancakes. And of course, the beverage list includes great tea selections, too.

"We try to give people the real experience of a Victorian B&B," Jane said.

On the second floor there are three elegant yet comfortable bedrooms, each with their own bath. Frank said he always insists that any bed and breakfast inn he has stayed at have separate baths and therefore went to great lengths to provide the same for their own guests. While one large room already had an adjoining bath, he installed a bathroom just across the hall from the second room then took out two walk-in closets to build yet another bath for their third guest room. Each room has its own unique look with large windows, beautiful drapes and bedspreads to match the décor.

Finally, the third floor offers a three-bedroom suite. Frank said that with its own sitting area and bath, it's ideal for a family or even those who may need accommodations for more than one or two nights.

"This was actually the servants' quarters when the house was built and even has the old call bell hanging on the wall still," he said.

All around the property are beautiful gardens, and in the back courtyard Jane pointed out that there is still an old rose bush that is believed to be a strain left over from the original tea roses of the 1800's, and thus the inn got its name.

Situated in a residential neighborhood at 8 Pleasant St., the inn is



Jane Hinkle (center) welcomed Karen Whitmore and Vicki Kozak to her Tea Rose Inn in Plymouth during the Lakes Region Bed and Breakfast Association's Fourth Annual Muffin and Scone Tour last Saturday.

adjacent to Plymouth State University and just a very brief walk into the bustling downtown business district where there is plenty to see and enjoy. Tea Rose Bed and Breakfast is just a short drive up Route 3 to the headquarters of the White Mountain National Forest and provides a great base location for day trips to the mountains, rivers and lakes.

For more information, visit their Web site, tearoseinn.com, or call 536-2732 for reservations.

Approximately 15-miles south of Plymouth was another stop for those on the tour, the Pleasant View Bed and Breakfast, located just a few minutes from Newfound Lake and Wellington State Beach.

Situated on a quiet country road, owner Heidi Milbrand has owned and operated her expansive farmhouse-style inn, which was built in 1832, since she and her husband purchased it in 2004.

"When I was in college, Don (now her husband) took me to a bed and breakfast in Vermont and I told him then that that was what I wanted to do when I grew up," she said.

The couple first lived in Pennsylvania and did buy a bed and breakfast like Heidi had always wanted. They operated that inn until 2004 when they moved to New Hampshire.

"I walked in here, looked around and said right away that this was the one for me," she said.

While the couple lives next door, their guests enjoy the spacious, downhome atmosphere of their inn. On the first floor there is a "game room" for cards and social gatherings, a comfortable sitting room, a large dining room, and a two-story living area. That room holds a cozy seating arrangement in front of a woodstove with glass doors leading to the back yard, pool and hot tub.



Plymouth residents Frank and Jane Hinkle offer not only three single rooms at their Queen Anne Victorian Tea Rose Inn but also have a comfortable three-room suite available for families.



A spacious common room at Pleasant View Bed and Breakfast offers comfortable seating, a cozy woodstove and views of the grounds as people relax and enjoy the beauty of the Newfound Lake Region.

There are six bedrooms in the farmhouse that each have tv and WiFi, a private bath and air conditioning for hot summer nights. Several of the rooms also have private terraces that overlook the back yard and surrounding forest.

For those who prefer a more rustic stay, Milbrand also has a 600 square foot cabin on the edge of the woods. Guests who opt for those accommodations enjoy a screened porch, a queen-size bed, and a small kitchen with a microwave, small refrigerator and a toaster oven.

Breakfast at Pleasant View is made from scratch with farm-fresh ingredients, Milbrand said, and can include everything from pancakes to frittatas as well as her house specialty, stuffed French toast with blueberry sauce. There are also fresh fruit, homemade muffins or scones, granola, yogurt and a variety of juices available each morning.

While Milbrand graciously welcomes adults to come enjoy the lovely farmhouse, it is an adults-only facility and

has a No Pets policy.

"Unfortunately, we've had a few bad experiences in the past that have forced us to do that," she explained.

Besides the close proximity to Newfound Lake, the inn is also just a few minutes' drive from downtown Bristol where there are shops, restaurants, breweries and art galleries to explore. To learn more about the inn, visit www.pleasantviewbedandbreakfast.com, or contact Milbrand at 744-5547. Other stops on the tour last weekend included The Inn on Golden Pond in Holderness, Nutmeg Inn in Meredith, Lake House at Ferry Point in Sanbornton and Lantern Inn B&B in Laconia.

"Each inn is different so for a really great B&B experience, people should look for one that suits their personality and taste. This tour hopefully helped people get a feel for each one," Milbrand said.

Top 2

FROM PAGE A1

As Valedictorian Buchanan also compiled an impressive resume throughout her four years at NRHS. Like Gould she, too, has a love for music and plays both the flute and the piccolo. In the recent Bicentennial Concert she was the featured piccolo soloist in "Pasquaney by Moonlight."

