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COMPLIMENTARY

Tanger awards grant to BHVS

BY DONNA RHODES drhodes@salmonpress.news

BRIDGEWATER Representatives from Tanger Outlets in Tilton made a stop at Bridgewater-Hebron Village School last week to present them with a check for \$1,224 for their latest STEAM project involving students in grades 3-5.

Principal Dana Andrews was pleased to accept the check, saying it would be used to help students gain more knowledge in the areas of science, technology, engineering, arts and math. Otherwise known as STEAM.

The upper grade level students at BHVS have been engaged this year in a project known as P.O.P., which stands for "Power of Possibility." Together they work as mixed age groups in categories where six



Donna Rhodes

Representatives of Tanger Outlets in Tilton delivered a Tanger Kids Grant check to Bridgewater-Hebron Village School last week for their programs in the fields of science, technology, engineering, arts and math. On hand for the presentation were (L-R) Tanger Outlets Associate Assistant Manager Chris LaBranche, Office Administrator Justine Milan, General Manager Eric Proulx, BHVS Principal Dana Andrews and Newfound Area School District Superintendent Stacy Buckley.

Town Hall project to get underway in June

BY THOMAS P. CALDWELL Contributing Writer

BRISTOL — Work on the new town hall is projected to start June 1, according to Town Administrator Nik Coates, who said the project will rely upon "value engineering" to bring costs in line with the budget

lice Department will be try instead of purchasable to expand into the additional space in that building.

Construction costs have risen about 7 percent since Town Meeting, according to Selectman Rick Alpers, which helped to push the bids showed that it was fully

ing new ones, and bring some furniture from the Municipal Building instead of buying all new furnishings. Replacing the upstairs railing was nixed, and an inspection of the alarm system over the \$899,637 project- functional, so there is no one," said Coates. Now it is back to the shaft alone.

There are other savings to be realized by having the town provide collection bins instead of having a contractor provide them and having Coates coordinate the scheduling of electrical work rather than paying an electrician to oversee it. They were going to remove a sink from the office the town clerk will have, but Raymah Simpson said it actually would be a good thing to have after handling money during the day. Plans also called for such things as replacing SEE TOWN HALL, PAGE A11

they delve into design, research, writing, art, architecture, and computer programming for a project of their choice.

"It's really kind of cool to see them all work together like this," Andrews said. "Together they create things then

present their finished products to the whole school. That, in itself, is a real learning experience. At these ages it's not always easy to get up in front of a lot people to explain what you've done, but they do a great SEE GRANT, PAGE A11



for the job.

Bids for the upgrade of the former Newfound Family Practice building on School Street came in much higher than projected, but included a lot of work that a closer look showed to be unnecessary — such as painting the insides of closets. Some of the adjustments will result in lower-quality material things with a 15-year ____ life expectancy rather than a 20- or 30-year life — but some things were eliminated, as well, such as the backup generator for the building.

Voters agreed to purchase the building from LRGHealthcare at a special meeting last year, and in March, they appropriated the funds to renovate the building, which would allow town offices to relocate from the Bristol Municipal Building. Once they move out, the Bristol Po-

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ed cost of the work.

Coates said some common-sense reductions will help to bring the project back in line with the budget, such as replacing only doors that need to be replaced, rather than putting all new doors on the offices. They can keep some of the existing cabineneed to replace that.

Other things, such as the elevator to the second floor, will be harder to make do without. The plan originally called for just putting in the elevator shaft so it would be ready to add one in the future, but selectmen had "hoped to build the whole thing from day

Society hosting program on Benedict Arnold

BY DONNA RHODES

drhodes@salmonpress.news GROTON - Beginning at 11 a.m. on Monday, May 27, the Groton Historical Society will be hosting a

special presentation, and invites everyone to join them at that time, where they can learn more about Benedict Arnold, the man whose name has become synonymous with "traitor."

While most are familiar with Benedict Arnold, a general in the Continental Army during the American Revolution who defected to the British in 1780, there is a lot more to his legacy than that. From 1775-1777, when "the dream of independence was at its most fragile," say historians, Arnold stood out in the military. Among his feats was the tiny army he led through the wilderness during a blinding snowstorm on a seemingly impossible mission, along with other decisive actions he took that benefitted the cause of the Revolution.

The program has been made possible through a grant from the NH Humanities Council's "Humanties to Go!" speakers bureau and will be led by George Morrison. During his presentation, Morrison will take the audience on a journey through New York, New England and Quebec Province SEE ARNOLD, PAGE A11

DONNA RHODES Authors and artists Jim and Brad Tonner of Twin Designs Gift Shop led an assembly at Bristol Elementary School last week

where they read their newest book, "Happy Birthday Diane the Turtle." Joining them after the presentation were second grade students Vander, Cylus and Chase, Officer Chris Carter of Bristol Police Department, Jim Tonner, the Twin Designs Dancing Turtle, Brad Tonner, Lt. Kris Bean and Dr. Kimberly Safde, Curriculum Coordinator the school district.

Literacy grant brings local authors to Bristol Elementary

BY DONNA RHODES

drhodes@salmonpress.news **BRISTOL** – Thanks to a Children's Literacy Foundation grant, boys and girls at Bristol Elementary School welcomed a couple of guests at their assembly last week.

Dr. Kimberly Sarfde, Newfound Area School District's Curriculum Coordinator, said that while the received this year was used in a number of ways, they were still able to provide the students with books from local authors, Jim and Brad Tonner of Twin

special yet familiar CLiF grant the district Designs Gift Shop in downtown Bristol.

> "I thought, what better way to send children the message that people can come from small towns and SEE TONNER, PAGE A12

Local

Circle Program announces winner of School Spirit Challenge

PLYMOUTH — The Ninth Annual Circle Trot road race, held on May 5, was another success! Friends to the Finish, the Trot moto, encouraged kids from all area schools to participate as part of the Circle Program's School Spirit Challenge. This competition recognizes the school with the highest

percentage of participation in the Circle Trot by awarding the winner a \$400 scholarship towards athletic department equipment. For the last two years, the School Spirit Challenge was sponsored by Bryant Paving, whose team of employees was at the Trot to cheer the kids on! drumroll And

please..... for the second year in a row the winner of the \$400 scholarship award was Holderness Central School!The check was presented to the students by owner of Bryant Paving, Leslie Bryant and Holderness School Principal, William Van Bennekum -who shared he will be letting the students that ran the Trot pick help encourage comout something for the playground with their winnings!

The Circle Trot was a Plymouth State University cluster project again this year with six PSU students and one teaching faculty member, Pam Childs of the Sports Management Department, helping to organize the event from start to finish. The cluster students decided to take Pemi the Panther (the PSU Mascot) around to visit all the local schools to get the kids excited about being a part of the race. Pemi gave high fives and hugs to all while challenging students to bring their friends to the Trot to munity participation in healthy activities. Pemi also signed a few autographs!

The Circle Trot is a 2k, 5k, and 10k road race that takes place in Plymouth, New Hampshire to benefit the Circle Program. The Circle Program provides girls from under-resourced New Hampshire families with new opportunities to learn the skills, courage and confidence they need to handle the challenges in their lives. This happens through a unique combination of adult and peer support that is delivered through year-round mentoring and residential summer camp programs. The Circle Program currently provides support to 87 girls and teens from 33 towns from Concord to Thornton, and the community that supports the Trot is directly helping those girls enroll in program services.

This year the Circle Trot's primary sponsors were Bank of New Hampshire and Plymouth State University, with Bryant Paving sponsoring the School Spirit Challenge. The staff at Circle Program has a tremendous amount of gratitude for all our sponsors and volunteers who made the event so successful!

Minot-Sleeper Library engages community in **American Creed conversation**

BRISTOL — The Minot-Sleeper Library hosts a three-part series, American Creed: Community Conversation, beginning at the end of May through mid-June. The series welcomes all to come together to think about and engage in conversations about our community's values and explore the idea of a unifying set of beliefs. The three programs held at the library in Bristol are part of this year's nationwide American Creed: Community Conversations project. The Minot-Sleeper Library was one of 50 libraries in the country, the sole library in New Hampshire, to be awarded with a grant to participate in the project by the American Library Association.

The series will kick off at the library on Thursday, May 30 at 6:30 p.m. with a screening of the film "American Creed," vides in different communities around the country. The screening of the film will be followed by a community conversation, facilitated by Meg Petersen of the National Writing Project in New Hampshire.

The second program in the series will feature work by area high school students and will be held Wednesday, June 5 at 6 p.m. at the library. Students from Newfound Regional High School will present original projects in a variety of formats exploring community values and the idea of an American creed. Attendees will have the opportunity to ask questions of the students following the presentations.

The third and final program in the series will be a round table conversation held Tuesday, June 18 at 6:30 p.m. at the library. This event brings together commu-Month has been observed in May in the nity leaders to hear and discuss the ideas and United States since 1949, beliefs shared by attendreaching millions of peoees of the first two prople in the United States grams and explore how through the media, local this may inform their events, and screenings. work in the Newfound Lakes Region Mental Area. Health Center (LRMHC) The library invites is joining communities all to participate in around the country raisthis exciting program, ing awareness of the made possible by our mental health needs of the one in five Americans that will be affected **MEREDITH CINEMAS** by mental illness in their 844-4BARNZS lifetime. The statistics are alarming: • More than 43 million

country's leading library organization, the American Library Association. Local organizations supporting this series include New Hampshire PBS, the National Writing Project in New Hampshire, and Newfound Regional High School.

Information about the American Creed series is available on the library's Web site at minotsleeperlibrary.org. Those interested in the series may also call the library at 744-3352 or email librarian@townofbristolnh.org with questions and comments.

Local nonprofits to bost climate change forum

HOLDERNESS What can we do as a community to prepare for the impacts of climate change? What actions can we each take to reduce these effects? Join us at the Squam Lakes Association (SLA) on Saturday, June 8 from 9 to 11:30 a.m. for this important conversation about taking action to mitigate climate change in the Squam Lake Watershed.

During this forum, participants will hear from scientists and community leaders before engaging in discussion about moving forward together to create collective impact. This forum is a chance to make a difference in your local community for the protection of a precious natural resource. The dialogue for this forum is hosted by the SLA, Squam Lakes Natural

Science Center, and the Squam Lakes Conservation Society.

There is no cost to participant in this forum, and reservations are required. Reserve your spot today by visiting www.squamlakes. org/events. The Squam Lakes Association is located at 534 US Route 3 in Holderness. For more information, please call the SLA office at 968-7336.

Lakes Region Mental Health Center recognizes Mental Health Awareness Month

REGION — Men- age 14 and three quarters from Chief Justice John livan, MSW, CSP Thera-

tal Health Awareness by age 24. Broderick, Jr. co-Chair pist, Clinical Team and Change Direction New Hampshire followed by a proclamation from the Office of the Governor recognizing Mental Health Awareness Month in New Hampshire.

