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COMPLIMENTARY

Newfound athletes honor local veterans by supporting Operation Hat Trick

BY DONNA RHODES
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BRISTOL — Prior to the start of Newfound Regional High School's softball and baseball games against Mascoma High School on May 8, representatives of the VFW's Newfound Area Memorial Post 10640 were invited to join with the teams as the athletes honored local veterans for their service for Operation Hat Trick, a fundraising effort for those who have served the nation.

University of New Hampshire's Associate Athletic Director Dot Sheehan began Operation Hat Trick in 2007 in recognition of UNH graduates who were killed or wounded in action.

After a visit to Walter Reed Army Medical Center in Bethesda, Md., she learned that the soldiers always appreciate donations of hats. As a result of that visit Sheehan decided to incorporate a fundraising program into the university's hockey program, bringing that sport's term, "Hat Trick," as their

key component. Over the years the program has spread nationwide to athletic programs on both the high school and college level.

As a result, camouflage hats and gear for OHD have not only worn but sold by athletes all across New Hampshire. Proceeds from those sales support wounded veterans who have served the nation. Last Monday afternoon athletes on both the boys' and girls' teams from each school proudly sported their OHT hats as they warmed up for the games.

NRHS Athletic Director Peter Cofran led off the brief ceremony earlier this week by thanking all who have answered the call to duty. He was also pleased to announce that fund raising efforts in New Hampshire alone have raised more than \$130,000 in just the past few years through donations from local athletes and their communities on the veterans' behalf.

"We hope to reach the
SEE HAT TRICK, PAGE A12



DONNA RHODES

Representatives from the VFW's Newfound Area Memorial Post 10640 proudly presented the flags at Newfound Regional High School last Monday as the athletes honored veterans through their fundraising efforts for Operation Hat Trick.

K9 patrol decision delayed for community feedback

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The police chief had all the answers but one: Do the residents of Bristol want a K9?

To resolve that question, Chief Michael Lewis suggested that the Bristol Board of Selectmen wait two weeks before voting on his proposal to acquire a trained dog to work with Officer Nicholas Kelley. During those 14 days, the town is soliciting comments from residents about the prospect of having a K9 patrol that would be funded by drug forfeiture funds and community donations.

Chief Lewis had planned to bring his proposal to the board on April 21, but he delayed his presentation until May 5 in order to track

down the answers to all of the potential questions he might receive from the five selectmen. The top two questions, he knew, would be "Why?" and "What will it cost?"

Lewis said he has brought K9 demonstrations to Bristol Old Home Day and other events, and the discussion always comes around to whether Bristol would ever have its own K9 patrol. While local police can request assistance from Belmont and Franklin K9 teams for life-saving efforts when a person is missing, it is up to the other departments to decide whether to send their patrols to Bristol. With the drug epidemic hitting this town, as it has throughout the state and the nation, a K9 team would be beneficial in tracking drugs and other items, Lewis said.

The chief emphasized that there would be no cost to Bristol taxpayers. Drug forfeiture funds — money seized from suspects when a crime has been committed — is divided between local police departments and the Attorney General's Office, and the AG has to approve any spending from those funds. However, Lewis said, a dog patrol and related equipment are considered appropriate uses of the funds. He said the town's
SEE K9 PATROL, PAGE A12



COURTESY DAN MACLEAN TTCC

TTCC's Leslie Dion recognized with Champion of Children Award

Bristol residents were overjoyed last week to learn that one of their own, Tapply-Thompson Community Center Executive Director Leslie Dion, was named the winner of the 2016 New Hampshire Champion of Children Award. She was selected for the honor from a field of five finalists representing regions all across the state. Joining her at the presentation in Manchester last week were (left to right) Marjie Gorman of the Bristol Recreation Advisory Council, Julianne Marchand and Dillon Therrien, Newfound Regional High School students who participate on the TTCC staff, NRHS principal Paul Hoirriis, Leslie Dion (center), Dr. Virginia Barry, Commissioner of the New Hampshire Department of Education, Jesse Mitchell of the TTCC staff, Newfound Superintendent of Schools Stacy Buckley and TTCC staff member Gina Richford.

Administration unhappy with School Board's reluctance to spend

BY THOMAS P. CALDWELL
Contributing Writer

BRISTOL — The Newfound Area School Board took administrators by surprise on May 9 when it questioned proposals for spending a portion of the \$1,024,677 remaining in the budget because of cost savings throughout the year.

They may have expected Vincent Paul Migliore of Bridgewater to seek the return of more money to the taxpayers. Migliore has complained of the huge annual year-end surpluses every spring, and every fall at budget time.

Other board members have gone along with the spending proposals in the past, recognizing that the surplus was due to good budget oversight and agreeing that the recommendations — including controversial administrative bonuses

— were warranted.

Not this year. "Do I think we need to put 10 trash cans on the list with carpeting at the middle school?" asked

Chair Jeff Levesque of Groton. "We need to justify saying 'yes'. I don't see putting money into an SAU building we don't own."

Christine Davol of New Hampton reflected on the budget cuts they had to make last fall to meet the tax cap, and
SEE SCHOOL BOARD, PAGE A12

Hannaford opens its doors with a gift to the community

BY DONNA RHODES
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BRISTOL — A Grand Opening celebration for the new Hannaford Supermarket in Bristol was a true community event when customers were welcomed to enjoy a free cookout and local nonprofit organizations benefited from the company's outreach program.

"We have a long history of being supporters of communities where our stores are located,"
SEE HANNAFORD, PAGE A13



DONNA RHODES

The Newfound Area Senior Center was among five local nonprofit contingencies to receive a generous donation from the newly arrived Hannaford Supermarket in Bristol during a Grand Opening celebration for the store last weekend. Presenting representatives of the center with a \$500 check was manger Larry Poliquin and Operations Manager Ron Leblond.

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Selectmen make hiring and bid decisions

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — Selectmen have settled on a candidate for the new position of part-time town planner, an expansion of the traditional code enforcement officer's job.

The board announced the offer, which carries a \$24 per hour wage, following a nonpublic session at its May 5 meeting.

Town Administrator Nik Coates had suggested expanding the role of the code enforcement officer as a way of providing better service and reducing attorney expenses. A planner would be able to answer many of the questions the Bristol Planning Board and Zoning Board of Adjustment traditionally have posed to the town attorney, Coates said.

Selectman Rick Alpers commented, "Bristol is plagued by complaints about not being business-friendly, and this position can help with that. It's not just code enforcement, but also planning."

He added that he would like to see the town begin to deal with a proliferation of junk-

yards.

The board also initiated the bidding process for paving projects, to include Worfield Circle and Westwood Drive; School, Winter, Spruce, Mayhew, Cedar, Gray, and Union streets; Merrimack and Spring streets; Bristol Hill Road (formerly Willow Street), from Lake Street to the bridge; and placing asphalt curbing on Winter and Merrimack streets.

Bids are due June 16, with the work to be completed by Columbus Day.

Much of the paving would focus on areas affected by the Safe Routes to School project, which involves building sidewalks near the Bristol Elementary and Newfound Memorial Middle schools. Once that work is done, the town would resurface the roadways.

Coates announced that the New Hampshire Department of Transportation has agreed to fund the difference between the amount the town had appropriated for the Safe Routes project and the lowest bid received. The bidder, GMI Contracting and Paving, had come in with a fig-

ure of \$275,650.

Alpers asked that, in awarding the bid, the town communicate with the abutters and homeowners in the areas affected.

"We're in people's neighborhoods and people's yards," he said, "and I want to make sure they're notified when work is being done there."

Selectmen waived their policy requiring three bids, to award a \$57,020.10 contract to Allstate Asphalt for chip seal and fiber mat because Allstate is the only provider of the material in New England. They also accepted a single bid from True Green for the fertilizing of Central Square (\$270) and Kelley Park (\$2,140).

They agreed to pay \$1,900 to Central Land Surveying to complete the survey of Jeffers Road to the point where it turns into a Class VI road.

The board waived the purchasing policy that requires requests for proposals on items costing more than \$10,000, to award sewer line cleaning to Eastern Pipe Ser-

vice, which submitted the lowest of three bids for the work. The price for the work is \$11,000.

Superior Fence of Belmont won the bid for ornamental black aluminum fencing for the town lot on Central Street, coming in at \$9,673.

JLT amended its bid for repainting the town clock to \$9,500, to include replacing any rotting wood with a polyvinyl chloride material. Voters at Town Meeting had appropriated \$7,500 for the work, so Alpers suggested using money from the town building maintenance trust fund to cover the remainder of the cost.

Selectman J.P. Morrison suggested asking the Bristol United Church of Christ, which houses the clock, to contribute a portion of the money. "The clock serves them, as well," he said.

The best news of the night was the cost of engineering for the water and sewer project on Central Street. By combining that project with the survey and engineering of the Water Street Recreational

Trail, the town was able to save \$30,400, Coates reported. K.D. Partners had already submitted a bid for \$44,900 for its portion of the work, and Underwood Engineering Company came in at \$14,700 for its portion. The town had appropriated \$90,000, with \$45,000 to come from taxation and \$45,000 from the capital reserve funds for the water and sewer department.

In other business, the town agreed to a four-year memorandum of understanding with the Tapply-Thompson Community Center for use of Kelley Park. Selectman Les Dion, who also

serves as director of the TTCC, abstained from the vote.

Town Clerk-Tax Collector Raymah Simpson reviewed overdue tax cases with the selectmen, recommending taking one property by tax deed. She said she had agreements with other property owners who are three or more years in arrears, but if they do not come through with payments by May 12, she might recommend deeding additional properties. The selectmen, who normally would not meet on the 12th, agreed to post the meeting in case it was needed.

TTCC Teen Council hosting 'Everything is Spring' 5K Saturday

BRISTOL — The Tapply-Thompson Community Center's Teen Council will be hosting an 'Everything is Spring' 5K race on Saturday, May 14. Registration is at the TTCC at 8:30 a.m., with the race beginning at 9 a.m. The cost is \$20 for pre-registration and \$25 the day of the race. Children ages five to 15 are \$5, and four & under are free. No shirts will be given to the youth registrants but if there

are extras they can be purchased that day. The first 50 to register will receive a race shirt. You can register on-line at www.ttccrec.org. The TTCC Teen Council works throughout the school year hosting teen dances, bake sales and other fundraisers which allow them to help community organizations with donations and pay for teen activities. For questions, contact the TTCC at 744-2713.

The Mill kicks off back room concert series May 21

BY DONNA RHODES

drhodes@salmonpress.com

BRISTOL — Winter is over, and the time is right to get out and enjoy an evening of live music, which is what The Back Room at the Mill Fudge Factory will be serving up starting at the end of this month.

Co-owner Linda Carmichael is pleased to announce that this year's concert series will be a special treat for people who enjoy music from many genres, including jazz, folk, old radio songs from the 1940's and even some country western.

"We have some really well-established musicians coming this year who don't always play in this area," she said.

Over the past several years The Back Room at the Mill has built a fine

reputation in the music world and is now considered one of the best small venues in the entire state.

While there is beer and wine available, as well as dinner selections from their great menu, this is not a bar setting however. Carmichael calls it a "listening room" where their guests can sit back and relax as music fills the room.

"These are actual concerts in a small, intimate club setting without the noise. The bands all love to play there because people can really hear them," she said.

The series kicks off on Saturday, May 21, from 7:30-9:30 p.m. with the "folkgrass/rock" sounds of DoBros, a popular group out of Warner. The concerts will then run

nearly every Saturday night until Oct. 8 when it finishes up with Ameranouche, a Gypsy Flamenco Swing trio from California.

But that's not all. Live music will then be back for an encore on Oct. 29 and Dec. 17 to wrap up the entire year with two special benefit concerts featuring the Newfound area's favorite Uncle Steve Band.

Carmichael recommends that people check the calendar on The Back Room Web site then go to YouTube where they can listen to upcoming musicians and decide which they would like to see perform live.

To guarantee a seat, advance tickets for all performances are available online, and those who purchase through

www.thebackroomatthemill.com will receive a complimentary piece of their famous fudge on concert night.

The entire staff of The Back Room at The Mill, she added, is excited to welcome everyone to both the concerts and their ongoing Friday Night Open Mic sessions where great food and live music create a memorable night out in the Newfound Region.

"Live music is a precious thing that people shouldn't take for granted and we look forward to offering the community a wonderful experience this year," Carmichael said.

The Back Room is situated in the rear of The Mill Fudge Factory on Central Square in downtown Bristol.



COURTESY

Fun in the Sun

Two-year-old Sierra enjoyed not only some fresh air, but some fresh-caught fish, too, after spending the day on a local pond recently. Way to go, Sierra! If your children are enjoying the outdoors in a safe and healthy manner, snap a photo and send it to drhodes@salmonpress.com. Include their first name, age, location and a brief description of the activity and they just might be featured in the Newfound Landing's Summer Fun in the Sun photo series. We look forward to seeing all our local children are up to as warm weather approaches.