Buchanan said as the oldest flute player in the band she was glad to help younger students with their skills, something she felt was all part of the band experience.

"We're all there to learn music so if we can help each other improve, then we should," she said.

She is also a member of Student Council, was elected Vice President of the senior class, and is the treasurer for the National Honor Society. Buchanan also serves as the public relations person for the New Hampshire State National Honor Society board.

Over the past three years she has joined Gould and her other teammates as part of the Unified Soccer team, which she described as an experience she has enjoyed very much.

"I thought Unified Soccer was so much fun and I was able to meet so many more people," she said. "It was a refreshing environment because we were all just there as a team. It has a short season but each year there's so much growth!"

In the spring months, Gould has played on the NRHS girls softball team since her freshman year and this year she was named a captain of the varsity team.

Her senior project was one Hoiriis called "extremely engaging," and it was also selected as one of the 10 projects that earned distinction honors. Buchanan did that project on Criminal Profiling, the psychological aspect of investigating crime scenes, and she will carry her interest in that field with her to Bishop's University in Sherbrook, Canada next year. There she intends to major in psychology and minor in pre-law.

"I always knew I would want a job where I could help people in some way. So many have helped me in my life and I feel a need to pay it forward by helping others," said Buchanan.

She said after earning her degree from Bishop's University, she hopes to continue on to law school.

"Hopefully, one day I'll get to work for the FBI as a lawyer," she said.

As busy as their schedules have been, both of the girls have still managed to find time to volunteer in the community as well. Gould tutors others in math and science and helps with childcare at town meetings so parents are able to attend. Buchanan said she also helps with the community childcare, tutors English and social studies, and helps with skills practices for the TTCC girls' softball program as much as her own playing schedule allows.

"I love softball so much that I want to pass that on to hopefully the next varsity players here at Newfound," she said.

Newfound Regional High School will hold their 2019 Commencement Ceremonies at 9:30 a.m. on Saturday, June 15.

Garden Club

FROM PAGE A1

public is invited to celebrate Arbor Day, from 10 a.m.-noon at the Butterfly Garden behind Minot Sleeper Library in Bristol. Club members will be at the garden to hand out free Sugar Maple seedlings and answer gardening questions. There will also be activities for children and gardening enthusiasts are encouraged to work in the garden if desired.

Thursday, May 9 at 6:30 p.m., Learn about growing greens with Donald Granmaison of LEF Farms Hydropon-

ics & Robotics. Everyone is encouraged to watch this fascinating program about the delicious greens LEF farms grows and provides to many local restaurants and grocers.

Thursday, May 16 at 4 p.m., Pasquaney Garden Club will co-sponsor a program with Minot Sleeper Library. D'Acres will present "Making Herbal Teas at the Library."

Tuesday, May 21 at 6:30 p.m., Emma Riese, owner of Emma's Perennials will present a program for garden club members, friends and interested garden-

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Movie House & Performance Center

"HOTEL MUMBAI"
April 30 and May 1, 2, 5, 6, 7, 8
The true story of the Taj Hotel terrorist attack in Mumbai.

"SHERLOCK HOLMES"
Thursday, May 9
Silent film with live musical accompaniment by Jeff Rapsis.

Upcoming Live Events

5/3 - Adam Wakefield
NH's Own Country Star & Runner up on "The Voice"

5/4 - Felix Cavaliere's Rascals
Hits Include "Groovin'," "Good Lovin'," & "A Beautiful Morning"

5/10 - The Machine Performs Pink Floyd

5/16 - Richard Thompson

Bring in this ad to get TWO tickets for the price of one to see "HOTEL MUMBAI" on 5/5 or 5/6

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ARTISTIC ROOTS

Awards

FROM PAGE A3

About Plymouth State University
Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. For more information about Plymouth State University visit www.plymouth.edu.



COURTESY

Plymouth State University (PSU) and the Raymond Burton Legacy Fund recently honored Former Senator Kelly Ayotte and Former Governor John Lynch at an event benefitting student scholarships. Senator Ayotte was recognized with the 2019 Robert Frost Contemporary American Award from the PSU Alumni Association, and both Senator Ayotte and Governor Lynch received the 2019 Raymond Burton Legacy Public Service Award, honoring the legacy of long-serving NH Executive Council member, Raymond S. (Ray) Burton.