DBT Team member. Erica Ungarelli, Director of the Bureau of Children's Behavioral Health, Department of Health and Human Services will serve as moderator. LRPA is aired on Atlantic Broadband on channels 24, 25 and 26 in Belmont, Gilford, Laconia, Meredith and Northwood, NH. All other viewers who do not subscribe to Atlantic Broadband may view the Channel 25 simulcasts over the internet at https://livestream.com/ lrpatv/channel25. On May 9, LRMHC will have a vendor booth at Plymouth Regional High School's Convergence event; a silent auction to raise awareness for mental health and substance misuse. Clinicians from LRMHC Child and Family Services will be on hand to answer questions. Staff will also be participating at the upcoming Health Expo on Sunday, May 19, held at the Gilford Community Church beginning at 11 a.m. On May 22, Granite State News Collaborative will host a commu-SEE MENTAL HEALTH, PAGE A11

in which Condoleezza Rice, former U.S. Secretary of State, and David M. Kennedy, Pulitzer Prize-winning historian, come together from different points of view to investigate the idea of a unifying American creed. Their spirited inquiry frames the stories of people striving to bridge deepening di-

* ARNZ Meredith Shopping Ctr. • 279-7836 Week of 5/24 - 5/30 ALADDIN PG POKEMON DETECTIVE PIKACHU PG Fri.-Sun.: 12:00, 2:25, 4:50, 7:15, 9:40 PM Fri.-Sun.: 12:45, 3:45, 6:45, 9:30 PM Mon.-Thurs.: 12:00, 2:25, 4:50, 7:15 PM Mon.-Thurs.: 12:45, 3:45, 6:45 PM Join us for the advance screening of: JOHN WICK: CHAPTER 3 - PARABELLUM R Rocketman Fri.-Sun.: 1:00, 4:00, 7:00, 9:50 PM Thursday 5/30 at 7:00pm Mon.-Thurs: 1:00, 4:00, 7:00 PM Come try our new luxury leather recliners facebook Find us online at: BarnZs.com with footrests

adults experience mental illness in a given year.

• Nearly 1 in 25 adults (10 million) in America live with a serious mental illness.

 1 in 5 teens and young adults live with a mental health condition-half develop the condition by

• Each year more than 34,000 individuals take their own life. Suicide is the 10th leading cause of death among adults in the U.S. and the 3rd leading cause of death among adolescents.

"It is our hope that we will inspire others to raise awareness and take part in sharing information, resources and support for mental health conditions," said Maggie Pritchard, Executive Director at LRMHC.

Lakes Region Mental Health Center has a number of educational and awareness events throughout the month of May in recognition of Mental Health Awareness Month.

May began with a kickoff event on May 1 at the New Hampshire Statehouse with remarks

LRMHC Chief Executive Officer, Margaret Pritchard will be featured throughout the month of May on radio broadcasts on WEMJ and WEEI talking about workforce challenges and providing insight into the rewards of entering the mental health profession.

Also running the month of May on Lakes Region Public Access TV will be a panel discussion on the topic of trauma in children and adults and the impact trauma has on the family unit. Featured panelists include Ryan Aquilina, MS, LC-MHC, Clinical Coordinator and MATCH Supervisor for LRMHC Child and Family Services; Chris Burns, APRN, Prescriber, Clinical Team and DBT Team member; Jen Schmidt, LCMHC, Clinical Coordinator for LRMHC Child and Family Services and DBRT member; and Jayme Sul-



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PSU awards 982 degrees at 148th Commencement ceremony

PLYMOUTH — Plym-State Universiouth tv (PSU) celebrated its 148th commencement on Saturday, May 11 in the Bank of New Hampshire Field House of the Active Living, Learning, and Wellness (ALLWell) North Center, the University's state-of-the-art academic and athletic complex. A total of 982 undergraduate degrees were awarded before a crowd of more than 4,500 guests. Graduate and doctorate degrees were awarded in a separate ceremony on Thursday evening, May 9.

The theme for PSU's

148th commencement was 'persistence,' and President Donald Birx, Ph.D., opened his remarks by noting that the Class of 2019 began its journey at PSU at the same time as him. Birx, who began his tenure as PSU president in mid-2015, said, "We have grown a lot, experienced both good times and challenging ones, and yet we are here together today, in this place, sharing a moment that we will always remember."

He highlighted the students' achievements over the past four years, which included initiatives such



Plymouth State University celebrated its 148th commencement on Saturday, May 11, in the Bank of New Hampshire Field House in the Active Living, Learning, and Wellness (ALLWell) North Center, the University's state-of-the-art academic and athletic complex. A total of 982 undergraduate degrees were awarded before a crowd of more than 4,500 guests. In this photo, PSU President Donald L. Birx, Ph.D. addresses graduates and guests. as 'Swipe it Forward,' fellow students who are

which raises funds for food-insecure; partnering

with businesses, communities and non-profits on real-life projects of impact; participating in presidential candidate forums; developing and installing equipment to better understand avalanches; and many others.

"Throughout all of these endeavors you have learned about everything from discovery to innovation. You have all gained experience in working collaboratively toward common goals, and as you go forth this capability will help you no matter your career path," said Birx. "Together we have learned about the power of perseverance, which is key to achieving whatever you set your minds to."

PSU alumnus and philanthropist John D. Morgridge, class of 1985, and his wife Carrie Morgridge, award-winning author and co-founder of the Morgridge Family Foundation, were recognized with the Granite State Award in recognition of their passionate commitment to supporting organizations throughout the country that have positive impacts on their communities, and for their leadership in creating a culture of service and philanthropy within the PSU student community; Carrie Morgridge addressed graduates.

"Know where you're going, take a clear path and remember hard work does pay off," said Morgridge. "Persistence doesn't have to be a long journey, celebrate the PSU Class of 2019 graduates hail from 22 states, including the five New England states, Alaska, California, Colorado and New Mexico, and states

in between. The class also

included graduates from

Iceland, Korea, Malay-

sia, Nepal, Norway, Saudi

Arabia, Sweden and the

United Kingdom. The top

majors are: Business ad-

ministration, marketing, criminal justice, psychology, social work, and elementary education.

Class of 2019 president, Tyler Brown, a criminal justice major from Epsom, NH, noted that the graduating Class of 2019 includes the largest number first-generation colleges students in Plymouth State University's history.

"These [students] are the type of people who we should all look up to as they are the ones who took a step that some people would walk away from," said Brown. He addressed the graduating first-generation students directly, noting, "You are an inspiration to your family, and to each of us. You are someone who is willing to go against the tide of doubt and think harder, smarter, faster, and better - congratulations!"

Morgridge Family Foundation communications director John Farnam was also honored with the Granite State Award.

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.

Pemi-Baker Community Health welcomes new physical therapist

PLYMOUTH

Pemi-Baker Community Health is proud to announce new hire Kathryn Schwartzer, PT, DPT who will be joining the Physical Therapy team at Boulder Point. Kathryn recently received her Doctorate of Physical Therapy from Ithaca College. Her professional interests and specialties are neurological rehabilitation, balance/fall prevention, manual therapy and aquatic therapy.

"I am very excited to be able to offer aquatic based therapy to my patients as the demand for this type of therapy is growing rapidly. The pool is an ideal environment for treating many diagnoses and we've



pecially with patients with back pain, arthritis, joint replacements and

Schwartzer.

Pemi-Baker's 90 degree therapy pool is the chances of re-hospi- small wins."

community, allowing Pemi-Baker's team of experienced, diverse therapists to service aquatic therapy patients in addition to conventional treatments.

As the Baby-Boomer generation continues to age, the need for physical therapists in skilled nursing facilities, home care and outpatient settings is expected to gain momentum. There is an increased emphasis on shortened hospital stays and according to a new study published earlier this month in the Journal of the American Medical Directors Association, "one to two weekly physical therapy sessions can help lower

preserves community

critical wildlife habi-

tat and diverse ecosys-

conserves

character,

Lakes Region Conservation Trust announces guided excursion schedule

REGION — The Lakes Region Conservation Trust (LRCT) has announced its 2019 Guided Excursion Program with 12 guided hikes and paddles to be held between June and through-September out the Lakes Region. The first Guided Excursions of the summer will be a guided hike at the Fogg Hill Conservation Area in Center Harbor on June 1, followed by another guided hike at the Piper Mountain Conservation Area in Gilford on June 8.

The Lakes Region Conservation Trust will be offering many guided excursions throughout the season, as well as Volunteer Workday Wednesdays with their Lakes Region Conservation Corps members. All LRCT Guided Excursions and Workdays are free to attend and registration is required. Sign up for LRCT e-blasts to be the first to know about Guided Excursions, Workdays, and other volunteer opportunities. Please visit WWW.LRCT.ORG



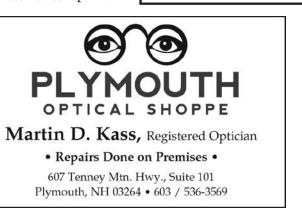
A Piper Mountain **Conservation Area Guided** Excursion in 2018.

to view their calendar for more information about these events.

The Lakes Region Conservation Trust was founded in 1979 to conserve the natural heritage of New Hampshire's Lakes Region. То date, LRCT has conserved more than 150properties totaling over 27,000 acres. LRCT's conservation and stewardship work







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<u>Opinion</u>



From the Editor's Desk

Memorial Day is about more than just a barbecue

We wanted to take this opportunity to say thank you to our readers, family and friends who have served, or who are currently serving in our armed forces. We all should take the time to remember those who have paid the ultimate sacrifice in the name of freedom.

Over the Memorial Day weekend, when we are relaxing, enjoying some barbeque and a big plate of pasta salad, we should take a moment to pause, even if it is undetected, and ruminate about the individuals who were brave enough to afford to us this freedom. Pick a battle and try to imagine, if you can, what it would be like if you were on the front lines. Those of us who have never served can't possibly imagine what this would feel like, however we can appreciate, recognize and commend the courage of those who are no longer with us and those who continue to serve.

When Memorial Day was first celebrated, it was known as Decoration Day following the Civil War. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, which ended in 1865, took the lives of more people than any other war in the history of the United States, the estimate is roughly 620,000. The Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans, called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the over 5,000 people in attendance decorated over 2,000 graves, both Union and Confederate. The holiday as we all know is celebrated on the last Monday in May and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest. At 3 p.m. every year, a moment of silence takes place across the country. In December of 2008, President Bill Clinton signed the "National Moment of Remembrance Act" which designated the time be at 3 p.m. In 1966, the government marked Waterloo, New York as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers. Originally, Decoration Day was intended to honor those lost in just the Civil War. After WWI America felt the need, and rightfully so, to honor all those lost serving their country. In WWI 116,516 Americans died at war and 405,399 were lost during WWII. The Korean War took 36,574 lives and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom's Sentinel and 61 in Operation Inherent Resolve. An estimated 38 million people in America will travel over the holiday weekend, and 2.5 million travelers will board flights. Memorial Day is the fourth busiest travel day of the year. In New York, Washington, D.C. and Chicago, you can find the largest parades in the country. Because of the three day weekend, many Americans will throw parties and barbecues or head out of town for a mini getaway. Whatever your plans might be, we hope you will join us in taking a moment at some point over the next few days to reflect on the sacrifices this holiday was enacted in tribute to.



Spring scene

DONNA RHODES

Spring made its return to Hill Saturday, with bright sunshine and soaring temperatures heralding the not-too-distant kickoff to summer.