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Share the relics from your attic or garage with the New Hampton Historical Society

NEW HAMPTON — The New Hampton Historical Society presents “Old Show and Tell” Tuesday, May 17 at 7 p.m. at the New Hampton Town House.

Many of us have family relics or heirlooms stored away in our

attic, garage or barn. These relics have a story to tell about our family, our community and times gone by. We invite people of all ages to bring an item or two to share the story behind each.

These relics are not only an important part

of our personal family's past, but have a lesson to teach all of us about life as it was

lived years ago. Please join us in an evening of reminiscing at the historic New Hamp-

ton Town House. Our programs are free and open to the public. Refreshments follow-

ing the program will include home baked pies courtesy of NHHS board members.

Alexandria's Ashley Ruseski receives academic award

NEW LONDON — Ashley Ruseski of Alexandria received the Class Academic Award at the Scholars and Leaders Awards Ceremony on Friday, May 6. Ruseski, a member of the class of 2017, is majoring in Nursing.

The class academic awards are presented by the college each spring to the sophomore and junior students who rank highest in scholarship in the appropriate class. The recipients of these awards must be full-time students who have completed at least fifty percent of their credits at Colby-Sawyer College.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional prepa-

ration. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.



DONNA RHODES

A Canadian geese couple went on parade at an Alexandria pond last week as they showed off their newest brood of fuzzy goslings.

Locals graduate with Class of 2016 at Bob Jones University

GREENVILLE, S.C. — Nearly 700 students graduated from Bob Jones University during the 89th commencement exercises recently held in Founder's Memorial Amphitrium on the Bob Jones University

campus. During the 89th commencement exercises, 546 students received undergraduate degrees and 58 students received associate degrees. In addition, 61 students received master's degrees and seven

candidates earned doctorates. Since its founding in 1927, Bob Jones University has conferred over 49,000 degrees. Daniel Belville of Alexandria

educating the whole person to reflect and serve Christ. BJU offers a unique blend of rigorous academic programs, discipleship, and character and leadership development. We are committed to the truth of Scripture and to pursuing excellence in all we do.

Belville graduated with a BS in Business Administration. Katie Roukes of Holderness

BJU provides over 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, and business. BJU has nearly 3,000 students from nearly every state and more than 40 countries.

Plymouth stands united against Northern Pass

BY MARCIA MORRIS
Contributing Writer

PLYMOUTH — If there is anyone in the Town of Plymouth or surrounding communities who is not vehemently opposed to the current plan to run the Northern Pass electrical transmission line down Main Street in the Town of Plymouth, they were not in evidence at the public hearing on Monday evening at the Plymouth Regional High School auditorium

In a now familiar sea of orange attire, one by one, Plymouth's elected representatives, Main Street business leaders, residents and neighbors came to the microphone to urge the Plymouth Select Board to “stand tall” and “just say no” to the Northern Pass.

Plymouth Select Board Chairman Mike Conklin reiterated that



MARCIA MORRIS

Sporting orange! New Hampshire's titan of tourism, the Common Man's founder, Alex Ray, speaks out against current plans to run the Northern Pass electrical transmission line down Main Street in Plymouth.

the Board is on record as opposed to the Northern Pass Project in its present form. He assured voters that as recently as May 4, the Town has communicated this stance to representatives

of the electric utility. Along with approxi-

mately 150 other municipalities, landowners and stakeholders, the Town of Plymouth has been granted intervenor status allowing it to weigh in on the project during State of New Hampshire's ongoing Site Evaluation Committee proceedings.

In response to a direct question from Plymouth resident and stakeholder Mary Crowley, Conklin reported that on at least two occasions, representatives of the electric utility have suggested that they may be willing to offer up to \$10 million over a 10 year period in consideration for Plymouth's participation in

SEE NORTHERN PASS, PAGE A13

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Local youth leaders launch "Project Sticker Shock" with local retailers

BY DEB NARO
Contributor

Alcohol has been identified as the #1 drug of choice among youth in New Hampshire, and according to youth surveys in the Pemi-Baker and Newfound regions, one of the easiest substances to get. Youth leaders from the CADY Youth Advisory and Advocacy Council (YAAC), joined with several local retailers the week of May 2 on a "Sticker Shock" messaging campaign designed to raise awareness on the problem of underage drinking in New Hampshire and local solutions.

Appropriate laws and regulations minimize the opportunities for young people to use alcohol, but community and citizen activism is central to the consistent enforcement of those laws and regulations. From a public health perspective, the purpose of sanctions is to reduce or deter future violations, thereby improving the community's health and safety. The Sticker Shock Project is designed to capitalize on community activism, cooperative efforts, and collective responsibilities to combat underage drinking and its related problems, including adults providing alcohol to minors. The project not only educates citizens, businesses, educational institutions, health organizations, law enforcement agencies, and governmental authorities on the problems of underage drinking, but also ensures that everyone receives a consistent message about the law and will increase their efforts to bring about change.

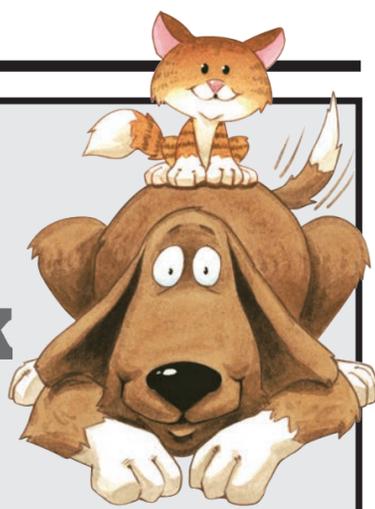
The YAACs collaborated with local merchants and the NH Division of Liquor Enforcement, who underwrites the costs of these youth-driven campaigns.

The goal is to educate the public and change attitudes about selling and serving alcohol to anyone under age 21. The YAACs worked with Plymouth Hannaford, Walmart, Tedeschi Food Shop, and Plymouth Mobil to spread "Sticker Shock" waves throughout the Plymouth region.

The youth placed stickers on cartons of beer that spelled out a strong message: "Buyers Beware: Providing Alcohol to Minors is a Criminal Offense." The stickers provide a powerful visual reminder to those who may consider purchasing alcohol for minors that it's not their call—it's the law! According to NH law it is illegal to buy or provide alcohol for anyone under 21. This offense is punishable by a \$2,000 fine or up to one year in jail. The bright white and red stickers stand out on the beer cartons for all to see. According to participants "Project Sticker Shock" was a big success—hundreds of containers were labeled at the end of the two-day project and the YAACs were exhausted but happy.

The Youth Advisory and Advocacy Program gives youth in the Pemi-Baker and Newfound regions a means of taking positive action to impact their environments and be part of the solution to problems relating to substance misuse. The YAACs received the 2015 New Futures Youth-In-Action Award for their outstanding efforts in local and statewide advocacy. CADY extends our appreciation to Plymouth Hannaford, Walmart, Tedeschi Food Shop and Plymouth Mobil for caring about kids and for being part of the solution. For more information on substance misuse prevention initiatives, visit our Web site at cadyinc.org.

PET of the Week Conner



Meet Conner, a strikingly handsome, infinitely photogenic Labrador-mix boy.

He likes having his picture taken and frankly, either side is his best side!

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Less than two years old, he is ready to bond with humans who can provide the mental stimulation he needs, he's a smart boy, while at the same time monitor his physical needs, he does have an issue

with his elbow, likely something he has been genetically dealt. Our medical team have assessed him – and pronounced him ready for adoption.

We are sure he would do well in a home without small children, and one where there are no cats, in spite of a funny elbow, he might just find them irresistible.

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Call 524-3252 or check www.nhhumane.org to learn more.

Letters to the Editor

A letter to the voters and taxpayers of Bristol

To the Editor:

At the May 5 Bristol Select Board meeting Chief Lewis gave a presentation to request approval to establish a K-9 unit for the Bristol Police Department. He indicated that this program would be at "no cost to the taxpayers" of the Town of Bristol and would instead be entirely funded by drug seizure money and donations. His presentation was about 10 minutes and I thought quite generalized. In his presentation there were no statistics or specific information showing a need for this unit other than a general comment about the drug problems in our state. There were questions from the Board to the Chief. During this question and answer period, it was revealed that any resulting overtime costs would not be covered by the donations and drug seizure funds but instead would have to come from the budget and therefore taxpayers. I found this at odds with his original statements in his presentation. As they say, the devil is in the details. Once the Board's Q & A session closed I was not surprised, but was disappointed to note that one member of the Board was ready to vote on this matter. I had more questions as a voter and taxpayer but as is customary with Select Board meetings, there would be no opportunity for my questions or comments until the "Public Comment" section of the agenda which fell long after Chief Lewis was gone, so I held off on asking these:

1. How binding is the proposed 4 year memorandum of understanding with the K-9 officer?
2. Could we get a better clarification as to the Town funded overtime expected as a result of establishing this unit?
3. Because this includes purchase of a special K-9 vehicle, will the town have to fund maintenance and fuel for this vehicle? Will getting this K-9 vehicle mean that we would not need to purchase a new cruiser in 2017?
4. Because this requires the officer to have specific training and certifications, how will this be funded initially and with regard to ongoing requirements?
5. Does this require promotion and increase in wages for the officer and how will this be funded?
6. When mentioning that nearest local K-9 units in

Belmont and Franklin available for Bristol, why was Plymouth omitted?

7. When referring to use of State of NH K-9 units for police purposes, why does the Chief feel this is no longer workable?

8. Where the officer will be on call for this unit 24/7, how is he compensated for housing the animal as well as on call time?

9. Comparing the time, wages, equipment, and other ancillary costs of a K-9 unit vs. contracting use of other community units, is it cost effective to start this unit in Bristol?

At an earlier Select Board meeting this year, one member of the Board had no problem putting off implementing a wage study until Town Meeting yet that same member was ready to vote to add this canine unit to the police department without voter approval. I commend Selectmen J.P. Morrison and Paul Manganiello for their depth of questioning with regard to this proposed addition to our police department. When the Select Board finished, they agreed to seeking more public input before making a decision at a future meeting. Though the proposal as presented by Chief Lewis promises no taxpayer funds will be used to start up this canine unit, in the longer term it will cost the taxpayers. I am all for public input on decisions that impact the budget and taxes and would prefer that the Select Board hold off on a decision on the canine unit until our next Town Meeting. I think this is a more prudent way to get Bristol voters to participate in the decision rather than the current popularity contest being waged on the Bristol NH Police Department Facebook page where anyone can "like" a post whether a town resident and voter or not. So whether you are for a K-9 unit or not, please contact the Bristol Select Board and ask your questions and voice your opinion! Also, for those who would prefer this to be a warrant article for next Town Meeting, a petition is circulating to encourage the Select Board to do this. Feel free to contact me at 744-6489 if you would like to sign this petition.

Bill Cote
Bristol

Great response to Conservation District plant sale

To the Editor:

The 2016 Plant Sale hosted by Belknap County Conservation District (BCCD) drew strong interest from County residents. Our plant orders are up 160% from last year. Many folks stopped by to pick up perennials, berry plants, shrubs, trees and even trout for their ponds on April 29-May 1. Everyone received a card thanking them for their support with conservation tips and a packet of pumpkin seeds.

BCCD appreciates local support for the Plant Sale which is a fund-raiser for the District and an opportunity to connect with County residents interested in learning more about they can conserve natural resources on their land. We can all make a difference in improving the environment by planting trees or growing our own food.

We offer special thanks to the Gilmanton Iron Works Fire Department and Picnic Rock Farms in Meredith who offered great locations for our Plant Sale. Thanks also to our volunteers including Jan Hooper, Shirley Stokes, Quinn Broulliard, and a

great crew from Belknap-Merrimack Community Action Program Work Place Success that helped prepare plants for sale; and Gator Signs for a new banner for the sale. Lisa Morin, BCCD Program Coordinator worked long hours coordinating the event and packaging plants.

Now we look forward to hearing stories next year on how well the planting went and hopefully, to see the BCCD seeds produce some pumpkins that make their way to the New Hampshire Pumpkin Festival in Laconia on Oct. 22.