CADY

FROM PAGE A4

teens gather. Provide adequate adult supervision at home gatherings. Encourage family conversations around places where your teen will be. Call other parents to double-check the plans and be assured that adults will be present and awake at any par-

ties. Confirm that no drugs or alcohol will be allowed. Discuss with your teen how a fun celebration can turn tragic very quickly when alcohol and drugs are introduced, as their use is frequently linked with other risky and potentially destructive behaviors such as bullying and dating violence, unintentional injuries from falls

or drowning, car accidents, and overdose poisonings. The teen brain responds to and is affected by alcohol differently than the adult brain. The teen brain is still in the developing stages until age 25 and introducing substances like drugs or alcohol negatively affects brain development during these formative years. That is why it is critically important to prevent underage drinking. Help your teen enjoy their prom and graduation without drinking or using drugs, please join us in promoting healthy behaviors and safe gatherings by discussing these issues with your teen. For more information on conversation starters, visit CADY's Web site at www.cady-inc.org. If you or someone you know struggles with addiction or substance use, call please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

Garden Club

FROM PAGE A11

ers. "Preparing gardens and Choosing Plants" will be the theme of this month's regular meeting program at Minot Sleeper Library, Bristol. Saturday, June 1, the annual Pasquaney Garden Club Plant and Bake Sale will take place from 8 a.m. to noon behind Sleeper Library in Bristol. Volunteers and committees will be digging plants from home gardens,

potting transplants from the Butterfly Garden and baking tasty goodies for the sale. Please come to this fun annual event! Pasquaney Garden Club appreciates all the community support enjoyed in past years. We hope this year's programs and activities will interest many and encourage everyone to participate. Our mission is to continue to offer opportunities to study horticulture and floral design and to promote conservation and local beautification.



JOHN HARRIGAN

I took my favorite photo of Millie, the North Country's alleged most spoiled dog, one spring morning a couple of years ago. As for the sign, which is on my front lawn, two excellent daytime cougar sightings have been reported within eyeshot.

Notebook

FROM PAGE A5

These are the same legislators, lobbyists, special interest groups and decision-makers, by the way, who were oh-so-eager to line up like toy soldiers behind the Governor, et al, to support the heinous and landscape-trashing Northern Pass proposal, the biggest construction scheme ever foisted (my word) on New Hampshire. Sources said politicians and power-brokers are mostly unfamiliar with the territory because they have not viewed or visited the proposed route, which runs through some of the most magnificent scenery in the state. There is a 21-minute film on this, beautifully produced

(Jerry Monkman and Roger Wood) and partly shot from a drone. The usual comment of people watching the film-credits roll goes something like "Whoever could even think of putting such massive machinery in there and hacking out a big scar would have to be mad." State House observers said the Governor and staff were too busy lining up the horsepower to pack the Site Evaluation Committee with friends and allies of the Governor and others who favor the project. As one jaded media person joked, "When you're playing billion-dollar hardball like that, who's got time to watch a film about trees?" Assuming that the state Supreme Court votes to allow the SEC to reconsider its decision



PHOTO COURTESY SPIDER ID

This photo of *Dolomedes tenebrosus*, the Dark Fishing Spider, somehow reminds me (in the In Name Only category) of fisher cats—the animal and the baseball team. It looks pretty much like my most recent large spider. against the proposal, he said, "When they vote, we should jump out of a big cake and yell "Surprise!" (Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Caffeine

FROM PAGE A9

would yield the allowable limit of caffeine by the IOC. This would equal consuming six to eight standard cups of coffee one hour before exercise – that's a lot of coffee! Six to eight cups of coffee at one time would likely cause gastrointestinal stress and dehydration. Caffeine can be consumed prior to a workout for a "pick me up" or to reduce fatigue and increase exercise performance. Drinking coffee or taking capsules are the most common ways caffeine is

consumed prior to exercise. If not familiar with the effects of caffeine on the body start with a low dosage. Taking caffeine daily for up to 4 weeks will lead to tolerance and may decrease or eliminate any performance enhancing effects. Caffeine can be possibly unsafe if it is taken in high dosages or for a long period of time. Caffeine can cause insomnia, nervousness, restlessness, stomach irritation, nausea, vomiting, increased heart rate, increased breathing rate, headaches, anxiety, agitation, chest pain and ringing in the ears.

RehabFit is a fun, motivating fitness and can add a "pick me up" to your workout routine without the side effects of caffeine! RehabFit is for all ages and abilities and specializes in making individual exercise programs for every member. RehabFit has several group exercise classes including strength & balance, strength interval training, core fusion, yoga and TRX strength & conditioning. Call RehabFit at 238-2225 or stop by for a tour at Boulder Point, Plymouth for more information.

What's Happening at Plymouth State University

Hosted by Plymouth State students, including Enactus members

Climb Above Addiction

Saturday, May 4, 2019, 10:30 a.m. to 4:30 p.m.

Rattlesnake Campground

415 Buffalo Road, Rumney, NH

Climb Above Addiction uses adventure therapy to promote awareness of New Hampshire's battle against addiction, especially the opioid epidemic. This year teams are raising funds to support the work of CADY (Communities for Alcohol- and Drug-Free Youth), which offers comprehensive substance abuse prevention programs and services. The suggested donation is \$10 for adults and \$5 for kids over 12. Climb Above Addiction features a fun and friendly environment filled with games, a climbing wall, entertainment, live music, and food, bringing together people who are committed to fighting the epidemic. On the day of the event, teams from The Plymouth House, a Twelve Step recovery retreat, will be climbing at Rumney Rocks. For complete details visit climbaboveaddiction.org.