CADY Corner

Workplace prevention, education, and training

BY DEB NARO

Contributor

Support your drugfree workplace program by educating staff and supervisors about the effects of substance use on health, job performance, and work safety. Be sure to communicate the value the organization places on the personal health of employees, their families, and their communities. An employee education program should clearly communicate the hazards of substance use and the benefits of avoiding substance use. At a minimum, the employee education component should also: provide materials on the risks associated with misusing alcohol, prescription drugs, and other drugs; inform employees on how to avoid substance use problems; and provide general health promotion information on topics such as stress management, healthy eating, and fitness. As resources permit, organizations should select one of several evidence-based substance misuse prevention programs that present materials in the context of broader health and safety issues.

Health and wellness topics such as stress management, nutrition and weight management, physical activity and exercise, and pain management are great opportunities to provide educational materials and other information on substance misuse prevention. The training topics can be tailored to the needs and interests of your specific workplace. Stress management: Relying on alcohol or drugs to deal with problems and emotions can often create more problems. Identify social and emotional rewards that people seek from drugs, including alcohol and prescription drugs, then identify healthy alternatives to relieve stress and meet other social and emotional needs. Stories from people who have embraced healthier alternatives and are reaping the rewards can motivate participants toward behavior change. Modeling opportunities that promote the use of healthy alternatives and the avoidance of substance misuse can build self-efficacy and teach new skills.

Pain management: Pain is a common treatment when designing and reviewing employer-sponsored health care coverage.

Nutrition, weight management, and exercise: These health promotion topics can be used to raise awareness about the tendency of certain drugs, including alcohol, to lower inhibitions and lessen the effectiveness of dietary and exercise plans. Testimonials from individuals who have changed their behaviors within the context of their weight management, nutrition, or exercise plans can help moti-

reason people seek medical treatment. Opioid pain relievers are among the most prescribed drugs in the United States. These drugs have a high potential for misuse, which has led to many overdose deaths and injuries. You may wish to consider alternative therapies for pain vate other employees.

For more information on living healthy drugfree lifestyles, please visit the CADY Web site at cadyinc.org. If you or someone you know struggles with addiction or substance use, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

Around and around the fields they go, thinking more than we ever could dream

Sometimes it takes you a lifetime to get mad about something. Even then, it turns out to be one of life's little foibles that you can't do much about---except perhaps write about, and share the blame.

A local man had died, in a family I knew of only faintly. But he had relatives in town; that's how I recognized the name. I was on the same sub-jayvee basketball team as his nephew.

They lived Out East---that seemed to be most of what anyone knew. "He was just a farmer," one of the adults said. Maybe she didn't mean it to be derogatory or dismissive, but it was a phrase I never forgot.

+++++

A few years later, I worked a summer for Lyman Forbes, who at that time was run-



ning one of the biggest dairy farms in the state (milking 105). These days, megafarms milking a thousand, even several thousand in Florida and California, are as common as crows, but back then 105 was really something.

Lyman was really something too. Never had I known a man (except, of course, my Dad) who thought so much about so many things, so fast. The frosting on the cake was a great sense of humor.

In his idle time, if there was any, Lyman invented a gutter-cleaner. A gutter is (or was) the narrow, shallow pit behind the business end of a cow. Before Lyman built his back-and-forth, folding-paddle machine, manure was moved and removed by shovel and hoe.

It took seven surrounding out-of-business farms to provide enough hay for Lyman's operation. All spring, summer, and fall, Lyman figured out when and where to put machinery and hay-wagons and men, and what to cut and bale, and when, all the while supervising (and helping do) the milking. There were a myriad other not-so-small matters, such as grain, sawdust, and painting the silo (featuring, of course, me).

My main job for milking was to go get the cows, which I did all by myself, dogless, and then feed the young stock, and then help scrape and bed. My last job of the day, unless advancing storms called for us to bale late and get hay under cover, was to go down to the bulk tank and fill a big stainless steel pail with milk for the table. "Just a farmer," I remember thinking one night as I trudged back up to the house.

+++++

might It sound strange to say you're honored to put someone in the ground, but it was true when 200 or so kindred souls heard music and told stories and bowed for prayer to bury John Amey on a drizzly Sunday afternoon. Honored, as in honored to have known the man, and honored to be there.

I wonder if people wonder what a person driving a tractor around and around a SEE **NOTEBOOK**, PAGE A12

Obituaries

by her children, Kennard

Lang of Meredith, Kevin

Lang and his wife Vic-

toria of New Hampton,

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 A5

Vera Prescott Gilbert, 97

BRISTOL — Vera Prescott (Morrill) Gilbert, 97, a longtime resident of Bristol died Thursday, May 16, 2019 following a period of failing health.

Vera was born in Bristol, Sept. 5, 1921, daughter of Arthur and Ruth (Collins) Morrill. She had been a resident of the Golden Crest Community in Franklin for several years, a time she remained quite active with the Crest's activities. She also enjoyed her private time and visits from family and Bristol friends while there.

For many years she was employed as an Administrative Secretary at IPC in Bristol. She retired in 1983 following 33 years there. Vera was a faithful, active member of the Bristol United Church of Christ.

She leaves a son, Thomas A. Gilbert, and his significant other, Carol Hann of Concord. She also leaves two sisters, Kay Dondero of



Concord and Marlene Fellows of Roswell, Ga.

In addition to her parents, she was predeceased by her husband, Thomas H. Gilbert; daughter, Carol Eastman; son, Robert Gilbert; granddaughter, Amy Gilbert; grandson, Randy Eastman; brother Raymond Morrill; and sister Faith Bragg. She leaves 10 grandchildren and 11 great-grandchildren.

According to Vera's wishes, there are no calling hours. A service was held on Thursday, May 23, 2019 at 2 p.m. at the Bristol United Church of Christ, 15

Barbara Anne McCormack Jennings, 86

BRISTOL — Barbara Anne McCormack Jennings, 86, died Thursday, May 16, 2019, at Speare Memorial Hospital after a period of declining health.

She was born in Melrose, Mass., the daughter of Michael and Anne (Philbin) McCormack. She graduated from Melrose High School and went on to secretarial school earning a certificate in secretarial studies. For over 40 years, she worked as an administrative Secretary for New England Telephone.

While her parents were living, Barbara was known for her care and



as well as her sense of humor and her shopping for bargains.

Family members include two nieces, Deborah McCormack and Michelle McCormack Farinella and her husband Pasquale. She had many devoted aids who were like family to her. She was predeceased by two brothers: John and Joseph McCormack and a nephew Sean McCormack.

Church St. in Bristol with a Celebration of Vera's Life offered by Pastor Andrew MacLeod.

Vera was laid to rest next to her late husband at Homeland Cemeterv in Bristol, where committal prayers will be offered.

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

Those who are able, and would like to make a contribution in Vera's name, contributions may be made to the Bristol United Church of Christ, 15 Church St., P. O. Box 424, Bristol, NH 03222.

For more information, go to www.smartfuneralhome.com.

BRIDGEWATER ____ Elaine C. MacAdam, 72, died Saturday, May 11, 2019 after a lengthy illness. She was born the second of three daughters of Robert and E. Lenore (Lewis) Cullen in Framingham, Mass.

Elaine was a long time resident and a participant of the noted "Framingham Heart Study." In 1984, she and her husband "Vic" purchased property in Bridgewater and began building the home they would spend the next 30 years of their lives in.

Margaret Louise Lang, 91

HAMPTON NEW - Margaret Louise Lang, 91, of New Hampton, died March 18, 2019, at her home after a period of failing health.

Born in Laconia on May 26, 1927, she was the daughter of Lewis and Beatrice (Izart) Greenwood.

Margaret grew up in Meredith and graduated from Meredith High School. She has been a life-long resident of Meredith.

Margaret worked with her husband, Kenneth, in the daily operation of Lang Transportation, until her retirement in 1992.

Margaret served as a past member of the Ellacoya Chapter #43 Order of Eastern Star in Meredith, and a past Girl Scout

Elaine C. MacAdam, 72

ware. From there, she became Senior VP of Investments and Senior Sales and Marketing Officer for First NH Bank. Elaine wanted a change from "corporate America" so she and Vic ventured into retail starting Iron Horse Metal Works showcasing Vic's wrought iron work. After years of traveling to craft shows to sell Vic's work, they opened Earthly Treasures Gift Shop in Bristol. There they sold Vic's creations, as well as work by many other American artisans, including Elaine's jewelry creations. Over the years Elaine was a member of the Bristol Chamber of Commerce and the Bridgewater planning board.

In addition to her professional career, she was



Leader.

Margaret was a devoted homemaker and enjoyed reading, crafting, and spending time with her family. Margaret will always be remembered for her passion for life.

Margaret was predeceased by her husband, Kenneth E. Lang, who died in June of 2003.

Margaret is survived

well known as a highly spiritual woman who

loved to share astrology through teaching and doing readings. Her astrology readings were always meticulously thought out and usually spot on. She had astrology clients from all over the country. Her love and light shined through her and always enjoyed helping guide others through life. Elaine truly enjoyed the creative side of life. Connecting everyday life to a creative spiritual journey. She loved making jewelry with stones that had a purpose. She enjoyed painting, especially oil and watercolor. Her connection with nature allowed her a green thumb and loved caring for her flowers, especially orchids.

Family members Diane Capen and her husband Kimber of Goffstown, Karen Henchey of Meredith, 14 grandchildren, 28 great grandchildren, 11 great great grandchildren, nieces and nephews. A Celebration of Life will be held on Saturday, July 27, at 2:30 p.m. at the Lang residence, 28 Lang

Drive, New Hampton. Burial will be private in the Meredith Village Cemetery, Meredith.

The Mayhew Funeral Homes and Crematorium, in Meredith and Plymouth, are assisting the family with their arrangements. www.mayhewfuneralhomes.com

include her husband, Victor MacAdam of Bridgewater; a daughter, Nicole, and her husband Chris Goudreau of Bristol; two grandchildren, Hayleigh LeTourneau and Zachary Goudreau; one sister, Barbar, a and her husband Edward Skroback of Alexandria.

She was predeceased by one sister, Joan Martin.

Honoring Elaine's wisher, there will be no calling hours. A memorial mass with a celebration of life will be held later this summer. In lieu of flowers, donations may be made in her memory to Newfound Area Nursing Association (NANA), 214 Lake St., Bristol, NH 03222. Arrangements are under the direction of Emmons Funeral Home of Bristol.



Elaine's professional career started in banking and investments for Framingham Trust. She eventually moved on to Shear Development, also known as National Computer Systems (NCS), designing financial soft-

attention to her mother. She had a love of all animals but especially her many poodles. Barbara loved to spend her free time at the ocean, particularly, Point of Pines beach, where she enjoyed sunbathing and digging for clams with her niece Debbie. In her younger days she enjoyed roller skating and dancing. Barbara will be remembered for her strong mind and opinion

Services-Friends and family were invited to call from 11 a.m.-noon on Wednesday, May 22, 2019 at the Emmons Funeral Home, 115 South Main St., Bristol. Graveside services followed at 12:15 p.m. at the Homeland Cemetery in Bristol.