Your support for the Belknap County Conservation District matters. Our mission is to help landowners, communities and other organizations conserve soil, water and the natural resources of Belknap County. BCCD achieves its mission by:

Identifying critical natural resource conservation issues and needs

Initiating projects that demonstrate conservation best practices

SEE LETTERS, PAGE A13

Newfound Landing

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

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North Country Notebook



By JOHN HARRIGAN
COLUMNIST

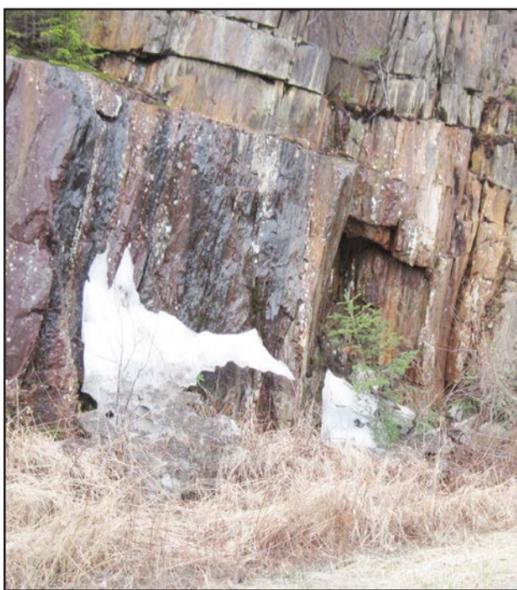
I was just beginning a wonderful circular drive around the North Country this past Wednesday when, at the western approach to Dixville Notch, I came across a chunk of ice. "Across" is probably the wrong word, because this fragment of glacier was not in the road, but instead clinging tenaciously to a small cliff, like a limpet mine on the hull of a ship.

For some reason, this

Ice, ice, it's everywhere, just what you need for a drink

reminded me of an oft-repeated statement by Warren Pearson, longtime skimeister at New Hampshire's northernmost ski area, The Wilderness, near where I encountered the ice. One of his frustrations was how to get the word out to skiers down south that long after most other ski areas had shut down for the season, The Wilderness still had plenty of snow.

"It's hard to convince people mowing their lawns in Boston that we still have plenty of snow," was his succinct way of putting it. Warren had the clipped accent of western Maine, not the better known Downeast



JOHN HARRIGAN

This flying goose hunk of ice was more like an octopus, clutching at a rock face west of Dixville Notch, where the rays of the climbing sun will ultimately shoot it down.

drawl, and didn't mince words.

Further east, over the lip of the notch and coasting down into the Androscoggin drainage toward Maine, there was still plenty more snow and ice in the rubble of rock on the floor of the notch, where the sun hardly shines at all.

Not that this is the only place snow and ice can still be found in northern or high-country New Hampshire. There are plenty of places, in plenty of climes, where relics of winter will hang on well into early June, and still other places that will linger longer.

During my hiking days, when I knew many of the Appalachian Mountain Club's hut crews on a first-name basis, one of my favorite destinations was Carter Notch Hut, situated in a high valley tucked behind Wildcat Mountain. You reached it via Carter Dome, a lightning-prone bald pate of glacier-scraped bedrock featuring a heart-stopping descent to a convivial supper and a warm bunk for the night.

There is an ice-cave there just beyond the hut, aligned in such a way that the snow packs in there, driven by the fierce northwest winds, but the sun barely penetrates even on the longest days of summer. And back in there, as the cave's mini-glacier slowly recedes, hikers and hut-keepers alike keep stuff that'll spoil or they just want kept cool--butter, milk, and of course beer.

At Pittsburg's Boundary Pond, at 2,335 feet one of the state's high-

est ponds reachable (almost) by road, a famous deposit of snow and ice can usually be found southeast of the dam, well into high summer and sometimes beyond. Generations of people who've fished there have known about it, for good reason. If you plan to cook before the evening rise, for instance, and need your cooler and ice for the boat (wink, nudge), you can scamper down below the dam and put your other spoilables on a nice little glacier of compacted snow.

Boundary, by the way, in times of yore known as Mountain Pond, is the pond on which famed local pilot Harry Scott vowed to land his float plane (and of course take off again) but waited nearly a lifetime for the right conditions to do it.

This is a pond where the Canadian northwesterlies blow fiercely most of the time, having attained awesome speed crossing the mostly open and flat countryside of the Eastern Townships of southern Quebec. They then smash into the remnants of the Appalachian Mountains that form the boundary, and crash up and over, of course, Boundary Pond.

Harry tried to land there several times, but always aborted in a sort of "touch and go" decision because he feared cracking up either on the way in or trying to get out. "But one day," he whistled, "I happened to hit it just right," and down he went, and after enjoying a pontoon ride around the pond a couple of times just to add emphasis and flirt with disaster, off he went

SEE NOTEBOOK, PAGE A13

MARK ON THE MARKETS

Recession?



BY MARK PATTERSON

There's been a lot of recent economic data that shows the US economy is slowing. Whether we go into a recession or just a broad slowdown is yet to be seen, however it makes sense to plan for either. What I am referring to buy plan is not a liquidation of your investment portfolio, however it may be a good time to review your current holdings and see if they match your current objectives. For example, if you are nearing or in retirement and your portfolio of investments is made up of equities or equity-based mutual funds then your portfolio is still designed for accumulation of assets.

The stocks or equity mutual funds may have a dividend or income component, but are not designed for the distribution of those assets in retirement.

The equity markets have been rolling along since the spring of 2009 with really no major bumps in the road, this lack of bumps or should I say major corrections have lulled us into a false sense of security and complacency. Those who are retired or approaching retirement may have thought they'll just sell assets for income, and typically that amount has been four percent per year. But what if history repeats itself as it seems too often do and we go into a correction followed by a stagnant equity market. The concept of "sequence of returns" says that if the money that you had earmarked for retirement income diminishes and you're still taking out the amount of income based on what

you had at the point of starting your income, then your retirement you can run out of money very quickly. That is why you would hear me state time and time again that we must plan for the income with sustainable steady predictable investments for income that then, and only then, can we keep money at market risk for growth purposes. If it takes all of your assets for steady, sustainable income, then so be it.

As a slowdown or recession approaches you would still want to adjust your equity holdings to more defensive stocks or ETF's that represent things in the economy that people will still use even in a retracting economy or slowdown. Defensive stocks are stocks based on companies that traditionally offer goods and services that people simply don't give up in a slowing economy. Pharmaceuticals, food, alcohol, cigarettes and a

host of other basic necessities are considered defensive. Certain technology stocks have already slowed down significantly are not. Capital expenditure by large companies tends to slow down as they rein in their budgets. While there seem to be a lot of jobs available the quality of these jobs and pay is questionable.

The business cycle is typically made up of peaks and troughs. Troughs can be lower and the peaks can be higher during very good or very bad times. 2008 was the last deep trough. The sluggishness of this recovery has led us to very low peaks, so this slowdown may not feel as bad as it would be coming off a really good expanding economy.

Now is as good of a time as any to review your investments.

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

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Newfound Area School District
PRINCIPAL
Newfound Memorial Middle School is seeking an Educational Leader starting July 1st. The ideal candidate should be able to demonstrate the ability to be an instructional leader with a comprehensive knowledge base in the areas of technology, best instructional practices, use of data to drive interventions, block scheduling, budgeting, facilities management, and supervision/evaluation. Evidence of effective communication skills, understanding of culture and climate and a strong collaborative approach are vital to this visionary role. Experience in a middle school setting and certification as a Principal is required.
Interested candidates should submit a letter of interest, resume, transcripts, job application, and three (3) current letters of recommendation no later than Wednesday, May 25, 2016.
Mail to: Newfound Area School District
Attn: Superintendent Stacy Buckley
20 North Main Street
Bristol NH 03222
Application is available at:
<http://www.sau4.org/human-resources/employment-information>

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Town of Thornton
PART-TIME BOARD ASSISTANT
The Town of Thornton is seeking a candidate for an immediate opening for one (1) part-time position of Board Assistant. The applicant will be responsible for performing clerical, legal and administrative work for the Town Administrator, Board of Selectmen, Planning and Zoning Boards. This part-time position budgeted to work 8-14 hours a week. The position is labor grade 4 with an hourly pay range from \$12.95/hr. to \$15.02/hr. A full job description and application packet is available at the Town Office and on the town website: <http://www.townofthornton.org>.
This position will remain open until filled by a qualified individual.
First round of application reviews will be May 25, 2016
Applications must be submitted to:
Board of Selectmen
ATTN: Part-Time Board Assistant
16 Merrill Access Road
Thornton, NH 03285
The Town of Thornton is an equal opportunity employer. The position will remain open until filled.

Mason P. Westfall, 77

BRISTOL — Mason P. Westfall, 77, died Tuesday, Feb. 9, 2016 at the Hospice House in Concord after a lengthy battle with cancer.

He was born in Franklin, the son of Paul and Grace (Goodhue) Westfall. He was a graduate of Bristol High School, and a lifelong resident of Bristol and Bridgewater. After high school, Mason joined the US Navy

and served aboard the USS Macon.

Mason was a fine carpenter, and built many homes around Newfound Lake. He will long be remembered for his community service and commitment to maintaining the quality of the lake and land.

Over the years, Mason served as a Selectman in Bridgewater, on the Bristol Recreation

Advisory Council at the Tapply-Thompson Community Center, the Bristol Conservation Commission and the New Hampshire Association of Conservation Commission, the Lakes Region Planning Commission, the North Country RC & D, Homeland Cemetery Association Board, Slim Baker Lodge, was instrumental on in teaching the woodwork-

ing program at the Tapply Thompson Community Center, worked on Santa's Village, was a founding member of the Newfound Lake Region Association, a member of the Bristol United Church of Christ, and countless other organizations, committees, and boards.

Family members include his wife of 55 years, Jane (Dahlbom)

Westfall of Bristol; sons and daughters-in-law Glenn & Denise Westfall of Bridgewater, Todd & Cindy Westfall of Alexandria; daughter and son-in-law Kara Westfall and Dave Nolan of Rochester; three grandchildren, Duncan Westfall, Janelle Westfall, and Donovan Nolan; sister and brother-in-law Paula & Joseph Denning of Bristol;

nieces, nephews, and cousins.

A graveside service will be held Sunday, May 15, 2016 at 1 p.m. at Homeland Cemetery. In lieu of flowers, donations may be made to the Lakes Region Conservation Trust, PO Box 766, Center Harbor, NH 03226. Arrangements are under the direction of Emmons Funeral Home of Bristol.

Towns

Alexandria

Judy Kraemer 744-3532
judy7@metrocast.net

Placement is important

The Star Magnolia is blooming better than ever. It is in the wood edge, safe from most bad weather. That it is tiny is the deer effort to prune it frequently during its early life. It is located behind a large Beech tree so it is a striking view as long as there are no leaves on the Beech.

Hayes Library

Open House Saturday, May 21, 10 a.m. Come tour the "Little Brick" Building. Suggestions for activities and projects are welcome. Refreshments will be served.

From the town

Select board minutes, May 3

Items Reviewed and Signed

Current Use Application: Towle Map 414 Lot 29 and Map 418 Lot 67

Class VI Road Release of Liability: Bradford DeLuca (Map 411 Lot 148 - Lynn Avenue)

Memorandum of Agreement: Wellington State Park

Due to the increased fee charged by the State, the Selectmen increased the fee for the passes to Wellington to \$6.

Building Permit: Miligan (286 Bailey Road)

Ford Motor Credit: Cruiser

2017 Tax Map Maintenance Proposal/CAI Technologies

Waste Management Agreement

Primex Membership Agreement

Purchase Order: Hansen Bridge (Brook Road Bridge)

Purchase Order: Bryant Paving

Saulsbury Hill Financial confirmation of assignment for server installation completion

Items Reviewed and Held for Signature: JCB Finance/Backhoe Lease is pending the signature of George Tuthill.

Business: The Selectmen reviewed a letter from Avitar Associates stating that after this year they will most likely no longer be providing public utility assessments. The Selectmen will be looking into other options for utility assessments.

The Selectmen reviewed information from town counsel regarding whether the restrictive covenants on a town-owned lot on Morrison Road would prevent the removal of sand for use by the Highway Department; approval from all property in the subdivision would be re-

quired prior to any excavation of sand.

The Selectmen approved the request received from Ronald MacLean to be appointed to the conservation commission.

The Selectmen discussed a letter received from the Lakes Region Conservation Trust regarding a donation check sent to the Town; the LRCT has requested that the money be used towards conservation efforts.

Mike Provost informed the Selectmen that the Planet Aid box has been removed from the Transfer Station and suggested a couple of alternative options for recycling textiles; the Selectmen will review the information provided.

Jeff Cantara provided the Selectmen with an update on Highway Department activities; they are currently in the process of grading the dirt roads.

Mr. Cantara said that the cost to remove the tree near the Alexandria Village School would be \$675; the Selectmen approved the removal of the tree.

There was discussion regarding the cost to maintain the road to AMC lodge in regards to renegotiating the PILOT agreement with AMC. Mr. Cantara will work on an estimate of the cost to maintain that stretch of road and Chief Sullivan will be consulted regarding the number of calls to the AMC lodge.