Newfound Landing Sports

Section **B**
Thursday,
Thursday, May 2, 2019



Kasey Basford leaps over an inside pitch during action against Raymond on April 22.

JOSHUA SPAULDING



Hayleigh Pabst fires a pitch during action against Raymond last week.

JOSHUA SPAULDING

Pabst, Basford pace Bears past Rams

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Good pitching and big bats were a good combination for the Newfound softball team on Monday, April 22, as the Bears played host to Raymond.

Hayleigh Pabst was solid in the pitching cir-

cle and Kasey Basford ripped a grand slam as the Bears picked up their first win by a 12-2 score over the Rams.

"I feel like it's a good step for us," said coach Kelly Meegan. "It's been a little slow start to the season, but this is good momentum going into

next week."

Pabst got the start in the circle and put the Rams down in order in the top of the first inning.

Newfound was able to plate the game's first run in the bottom of the first inning. Bailey Fairbank led off with an infield hit and moved up on a

wild pitch and then stole third. She scored on a wild pitch to plate Newfound's first run of the game.

One out later, Emalie Ruiter reached on a dropped third strike but was forced at second on a groundout by Basford. Basford stole second and

third but was stranded there.

Raymond got a one-out base hit in the top of the second inning but a strikeout-throw-out double play ended the inning, with catcher Caroline Marchand gunning down the Ram runner at second base.

Madison Perry led off with a walk in the bottom of the second

SEE **SOFTBALL** PAGE B2

Newfound rally comes up short against Rams

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound baseball team came charging back from a 9-1 deficit on Monday, April 22.

But, the Bears came up just a bit short as the Raymond Rams captured an 10-8 win.

"We shouldn't be coming back, we should be jumping out and staying out," said coach John Larsen. "We need to take a different approach, we need to work together and get there."

Logan Rouille got the start on the hill for Newfound and surrendered a couple of early runs and the Bears trailed 3-1 after two innings of play. Rouille got some good defensive help in the top of the third from Leroy LaFlamme in centerfield, as he made a nice grab at the fence for a key out.

However, Newfound was unable to do anything at the plate in the bottom of the third inning and Raymond was able to add on to the lead, pulling away by a 9-1 score in the top of the fifth inning.

The Bears did have a couple of solid defensive plays in that top of the fifth, with LaFlamme snagging a couple of balls to centerfield and also gunning down a runner (through cutoff man Reed Wilson) trying to score on a base hit, with catcher Mike Macklin making the tag.

Newfound came charging back in the bottom of the fifth inning. Tyler MacLean started the inning by reaching on an error and then Macklin was hit by a pitch. Bodhi Smith followed with a bunt that he beat out, loading up the bases. One out later, Tuan Nguyen



Ryan Lyford is congratulated after delivering a grand slam in action against Raymond last week.

JOSHUA SPAULDING



Bohdi Smith goes up to pull down a throw to second in action last week against Raymond.

JOSHUA SPAULDING

drove in a run on a fielder's choice and then Wilson followed with a base hit, driving in another run and cutting the lead to 9-3. Rouille was up next and he worked a walk to force home another run and the Bears were within five at 9-4.

Ryan Lyford then single-handedly cut that lead to just one when he launched a shot to deep centerfield. The Ram centerfielder made a valiant

attempt to haul the ball in but it cleared the fence and landed in the snow on the hill for a grand slam, cutting the lead to 9-8. Hunter Stickney kept the inning going with a double and both MacLean and Macklin were hit by pitches to load the bases again. However, they were all stranded and Newfound trailed by one after five.

Neither team was able to score in the sixth inning and Raymond opened the seventh inning with a homer to up the lead to 10-8. Rouille got a groundout and a strikeout before a base hit put a Ram on first base. Macklin responded by gunning down the runner stealing second to end the inning.

The Bears put two runners on base in the bottom of the seventh inning on an error and a hit batter, but both were stranded and Raymond left town with the 10-8 win.

"We have a lot of guys out, but a lot of guys have stepped up," Larsen said. "And we've had the discussion about the mental-

SEE **BASEBALL** PAGE B3

What's On Tap

A new month provides a full slate of games for the local high school teams.

At Newfound, the baseball team will be hosting Hopkinton today, May 2, at 4:30 p.m.

The Bear softball girls will be hosting Somersworth on Friday, May 3, at 4:30 p.m.

The Newfound baseball and softball teams will travel to Berlin on Monday, May 6, and will be at home on Wednesday, May 8, to host White Mountains, all with 4:30 p.m. start times.

The Newfound track team is scheduled to compete at Prospect Mountain on Saturday, May 4, at 10 a.m. and will be at Berlin on Tuesday, May 7, at 4 p.m.

The Plymouth boys' tennis team will be hosting Oyster River today, May 2, at 4:30 p.m. and will be at Bow for a 4 p.m. game on Wednesday, May 8.