Newfound Area School District School Nurse Vacancies **Bristol Elementary School Danbury Elementary School**

We are seeking two skilled, caring, and committed nurses with experience in a school environment. Must have RN license. Interested applicants should submit a letter of interest, resume, supportive credentials, job application and three current written references to: Superintendent Stacy Buckley c/o Newfound Area School District 20 North Main Street, Bristol, NH 03222 Application is available at: http://www.sau4.org/humanresources/employment-information



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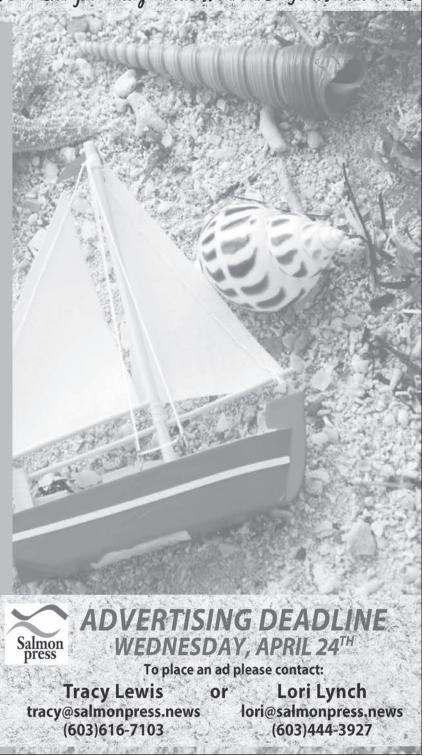
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Towns / Churches

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 A6

rowns

Alexandria

Merry Ruggirello 744-5383 sunshine_eyes51@yahoo.com

Another week off to a fabulous start with pizza, root beer floats and a sleepover with Miss Kayleigh! Monday, she was up at the crack of dawn, so we had plenty of time to catch up over breakfast and drive to school.

Town

Conservation Commission Meeting Wednesday, May 29 at 6:30 p.m. in the Municipal Building.

Roadside clean-up Saturday, June 1 from 10 a.m. until noon. Please meet at the Municipal Building at 9:45 a.m. if you would like to help the Conservation Commission keep our roadsides picked up.

Alexandria Historical Society will be holding a Bring and Share at the Town Hall on Wednesday, June 5 at 7 p.m. Bring your old photos of Alexandria to share or perhaps identify with the help of others. Refreshments will be served.

Alexandria UMC

Thursday, May 23, 2019 Visitation and Office Hours from 11 a.m. until 6 p.m. Bible Study begins at 6 p.m.

Sunday, May 26, Memorial Day Worship begins at 9 a.m.

Community Dinner Saturday June 1 at 5 p.m. in the Vestry. On the menu will be ham, beans, cole slaw, rolls, beverages and dessert. Come one, come all for a fine home cooked meal and friendly fellowship!

Danbury

Donna Sprague huntoonfarm@myfairpoint.net

South Danbury Church

The South Danbury Church is nearing the end of its three-year preservation project. While the inside is mostly finished, the outside is waiting for some dry conditions –aren't we all? If anyone could help on some cleanup days, your services would be greatly appreciated: southdanburychurch@ gmail.com.

Grange Chicken BBQ

At their last meeting, the grange voted to donate the proceeds of their chicken BBQ on June 15 to the Lee Knapp Post of the American Legion. In the first stages of reorganizing, the post wishes to establish their presence in the community and work on maintaining the building. They are looking for donations to their fundraising raffle. Put June 15 – 5 to 6:30 p.m. on your calendar. Come on out to support the Danbury Legion.

School Plant Sale

The elementary school plant sale will be held on June 8. Originally planned for Memorial Day weekend, the plants and the weather seemed not ready for a sale. They will have started plants and seeds, many of which were saved and packaged by the afterschool program as well planted by the of the fundraising to sustain the gardening program at the school. The school garden also needs volunteers to water and weedjust once or recurring during the summer.

Those that could help should contact Sharon Klapyk at 768-3701; sklapyk@comcast.net.

Open house

Gungewam Outfitters will hold an open house to celebrate their first year in business on Saturday June 1 from 9 a.m. to 5 p.m. There will be free coffe, doughnuts and lunch will be served. There will be door prizes, equipment demos and many items on sale! Happy first anniversary!

Merrimack Wonder Pepper

The Danbury Country Store announced that they will have starter plants for sale at the store beginning on Thursday, including the Merrimack pepper. A community member that bought the pepper seeds at the farmers market this winter boasted 100 percent germination-great rate! Being an heirloom plant, you can let the pepper grow to maturity, take out the seeds and dry them for replanting next year. But-- Remember that if you plan to save the seeds for another year, you must only have that one kind of pepper in your garden. Planting more than one type will create cross pollination and the resulting plant from the saved seeds will not be like the original.

Touch a Truck

On Sunday June 2, the recreation committee will sponsor a Touch a Truck exhibit students. The plant at the trailhead parksale is a large part ing area in the center incredible grace, mercy of town. From 11 a.m. until 2 p.m., bring the little ones on down discover, touch, to "drive" and experience big equipment!

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

and love. We believe you

will love Ashland Com-

munity Church. We are a

friendly, welcoming, lov-

You don't have to dress

up. You don't have to be

any particular age. And

please don't feel the need

ing, and caring church.

above.

We look forward to

seeing you soon!

Christian **Science** Society, Plymouth

Christian Science Society of Plymouth at 6 Emerson St. in Plymouth welcomes everyone to use our reading room housed in the building. We are now open each Monday from noon-2 p.m., and also by appointment. Among other things there are many items for children based on familiar Bible stories useful for Sunday school teachers and parents. There are has lots of resource books for Bible study as well as all the writings of the church founder Mary Baker Eddy and other publications from the Christian Science Publishing Society. They can be used at the reading room, borrowed or purchased.

We hold church services each Sunday morning at 10 a.m., where a Bible lesson is read, hymns and prayers are shared, and there's organ music by Robert Swift and soloist Richard Moses to enjoy and inspire. Next Sunday's lesson is "Soul and Body." A Sunday School for children and young people up to the age of 20 is held at the same time.

On Wednesdays there's a meeting where a short lesson is read and then there's time for those attending to share gratitude and inspiration they are gaining from their prayers and study.

I Thessalonians 5:11 We all struggle with things in this life and it is good to have fellow believers alongside. So...come this Sunday!

About Us

At Hill Village Bible Church, we desire to "grow in grace, and in the knowledge of our Lord and Savior, Jesus Christ" as He alone can meet each need. Join us for the preaching of God's Word, singing of heart-warming hymns, and joyful fellowship with believers. HVBC is a faithful church. We believe the Bible is God's Word, which is practical for today. So, at HVBC we seek to be faithful to the message of the Bible as we bring the life changing Gospel to our community. We would enjoy the opportunity to minister to you and your family.

Please call 934-3500 and speak to Senior Pastor Daniel Boyce, Associate Pastor Andrew Hemingway, or Youth Pastor Nathan Pelletier. You can also visit us at www.hillvillagebiblechurch.com or our Facebook page.

Our address is 36 Crescent Street, Hill.

Sundays

Sunday school for all ages, 9am, Morning Worship, 10am, Discipleship Hour, 11:30am. Nursery provided for all services.

Wednesdays: 6:30 p.m. Adult Prayer and Bible Study, Youth Group (grades 7-12), Master Club (Age 4–grade 6). Nursery provided for all services.

Fridays: 7-9 p.m. **Central Street Mission** 333 Central St., Frank-

lin Reformers Unanimous Addition Recovery We'd love to have you Ministry, for those strugvisit the reading room gling with addictions and support for their families.

Hope you all have a wonderful week ahead, be safe in your travels this Memorial Day Weekend. Thank you to all of our Veterans who have served and are serving our country.

Hebron

Bob Brooks 744-3597 hebronnhnews@live.com

Town Voting Results:

Patrick Moriarty was re-elected as Selectman

Carol Bears was re-elected as Tax Collector

Audrey Johnson was re-elected as Treasurer

Parker Griffin received most votes as write-in for Trustee of Trust Funds

Bill York was re-elected as Library Trustee

Bill Powers was re-elected as Auditor

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and to enjoy the church services.

Hill Village Bible Church

Friend Day Sunday, May 26 10 a.m. Worship Service with Barbeque to follow

"There is no greater friend than Jesus. Those whom he loves, He loves with a love that is entirely pure and eternally sacrificial and unceasingly constant." — David Gunn

Friend Day at Hill Village Bible Church is an opportunity for you to be introduced to someone who will always be your best friend, Jesus Christ. You will learn how He paid the ultimate price, death on the cross, to restore you to God the Father; and learn of His victorious bodily resurrection, conquering sin and death. Now, by faith, you can have a Constant Companion through the Holy Spirit.

Also, you can meet other folks who will help you along in your spiritual journey. "Wherefore comfort yourselves together, and edify one another ... "

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 vou to come and join our warm and friendly family here at Church. Restoration 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. SEE CHURCHES, PAGE A7



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perfect people allowed!)

people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey.

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

to pretend about anything. Ashland Community church is a place where God meets seeking

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

Arts & Entertainment / Churches

Jay And The Americans croon classic hits in Plymouth

PLYMOUTH — Jay And The Americans perform at The Flying Monkey in Plymouth on Sunday, June 9 at 6:30 p.m. During the 1960's they became known as hit makers in the popular music scene. Tickets for this concert start at \$39.

Jay and the Americans, started by four teenage boys in Sandy Yaguda's Brooklyn basement fifty years ago, is one of the lasting success stories in Rock 'n Roll history. From 1962 to 1971, this group charted an amazing 12 Top 10 records.

Jay and the Americans' first recording was "Tonight" (from the musical "West Side Story"), but their breakout hit song was "She Cried." The group's next chart hit was "Only In America," followed by top-ten hits "Come A Little Bit Closer," "Cara Mia," and "This Magic Moment." These songs and many others are featured in Jay and the Americans' show, along with stories of the artists and writers who influenced this 1960s super-group.

Jay and the Americans' recording of Some Enchanted Evening holds the record for most copies sold of this legendary musical masterpiece. The group also holds the distinct honor of recording the great Neil Diamond's first hit song, "Sunday and Me." Their recording of Crying pays tribute to the legendary Roy Orbison, with whom they toured, along with many other acts including The Beatles and The Rolling Stones.

In 2002, Jay and the Americans were inducted into the Vocal Group Hall of Fame, placing them among the greatest

Churches **FROM PAGE A5**

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

ground 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 26 **Pandora's Cat** Rev. Dr. Linda

Barnes, Worship Leader William Gunn. **Guest Musician**

Curious? On this Sunday we'll explore



COURTESY

(Left) Jay And The Americans perform at The Flying Monkey in Plymouth on Sunday, June 9 at 6:30 p.m.

Roll history.

"This concert will take folks on a nostalgic ride through popular music of the '60's," says Seth McNally of The Flying Monkey. "A must see show for any fan of early blue eyed soul."

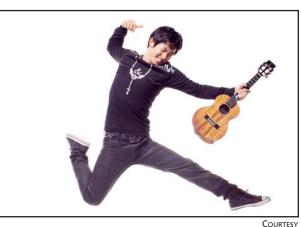
Tickets for Jay and The Americans range vocal groups in Rock 'n from \$39 - \$49. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH. com.