American Legion Buffet Breakfast, Spring Street, Bristol, Sunday, May 15, 7 to 11 a.m.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

Winter Market ends season

The apple grafting workshop was a huge success at the last winter market of the season which was held last Saturday. This week is apple tree planting time in Danbury as over thirty people showed up to learn about and graft rootstock with amazing local varieties including the Hippy Hill apple which won the taste test in an unofficial competition held last fall.

Upstairs customers came to stock up on supplies until either seeing their vendors at markets this summer or upon their return in November. The Web site at Blazingstargrange.org will have information on contact information for the Danbury market vendors uploaded in the coming months to the

winter market page.

Roast Pork Supper

Roasted boneless pork loin will be the main menu for the May 21 grange supper. Held from 5-6:30 p.m., the meal will also include real mashed potatoes—yes with lumps, green beans, rolls, beverage and dessert. Eat in or carry out, the meal is \$9 for adults with proceeds to benefit the Blazing Star Grange.

South Danbury Church

On Sunday, May 15, the South Danbury Church welcomes Rev. Gray Fitzgerald back to lead their service. His worship theme will explore the spiritual dimensions of experiencing climate change. Please invite your friends and neighbors... especially those who post frequently on the "Danbury's Nature and Wildlife" Facebook page.

Friday Night Speaker Series

The final program of the Spring 2016 Speaker Series will be on Friday, May 22, at 6:30 p.m. Amy Papineau of the UNH Cooperative Extension Service will present a talk on how pollinating insects—especially native bees—are critical to the success of local agriculture, and to maintenance of biodiversity in our natural ecosystems. She'll also explain how we can nurture our bee populations.

DCC

Friday the 13th of May is the perfect day to try out your luck at cards by playing whist at the DCC. Beginning at 6:30pm, the whole evening of cards costs \$3/person.

On Tuesday, May 17 from 10 a.m.-noon, the Lake Sunapee Visiting Nurse Association will hold a blood pressure clinic at the community center.

If you've passed by Dick's Store and saw some activity, you probably wondered what was going on. Well folks, you heard it here. The work is renovations carried out by Doug Colby who is planning on opening a business there.

Groton

Ruth Millett 786-2926
rem1752@gmail.com

As usual, we are about a week or two behind lower elevations, but the trees are leafing out, and I've noticed the Azaleas are blooming here and there. It's good to see the flowers and the green finally.

The Select Board meeting last week began with a presentation from David Leone from Buck-N-Horse Campground. He questioned the information in the Groton Hazard Mitigation Plan and that it is not complete and that some of the information there is incorrect. Even though he submitted information about the campground and exchanged emails with June Garneau from MAPS for inclusion in the plan it is not there and he is questioning who decided not to include this information. The Select Board will check through the email trail to see if this can be determined.

There has been some disagreement among residents regarding the Atwell Brook Bridge. The Groton Hazard Mitigation Plan references the bridge in several places throughout (page 80, 88 and 95), if anyone is interested in looking into this. The Groton Hazard Mitigation Plan is on the Groton Web site under "Resources."

Our Groton Historical Society invited residents and friends to join together at the Town House on Memorial Day, May 30, to honor all veterans. Rev. John Fischer will be Master of Ceremonies and his wife Linda will accompany our singing of a patriotic song. Pam Hamel will speak about the importance of local town militias and mustering. Brian Monette of the 1st New Hampshire Cavalry and his horse, Rascal, will come down from Buck-N-Horse Campground on Brock Lane to show the saddle and other equipment used by Civil War horse soldiers. The program convenes at 11 am and at its close refreshments will be served.

Good news, Groton residents! Your Town Clerks office will be accepting orders for 911 Reflective Signs during office hours on Monday, Wednesday, and Friday from 9 a.m. to 4 p.m., and on Tuesday late afternoons from 4 to 6 p.m. Order forms are available at the office, and we will be able to receive cash or checks made out to HFD Improvement Fund. Please order as soon as possible.

Remember, "If Emergency Services can't find you we can't help you!"

If you have not licensed your dog at the Town Clerk's office or online, please contact us as soon as possible. In order to avoid fines your dog(s) needs to be

licensed right away.

Select Board work sessions at the Town House:

Tuesday, May 17 at 4 p.m.

Saturday, May 21 at 9 a.m. - there will be a clean-up at the Town Pound - across from the Transfer Station. All are welcome to participate.

Tuesday, May 24 at 5 p.m. - clean up at Everett Hobart Memorial Park

Conservation Commission meeting at the Town House Thursday, May 12 at 7 p.m.

Planning Board meeting at the Town House Wednesday, May 25 at 7 p.m.

Churches

Ashland Episcopal (St. Mark's Church)

A joint meeting of St. Mark's and Holy Spirit parishes was held last Sunday in the undercroft of Church of the Holy Spirit after the 9:30 service. Future plans of both parishes were discussed. The meeting was conducted by the Canon of the Ordinary Rev. Canon Hannah Anderson. A letter from Bishop Hirschfeld was read and copies distributed. His wish seems to be that the two parishes remain combined in some manner possibly dividing time between Ashland and Plymouth. The present plan calls for the 8am service to be held during the summer in Plymouth and the 9:30 service in Ashland. The Thursday Healing and Eucharist service will be moved to Plymouth. Dates were not announced. Morning coffee was provided by St. Mark's.

A two-church Pentecost picnic will be held on Sunday May 15 following the 9:30 service at 263 Highland St., Plymouth. Food donations are welcome and there is a sign up sheet at the back of the church. For St. Mark's, call Deb Holland or Jean Murphy to let them know what you'd like to bring (burgers, hot dogs and buns will be provided).

The sewing group meets every Tuesday in Sherrill Hall at 2:30 p.m. They are working on projects to sell at our upcoming Tea and Treasures sale - more info and dates to be announced later.

The Healing and Eucharist service every Thursday at 11am continues at Sherrill Hall. All are welcome. If you

have a friend or family that is ill or injured and in need of prayer, come to this short but inspirational service.

Christian Science Society, Ply

"Blessed are they that hunger and thirst after righteousness for they shall be filled."

Please feel free to come pray, learn precious healing lessons of the Bible, and sing with us at any 10 a.m. Sunday service and/or 6 p.m. Wednesday meeting. You'll find us at 7 Emerson St. in Plymouth. For more information about Christian Science Society, Plymouth and/or Christian Science go to our Web site, www.cs-plymouth-nh.org or to www.christianscience.com.

Family Worship Center Ply. Assembly of God

Thursday, May 12, 6:30-7:30 p.m., You are invited to join us for our regular Thursday night activities. We offer Godly ministry for children, youth, and adults with programs for people of all ages: Royal Rangers Club for boys elementary through high school, Mpack Club for girls, preschool through high school, and Adult Seminars and Bible Studies. Pastor Glen is conducting a Study Group "Foundations For Faith: The Life Of Jesus As Recorded In The Bible." Scott Gusha is also teaching a course on one of the Apostle Paul's letters. Do come for this great time of fellowship and learning.

Saturday, May 14, 10 a.m. - Men's Fellowship brunch. (Please note date change.) Please contact Pastor Glen at 726-0254 for information and reservations.

Sunday, May 15, you are invited to join us at 8:30 a.m. for bagels, coffee and juice; 9 a.m.: Bible Education for all age groups pre-school through Adult Bible Studies. 10 a.m.: Sunday morning service with Contemporary Music and Biblical Teaching. Water Baptism will be held during this morning's service. Nursery for ages newborn to three. Fellowship luncheon following the morning service. (Note date change). Please bring food to share. 5 p.m.: Prayer meeting. You may put requests in the green box marked "Prayer Requests" SEE CHURCHES, PAGE A7

Churches
FROM PAGE A6

quests” on the hall table. Please join us for this important time of intercession for our church, community, country, missionaries, and each other.

Monday, May 16, noon-2 p.m. – the Church’s Helping Hands Food Pantry will be held and free clothing will be available.

Tuesday, May 17, Church Workers Meeting.

Friday – Saturday, May 20-21, Men’s retreat.

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

Anyone desiring Church membership: please contact Pastor Yunghans at 536-1966 or 726-0254.

Our Mission Statement is “Transforming lives through God’s Word.”

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

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

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

Note the Church’s new Web site: www.assemblyofgodplymouth-nh.org.

Church of the Holy Spirit Episcopal

Clean Up Day - May 14!

Our clean-up day is scheduled for Saturday, May 14 from 9 a.m. to 1 p.m. We’ll be looking for folks to rake, clear sand, wash windows, and maybe do a little painting, so dust off your tools and come help spruce up Griswold Hall and the CLC in time for summer! If you have a spare rake, shovel, or wheelbarrow, bring them along (feel free to contact us beforehand to see if you need to bring bulky items); we’ll also be using gardening gloves and tools for the flowerbeds and bushes; and we may also have a little painting to do. If you’d like to bring supplies for any project, please contact our Junior Warden, Beno Lamontagne.

Two-Church Pentecost Picnic!

Pentecost is just a couple of weeks from now, on May 15! We will be celebrating a Two-Church Pentecost Picnic at 263 Highland St. after the 9:30 service, so please plan to attend! One more celebratory element of the day: Randy will be blessing the new flooring in Griswold Hall during the picnic! We’ve begun coordinating food for the picnic; you may sign up this week at the back of the church—or call Amy Reiter or Beno Lamontagne to let them know what you’d like to bring! (Burgers, hot dogs, and buns will be provided.)

ECW Book Sale and Flea Market

The next ECW Book Sale will be on Thursday, May 26. Come help move books after the sale! Save the date for our Flea Market/Craft Sale on Saturday, June 4 from 9 a.m.-1 p.m. at 263 Highland St. Want to be a vendor? To reserve an outdoor space for \$10, please contact Barbara Brooks at 744-3597. There will be food and coffee available!

Donate to the Local Food Bank!

How often do you take food for granted? Local food banks always seek donated canned goods, and CHS has a collection basket at the church for you to donate! Think of what one can of soup or fruit a week from each of us could do! Bring your donated items to the Food Bank (located at the Community Closet, across from Rite-Aid) Tuesdays and Thursdays from 9-11 a.m.—or place items in the basket at the back of the church; Kathy Lennox will take all items to the Food Bank once a week.

Holy Trinity (Roman Catholic)

Mother’s Day

Excerpts from an article by Deacon Keith Fournier

It is Mothers Day. A special day to honor mothers and mothering is a part of every major tradition, culture and nation. That is because we know instinctively the wonder, miracle and gift of mothers and mothering. They carry us in their wombs, the first home of the whole human race. They offer us to the family, and the whole world. They gave us life and birthed us into the network of relationships which gives that life meaning, the family. They taught and nurtured us on the way, by offering wisdom, example and practical experience. They picked us up when we fell and unconditionally loved us back when we strayed. Each year on Mother’s Day, as we express the gratitude we feel for our mothers and those who have mothered us, I am increasingly drawn to reflect on that last gift the Lord gave to us before his total gift of Himself on the Cross, the gift of His mother to be our own. May is the month dedicated to Mary, the Mother of the Lord. This is no coincidence. Jesus called her Mother. As one of his last and greatest gifts to his beloved

disciple and to the entire Church, he entrusted her with these tender words recorded in the Gospel of John: When Jesus saw his mother and the disciple there whom he loved, he said to his mother, Woman, behold, your son. Then he said to the disciple, Behold, your mother. And from that hour the disciple took her into his home. (John 19:26, 27) For those whose mothers and grandmothers are still alive - cherish them today. Hug and kiss them. Honor them. Thank them. For those whose mothers have gone home to the Lord, remember them. For all who bear the name Christian, the name of our eternal family, let us also honor the Mother of the Lord today. Her maternal care for Jesus still embraces all those who are joined to Him, as members of His Body, by that great new birth of Baptism.

Message of the Week

John 17:20-26

In his beautiful and heartfelt prayer to God the Father, Jesus expresses his deep desire for unity. He prays that “those who will believe in me ... may all be one.” When we are filled with the love of God, we can truly be united to one another. God’s love sees the dignity of every human person, made in his own image. God’s love does not allow room for grudges and schisms. It is always ready to forgive and embrace. But, alas, we get into fights. We argue, we criticize, we take revenge. We cause division where there ought to be unity. It’s especially tragic when this happens among Christians. Instead of finding fault in others, we would do well to ask ourselves how open we truly are to God’s love. Have we, like Jesus, prayed that this divine love would be in us? Have we tried to look upon others with the loving eyes of God? When we approach the inevitable conflicts in life with a heart full of God’s love, we can begin to serve as ambassadors of the unity that Christ so deeply desired.

Plymouth Knights of Columbus Scholarship

The Holy Family Knights of Columbus, Council 10307 in Plymouth, are again offering a scholarship for a member of Holy Trinity Parish. Applicants must

be applying to a full time university or trade school. The application includes an essay, photo, and requires one letter of recommendation. For applications, please contact John Boyle at 536-1188. All applications are due by May 29.