The Bobcat tennis girls will be at Oyster River at 4:30 p.m. today, May 2, will be hosting Bishop Brady on Monday, May 6, at 4 p.m. and will be hosting Bow at 4 p.m. on Wednesday, May 8.

The Plymouth girls' lacrosse team is hosting Gifford at 4 p.m. today, May 2, will be at Campbell at 4 p.m. on Monday, May 6, is at Bishop Brady on Tuesday, May 7, at 4 p.m. and will be hosting Belmont at 4 p.m. on Wednesday, May 8.

The Bobcat lacrosse boys will be at Gifford on Friday, May 3, at 4 p.m. and are hosting Campbell on Monday, May 6, at 4 p.m.

The Plymouth baseball and softball teams are hosting Milford on Friday, May 3, at 4 p.m. and are at Kingswood on Wednesday, May 8, at 4 p.m.

The track Bobcats will be at Oyster River for a 4 p.m. meet on Tuesday, May 7.

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JOSHUA SPAULDING

Cale Swanson fires the javelin during action Saturday at Coe-Brown.



JOSHUA SPAULDING

Jordan Meier throws the javelin during Saturday's Black Bear Invitational.

Swanson, Meier, Beajouan lead Bobcats in Northwood

BY JOSHUA SPAULDING

Sports Editor

NORTHWOOD — For the second week in a row, the Plymouth track team dealt with less than ideal weather conditions but still put up some solid performances.

The Bobcats traveled to Northwood for the annual Black Bear Invitational on Saturday, competing against a field that included schools from Maine and Vermont among many New Hampshire schools, including D1 powers Londonderry, Bishop Guertin and Nashua North and South.

The top performance from the Plymouth boys came from junior Cale Swanson, who tossed his way to second place in the javelin with a distance of 142 feet, two inches.

Remy Beaujouan had a good day for the second week in a row. In the 100-meter dash, Beaujouan ran to fourth in the preliminary round in a time of 12.06 seconds and then finished in third in the finals with a time of 12 seconds.



JOSHUA SPAULDING

Lily Derosier runs for Plymouth during the meet Saturday in Northwood.

Beajouan ran to fifth overall and first in his het in the 400 meters, finishing with a time of 52.96 seconds. He also picked up a seventh place in the 200 meters with a time of 24.03 seconds.

The Bobcats 4X100-meter relay team finished in 10th place with a time of 48.24 seconds.

In the shot put, Ryan Hardy finished in 15th place with a toss of 37 feet, while in the dis-

cus, Hardy was 12th overall with a throw of 102 feet, two inches.

The top finisher for the Bobcats girls also came in the javelin, where Samantha Meier finished in second place with a throw of 91 feet, nine inches.

Freshman Katherine Luehrs finished in sixth place in the high jump with a height of four feet, eight inches.

In the 100-meter dash preliminaries, Luehrs finished in



JOSHUA SPAULDING

Remy Beaujouan runs in the 400 meters Saturday at Coe-Brown.

eighth place in 13.84 seconds, with Tara Smoker in 11th place in 13.94 seconds and Lexi Stonis finished in 14th place in 14.28 seconds. Smoker also finished in 13th place in the 200 meters in a time of 28.29 seconds and Luehrs placed 20th in a time of 28.84 seconds.

Lily Derosier ran to 24th in the 400 meters with her time of 1:08.84.

In the 4X100-meter relay, the Bobcats ran to eighth place with a

time of 54.98 seconds while in the 4X800-meter relay, Plymouth took 11th place with a time of 12:11.61.

In the discus, Julia Ahern was 23rd at 70 feet, 5.5 inches and Ashley Deruvo finished in 28th place with a throw of 66 feet, 9.25 inches.

The Bobcats will be back in action on Tuesday, May 7, traveling to Durham for a meet hosted by Oyster River.

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

Fly fishing class May 18 in Waterville Valley

WATERVILLE VALLEY — The Pemigewasset Chapter of Trout Unlimited and the NH Fish and Game Department will present a one day "How to Flyfish" class on Saturday, May 18, 9 a.m. to 3 p.m. (bring a lunch) at the Waterville Valley Recreation Department, 11 Noon Peak Road.

Fundamentals of Fly-Fishing will cover basics of fly-fishing techniques. It will include what makes fly-fishing unique, rod reel and line assembly, basic equipment, knots, fish habitat, fish forage, fish identification, fishing ethics, casting instructions and will answer any question you have about flyfishing.

The instructors are certified by the NH Fish and Game Department

and bring a wealth of experience and knowledge. The Pemi TU volunteers are there to help the beginning angler get started in the art of flyfishing.

Rods (5 weight fly rod, reel and floating line) will be provided but bring your own equipment if you have any. The class will be limited to the first 10 registrants. Age restriction: 13 and over, individuals 14 and under must be accompanied by an adult. A fee of \$10 will be charged to cover facility cost. Hats and glasses are recommended for the casting session.