Jake Shimabukuro rocks the 'uke' in Plymouth

PLYMOUTH — Jake Shimabukuro showcases his high energy live performance at The Flying Monkey in Plymouth on Saturday, June 8 at 7:30 p.m. Shimabukuro is known as the "Jimi Hendrix of the Ukulele." Tickets for this concert start at \$39.

Don't underestimate the ukulele. It may be small, but musician Jake Shimabukuro proves that you don't need more than four strings to make magic happen.

Shimabukuro was born 1976 in Hawaii. He was well known there and in Japan during his early solo career in the early 2000s. He became famous internationally in 2006, when a video of him playing a virtuosic



Jake Shimabukuro showcases his high energy live performance at The Flying Monkey in Plymouth on Saturday, June 8 at 7:30 p.m. Shimabukuro is known as the "Jimi Hendrix of the Ukulele."

rendition of "While My Guitar Gently Weeps" was posted on YouTube without his knowledge and became one of the first viral videos on that site.

One minute, his performance can sound like a lush lullaby, like the waves hitting the shores in his native Hawaii, while the next he can rock out with all the rascally tonality of an electric guitar. He can dive bomb it into a groove, shake it with some bluegrass spirit and still have it pay homage to its roots

with classical Hawaiian signature chords.

"When I was in high school, I would pull electric guitar riffs and quote classical pieces and things like that. And I remember people just kind of looking at me and saying, "Wow, I didn't think you could do that with the ukulele." That's kind of when the light bulb went off. I started dabbling in different styles of music, playing some rock tunes, and jazz tunes, classical pieces... just hinting at different things in the beginning before really tackling them with a serious arrangement.

My freshman year in high school is when I really started to get ex-SEE **JAKE**, PAGE A10



Mission Statement: Just One More!

Our

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 Fair-

the paradox of both Pandora's Box and the proverb "Curiosity killed the cat." Both these cautionary of tales are not entirely what they seem. We'll explore how this might be true for the stories we tell each other and ourselves.

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

Edward

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Time to 'Cycle' through Some Investment Ideas



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If you've noticed an increase in bicycle-related events lately, it may be because May is recognized as "Bike Month" - and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:

Put the brakes on risky moves. To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don't take unnecessary risks, such as whipping around

you can combine these two actions by putting your own "brakes" on risky moves. For example, if you're tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most "hot" investments don't stay hot for too long, and may be cooling off by the time you hear of them. And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest, you can't eliminate all risks, but you can reduce them by avoiding

impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

ones:

Get regular financial tuneups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don't need to make a lot of drastic moves, but you should periodically "tune up" your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects

where you're at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road. All serious bicyclists - and all bicyclists serious about keeping their heads intact - wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs - pay the mortgage, educate children, and so on

- in case something were to happen to you. And you may need disability insurance to replace your income temporarily if you became injured or ill and can't work for a while. Also, you might want longterm care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home health care worker.

ocus

Don't stop pedaling. When going long distances, bicvclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In

short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events - and even despite your own occasional doubts.

Whether you're an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

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







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Celebrated the last Monday in May, Memorial Day honors the men and women who have lost their lives in war serving the United States. Originally intended to honor soldiers who died in the CivilWar, Memorial Day was declared a national holiday by **Congress in 1971, honoring all of** America's fallen. It is also known as Decoration Day.



Pemi River Fuels 612 Tenney Mountain Highway Plymouth, NH 03264

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Business / Arts & Entertainment

A10 NEWFOUND LANDING, THURSDAY, MAY 23, 2019

THE REAL REPORT RECENT REAL ESTATE TRANSACTIONS

Town

Address Type

Price Seller

Alexandria Bridgewater Bristol Bristol Bristol Campton Campton Hebron Holderness Holderness New Hampton Plymouth Plymouth Plymouth Plymouth Plymouth Thornton Thornton Thornton Thornton Warren Waterville Valley Waterville Valley Waterville Valley Wentworth Wentworth Wentworth

Single-Family Residence 78 King Rd. 3 Tomahawk Trail, Unit 3 Condominium Route 3A, Unit 1 Condominium 273 W. Shore Rd., Unit 2 Condominium N/A (Lot 17) N/A 22 Orchard St. Single-Family Residence N/A (Lot 54) N/A Whip O Will Condo Unit 18 Condominium 55 Prospect Ridge Rd. Single-Family Residence 961 US Route 3 Single-Family Residence 626 Old Bristol Rd. Single-Family Residence 25 Crescent St. Single-Family Residence Daniel Webster Highway (Lot) Residential Undeveloped Land 548 Daniel Webster Highway Single-Family Residence Single-Family Residence 12 Maple St. 33 River Ridge Rd. Single-Family Residence 42 Horizon Dr. Acc. Land Imp. Mill Brook Road N/A 55 Mountain River Ave., Unit 24 Condominium Residential Open Land 44 Tamarack Rd. Ore Hill Road (Lot) **Residential Open Land** 8 Forest Knoll Way, Unit A2 Condominium 45 Forest Knoll Way, Unit E1 Condominium Condominium 28 Packards Rd., Unit 625 Ellsworth Hill Road Acc. Land Imp. Mill Road N/A Little Berlin Road N/A

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

1110	
\$209,000	Christopher R. and Brandy W. Smith
\$830,000	Nissitissit Hill RT and Debra L. Dellacanonica
\$87,333	E. Scott Weiler and Anne M. Talmadge
\$170,000	Daniel Wotton
\$35,000	Ronald C. and Marjorie A. Helger
\$197,533	French Fiscal Trust and Shirley French
\$15,533	Marilyn K. Flowers
\$505,000	Anderson 2017 Fiscal Trust
\$349,000	Evan J. and Melissa J. Burks
\$387,500	WI RT Donald Yankovich
\$25,000	Douglas W. Simpson
\$191,000	Norinne E. McGrath Estate and Marjorie A. Spead
\$35,000	Michael E. Lathlippe
\$125,000	RTG Enterprises LLC
\$75,000	David E. Henderson
\$259,933	Jason R. and Amy K. Moran
\$445,000	Kevin T. and Debra Z. Dorsey
\$28,000	Mountain River Development Association
\$193,000	Daniel R. and Brittany M. Edmonds
\$234,533	Kyle D. and Lauren G. Luce
\$85,000	Vintage Lands LLC
\$293,533	Lisa Pratte
\$190,000	Christopher M. and Meredith A. Shaw
\$78,000	John A. and Kathleen J. Cunha
\$20,000	Dennis Hudson
\$159,933	Daniel B. and Karen A. Kobus
\$30,000	Roger A. and Margaret A. Green

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

Buyer

Tabatha S. Rezueha and Zachariah A. Rezueha Thomas E. and Lisa M. Andrellos **Robin Hennessev** Bernard J. and Sharon L. Chartier Dennis R. and Bobbi J. Desrochers Matthew E. Kurz and Hannah Wright Sara M. Myers Rosemary Tuite 2017 RET Samuel Damon and Victoria Amorello Joseph J. and Jordan J. Bladecki John M. Antonis and Martha F. Kuplin Mark Tuckerman **Richard Gauthier** Micah Mickelboro Meghan R. Henderson Julie and Taylor Alarid Richard J. and Aomdaun Doore **Precision Applications** Allisa Scharf David J. and Carolyn G. Donis Donald C. and Donna Holzworth Jeffrey J. and Kristin M. Buchanan Manente Fiscal Trust and Michael G. Manente Dain P. Laroche and Nataliya Tereshchenko Paul E. and Penni Davis Gerard and Rose M. Monahan Jolene A. and Tyler R. Beske

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.

An evening of spirit with James Van Praagh

PLYMOUTH

Witness James Van Praagh communicate with the spirit world at The Flying Monkey in Plymouth on Thursday, June 6 at 7:30 p.m. Known as a Clairvoyant and Spiritual Medium, Van Praagh is also a bestselling author and TV personality. Tickets for this event start at \$45.

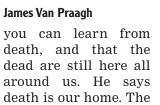
Considered one of the most widely-recognized and accurate spiritual mediums working today. James Van Praagh provides evidential proof of life after death via highly detailed messages from the spiritual realm. He is hailed throughout the world as a pioneer of the mediumship movement. Van Praagh's overarching message is that there are lessons



ly sprout into a full blooming connection to the spirit world.

Van Praagh has become nationally known as a pioneer in the field of mediumship and has worked with millions of people, including celebrities. He co-produced "The Ghost Whisperer," and has been on numerous television shows including "Oprah," Phil," "Dr. "Larry King Live," "20/20," "The View," "Chelsea Lately" and the "Todemonstrations and events hoping to connect as many people with their loved ones as possible.

Join the original "Ghost Whisperer" for a unique, one-of-akind evening that will expand your awareness and bring you in direct connection to the Other Side. James will share life-changing insights gleaned from decades of speaking with Spirit, and deliver detailed messages that will prove the existence of life after death. You will leave transformed and inspired, with a fresh perspective on life and death- and a stronger connection. Tickets for James Van Praagh range from \$45-\$55. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www. flyingmonkeyNH.com.



Van Praagh started his journey of developing his connection as a

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where you will get qualified, local applicants for your local job.

over the world who click on every open job, why not advertise locally,

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you can learn from medium over 35 years ago.

Born in New York, James ventured to California with the intention of becoming a sitcom writer.

"I went to see the spiritual medium Bri-

Help Wanted

COURTESY PHOTO

encounter

seed that

eventual-

that I was going to help

change the conscious-

ness of the planet."

he said. "That really

got me thinking about

psychic phenomenon,

healing and wisdom."

day Show." He also penned 11 books, with "Talking to Heaven" an Hurst, and he told me that I had the ability to be a medium and

reaching the No. 1 spot on the New York Times best-seller list and the newest, "The Power of Love: Connecting to the Oneness," released at the end of 2016. Van Praagh has a bevy of accolades, and although he isn't keen on making house calls, he does tour the nation, hosting various

and strayed away a little

bit from the traditional

Hawaiian music. I mean,

that will always be my

first love, but I really

wanted to see what else

Jake **FROM PAGE A7**

That

would

planted a

perimental. And that's when I kind of took a little different direction



was possible out there. I wanted to extend the boundaries of what ukulele music was," says Shimabukuro

Don't miss an evening with the young virtuoso who has been compared to the likes of Yo Yo Ma, Eddie Van Halen and Jimi Hendrix.

Tickets for Jake Shimabukuro range from \$39-\$49. For more information on upcoming shows or to purchase tickets call the box office at 536-2551 or go online at www.flyingmonkeyNH. com.



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The Rest of the Story

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 A11

Town Hall FROM PAGE A1

14 meters with a single electric meter, but that would only serve to make it more convenient for Eversource eliminated and was from the project.

"There are a lot of little things we can do to save money, and hopefully will be able to add some things back because of the savings," Coates said.

Historic plaques

Coates said the selectmen are hopeful of being able to make use of historic plaques created by Plymouth State University students as part of a public history project they did for the town. The plaques may be placed in the new town hall, or in locations around town, but the Historic District Commission rejected them as not being suitable for the buildings they were intended to occupy.