Catholic Daughters collect for Haven Pregnancy Center

The Catholic Daughters are asking for your help to collect new baby clothes, sizes newborn through 4T, as well as diapers and baby blankets for Haven Pregnancy Center. There will be a cradle at the back of St. Matthew Church to place your donations from April 23 to May 8 (Mother’s Day). Thank you in advance for your assistance.

Baby Bottle Blessings

The Baby Bottle Blessing Drive for Haven Pregnancy Center has begun! Please remember to return your baby bottle to church on Father’s Day. This includes even half full or empty bottles. (we have to pay to replace any unreturned bottles.)

A little change can make a huge difference and who doesn’t have a little loose change?

- 1) Take a baby bottle.
- 2) Fill it with cash, change or check.
- 3) Return it to church.

Women and men faced with crisis pregnancies may not know where to turn for help. Can they turn to you through the life changing, life saving work of Haven Pregnancy Services? Thank you for your compassionate

support!

Thank you!

Haven Pregnancy Services in Plymouth is grateful to the confirmation class in Bristol for the baby shower items.

We were running low on baby clothes in our boutique, so the special delivery from the students and Mr. & Mrs. Hemeon was very much appreciated!

Thank you all for participating in the baby shower.

Our clients and their babies are so happy to have the things they need. Many blessings to you all for your support!

In the Haven of Life, Beth Bissonnette Executive Director

Bristol United Church of Christ Roast Beef Dinner

Saturday, May 14, 5:30-7 p.m. Adults-\$9 / Children under 12-\$4 Take out available. Call 744-8132.

Weekly Meetings:

Thursday, May 12

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

Men’s Group, North American Martyrs Oratory, 10 a.m.

Friday, May 13

Cub Scouts, St. Matthew Hall, 6 p.m.

Sunday, May 14

Ashland/Plymouth Faith Formation: St. Agnes Hall, 9:15—10:45 a.m.

Confirmation Class Second Year students only, St. Matthew Meeting

Room, 10:15 a.m.—12:30 p.m.

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

Thank you to the students who hosted last week’s Thank You Dinner for parishioners who provided dishes for Fr. Leo’s monthly suppers over this past year. The food was delicious and the conversation was lively and interesting. How good it was to put names to faces and learn more about each other!

Food for Finals: Catholic and United Campus Ministries will provide baked goods and Chex Mix snack packs to all res. halls and Centre Lodge on the first night of finals, Monday, May 9, around 8:15 p.m.

Good luck on final papers, performances, projects, and exams! We’ll be keeping you in our prayers.

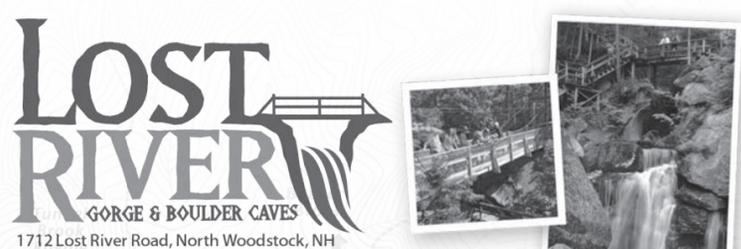
Farewell to those who will be leaving the Plymouth community as you graduate or otherwise move on to new opportunities. We’ve enjoyed your stay with us. Our prayers and best wishes go with you.

Day Away Program and the Minot-Sleeper Library present “Being Mortal: Living By Dying”

The Minot-Sleeper Library and The Day Away Program welcome you to join Rev. Mary Francis Drake on Saturday June 11, from 10 a.m. to noon as we view and discuss the Frontline presentation of Atul Gawande’s

SEE CHURCHES, PAGE A9

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Churches

FROM PAGE A7

"Being Mortal." This book and video have caused a ripple in the medical community due to Dr Gawande's frank and probing questions about the state of aging and dying in America. Rev. Mary Francis will speak about the living choices and dying wishes that each of us need to be considering, whether we are young or old, healthy or ill.

The event is free and light refreshments will be served. Please contact Rebecca Herr at 744-5626 or hatsherr@aol.com if you are interested in attending.

Liturgy Corner

The praying church makes use of sacred vestments: festive clothes, different from those worn in everyday life. Liturgical vesture imparts a certain grace to the movements of the priest, deacon and other ministers; more deeply it is a call to adoration.

The alb is a long, white robe common to priests, deacons and those entrusted with a special liturgical service. The alb is usually tied at the waist with a cincture.

The vestment proper to the priest celebrant at Mass is the chasuble, an ample, tent-like garment. The chasuble is worn over the alb and stole, a long, narrow band made of the same fabric and color as the chasuble. The priest wears the stole around his neck, allowing it to hang down in front. The deacon wears the stole over his shoulder and drawn across the chest to the right side where it is fastened; over the alb and stole, the deacon wears the dalmatic, a kind of tunic with wide sleeves.

In the United States, altar servers, lectors, extraordinary ministers and other lay ministers may wear the alb or other suitable and dignified clothing.

Receive God's Healing Conference!

Everyone knows someone who needs healing. St. Andre Bessette Parish and the Abba House of Mercy and Healing has engaged two dynamic speakers who carry Jesus' anointing for healing. On Saturday June 11, Dr. Susan Stanford Rue, a Christian psychologist from Florida and Dr. Bob Sawyer, a Baltimore thoracic surgeon will be presenting "Receive God's Healing and Miracle Healing Service;" a conference from 8:30 a.m. to 3:30 p.m. The suggested donation is \$35. Come receive God's healing and save on all those insurance co-pays and deductibles! Everyone is welcome!

Nurse needed for Haven Pregnancy Center

Are you a Registered Nurse or Sonographer? Do you believe in the Sanctity of Human Life? Then Haven Pregnancy Services in Plymouth is looking for you! Please contact Beth at 536-2111 for more information about this part-time position. Haven Pregnancy Services will provide training for a registered nurse or sonographer to

perform ultrasounds for pregnant women. Call Beth at

536-2111 or email hav-enps@myfairpoint.net.

Star King Unitarian Universalist Fellowship

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

Sunday, May 15, 9:30 a.m.

"All that Brings Us Here"

Rev. Linda Barnes, Candidate for SKUUF Ministry

Bob Clay, Worship Associate, Sarah Dan Jones, Music Director

Let us lightly trace our collective history acknowledging who and where we come from. Join Rev. Linda as she shares a little of her own path in hopes of sparking a reflection of your own sacred journey. Welcome to the first service from our ministerial candidate. For more information, check the Starr King Web site.

Visitors are invited to attend the service as well as all programs at the church. Nursery care is provided for infants and toddlers. The children's program is held downstairs concurrently with the service. Join us for coffee and conversation following the service.

Children and Youth Religious Education, Meredith Flynn, DRE

Storytime- The preschool and kindergartners will be reading "Make Way For Ducklings" this morning and talking about animal homes and their own homes. They will make some duck art and have free play and snack time as well.

Moral Tales- First and second graders will be discussing perseverance and bravery this morning. The story is an old folk tale called "The Brave Little Parrot". There will be time for a silly game, and a story about a real life hero that displayed perseverance.

In Our Hands- The fourth through sixth grade youth will be learning about Earth stewardship. A food web game will be played and discussion will focus on our responsibilities in taking care of our planet.

Coming of Age- Our youth in grades 7-10 will be working on preparing to lead their Affirmation Service on

the 5th of June.

Youth Group- The high school youth meet the second and fourth Sundays of the month from 6-7:30 p.m. in the upstairs conference room.

Social Justice Community Outreach GOTLUNCHPlymouth is the community organization designated for May's SKUUF monthly outreach. For the 10-week period beginning June 20, volunteers will gather at the SKUUF meetinghouse on nine Monday mornings plus Tuesday, July 5, to pack and deliver a week's supply of lunches for children in Plymouth who are in need. These children will go back to school in the fall healthier in body and spirit than they otherwise would be if this program did not exist.

We provide fresh food from Hannaford: bread, fruit and vegetables; also cans of tuna, jars of peanut butter and jelly, coupons for dairy items provided by a local convenience store, produce obtainable at local farms, and additional staples from the New Hampshire Food Bank. Families must enroll their children each year to participate. We expect to add a sixth delivery route to accommodate the anticipated increase in participants to be served. We are looking forward to seeing many of you during the summer as volunteer packers and deliverers for the program.

Over 100 children participated last summer. It is a community program with a broad level of both financial and volunteer support from individuals, churches, and businesses in Plymouth. SKUUF support remains critical to the continued success of the program.

Ongoing activities

Choir meets for rehearsal most Thursday evenings, 7-8:30 p.m. in the sanctuary.

1st Friday morning Breakfast Group at the PSU dining hall on High St, Plymouth at 8:30 a.m. for a casual gathering of SKUUF members and friends for good food and discussion - wherever it leads. Contact Deedie at cdkriebel@gmail.com for information about windshield sign for parking lot and any adventure activity afterward.

Starr King Men's Group meets the 1st and 3rd Sundays, from 6-8 p.m. in the Conference Room.

Second Sunday Hike -We leave from the SKUUF lower parking lot at noon. All are welcome, including children who are experienced hikers. Contact mitch@newfoundfarm.org or Deedie at cd-

kriebel@gmail.com to register and receive updates.

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

Wise Women in Training is a women's group to discuss issues related to women. Each meeting will have a theme that will be facilitated by a volunteer member of the group. Contact Betty Ann Trought at batrought@

gmail.com or just come and meet with this welcoming group.

Wise Women regularly meets every second and fourth Wednesday from 10:30 a.m. to noon in the upstairs conference room.

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

Bridge players meet on Thursdays in the Conference Room from 1-4 p.m.

Line Dancing - last Sunday of the month,

6:30 - 8:30 p.m. through June. For information, contact George Maloof, maloof@mail.plymouth.edu.

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

Kathleen Madigan brings the laughs to Plymouth

PLYMOUTH — The Flying Monkey presents comedienne Kathleen Madigan on her new Mermaid Lady Tour at 7:30 p.m. on Thursday, June 16. Madigan is widely considered one of the top female comics on the national scene. Last Comic Standing finalist Mike Gaffney will open the evening. Tickets for this concert start at \$34.

Lewis Black calls her "the funniest comic in America, bar none." Quite the endorsement.

Madigan remains the only comedian in the history of NBC's Last Comic Standing to go unchallenged by any other comedian-meaning no comedian would say they were funnier than her. In a scene where comedians live to one up each other, that speaks for itself.

Madigan is a regular panelist on Comedy Central's "The Nightly Show with Larry Wilmore," and she was nominated for a 2014 American Comedy Award for Best Concert Comic. Madigan has starred in two HBO specials and three Comedy Central specials. Her second one hour special Gone



COURTESY

The Flying Monkey presents comedienne Kathleen Madigan on her new Mermaid Lady Tour at 7:30 p.m. on Thursday, June 16.

Madigan, premiered on Showtime to rave reviews. Her third one hour special, Madigan Again, was named one of iTunes Best Comedy Albums. All that funny business put Madigan on a list as one of the 9 Funniest Women on the Planet alongside Tina Fey and Amy Poehler.

And then she teamed up with superstar funnyman Ron White; Two USO tours of Iraq and Afghanistan, and five CMT specials, with all proceeds donated to the Armed Forces Founda-

tion. Ron White considers her "easily one of the best comics alive."

Mike Gaffney, another standout of Last Comic Standing, will get everybody rolling from the start in preparation for a side splitting night of wicked funny antics.

Tickets to see Kathleen Madigan are \$34, and \$44 for premier seating. For more information on upcoming shows or to purchase tickets, call the box office at 536-2551 or go online at www.flyingmonkeyNH.com.

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Tick Talk ... It's time to talk ticks!

BY DR. ANDREA BERRY

Family Medicine, Mid-State Health Center

Spring is here at last, and the long hot days of summer are just around the corner! Unfortunately, along with the warm weather comes tick season in New England. April to September is peak season for ticks and it is during this time that protecting ourselves and our pets from ticks becomes most important. Ticks survive by eating blood from their human and animal hosts, and can pass infections between humans and animals. Ticks are notorious for spreading Lyme disease, but they can cause other infections as well.

There are two species of ticks common to New Hampshire. The brown dog tick (*Dermacentor variabilis*) is the most common. Dogs are the primary host for this tick, and although the tick may also bite humans or other mammals, it is not able to transfer Lyme Disease to humans. The black-legged tick (*Ixodes scapularis*), commonly referred to as the deer tick, is the species of tick responsible for the transmission of Lyme Disease to humans and animals. This tick is widely distributed in the northeast. The Blacklegged Tick feeds on larger mammals and will bite humans on occasion. The numbers of deer ticks in New Hampshire has increased in the last several years, and as many as 50% of the deer ticks in New Hampshire carry *Borrelia burgdor-*

feri, the bacteria that causes Lyme Disease. According to the Centers for Disease Control (CDC), NH ranks third in the United States for reported cases of Lyme Disease per 100,000 people.