To register on the NH Fish and Game Let's Go Fishing web site, and for additional information contact Waterville Valley Recreation Department, at recdirector@watervillevalley.org or 236-4695.

Monster truck show Saturday in Belmont

BELMONT — Belmont Mudd and Monster Madness Monster Truck / Mud Bog Show is May 4 at the Belknap County Fairgrounds 174 Mile Hill Road, Belmont.

Registration for participants starts at 8 a.m. Registration fee is \$30.

Spectator gates open at 10 a.m. and the event

starts at noon. General admission is \$10, children three and under are free. Pit passes available for an additional \$10. No one under 16 years of age allowed in the pit.

Come join in at the Belknap County Fairgrounds for a jammin good time, rain or shine. There will also

be mud bog trucks.

Get your tickets at gate the day of the event or buy at <https://www.eventbrite.com/e/belmont-mudd-and-monster-madness-tickets>.

There will also be kids power wheel races for six and under. Bring your battery operated power wheels

to the event. For more info and spot reservation, call 267-6947

No outside food/drinks or coolers allowed into facility. Parking is free.

Bring your own blanket or lawn chairs for lawn seating.

Caution, the event is loud, hearing protection is encouraged.

Softball

FROM PAGE B1

inning and took second on a wild pitch. One out later, she moved up on a groundout by Marchand but she was stranded on a groundout that ended the inning.

Newfound was able to plate a pair of runs in the bottom of the third inning. Ruitter started the rally with a walk and Basford tripled her home. A base hit from Madison Hanley plated Basford for the 3-0 lead.

Raymond was able to scrape together two runs in the top of the fourth inning on a couple of errors, cutting the lead to 3-2.

The Bears added another run in the bottom of the fifth inning. Hayse Bzroome had a base hit and then came around to score on a couple of Raymond errors and took the 4-2 lead to the sixth inning.

Newfound was able to break things open in

the bottom of the sixth inning.

The inning started with Basford lacing a double. Hanley was hit by a pitch but eventually scored after a rundown. Jillian Buchanan and Marchand followed with hits and Broome worked a walk. After a Fairbank hit, Pabst worked a walk and then Ruitter reached, setting up the bases loaded situation for Basford in her second at bat of the inning.

Basford promptly blasted the ball over the fence in left field for a grand slam and a 12-2 lead.

Pabst then worked around an error in the last inning, striking out two in the frame to finish out the 12-2 win.

Basford finished with three hits, just a single shy of the cycle and drove in five runs. Fairbank had two hits and an RBI. The entire lineup came through for the Bears, with hits up and

down the lineup.

Pabst had a strong day in the circle, allowing just three hits and striking out seven without a walk.

"Hayleigh's been doing well and Caroline has been doing good behind the plate, keeping that battery at full strength," Meegan said.

The second-year coach also noted that the late runs made things a bit easier.

"That made me breathe a little easier," she said with a laugh. "They came ready today."

The Bears will be hosting Somersworth on Friday, May 3, will be at Berlin on Monday, May 6, and will be hosting White Mountains on Wednesday, May 8, all with 4:30 p.m. scheduled starts.

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

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Fins and Feathers

First lesson

BY RAYMOND KUCHARSKI
Contributing Writer

When the Pemigewasset Trout Unlimited teaches the FUNDamentals of Flyfishing the first lesson I and my fellow instructors teach is to not just walk into water and start casting but to look around to see if there are any fish feeding and if they're feeding, what are they feeding on. And if there is no action, take some time to look around again for any signs to help you catch a fish.

One summer day I drove to a local fishing hole that I knew well and had fished many times. I knew the contours of the bottom of the pond because I mapped it with my BDU (Bottom Detection Unit, a lead weight tied to a marked line). It being August, I was set up to fish deep with a sink-head fly line and a cone head fly like I had done successfully many times before in the summertime. The water temperature being still warm only solidified my belief that the fish were in the cooler depths of the pond.

As I was kicking out from shore heading toward deeper water, I saw a half-dozen fish rising in the shallows by the shore. It looked like the brookies were after insects that were coming off the aquatic growth. Not believing what I was seeing, and thinking the rising fish would be moving to

COURTESY PHOTO

(Right) Learning the fundamentals of fly fishing involves classroom work.



COURTESY PHOTO

Students learn the fundamentals of fly fishing.



COURTESY PHOTO

Fly fishing instructors teach numerous lessons during the class.



deeper water shortly. I continued toward the deeper water because I didn't want to change to floating line. I had a preconceived plan to fish deep when I left home. After a couple hours of fishing in 15 to 20 feet of water without a hit, I returned to the landing where the trout were still rising.

I re-rigged and my first cast toward shore landed in less than a foot of water and was immediately attacked by a feeding brook trout. I had wasted a couple of hours by ignoring FUNDamentals of Flyfishing's first lesson.

Kids invade NHMS in May

LOUDON — It's time for outdoor family activities, and New Hampshire Motor Speedway is the place to be this May, as kids as young as five years old participate in racing-style events, bringing family fun and entertainment to "The Magic Mile."