The project is one of

two that PSU students agreed to perform for the town as a community service project combined with a learning exercise. The other project is a merchandising and economic development project which will culminate in a report that the town has not yet seen.

The students doing the history project consulted twice with the Bristol Historical Society and did research with Richard Musgrove's History of Bristol to identify 12 historic buildings and create weather-proof plaques that name the building and provide a brief history, with a QR code that allows people to scan it and be directed to a webpage the students created with more historical information.

Coates said he was not present when the Historic District Commission rejected the students' work, so he could not speak to the reason the commission dismissed their scholarship, but as for the plaques, he

said the commissioners wanted brass plaques that would be more in keeping with the character of the buildings than the Trex material the students used.

When Selectman Don Milbrand reported to his board about the decision. Chair Les Dion expressed dismay, saying, "That's contrary to what we're trying to do" in getting assistance from others.

Coates said after that meeting that "The board will figure out what to do next, and we'll find a solution."

New cruiser, new ambulance

Police Chief James McIntire reported that the new cruiser is in and he asked the selectmen at their May 16 meeting to approve a \$17,000 transfer from the police cruiser capital reserve fund to equip the cruiser it is replacing with a hybrid cage that can be used for the K9 patrol as well as being able to

transport a prisoner. Selectman J.P. Morrison objected, citing

the promise that the K9 patrol would by funded by donations and not cost the town any money. Chief McIntire explained that he wanted to make that cruiser a K9 vehicle so he could then sell the oldest cruiser that currently serves that function.

Selectmen approved the expenditure with Morrison abstaining from the vote.

Fire Chief Ben La-Roche reported on the arrival of the new ambulance, along with the new stretcher that had to be ordered to comply with new regulations that bar the use of the "hook and horns" stretchers that have been a mainstay in ambulances for many years. He said other towns pay more for ambulances, but he feels the one they purchased is "a pretty good product."

LaRoche also reported that he would be interviewing finalists for

Arnold

FROM PAGE A1

through both historic

and modern imagery. The event will be held at the Groton Town House, located

at 754 N.Groton Rd. In addition to Morrison's presentation there will also be a Flag Ceremony, followed by a late lunch. The program is free and open to the public.

Mental Health FROM PAGE A2 nity behavioral health conversation which will

include staff from LRM-HC, journalists, policymakers and other mental health, substance use recovery and treatment leaders from around the state to hear first-hand accounts of what it's like to navigate New Hampshire's behavioral health system, and to engage in a conversation about fixes to the challenges in that system. The goal of this event is to elevate the voices of people with first-hand experience

that many people face in their lives. This year's edition will also focus on the collaboration LRM-HC has with other local organizations in order to increase access to care, expand services and improve patient outcomes.

On May 24, The American Red Cross and the Lakes Region Mental Health Center are partnering to bring Red Cross Resiliency Programs to Veterans, Service members, and Military Families. The first session, "Introduction to Mind and Body Skills" will be held at the LRM-HC Conference Center from 5:30 – 7 p.m. on May 24. The workshop series continues on June 14th and on the second Friday of every month thereafter (June - De-Participants cember). may attend one, some or all the sessions and there is no charge. The Resiliency Workshops

aim to help improve coping abilities, communication skills and personal wellness strategies. Sign up for May's workshop at https:// lrmhcmindbodymay. eventbrite.com.

The Lakes Region Mental Health Center, Inc.is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides **Emergency Services 24** hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and

family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars the new firefighting position.

Selectmen heard the finalized schedule and plans for Bristol's bicentennial celebration this summer and agreed in concept to the purchase of an evergreen tree for the downtown common. They asked members of the Pasquaney Garden Club to provide some prices and specifications.

Selectmen also agreed to try earlier weekday hours for the transfer station to accommodate people whose jobs prevent them from using

Grant FROM PAGE A1

iob at it."

On hand to deliver the check from Tanger Outlets on May 16 were General Manager Eric Proulx, Associate Assistant Manager Chris LaBranche and Office Administrator Justine Milan.

Proulx said each year the national Tanger Kids Grants program provides grants for schools selected from all across the country. The funds they disperse are made possible through coupon book sales for Tanger stores.

"The national program gives us \$1 from every coupon book sold nationwide and this time we were given a total of \$4,000 to give back to local schools in cenit at the current schedule. The change will not take effect until the new transfer station opens.

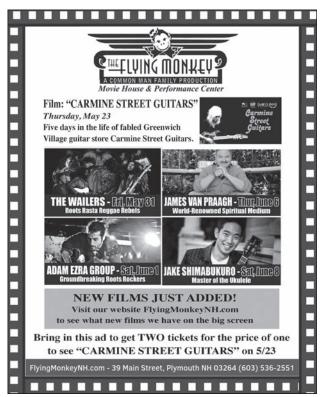
On a 4-1 vote, selectmen agreed to a \$23,500 contract for marketing and branding for the town, a proposal that originated with the economic development committee. Morrison voted against the contract, which came in 60 percent higher than the town had expected. Milbrand said he personally saw little value in rebranding the town, but went along with it because so many others considered it important.

tral New Hampshire," Proulx said.

While more than 30 schools applied for the Tanger Outlet Kids Grants in Tilton, only four were of the local applications were approved. Those came from BHVS, Newfound Memorial Middle School, Canterbury Elementary School and Gilford Elementary School.

This year marks the second in a row that BHVS has been awarded a Tanger Kids Grant. It will be used to purchase Lego kits and other supplies for the P.O.P. program, while the \$800 grant Newfound Memorial Middle School received will benefit the school store.

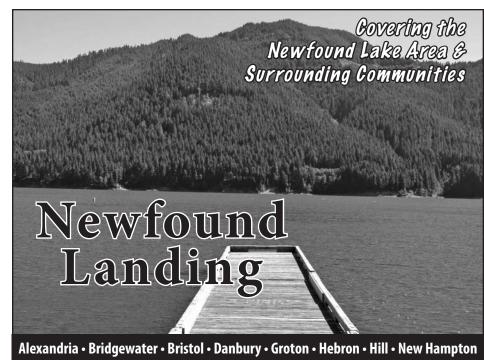
"We're really grateful for all the support from Tanger," Andrews said.



in the discussion about solutions to these issues.

On May 23, look for LRMHC's annual May Insert "Rooted in the Community" in the Salmon Press newspapers; a publication that is devoted to raising awareness of the prevalence of mental health issues are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



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Schwartzer

FROM PAGE A3

talization among older adults by up to 82 percent in a 60-day period."

The addition of Schwartzer allows Pemi-Baker Community Health to continue to assist patients in recovering, getting back on their feet and becoming well and strong: in

their homes or at Boulder Point. To contact the Physical Therapy Department or to learn more about aquatic therapy, please call 536-2232 or visit their website: www. pbhha.org.

Pemi-Baker Community Health is a 52year old nonprofit home health agency serving over 900 clients and their families annually from 14

member towns in central and northern New Hampshire. Services include at-home healthcare, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including a fitness gym and fitness classes in the 90-degree therapy pool at their Boulder Point location on Tenney Mtn Highway.



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The Rest of the Story

A12 NEWFOUND LANDING, THURSDAY, MAY 23, 2019

Tonner **FROM PAGE A1**

still accomplish great things then to have Jim and Brad come meet with them," said Sarfde.

During their visit the brothers not only provided copies of their first book, "The Original Story of Diane the Turtle," they also surprised the students by reading them their latest book, "Happy Birthday Diane the Turtle."

"It's kind of like the world premiere right here in Bristol where it all happened," said Brad.

Diane the Turtle is a celebrity in her own right, living the good life in her spacious aquarium inside the brother's shop. Nearly every child at the school raised their hand when the Tonners asked if they had ever stopped in to say



DONNA RHODES

Jim Tonner got some help from the Dancing Turtle of Twin Designs Gift Shop in Bristol last week as they and his brother Brad passed out "Reading Buddy" turtles to student body of **Bristol Elementary School.**

hi to Diane. A live Web camera capturing her activities has also attracted fans from all over the world and Diane the Turtle has even been featured in newspapers, magazines and television shows from as far away as Europe and Asia.

Before they read the new book last week though. Jim and Brad first told students how Diane the Turtle came to be part of their lives.

When Jim was 12-years-old, he became ill and had to spend six months on his back in recovery. With no Internet in those days and few television channels for entertainment, he quickly grew bored with his confinement. The idea to hang a basket outside his bedroom window though soon became something Jim could look forward to each day as friends and

regularly near and far. dropped small gifts, "Diane's one of the notes, books or toys in-

neighbors

the time.

him.

though. The whole fam-

ily pitched in to help

Jim nurture Diane

over the years and last

December, as perhaps

the most pampered pet

turtles around, she cel-

ebrated her 50th birth-

day with her friends

few turtle survivors of side to help him pass the 1960's," Brad told the students. "When On Dec. 15, 1968, we brought her to Bris-Jim said that he pulled tol we had no idea how the basket up to see many people would

if there was anything love her." in it that day and was The pair surprised to find a live, brought out their newtinv turtle with a cute est book that tells the story of that landmark little habitat awaiting 50th birthday and all While baby turtles the fun the Tonners, were popular with chiltheir family and Didren at that time, not ane's friends had while many survived more planning her party. than a few weeks or It was complete with months since the propitems such as turtle doer care and the food for nuts, cookies and cupthem was hard to come cakes, face painting, by. That didn't stop balloons and other fun Jim, his siblings and parents from treating her with loving care

turtle trinkets for their guests. People even lined up outside their shop to wait for their chance to wish Diane the Turtle a happy

then

birthday. "It's been a charmed turtle life for her." Jim said.

To this day Jim still has no idea who placed Diane the Turtle in his basket back in 1968, but he and Brad dedicated this latest book to that special unknown person, wherever they may be today.

Amidst the fun of the "Happy Birthday Diane" literary debut, Twin Designs' Dancing Turtle pal joined in on the fun. When the story was over, the Dancing Turtle then helped Jim and Brad pass out gifts to the children of BES and "high-fived" each of them as they lined up for snacks.

Safde told them that as they each received not only an autographed copy of "The Original Story of Diane the Turtle," but a plush turtle and a tiny toy turtle replica to take home, they should all keep the fun of reading in mind.

"When you read a book, any book, you should be reading it to your new turtle," she said.

Jim and Brad also encouraged the boys and girls to care for any pets they have and treat them with the kindness and love they've shone Diane the Turtle over the last 50 years.

"Diane trusts everyone and she's never had a bad day. You have to love your pets and take care of them and they'll live a long time," said Jim.

Copies of "Happy Birthday Diane the Turtle" will be on sale in just a few weeks at Twin Designs Gift Shop on Central Square in Bristol.

Notebook **FROM PAGE A4**

field is thinking about. If they notice the tractor, that is, or the field. Some people miss everything and look straight ahead, tunnel vision. It can lead to flawed policy at the highest levels.