The best way to protect yourself from tick bites is to avoid wooded and brush areas with high grass. If you are heading into wooded areas, walk in the center of trails and use products with DEET or Permethrin to repel ticks from attaching to you or your clothing. Use repellents that contain 20 percent or more DEET on the exposed skin for protection that lasts up to several hours. Be sure to always follow the product instructions. Parents should apply this product to their children, making sure to avoid hands, eyes, and mouth. If you are spending a lot of time in wooded areas, use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.

When returning indoors, be sure to check yourself thoroughly for ticks. If at all possible, take a bath or shower soon after coming indoors (preferably within two hours) to wash off repellent and more easily find ticks that are crawling on you. Conduct a full-body "tick check" using a mirror to view all parts of your body,

when you return from being outside. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in the hair. Ticks can ride into your house on clothing and pets and potentially attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

Even when you don't go outside, your pets do. To reduce the chances that a tick will transmit disease to you or your pets, check your animals for ticks daily, especially after they spend time outdoors. If you find a tick on your dog or cat, remove it right away. Ask your veterinarian to conduct a tick check at each exam. In addition to monthly topical preventive medications available for your pets, you should also discuss the Lyme vaccine with your vet.

If you find a tick attached to your skin, remain calm. The most important way to prevent Lyme disease transmission, even if a tick is attached, is early and complete removal. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick effectively. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist

or jerk the tick; this can cause the mouthparts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water. Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin.

Your goal is to remove the tick as quickly as possible-not wait for it to detach. If you are worried about trying to remove the tick yourself, call your health-care provider for guidance.

The symptoms of Lyme disease are generally vague, and include low grade fever, joint pain, fatigue and headache. Symptoms may appear along with the development of a classic, red, "bull's eye" rash that typically appears anywhere from three to thirty days after the initial

bite, though not everyone develops the rash. The blood tests available for Lyme detection take time (typically six weeks or more) to become positive after infection, but if you experience these symptoms, especially with a recent tick bite or rash, you should see your health care provider for an evaluation.

For more information, including photos visit www.midstate-health.org and click on Health & Wellness and select Health Information and Education.

Internet shopping for a cause delivery not included, but much more is!

PLYMOUTH--You browse and click to shop on your favorite websites; its fast, it's easy, with free delivery, but could your click do much and feel twice as good? Nonprofit organizations are constantly trying to create fun ways for individuals to contribute and get involved with fundraising events. Online auctions are one way for an organization to engage the community. Shopping and giving with one click is a feel good way to shop locally and support the non-profit organizations of your choice.

Today roughly 200,000 - 300,000 fund raising auctions are held each year, raising \$14.6 billion (source: National Auctioneers Association). With the help of the internet, online auctions break the barriers of time and geography and allow organizations to reach a broader audience. Online auctions also tend to highlight some of the best in local products, services and artisans. They are a cost conscious way for businesses to promote their goods and services and connect with local customers.

Especially for smaller local/regional non-profit organizations, their online auctions introduce you to an array of local products and providers, local artists, adventures in the area, restaurants you haven't tried, local health and wellness professionals, craftsman and area culture.

The Pemi-Baker Community Health auction website (www.pemibakercommunityhealth.org) is a great example of how you can shop local for a good cause. The auction is active for bidding, or you can "buy it now", until the culmination of the PBCH Spring fundraising at the Love Boat Auction and Lunch on Sunday, June 5 at Fugaky on Tenney Mountain Highway in Plymouth. You will be surprised at the range of local auction items - from the extravagant to the everyday: original water color paintings, massages, homemade bread, restaurant gift certificates, guided hikes, house cleaning and much, more. Besides the auction, PBCH is holding a raffle with a separate drawing for an Escape ChaCha sail boat, Red Sox tickets, a

new chain saw, hand-made quilt, four seasonal quilted table runners and a two-night stay at a B&B. The auction and raffle are an easy way to participate, support your community and the vital services Pemi-Baker Community Health provides to our community.

Beware, delivery may not be included, but its a lot more bang for your buck! For more information on the event and auction, visit the Pemi-Baker Community Health auction website at www.pemibakercommunityhealth.org. Luncheon tickets can be purchased online, at PBCH or contact Amy Dennis, 603-536-2232 to purchase raffle or luncheon tickets or for further information.

Pemi-Baker Community Health is a non-profit agency providing personalized patient and family care, education, support and education on health and end-of-life options. PBCH conducts community education, wellness and health clinics, exercise and swim classes for all ages. PBCH is unique in offering both in-home and out-patient services, including pool therapy.

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Here's How to Keep Your Portfolio Healthy

If you have a medical appointment this week, you might want to wish your nurse a happy National Nurses Week. This annual event is designed to celebrate the important role nurses play in health care. Of course, while nurses and doctors can help you in many ways, you can do a lot of good for yourself by adopting healthy living habits, such as eating right, exercising frequently, and so on. But you can also do much to help your financial health.

Here are a few suggestions:

- Stay invested. During times of market volatility, it can be tempting to head to the investment "sidelines" until things "cool off." Going to the sidelines can mean a few different things - you could simply not invest anything for a while, or you could move a substantial portion of your portfolio to "cash" instruments, which are safe in the sense of preserving your principal but offer almost nothing in the way of return or protecting against inflation. If you're not investing during a market downturn, or if you've moved heavily into cash,

you might well miss out on the beginning of the next market rally.

- Rebalance your portfolio. It's a good idea to periodically rebalance your portfolio to make sure it still reflects your goals and your comfort level with risk. Over time, and without any effort on your part, your portfolio can become unbalanced. For example, following a long "bull" market, the value of your stocks could have risen to the point where they make up a greater percentage of your portfolio than you had intended. When that happens, you may need to rebalance by adding bonds and other fixed-income vehicles.
- Diversify. Rebalancing is important. But a balanced portfolio should also be a diversified portfolio. If you only owned one type of financial asset, such as U.S. growth stocks, you could take a big hit during a market downturn. But different types of financial assets don't always move in the same direction at the same time, so by owning a wide variety of investments - U.S. stocks, international stocks, government securities,

corporate bonds, real estate, certificates of deposit (CDs) and so on - you may help reduce the effects of market volatility on your portfolio. Keep in mind, though, that diversification by itself can't guarantee profits or protect against loss.

- Maintain realistic expectations. If you expect the financial markets to always move upward, you will be disappointed many times. Market downturns are a normal part of the investment process, and they will always be with us. Once you accept this reality, you will be less likely to make questionable decisions, such as abandoning a long-term strategy. If you've designed an appropriate strategy, possibly with the help of a financial professional, you can stick with it through all market environments.

By following the suggestions mentioned above - staying invested, rebalancing your portfolio as needed, diversifying your holdings and maintaining realistic expectations, you can go a long way toward maintaining the fitness of your financial situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

For more information or to sign up for their monthly newsletter, contact

Jacqueline Taylor, Financial Advisor, at 279-3161 or email Jacki at Jacqueline.Taylor@edwardjones.com.

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THE WINNIPESAUKEE TALKIE

Home staging for the summer lifestyle



BY RANDY HILMAN

If you read this column, you know I believe that a home's appearance is as important to a successful sale as motivation, price, condition and location.

The digital age emphasizes appearance. It demands of us that we showcase our homes for sale in high quality photos and videos. It's the critical first impression phase followed by the walk up and walk through.

Important to all three "viewing phases" is the creation of a living environment that's in step with the season in which a sale is anticipated, experts say. In winter, for example, the emphasis may be on warmth and safety. In summer, leisure and relaxation.

Since buyers relate what they view to personal visions, memories, lifestyles or other unmet needs, appearance must be consistent from first photo to visit and should be orchestrated in the context of the seasons to facilitate the desired emotional connection, says accredited home staging expert Robin Webster, owner of Wolfeboro-based Great Impressions Staging.

"So, we know that homes that show well sell faster and for more money than homes that do not, when priced correctly, because we part with our money emotionally and justify doing so with reason," Ms. Webster says.

"Our goal in staging a home for sale in summer is to create an environment that suggests a summer vacation experience to which buyers will relate emotionally, not rationally," Webster says.

Summer is an important season in the Lakes Region, as many of the area's homes are owned by seasonal residents and used as vacation getaways. Vacation homebuyers, meanwhile, are very often former vacation renters who are now ready, willing and able to purchase.

Because these prospective buyers have emotional connections to the area, they subconsciously want those earlier experiences to continue in the home they choose.

Notes Webster: "We all reminisce about our pasts and our past vacations and we have deep feelings about how our experiences made us feel. It could be catching our first fish, playing scrabble on the porch, hearing a particular screen door

slam, roasting marshmallows, catching fireflies or sharing stories by the fire. The vacation home buyer, just like the buyer of any home, wants to connect the past with present and future opportunities for new but similar experiences with family and friends."

So how does the home staging professional stage a home for summer? One cannot obviously anticipate every individual experience, but exterior and interior living spaces can be arranged to take advantage of the season's amenities in ways that enables potential buyers to insert their own emotional drivers into the living space. Webster calls it helping buyers, "feel the love."

"Today's buyers are savvy, and they do their homework. They

are looking at location, quality, and amenities, but ultimately they make decisions based on how spaces make them feel," she says.

Vacation home or not, a dwelling offered for sale during the summer months should put a premium on natural light, which means creating interior spaces that reflect light instead of absorbing it, Webster says. This means stripping rooms of wallpaper; removing window treatments, especially dated heavy curtains and valances, and repainting everything in relaxed, neutral colors of pale blues, greens, soft yellows and warm grays.

Furnishings block not only light but also the ability of the eye to "read" a room's dimensions and visual qualities. Rooms should be de-cluttered,

de-personalized and re-arranged, with just essential furnishings, such as artwork, lamps, furniture, and small accessories used judiciously. Strong accents of red and orange, used sparingly, add a splash of excitement to a room, Webster says.

A few strategically placed "props" also send subliminal messages that trigger certain lifestyle emotions. Webster offers a few of her emotional trigger tricks here:

Mountaintop home: The appeal is the broad view of nature. Place a telescope near a view window; place a large bird book and binoculars on a side table; have boots and a walking stick next to a side door; add birch logs to the fireplace. These things heighten a buyer's connection to the

home.

Ocean front home: Place white, wooden Adirondack chairs on the lawn; install a flagpole and raise the Stars and Stripes; place potted geraniums at the front door; place a tray of lobster tools conspicuously in the kitchen and a decorative dish filled with seashells on a table; by the door, have a tote bag filled with a bucket, shovel and colorful towel; have white floor length sheers blow in the breeze.

Golf community home: Park a golf cart with bag attached in the driveway. Stage an outdoor dining area with flowers; add a bottle of wine and glasses on a tray with scorecards and golf gloves.

Lake Home: Have a hammock in a quiet spot; set water skis on the dock; place a tackle box and fishing poles in a corner of the boat house; hang a nautical map of the lake (marking you are here); create a fire pit with chairs around it, have sticks and a bucket of marshmallows nearby for showings; pull colorful kayaks onto the beach.

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twice-monthly newsletter. It's packed with useful tips and tricks that will help you beautify and manage your home. Send me an email with your request and I'll get your subscription started right away.

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

The Winnepesaukee Talkie is a real estate feature column produced by Randy Hilman, an award-winning former business journalist for The Tennessean, a Gannett daily newspaper located in Nashville, TN. Mr. Hilman today is an associate broker at Keller Williams Lakes & Mountains Realty, Wolfeboro. He can be reached at 610-8963 or by email to: rhilman@randyhilmanhomes.com.

Bank of New Hampshire proud to announce acquisition of Community Guaranty Savings Bank

LACONIA — Bank of New Hampshire and its parent company, BNH Financial, proudly announce that they have completed the acquisition of Plymouth, New Hampshire based Community Guaranty Savings Bank and its parent company Community Guaranty Corporation. This community banking merger creates a \$1.3 billion institution serving more than 47,000 consumers and businesses throughout the state.

The cash transaction is valued at approximately \$12.9 million, or \$65.10 per share of Community Guaranty Corporation common stock.

"Community Guaranty Savings Bank has provided outstanding service to its customers and communities over the past 28 years, and we look forward to building upon these relationships," said K. Mark

Primeau, President & CEO for Bank of New Hampshire. "Community Guaranty Savings Bank customers now have access to wealth management services, an extensive online banking platform and an increased office and ATM network."

Bank of New Hampshire welcomes over 9,500 Community Guaranty Savings Bank customer accounts as a result of the merger. The combined organization now has 23 retail banking offices and 31 ATMs across New Hampshire with the new addition of downtown Plymouth and Campton.