"With 1,200 acres to utilize, we are proud to be able to provide a home for different types of quality racing action," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "Families can experience the thrill of a race car or a motorcycle speeding by, and this month, we'll have kids taking part in the New Hampshire Soap Box Derby and the New Hampshire State Police hosting the D.A.R.E. Classic, which puts runners right on the race track."

The 29th annual D.A.R.E. Classic 5K Road Race on May 3 features a one-mile run for kids followed by a 5K road race on "The Magic Mile." The event also includes demonstrations by the New Hampshire State Police K9 Unit, Drill Team, Aviation Unit and Motorcycle Unit. Kids can get their face painted and meet Daren the D.A.R.E. Lion.

The New Hampshire Soap Box Derby Spring Rally May 11-12 will feature kids seven and older assembling and racing gravity-powered cars down a 500-foot (or more) track in side-by-side competition.

Up and coming teen racers blend with adults in the Loudon Road Race Series as motorcycles take on the 1.6-mile road course May 18-19 with Championship Cup Series racing. Fans can also watch legend drivers,

aged 12 years and up, race on the road course in the MOAT Mountain Road Course Series and on the 0.25-mile mini oval in turns one and two of the speedway in J&J's Yolk & Co. Oval Series.

NHMS hosts many other clubs and events throughout the month of May including:

Sunapee Racing Team on May 2, 9, 16, 23 and 30
North East Motor Sports Museum's Historic Motor Sports Exposition on May 4

Rusty Wallace Dream Drive Exotics on May 4

Rusty Wallace Racing Experience on May 4-5

NASCAR Racing Experience on May 10-11

New Hampshire Karting Association Racing Series on May 11

Team O'Neil Rally School on May 11-12

Fishtail Riding School on May 13

Penguin Roadracing School on May 17

Boston Chapter of the BMW Car Club of America on May 18

North East Drift Co. on May 19

United States Classic Racing Association on May 20

New England Region of the Sports Car Club of America on May 24-26

Sports Car Club of New Hampshire on May 26

Xtreme Xperience on May 31

For ticket information for events at New Hampshire Motor Speedway, including the June 8-16 Motorcycle Week at NHMS, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway website at NHMS.com or call Fan Relations at 783-4931.

How the new Red Sox radio broadcasters are stacking up

The first month of the baseball season is in the books and things haven't exactly been rosy for the defending World Champions. Good performances against the first-place Rays and the Detroit Tigers in the last week has at least eased worries a little, but for a team that has most everybody back from last year, it's been a bit of a tough start to the season.

However, I am not here to comment on the performance of the team. I am sure the Red Sox will find their way out of the funk and find their way to the playoffs. At least I think I'm sure.

What I'm really here for is to talk about the Red Sox on the radio. Since I spend a good deal of time on the road or in the office, I usually listen to parts of or all of the games on the radio. I thought that Tim Neverett did a good job the last few years working with Joe Castiglione, so I was intrigued to see how they were going

SPORTING CHANCE

By JOSHUA SPAULDING



to replace him this season. Using a rotating cast of announcers has had a mixed results, at least in my mind, but there are certainly some good moments. I thought I'd take some space to rank the announcers so far this season.

Without a doubt, the best new voice on the broadcasts has to be a familiar one to Red Sox fans. Former NESN play by play man Sean McDonough did a series of games earlier this month and it was an absolute blast to listen to him call the games. He has great chemistry with Joe and has a great sense of humor, which plays well on the radio. You can just tell that he's having a good time and so is everyone else in the booth.

Next on the ranking of new voices is former Tigers broadcaster Ma-

rio Impemba. He's done the last few games (as this is written on Friday) and I've enjoyed some of his insight from working with the Tigers for such a long time.

Lou Merloni is probably next on my list. While he does work a few games just with Joe, I find him best as the third person in the booth with two other people. It was great hearing him with Joe and Sean.

The last person on my list is Josh Lewin. He did the first couple of series in the year and while he wasn't terrible, I wasn't drawn to his voice.

In the coming month, there will be a few more voices in the booth and I am intrigued to hear what they have to offer. Dale Arnold has done a few games in the past and I am a big fan of his so I am happy to hear him back on the Sox games. Dave O'Brien will also be back for a few games when NESN has the day off. He was one of my favorite radio voic-

es of all time so it will be great to hear him again. Former ESPN announcer Chris Berman will also be on the broadcast a few times, which should be interesting, if nothing else.

And while I still miss Mike Mutnansky on the pregame show, I will say that Will Fleming has been doing a good job before the broadcasts and he will also be stepping into the broadcast booth for a few games.

Finally, have a great day Charlie Hossack.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress. news at 279-4516, or PO Box 729, Meredith, NH 03253.

Baseball

FROM PAGE B1

ity of the game and staying in the game.