John Amey, at such times, was thinking about how much manure he had left and where it should go before the grass got too high for the spreader. Or what he would say at the next Joint Rivers Commission meeting. Or whether Northern Pass was really going to rear its ugly head again. Or how the family would make it to the next milk check. Or whether that red-tailed hawk scudding along the treetops was a local or headed for the Maritimes. It takes five trips around a field to make a bale of hay, and that's if nothing goes wrong. I know, because I've done it. John Amev had done it a thousand times over, which is why neither one of us was a good recipient for a complaint about the price of a bale of hay. "You go out there and make one," I want-

ed to say, and did, and probably he wanted to too, but he'd sooner bite off his tongue.

+++++

John and I knew each other as kids---one of his sisters and her husband were nextdoor neighbors---and then our adult lives took us on decidedly different paths. But in recent times we'd renewed a friendship that had always been there.



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We talked on the phone once a week. We went out to lunch once a month.

Seldom did we ever get the time to actually finish lunch. John was a good story-teller, and I'm no slouch. People dropped by our booth. Sometimes they stayed. We never got to even think about dessert.

And that's what I heard Friday when he was lowered into the ground--that he couldn't be gone, shouldn't be gone, that there would be no more like him. that there should have been time for at least one more story.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 003576.)

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Sports Dalphonse, Dukette, Libby win Wilderness titles

Ashlee Dukette sets new shot put school record

BY JOSHUA SPAULDING Sports Editor

BELMONT — The Newfound track team got another dominating performance from their throwers, leading the Bear boys to fifth and the girls to seventh overall at the Wilderness League Championships, held Saturday in Belmont.

The Bear girls swept the top three spots in the shot put on Saturday, with Ashlee Dukette getting the win at 34 feet, 11.5 inches, while Oceanne Skoog threw 33 feet, seven inches for second and Paulina Huckins threw 31 feet, 7.5 inches for third place. Alexis Raimondi threw 27 feet, 1.5 inches for ninth place overall.

Dukette's throw set a new school record for Newfound, besting the record set by Meagan Patten in 2011 at 34 feet, 10.5 inches.

"Ashlee is one of the most gifted and hard-JOSHUA SPAULDING (Right) Cian Connor goes airborne during the triple jump in Belmont on Saturday.





Mason Dalphonse fired his way to the Wilderness title in the shot put and discus on Saturday.





Ashlee Dukette, seen her throwing the javelin, won the shot put at the Wilderness Championships on Saturday.



Dylan Perkins clears the pole vault bar in action Saturday in Belmont.



The playoff season arrives for even more of the local teams in the coming week.

The Division II and III softball tournaments kick off on Wednesday, May 29, at the home of the higher seed at 4 p.m.

The Division II and III baseball tournaments kick off on Thursday, May 30, at the home of the higher seed at 4 p.m.

The Division III boys' lacrosse tournament opens on Thursday, May 30, at 5 p.m. at the home of the higher seed.

The Division III girls' lacrosse tournament will begin on Wednesday, May 29, at 5 p.m. at the home of the higher seed.

The Division II girls' tennis semifinals are Friday, May 24, at the home of the higher seed and the finals are Wednesday, May 29, at Bedford High School, both at 4 p.m.

The Division II boys' tennis semifinals are today, May 23, and the finals are Tuesday, May 28, at Bedford High School, both at 4 p.m.

The Division II and III track championships are taking place on Saturday, May 25, at the University of New Hampshire, with Division II at 9 a.m. and Division III at 3 p.m.

The Newfound baseball and softball teams will wrap up the regular season on Friday, May 24, at 4:30 p.m. at home against Gilford.

The Plymouth baseball and softball teams will host Hanover in the regular season finale, with baseball at 4:30 p.m. and softball at 7 p.m.

The Plymouth lacrosse boys finish the regular season at Stevens on Friday, May 24, at 4:30 p.m.

JOSHUA SPAULDING Paulina Huckins throws the shot put at the Wilderness Meet on Saturday.

est working athletes I've ever coached," said coach Mike LaPlume.

Dukette also added a sixth place in the javelin with a throw of 89 feet, six inches.

In the 4X100-meter relay, the team of Shyann Seymour, Autumn Braley, Dukette and Julia Rose finished in fourth place in 55.5 seconds while in the 4X400-meter relay, the team of Caroline Marchand, Haley SEE **TRACK** PAGE B3

Shyann Seymour breaks from the blocks in the 100 meters on Saturday.



Matt Libby raced to second in the 110-meter hurdles on Saturday.

JOSHUA SPAULDING



Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Sports

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 **B2**



Reed Wilson celebrates after stealing home in action last week against Franklin.



Mike Macklin makes a throw during action against Franklin last week.

Baseball Bears fall short against Franklin

BY JOSHUA SPAULDING Sports Editor

BRISTOL

The Newfound baseball team hung tight with Franklin on Wednesday, May 15, but the Golden Tornadoes came up with four runs in the sixth inning to turn a one-run lead into a five-run lead and held on for the 6-1 win.

"Their kid throws gas, but when all you have is a fastball, you choke up on the bat and hit it," said Newfound coach John Larsen.

The Bears were able to take advantage of their aggressiveness in the bottom of the first inning after the visitors' aggressiveness cost them the inning

bottom of the first inning, Reed Wilson had a base hit and then Logan Rouille worked a walk. Both runners stole bases to move up and one out later, Wilson was able to steal home to give the Bears the 1-0 lead before the inning came to a close.

The leadoff batter in the top of the second reached on an error and eventually came around to score on a wild pitch to tie the game at one. Two more errors put runners on base but Davis got out of the inning with a groundout to short, that saw Rouille make a nice throw from the were able to cut down ground an Luke Gor- a runner trying to steal don make a nice scoop home. However, a hit at first to end the inning. Aidan Ehmann led off the bottom of the second with a base hit and then both Gordon and Macklin were hit pitches, loading bv the bases with nobody out. Two outs later, the bases were still loaded and Ehmann broke for home trying for Newfound's second steal of home of the afternoon, but this time the Gold-Tornadoes were en

able to get the out to end the inning.

The visitors took a 2-1 lead into the fifth inning and Davis continued to pitch well, striking out two in the inning, however the Bears also went in order in the bottom of the inning.

Franklin got a double, a base hit and an intentional walk to load the bases in the top of the sixth inning and then a hit batter pushed the third run across. A groundout to first drove in another run but Davis, third baseman Hunter Stickney and Macklin

"We catch that ball (first inning) in the outfield, it's a different game," said Larsen. "But we haven't put pressure on the kids as we should have. And that's a coaching issue." The Bear coach also

praised the work of Davis on the hill.

"This kid has exceeded all expectations," Larsen said. "That was big for a freshman."

He said that younger players pushing the older players will make everyone better.

"If you make mistakes, we can put someone else in," the Bear coach said.

The Bears hosted

Tuesday, May 14, and dropped a 9-3 decision to the Hillcats.

Newfound took a 3-2 lead into the fifth inning but the visitors had a three-run homer to take the lead for good.

After H-D scored once in the first, Newfound scored three in the third on a base hit from Ryan Lyford and a double by Wilson.

The visitors added four more in the seventh inning to close out the game.

Newfound had six hits, with Davis and Lyford each managing multiple hits.

A day earlier, the Bears dropped a 4-3 decision to Somersworth.

board in the second inning on a Macklin single to plate their first run. However, Somersworth scored four runs in the fourth inning. Wilson and Rouille each had two hits on the day to lead the Bears.

The Bears are scheduled to wrap up the regular season on Friday, May 24, at home against Gilford at 4:30 p.m.

The Division III tournament opens on Wednesday, May 29, at the home of the higher seed at 4 p.m.

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

in the top of the first inning.

Freshman Kaleb Davis got the start on the hill and after getting the first two outs, he surrendered a double and a stolen base put the runner just 90 feet away. He attempted to steal home but catcher Mike Macklin was able to get the tag on before the runner touched the plate and the Bears were out of the inning.

With one out in the

Reach

More

batter and double plated two more runs for the 6-1 lead before Davis got a strikeout to get out of the inning.

Rouille made a nice diving play on a line drive in the top of the seventh inning to keep the Bears' hopes alive. In the bottom of the frame, Gordon worked a walk and Macklin had a base hit. but they were stranded and Franklin took the 6-1 win.

Hillsboro-Deering The Bears got on the on

Casting for Kirby fishing derby is June 15

WATERVILLE VALLEY — The 10th annual "Casting for Kirby" youth fishing derby in Waterville Valley has been rescheduled to Saturday, June 15 (Fathers' Day weekend). Corcoran Pond has been drawn down to reinforce the dam, but the work will not be completed by Memorial Day. The derby is planned to be back on Memorial Day weekend next year.

The 10th annual "Casting for Kirby" youth fishing derby is open to all youth ages 15 and under. Registration and check in begins at 8 a.m. in Town Square. The fishing derby begins at 8:30 a.m. with staggered starting times. There is a top prize for Kirby (or the largest fish), as well as prizes for first, second and third place and the smallest fish in each age group. Par-

ticipants can preregister with Waterville Valley Recreation Department by calling 236-4695 or e-mailing recdirector@watervillevalley.org.

The event is sponsored by the Town of Waterville Valley (Departments of Public Safety and Recreation), Pemigewasset Chapter of Trout Unlimited and N.H. Fish and Game

Newfound seeking fall coaches

found Regional High If interested, please is looking to fill the following coaching positions for Fall 2019: JV volleyball, JV girls' soccer and two uni-

BRISTOL — New- fied soccer coaches. send a letter of intent, resume, and names and phone numbers of three references to Supt. Stacy Buckley,

SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director at pcofran@sau4.org or 744-6006, x1507.



Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise locally, where you will get qualified, local applicants for your local job.

Local Applicants

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- Meredith News
- Gilford Steamer Record Enterprise

Salmon

press

- Berlin Reporter Granite State News Littleton Courier
- Winnisquam Echo
 Newfound Landing

Help Wanted

Coös County Democrat
 Carrol County Independent

Email: tracy@salmonpress.news Phone: (603) 616-7103

Sports

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 B3



Madison Hanley rounds third base during action against Franklin last week.

IOSHUA SPAULDING

Kasey Basford fires a pitch during her team's win over Franklin last Wednesday afternoon.

Big bats send Bears by Franklin

BY JOSHUA SPAULDING Sports Editor

BRISTOL The Newfound softball team banged out 16 hits on Wednesday, May 16, and cruised to a 24-2 win over Franklin.

"You certainly have to respect your opponent no matter what," said Newfound coach Kelly Meegan. "Anyone can win on any given day.

"We just have to come out and play our game," the Bear coach added.

Newfound got one run in the first inning and then put up seven in the second inning to jump out to an 8-1 lead behind pitcher Kasey Basford. Basford worked around a walk in the top of the third inning as well.

Newfound kept the bats rolling in the bottom of the third inning. Maddy Cronis started the rally with an

liminary heat in 16.58 lead after three. seconds.

infield hit and Hayse Broome followed with a base hit and Tiffany Doan walked to load the bases. A Hayleigh Pabst base hit drove in another run for a 9-1 lead and then Bailey Fairbank tripled to drive in three more runs. Basford continued the inning with a walk and then Madison Hanley reached on an error to drive in Fairbank. One out later, Mackenzie Davis had a base hit to drive in two more runs and of 16.55 seconds in the the Bears were well on finals. He won his pre- their way with a 15-1

will build some confidence," Meegan said. "Our team chemistry has been good lately.