Sandler O'Neill + Partners, LP acted as financial advisor to BNH Financial and Bank of New Hampshire and Nutter, McClennen and Fish LLP served as their legal counsel. FIG Partners acted as financial

advisor to Community Guaranty Corporation and Community Guaranty Savings Bank and Cranmore, FitzGerald and Meaney served as their legal counsel.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses across New Hampshire. With 23 banking offices throughout New Hampshire and assets exceeding \$1.3 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Ballots mailing to Co-op members

PLYMOUTH — Members of the New Hampshire Electric Co-operative (NHEC) are receiving ballots by mail as voting opens for four seats on the company's Board of Directors.

Members have until Wednesday, June 8 at 4:30 p.m. to return their completed ballots to NHEC headquarters in Plymouth. A postage-paid return envelope is included in the ballot mailing. Winners of the Board election will be announced at the 77th Annual Meeting of Members, to be held June 14 at Prospect Hall on the campus of Plymouth State University. All Co-op members are welcome to attend.

Five candidates are seeking election this year to four seats on the Co-op's 11-member Board of Directors. All five candidates were nominated by the NHEC

Nominating Committee, which reviews the qualifications of each candidate and recommends those it feels would best contribute to the successful operation of the Cooperative. All candidates are required to be members of the Cooperative.

This year's candidates selected by the Nominating Commit-

tee include incumbent Board members Joe Kwasnik of Jackson and Georgie Thomas of Intervale. Also nominated and running for a first term on the Board

SEE BALLOTS, PAGE A13

How to Submit Announcements & Obituaries To Salmon Press Publications

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

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Wedding, engagement, and anniversary announcements are welcome at:
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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
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K9 Patrol

FROM PAGE A1

drug seizure funds also could be used to purchase and outfit a used vehicle to become a dedicated K9 patrol vehicle.

The funds would cover the four weeks of initial training and one Monday a month of follow-up training for the

K9 team — officer and dog. To prevent a loss to the town, the chief said the K9 officer would be required to sign an agreement to continue working for the town for 48 months after training. He noted that Kelley, who lives in New Hampton, already has been employed by the Town of Bristol for four years.

Lewis had obtained commitments from the Bristol Veterinary Hospital to cover routine care for the canine, and from Blue Seal Feeds and Hannaford Brothers for the supply of dog food. R.P. Williams and Sons agreed to donate material for a dog kennel, and Lewis volunteered to build the kennel on

the officer's property. He noted that the kennel could be removed if that officer moved away.

In response to questions, Lewis said the department would acquire the dog from Castle K9 in Pennsylvania, and a trained dog typically serves six to eight years. He also said he and Kelley had reviewed the commitment of time and patience necessary to be a dog handler.

"He's accepted the offer with a full understanding of everything that's involved," Lewis said.

The chief said he brought the proposal to the selectmen for approval because, without their support, he would not pursue the initiative.

The selectmen were very concerned about potential costs to the town. Lewis said he had checked with the town's insurer who said any additional liability relating to the dog or the additional cruiser would be covered under the policy at no extra charge. As to overtime, he said the K9 officer would work his regular schedule, but he conceded that there might be more paperwork following a building search or other incident in which the dog had a part. The canine, he added, would accom-

pany the officer at all times, "but we don't pay the dog."

While routine veterinary care is covered by the agreement, treatment of an injury on the job would be extra, he said, adding that "If it gets shot or is struck by a motor vehicle, the surgeries would be billed; but if that happened, the town would have a lot more going on to be worried about."

Selectman Paul Manganiello questioned Lewis about the drug forfeiture money, asking whether it would be enough to cover everything. He noted that the town brought in less money in 2015 than it had the prior year.

The New Hampshire Legislature has been debating the asset forfeiture law, with the House wanting to place seized money into the state's general fund. The Senate wants the money to remain in the drug forfeiture fund, but wants to tighten the law on when money can be seized. Currently, police do not have to obtain a conviction in order to seize assets. The Senate bill would not allow assets to be seized until a person is convicted of a crime.

When the selectmen were satisfied with the answers and had a motion ready to vote on proposal, J.P. Morrison offered an amendment to stipulate that the town would not seek any more money from

the taxpayers to support the K9 patrol. That led to a long back-and-forth discussion about the board's ability to bind future selectmen, or the voters of the town, to deny future funding of the program. Morrison agreed that people could change their minds in the future, but he said he would not vote in favor of the proposal without that language now. Other selectmen urged him to limit the effect of his amendment to the year 2016. When he stood by his original language, his amendment failed, 2-3.

As they took up the original motion to approve the chief's proposal, Manganiello said he would be a lot more comfortable voting if he knew that residents supported a K9 patrol. That prompted Lewis to suggest waiting until their next meeting, on May 19, to act, and meanwhile to seek citizen views.

"I do not want to do have a program without the support of the community," the chief said.

The town is asking that people let them know whether they support or object to a new K9 patrol. Comments may be sent to Town Administrator Nik Coates at townadmin@townofbristolnh.org, or to Chief Lewis at bpd@townofbristolnh.org, or posted on Facebook at <https://www.facebook.com/bristolnhpolice>.

Hat Trick

FROM PAGE A1

magical \$200,000 mark this year," said Cofran.

Following Cofran's address to the crowd, VFW Post 10640 marched onto the field to present the flag as NRHS student Becky Norton sang the National Anthem.

Veteran Ricky Rhoades, father of NRHS softball catcher Teagan Rhoades, threw out the first pitch to his daughter for the softball team. Sgt. Eric Worthen, a 1985 graduate of NRHS and a wounded veteran himself, then took the pitcher's mound to toss the first ball out for the boys' game.

Rhoades was part of the 192nd Second Field Artillery Unit and was deployed to Iraq from 2002-2005, and Worthen was a member of the 101st Airborne, serving in Afghanistan in 2008.



DONNA RHODES
Sgt. Eric Worthen, a 1985 graduate of Newfound Regional High School and former member of the 101st Airborne who served in Afghanistan, threw out the first pitch at a baseball game against Mascoma on Monday during a special ceremony that honored the nation's veterans.

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School Board

FROM PAGE A1

said, "Now it's Christmas."

"I'm all in favor of making improvements," Davol said, but added, "I need to be fiscally smart. I don't like having to make a big decision like this at 10 o'clock at night."

The discussion also shone a light on the school board's facilities committee, which had not been consulted about the recommendations. Business Administrator Michael Limanni downplayed the role of the committee, saying only one member of the school board had attended the last facilities committee meeting and arguing that the proposed spending was not for capital items, but for things that should be part of regular building maintenance.

Don Franklin of Hebron, chair of the facilities committee, said holding a special meeting to review the proposals would have no purpose, since "The facilities committee will rely on the administration."

That comment opened up some reflections on the role of the facilities committee which was established to oversee building maintenance, look at long-range building needs, and make a recommendation to meet those needs. Implicit in the charge was to consider consolidation or expansion of facilities. Over the course of the past year, the committee has focused only on long-range capital needs, and Danbury's representative to the committee, Sharon Klapcyk, said she feels the committee had not followed its charge.

"At the committee meetings, the [business] administrator is in

charge," she said. "The facilities committee is not going in the way the board wanted it to be going."

Superintendent Stacy Buckley lectured the school board about its role, saying the board is charged with making sure the school facilities are safe and adequate. She said nothing on the list has not been discussed in the past.

The project list included such items as two-way radios, basketball hoops, mats, and shades, but also the tiling of five classroom floors, chimney pointing, and air conditioning for the room that houses servers for the computers at three locations.

The biggest expenses were for sound and lighting upgrades in the high school auditorium and replacement of the boiler and other replacements in the School Administrative Unit 4 office.

Limanni said that, while the SAU office is owned by TD Bank, there is a possibility of the district acquiring the building. He said he would recommend spending the money without ownership or a long-term lease. Currently, the district's use is on a month-to-month lease.

The high school auditorium, he said, has nearly 30-year-old wiring and will not accommodate 21st century electronics. He also said they found evidence of burnt wiring.

After a long discussion and motions that were proposed and withdrawn, the board tabled the matter, ending the discussion unless someone removes it from the table at a future meeting.

Hannaford

FROM PAGE A1

said manager Larry Poliquin.

To prove that point, he and Hannaford's Operations Manager, Ron Leblond, then presented generous donations to five local nonprofit organizations as the company now joins the Newfound Region.

First up was the Newfound Area Senior Center, followed by a check for the Newfound Lake Region Association, Tapply-Thompson Community Center, Circle Program that serves disadvantaged girls in Central New Hampshire and the Mayhew Program for boys.

Representatives

from each group were on hand to accept checks that totaled from \$500-\$600.

"This is very generous, and will be a big help this year," said Kathleen Kearns of Circle Program.

All recipients were pleased to be remembered in the donation process and look forward to making the most of their unexpected funds.

Also recognized in the Grand Opening Ceremonies was the newly appointed Produce Department manager Rachel Lacasse. Each month Poliquin said Hannaford recognizes an associate who goes above and beyond in their duties and Lac-

asse will now be in the running for a yearly award.

In addition to the donations and cookout, customers were invited to take home a number of free items from Hannaford, such as children's sunglasses, barbecue grill brushes and other cooking utensils.

Poliquin also announced the establishment of their Food Rescue program providing outdated but still durable goods to local organizations like the senior center and community food pantry, and officially introduced their special recyclable shopping bag purchase program that will benefit a new nonprofit group each month.

Notebook

FROM PAGE A5

again. Harry always began his sentences with a barely discernable whistle.

One time Dave Cook and I were under the dim confines of a big spruce tree there at Boundary, having been blown ashore by the usual tempest, and gradually our pupils dilated so that we could perceive the outlines of another creature under there, and it became Harry, seeking the same shelter. "Hel-

lo, boys," he said with a little whistle, just as if we were encountering each other in downtown Colebrook.

One hot summer day at Boundary, "hot summer day" meaning about 55, with a Force Five gale, Bunny Bunnell and I had come ashore to avoid being blown off to Bangor, and as was our usual strategy in a crisis, one of us, or maybe both of us, called for an adult beverage to sooth our nerves and add a touch of sharpness to our already well-honed sagacity.

"But hark!" he cried,

or something like that, "we need ice!" (the cooler's supply somehow having become exhausted), and down over the dam I scrambled, because I was the younger and number, and fetched plenty.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and north-eastern Vermont. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Ballots

FROM PAGE A11

are candidates Carolyn Kedersha of Tuftonboro, Maurice "Moe" Lafreniere of Holderness, and Tom Mongeon of Rumney. NHEC members are receiving

statements from the candidates in support of their candidacies along with a ballot.

Ballot counting will take place Thursday, June 9 at Co-op headquarters in Plymouth. Newly-elected Board members will be seated immediately following

the Annual Meeting on June 14 and will serve three-year terms.

NHEC is a democratically controlled, not-for-profit electric distribution company serving 84,000 homes and businesses in 115 New Hampshire communities.

Nothern Pass

FROM PAGE A3

the Main Street transmission line proposal.

According to Conklin, the purpose of this week's public hearing was to allow citizen input into the Town's deliberations on the Northern Pass.

From legendary businessman Alex Ray and New Hampshire gubernatorial candidate and State Sen. Jeanie Forrester, to the residents and neighbors of such iconic scenic landmarks as Plymouth's beautiful Old Hebron Road, dozens of speakers appealed to the Town to resist any financial incentive offered by the power company which might even present an appearance of acquiescence to the proposal to dig up Main Street for the controversial transmission line project.

Conjuring up unpleasant images such as jackhammers pounding away at the sidewalk outside Main Street coffee shops, or rattling the glass of Artistic Roots Gallery shop windows, and back hoes lined up on the street just outside Steve Rand's front door, local merchants warned against the potentially devastating economic consequences of tearing up Main Street for the construction project.

Calling the plan "disruptive," "unethical," "unnecessary," "sense-

less" and "absurd," speaker after speaker registered opposition to the current Northern Pass plan which would route the line underground through Plymouth, but would entail the installation of above ground high power transmission lines up to 145 feet tall in certain locations in surrounding communities such as Bridgewater, Bristol, New Hampton and other towns South of Plymouth.

Citing the potential loss of the essential tourism dollars to the local economy, former State Senator and Plymouth resident Deb Reynolds said that the Main Street leg of the project would have "devastating effects for years to come."

"The only palatable alternative would be burial of the transmission lines along the Route I-93 corridor right of way," said Reynolds-- a sentiment echoed by State Representative Suzanne Smith and many other speakers.

Longtime Plymouth resident Dick Hage said that at least 458 local stakeholders, including 63 merchants of downtown Plymouth have already signed petitions opposed to the project.