"But they're doing this without a number of starters and they're still performing well," the Bear coach continued.

Larsen was quick to praise the play of Macklin behind the plate, noting he had surrendered just one passed ball in the first four games.

"We would not be in these games if not for that kid," Larsen said. "We need kids to do stuff like

that to light the spark.

"We need to play more aggressively and we need to up our expectations of ourselves," he added.

The Bears are back in action today, May 2, at home against Hopkinton at 4:30 p.m. On Monday, May 6, they will be at Berlin at 4:30 p.m. and they will be hosting White Mountains on Wednesday, May 8, at 4:30 p.m.

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



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YMCA Camp Belknap, a boys summer camp in Tuftonboro, is hiring for both year-round and/or seasonal positions. Seeking applicants of all experience levels who are capable of performing various "handy" tasks. Please email contact details and resume to admincb@campbelknap.org.

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Position descriptions and applications are available at the Town Office, 1089 US Route 3, Holderness or on the town website www.holderness-nh.gov. N.H. Applications will be accepted until **May 10, 2019**

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Meredith rower qualifies for Pan American Games

MEREDITH — Liz Euler was around 12 when she borrowed a neighbor's boat to try rowing for the first time. Taking to it right away, she could never have imagined where this endeavor would take her.

With her father by her side, they were quickly immersed into the small, friendly and enthusiastic world of rowing. Finding support and encouragement from her newfound friends, she started winning small regional races and the seeds were planted for her dreams of winning the big races.

Around 2003, her father (Meredith native Paul Euler) convinced some local friends to help him start the Winnepesaukee Rowing Club, a 501(c)(3) formed to provide a way for local kids to learn to row and compete. He became a certified US Rowing coach and continued over the years to attend countless educational seminars, attaining the highest level of certification and turning his teams into highly respected and winning competitors all over the Northeast and Canada. His daily, completely volunteer, dedication over the years paid off for many kids who were awarded scholarships to college through their rowing - including his own daughter, whose love for rowing started it all.

Liz Euler continued to make a name



Liz Euler has qualified for the Pan American Games in Peru this summer.

for herself in college. Her coach at UMass was skeptical at first because she was such a small kid in a tall person's sport. Before the end of her first semester, she had proven herself to be a major force on the team and was awarded "Novice of the Year" at the end of her freshman year and Atlantic 10 All-Conference first team and captain by senior year.

Liz Euler wanted to go to graduate school and also continue working towards her rowing goal of making the national team. The coach at Brock University in St. Catharines, Ontario made her an offer that fit perfectly into her plans. She con-

tinued to race and train with more amazing coaches while getting her Masters in Kinesiology.

Working her way up into the world of elite rowing, the next step was joining old friends at Philadelphia's boat-house row. It's considered the center of the rowing community in the US. She settled into the elite program at Vesper Boat Club while working toward her PhD at Drexel University.

She has had many wins (multiple national championships and Canadian Henley wins) and many disappointments over the past years of racing.

Yet recently, while



COURTESY PHOTO

Liz Euler and her partner Solveig Imsdahl will be competing this summer in Lima, Peru.

training in a pair (two rowers, one oar each), she and her pair partner, Solveig Imsdahl, qualified to compete in Rio de Janeiro at the Pan American Qualification Regatta last December. They raised the money to get to Rio, rowed very

well and were able to secure their spot to compete for Team USA at the 2019 Pan American Games coming in this July and August in Lima, Peru. As an added bonus, the two were recently awarded the Schuylkill Navy Female Athletes of the

Year.

If you would like to support Liz Euler's experience at the Pan American Games in Lima, Peru, tax-deductible donations can be made to Winnepesaukee Rowing Club, P.O. Box 1165, Meredith, NH 03253.

Smith River Canoe Race returns May 18

WOLFEBORO — The 45th running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 18. It is a four-mile race that includes a quarter-mile of class two white water and two short portages. There are 19 classes, from novice to expert for both canoes and kayaks.

The race starts

at 1:15 p.m. at Albee Beach on Lake Wentworth and finishes at the town docks on Lake Winnepesaukee. There will be prizes for the first three finishers in each class. Registration is \$20 per paddler and there will be free t-shirts for the first 50 entrants. Entry forms are available in Wolfboro at the Chamber of Commerce or by call-

ing 569-5454.

Racers can also register the day of the race at Albee Beach between 10 a.m. and 12.45 p.m.

Proceeds from the race go to the Wolfboro Lions Club and are used to support the club's scholarship fund. In conjunction with the race there will be a 50/50 raffle the day of the race.

NHSOA seeking soccer officials

REGION — Would you like to earn extra money and get some good exercise while participating, not just watching, the beautiful game of soccer? The New Hampshire Soccer Officials Association (NHSOA) is looking for people ages 18 and up to referee high

school soccer this fall.

If you would like more information, please contact Ed Meyer through the NHSOA web site at www.nhsa.net or go to www.nhsa.org and click on links. Then click on become an official.

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