"I've been trying to get the girls to come together and celebrate each other a little more," the Bear coach said. "Chemistry is an important part of the team."

Meegan also noted that Cronis and Alyssa McDonough were called up from the JV program and did a nice job helping the varsity in the game.

For the game, Pabst had four hits, three RBIs. three runs and

one hit and struck out five over the five innings to get the win.

The win was Newfound's second in a row, as they defeated Hillsboro-Deering 13-7 the previous day.

Fairbank had two hits, a double, three RBIs and two runs, Basford had two runs, three RBIs and two runs, Emalie Ruiter had two hits and a triple, Doan had a hit, an RBI and three runs, Pabst had a hit and three runs, Perry had a double and a run, Caroline Marchand had a hit and a run, Broome had a hit and a run and Jillian Buchanan drove in a run.

Somersworth had two runners on in the seventh inning and a deflected ground ball allowed the winning run to score.

Newfound actually outhit the 'Toppers 15-3. Doan and three hits, a double, an RBI and three runs, Fairbank had three hits, two RBIs and a run, Perry had two hits, two RBIs and two runs. Ruiter had two hits, Pabst had two hits, one RBI and one run, Marchand had two hits and a run and Basford had a double, an RBI and a run.

The Bears wrap up

Dukette, Rose and Amy Combs was fifth in 4:39.1.

FROM PAGE B1

In the 100 meters, Combs finished in 14th place in 14.33 and Seymour was 15th in 14.44 seconds. Haley Dukette ran to 10th in the 1.600 meters with a time of 5:55.45.

Braley finished in 12th place in the 100-meter hurdles in a time of 20.44 seconds and came back with a seventh place finish in the 300-meter hurdles in a time of 55.8 seconds.

Lilly Wright had a seventh place finish in the pole vault with a height of six feet, seven inches while in the discus, Trinity Taylor was seventh at 82 feet, four inches, Skoog placed eighth at 82 feet, three inches and Raimondi was 16th at 71 feet, eight inches.

Mason Dalphonse won a pair of throwing events on the boys' side of things.

In the shot put, he tossed 46 feet, 11.75 inches to place first overall, with Jacob Blouin in seventh at 36 feet, 1.5 inches and Owen Henry in 13th at 33 feet, 10 inches.

Dalphonse also won the discus with a toss of 123 feet, eight inches.

Matt Libby also picked up a win for the Bears, running to first in the 300-meter hurdles with a time of 44.58 seconds.

Libby added a second place in the 110-meter hurdles with his time

Reid Wilkins cleared six feet in the high jump to take second overall, with Mark Pagani at five feet for 13th place.

Dylan Perkins went over the pole vault at nine feet, four inches to take fourth place overall.

Cian Connor picked up points in the triple jump, leaping to fourth place with a distance of 38 feet, seven inches.

In the 100 meters, Justin Shokal was 21st in 12.78 seconds, Josh Bucklin was 23rd in 12.86 and Aidan Anderson was 41st in 13.63. Nick Comeau ran to 12th in the 800 meters with a time of 2:18.86.

Joe Sullivan finished in 10th place in the 3,200 meters with a time of 11:44.68.

The Bears just missed scoring in the 4X100-meter relay, as the team of Anderson, Connor, Shokal and Libby was seventh in a time of 47.81 seconds.

Libby was eighth in the long jump at 18 feet, eight inches and Connor was 11th at 17 feet, 1.25 inches. Devon Normandin added a ninth place in the javelin with a throw of 118 feet, nine inches.

The Bears will now compete in the Division III State Meet, set for Saturday, May 25, at UNH at 3 p.m.

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

After а leadoff walk in the top of the fourth inning, Broome snagged a line drive at second base and turned it into a double play to keep the Golden Tornadoes off the board.

Newfound was able to plate nine more runs in the bottom of the fourth inning and closed out the 24-2 win. "Hopefully this

a triple, Fairbank had three hits, six RBIs, three runs, a double and a triple, Doan had two hits, two RBIs and four runs, Madison Perry had two hits, two RBIs, three runs and a double, Broome had two hits, one RBI and three runs and Cronis had two hits and scored two runs.

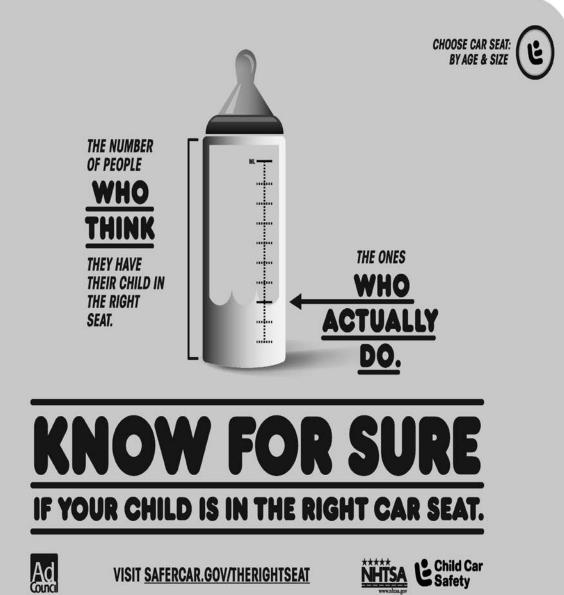
Basford gave up just

Pabst went the distance in the circle, striking out nine in seven innings.

On Monday, May 13, the Bears dropped a 10-9 decision to Somersworth. The Bears battled until the final minute but came up just short at the end.

regular season the on Friday, May 24, at home against Gilford at 4:30 p.m. The Division III tournament kicks off on Wednesday, May 29, at the home of the higher seed at 4 p.m.

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





Classifieds

B4 NEWFOUND LANDING, THURSDAY, MAY 23, 2019



Misc. For Sale

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/ May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

Barn/Garage/Yard Sale

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Sat, Sun, Monday. 9-4 Moving Sale. 14 Emerson Dr. Ctr Barnstead. Rustic, Mexican Masks, Tools, Fishing. Quality Labor Day Weekend! See you then.

YARD SALE 65 SUMMER ST, BRISTOL Sat 5/25 & Sun 5/26 9am-3pm

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Lost Ads Are Charged at our regular classified

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or place online 24/7 at www.salmonpress.com

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Estate Sale

ESTATE SALE TO BENEFIT LAKES REGION HOSPICE AND HUMANE SOCIETY

68 SODOM ROAD, TUFTONBORO, NH (across from the town garage) Friday-Sunday May 17-19 and May 24-26. 9am to 3pm All items priced to sell but any reasonable offer will be accepted. Credit cards accepted.

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General Help Wanted

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Lovett's Inn & Restaurant under new ownership, is hiring all positions for year-round work; kitchen staff, servers, bartender and housekeeping. Contact Michelle at 603-401-5700 or Michelle@lovettsinn.com Experience Preferred

Professional Painters Needed. License and references required. Experienced only need to apply. Call 387-9760.

SUMMER HELP WANTED! The Old Country Store, Moultonborough Cashiers and stock person positions available. Cashiers starting at \$12/hr. Full or Part time. Must be able to add & count back change, be personable, motivated, reliable, and trustworthy. Call 603-476-5750 M-F or stop in ask for Jo Hayden.

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BEFORE

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

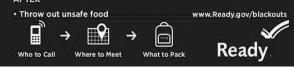
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CARPENTER WANTED Looking for an experienced carpenter to work full time in the lakes region. Must have own transportation. Serious inquiries call Paul (339)832-9078

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Culinary Staffed Wanted. Bald Peak Colony Club seeks part time or full time seasonal cooks and utility staff. Competitive wages. Flexible hours. Meals included while on duty. Holiday bonus. Candidates should email chefhynes @baldpeak.org

Dishwasher/Kitchen Assist. Female kitchen staff for all-girl residential camp: Prep, Clean, Wash Dishes, Serve approx.. 60 people 3 meals per day. Call (603) 536-4244 for application.

Great Summer Job! June 22 thru Labor Day. We are looking for summer help at our Beach. Duties include: monitoring parking, light cleaning, observing that beach rules are adhered to. Staff must mature, love working with the public and be able to preform light physical labor. Please call or email 603-476-5177 / Suissevaleom@gmail.com

Hardworking Landscapers Wanted.

Do you love the outdoors? Bald Peak Colony Club is seeking hardworking individuals for seasonal full-time employment. 40 hours/week. Physical job duties include but are not limited to hand mowing, raking and other landscaping tasks. Qualified applicants must be able to lift up to 50 lbs. We will train any hardworking individual who is willing and wants to work outdoors with a team of dedicated golf course personnel. Applicants should have reliable transportation. Hourly commensurate with rate experience. Please email crudolph@baldpeak.org

Plymouth Animal Hospital: Attn. Holly Allen

General Services

BELKNAP PROBATE & ESTATE PLANNING Wills and Trusts should now focus on income taxes. Tax Attorney Sean Karkos 603-524-0507 Ext. 21 or sean@dsbcpas.com

Real Estate



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NEWFOUND LANDING, THURSDAY, MAY 23, 2019 B5

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Classifieds

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 **B6**

TOWN-TO-TOWN CLASSIFIEDS











<u>Classifieds</u>

NEWFOUND LANDING, THURSDAY, MAY 23, 2019 B7

TOWN-TO-TOWN CLASSIFIEDS

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Sports

B8 NEWFOUND LANDING, THURSDAY, MAY 23, 2019

Newfound celebrates Operation Hat Trick



JOSHUA SPAULDING A huge flag flew over the left field fence courtesy of local fire departments prior to the Operation Hat Track baseball game in Bristol last week.



JOSHUA SPAULDING US Navy veteran Hayden Leland Martz, grandfather of baseball player Caleb Davis and softball player Mackenzie Davis, threw out the baseball first pitch before the game against Franklin.





JOSHUA SPAULDING

Hayden Leland Martz (center) threw out the baseball first pitch on Wednesday and it was a family affair with (I to r), Angela Davis, Mackenzie Davis, Caleb Davis and Philip Davis all in attendance. Caleb Davis caught the first pitch.



Veterans were honored prior to the start of the baseball and softball games with Franklin last week as part of Operation Hat Trick.





SANT BANI SCHOOL

"Earth Explorers" Summer Camps for children ages 3-6 at Little Swans PreK

Our experienced and caring early-childhood educa-

JOSHUA SPAULDING US Air Force SSgt Joseph Bowden threw out the softball first pitch prior to the Operation Hat Trick games last week. tors will be leading two weeks of nature-based summer camp at our hilltop campus. Come play with us!

June 24-27: A Week in the Woods July 15-18: Nature Art & Fairy Fun

Fast Facts:

- Monday to Thursday, 8:30am to 3pm
- \$200/week/child (15% sibling discount)
- Activities include yoga, making popsicles, water play, building forts, art, dancing & more!

Questions? kasia@santbani.org Learn more & sign up at www.santbani.org

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www.belletetes.com



Saturday, May 25th 2019

10:00 am

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Brunch will begin at 10:00 am Presentation will begin at 10:30 am

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Please RSVP with Leigh 603.279.3121 Leigh@forestviewmanor.com

www.salmonpress.com

This event is free! CEU's will be available!