Hage thanked the Plymouth Select Board for their continued opposition to the Northern Pass.

"In my many years in Plymouth, I have never seen such mass scale consensus about

the values we hold dearly," said Hage. "Beauty matters, safety matters, property values matter, sustainability matters, home-grown matters, flora and fauna matters, what we as custodians pass on to our children deeply matters. I applaud the Plymouth select board for being good stewards of our values and let us be perfectly clear to Northern Pass that we do accept bribes."

The Plymouth Area Renewable Energy Initiative's Co-Director, Sandra Jones called for greater attention to viable alternatives to largescale industrial energy projects.

"I am proud to say that over 650 families and businesses have joined PAREI over the last 11 years as we work on energy conservation, efficiency and installing renewable energy, one building at a time... and if every community south of us worked on this as hard as the Plymouth area does, we wouldn't need a Northern Pass," said Jones.

New Hampshire's visionary entrepreneur Alex Ray seconded that observation.

"Let's send a message," said Ray. "Let's not even think of helping the eastern seaboard use more electric power... Just think about Times Square... Let's get together and encourage the blocking of this extension cord for the waste of electricity."

Letters

FROM PAGE A4

Delivering conservation information and training

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From our annual plant sale, to stream restoration projects, to

community workshops on protecting water resources, to assistance with grants to towns and landowners, BCCD is committed to serving our County. We invite anyone who is interested in natural resource conservation to participate in our programs and to learn more about what we do. Our Web site is at www.belknapccd.org/.
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What's On Tap

The local high school slate continues with a full schedule of games in the coming week.

At Newfound, the baseball and softball teams will be hosting Laconia today, Thursday, May 12, and will be visiting Inter-Lakes on Monday, May 16, with all games set for 4:30 p.m. On Wednesday, May 18, the teams are at Franklin, with baseball playing at 4:30 p.m. and softball at 7 p.m.

The Newfound track team will be hosting the Bristol Lions Invitational on Saturday, May 14, at 9:30 a.m., with Plymouth among the teams competing. Newfound will also be at Gilford on Tuesday, May 17, while Plymouth will be at Moultonborough the same day, both at 4 p.m.

At Plymouth, the boys' lacrosse team will be hosting Laconia today, May 12, at 4 p.m., will be at Con-Val on Monday, May 16, at 4:30 p.m. and will be at Coe-Brown on Wednesday, May 18, also at 4:30 p.m. The team is at Manchester West on Thursday, May 19, at 6 p.m.

The Bobcat lacrosse girls will be hosting Campbell on Friday, May 13, at 4 p.m., will visit Coe-Brown on Monday, May 16, at 4:30 p.m. and will be hosting Derryfield on Thursday, May 19, at 4:30 p.m.

The Plymouth tennis boys are on the road at Kennett today, Thursday, May 12, at 4:30 p.m., at Lebanon on Friday, May 13, at 4 p.m. and will be hosting Goffstown on Monday, May 16, at 4 p.m.

The Bobcat tennis girls will be hosting Kennett on Friday, May 13, at 4 p.m., will visit Goffstown on Monday, May 16, at 4 p.m. and will be at Con-Val at 4:30 p.m. on Wednesday, May 18.

The Plymouth baseball and softball teams will be at Coe-Brown for 4:30 p.m. games on Friday, May 13, will be at Merrimack Valley for 4 p.m. games on Monday, May 16, and will host Kennett on Wednesday, May 18, at 4 p.m.

Newfound searching for volleyball coach

BRISTOL — Newfound Regional High School is looking for a JV volleyball coach.

Please send a resume to Superintendent Stacy Buckley, SAU4, 10 N. Main St. Bristol, NH 03222.

Unified sports coming to Newfound

Meeting on new unified soccer team is Monday night

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — There's a new sports program coming to Newfound Regional High School this fall and parents and potential athletes are invited to attend a meeting next week in preparation for the new season.

The new program being introduced to Newfound is unified soccer, part of the unified sports initiative launched a few years ago by the New Hampshire Interscholastic Athletic Association and Special Olympics.

Unified sports bring together athletes with disabilities and those without disabilities on the same field. Unified sports offered in New Hampshire include soccer, track, volleyball and basketball.

Newfound Athletics Director Pete Cofran noted that soccer was the first foray into unified sports for Newfound and if it was successful, it was possible more teams would be added.

"We're going to start with unified soccer," Cofran said. "Then we'll possibly move on from there."

"Basketball can be tough with gym space, but we'll see how soccer goes then move forward," he added.

Cofran pointed to other schools' success stories being part of the unified sports program and he's hoping to bring that same sense of spirit to Newfound.

"It's a great school spirit thing," Cofran pointed out. "They're part of the school too and it gives them all an opportunity."

Unified soccer is a coed program and is played seven-on-seven on a shorter field. Teams typically play four to six

games, with Newfound looking at playing four games in its first season, two on the road and two at home. Cofran is hoping to compete against fellow Lakes Region teams including Inter-Lakes, Gilford, Laconia and Winnisquam, all of whom have offered unified soccer for a few years.

"We'll work it in with the regular soccer schedule," Cofran said. "We'll have a few practices before the first game and then probably one practice a week."

In unified sports, the athletes (those with disabilities) share the field with the partners (those without disabili-

ties) and in soccer, three of the seven players on the field must be athletes while the partners round out the roster.

Cofran cited the advantages that partners often get from the program, which is sometimes just as great as the advantage the athletes get.

"It's good for our partners to work with these athletes and get a good understanding about what the world is about," Cofran said. "Many times, I think partners may learn more."

"You never know what might come down the road," he continued.

SEE UNIFIED PAGE B3

Bears shine in throwing events in Meredith

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — After more than a week away from action, the Newfound track team got back in the swing of things at Inter-Lakes on a dreary Tuesday afternoon, May 3.

The Bears were joined by the host Lakers, as well as Moultonborough, White Mountains, Berlin and Gorham.

The Bear girls were especially strong in the throwing events, where they picked up a number of top six finishes.

In the shot put, Jasmine Patten threw her way to second place overall at 28 feet, 1.25 inches. Mackenzie Brunt was close behind in third place at 27 feet, six inches and Meghan Gebhardt threw 27 feet, one inch for fourth place. Becky Norton threw 25 feet, 2.5 inches.

In the discus, Patten also threw her way to second place with a toss of 88 feet, one inch. Gebhardt threw a total of 69 feet, one inch for sixth place overall. Norton threw 65 feet, 11 inches and Haley Young threw 45 feet, 10 inches.

SEE TRACK PAGE B3



TARA GILES - COOS COUNTY DEMOCRAT

James Moore and Joe Montgomery run at Inter-Lakes last Tuesday.

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Left to right: Attorneys Joe Driscoll, Lissa Mascio, Kristin Fields and David Osman



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Newfound comes up just short against Winnisquam

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Newfound softball team came close to picking up its third win of the season on Friday, May 6, as they took an early lead against Winnisquam.

However, the blue and white Bears rallied back and came up with the 6-5 win over the green and white Bears in Bristol.

"Despite outhitting Winnisquam 14-11, Newfound came up just one run short with just one timely hit away from breaking it open, leaving the bases loaded two times," said coach Corey Johnston.

Newfound scored three runs in the first inning and they took a 4-3 lead after three innings, but the visitors came back to score three more runs and took a 6-5 lead to the seventh inning. Ashelle Dukette ripped a shot to deep center field, but the Winnisquam centerfielder made a great catch just in front of the fence to rob the Newfound freshman and the Bears were unable to get the tying run across the plate.

Mackenzie Ryan got the start in the circle, giving up five earned runs and striking out three in four and a third innings. Amanda Johnston pitched the final two and two-thirds innings.

Dukette led the offense with three hits, drove in a run, scored a run and stole two bases. Johnston had two hits, scored a run and stole two bases, while Victoria Roman had two hits and stole a base. Hayleigh LeTourneau had two hits, stole two bases and scored a run, while Kylee MacDonald had a hit, a walk, scored two runs and stole two bases. Juliann Marchand had a hit and an RBI and Paige Dostie had a base hit.

On the defensive side of things, the Bears were



led by Victoria Steele in left field, who made two nice catches and Hallie Clark, who made a great stab at first base.

The Bears returned from vacation week with a tough 12-0 loss to Gilford on Wednesday, May 4.

Newfound will be back in action today, Thursday, May 12, at home against Laconia at 4:30 p.m. before playing a pair of 7 p.m. games, one at Inter-Lakes on Monday, May 16, and Wednesday, May 18, at Franklin.

RC GREENWOOD
(Left) Hayleigh LeTourneau slides home during Friday's game against Winnisquam.

Bobcats pick up numerous wins in Hanover

BY JOSHUA SPAULDING

Sports Editor

HANOVER — The Plymouth track team traveled to Hanover on Tuesday, May 3, for a meet featuring a few Upper Valley teams as well as one from across the Connecticut River in Vermont.

The Bobcats competed against the host Marauders, as well as John Stark, Lebanon and Vermont's Thetford Academy.

On the girls' side of things, the Bobcats got strong performances across the board, with a number of kids picking up top-six finishes.

Sam VanDeMoere finished in second place in the 800 meters in a time of 2:38.64, with Aurora Desmarais finishing in seventh place in 2:46.14, Kelsie Lewis in ninth place in 2:46.54, Libby Van DeMoere in 11th in 2:52.54, Cullen Bunker in 12th in 3:01.44 and Ellie Barker in 13th in 3:02.04.

Sam Van DeMoere also added a fourth place finish in the 1,600 meters with a finish time of 6:01.24, with sister Libby in sixth place in 6:19.24. Calie McLeod finished in 10th in 7:07.24, Yaxi Stapp placed 11th in 7:14.24 and

Nikki Stout was 12th in 7:19.24.

Nora Healey ran to second in the 100-meter hurdles in 26 seconds, with Nora Doyle finishing in fifth place in 22.44 seconds and Stapp in seventh in 26 seconds.

Healey also added a second place finish in the 300-meter hurdles in 54.14 seconds, while Doyle finished seventh in 1:07.24.

Angel Jandoc also had a good day for the Bobcats, placing in a pair of events.

In the shot put, Jandoc finished in second place with a toss of 32 feet, nine inches, with Sophie Johnson at 29 feet, four inches for fourth place and Rebeka Crane in fifth place at 27 feet, five inches. Kaytlyn Poku was 10th at 21 feet, one inch, Carly Merluzzi was 11th at 20 feet, 11.5 inches and Nikki Uhlman was 14th at 17 feet, three inches.

Jandoc came up with a third place finish in the discus with a throw of 92 feet, three inches. Kaitlin Gabbeitt was eighth overall at 57 feet, six inches, while Kayla Neeman was ninth at 53 feet, three-quarters of an inch, Poku was 12th at

45 feet, half an inch and Acadia Thorne was 14th at 34 feet, six inches.

Janessa Terry picked up points in a couple of events as well. In the 200 meters, Terry ran to third place in a time of 30.04 seconds, with Coral Marchant in seventh place in 31.04 seconds, Brynn Brotzman and Ashley Ulricson tied for 10th in 32.14 seconds and Lauren Petrycki was 12th in 33.04 seconds.

Terry and Courtney Szymczak tied for fifth place in the 100 meters in identical times of 14.24 seconds. Marchant was eighth in 14.54 seconds, Brotzman was 13th in 15.14 and Petrycki was 15th in 15.64.

Ulricson finished in second place in the 400 meters in a time of 1:11.65, with Merluzzi one spot behind in 1:16.74 and Victoria Snell finished in fifth place in 1:25.14.

Szymczak and Desmarais also tied for a sixth place finish in the high jump, clearing four feet.

Mary Julia Dunn finished fifth in the javelin with a toss of 68 feet, three inches. Sarah Chalmers placed seventh at 59 feet, eight inches, Johnson was eighth at 58 feet, two inches, Thorne was ninth at 51 feet, 10 inches, Jasmine Sanders placed 10th at 45 feet, 10 inches, Patience Page placed 11th at 45 feet, five inches and Abby Clark was 12th at 45 feet, three inches.

In the 4X100-meter relay, the Bobcats were second in 57.94 seconds and in the 4X400-meter relay the Bobcats finished in third place in 4:42.04.

In the long jump, Cassandra Gordon finished at 10 feet for 10th place.

The Bobcat boys had three scorers in the 400 meters to lead the

charge. Nick Kulig got the win in a time of 55.44 seconds, with Liam Riehs running to fourth in 57.44 seconds and Dan Ambrose finishing in sixth place in 58.14. Griffin Smith was eighth in 58.84, Philip Green was ninth in 59.74, Logan Hillger was 11th in 1:00.34 and Toby Phillips was 14th in 1:04.84.

In the 1,600 meters, Andrew Chabot got the win, finishing in 4:43.24, with Chris Ebner placing sixth in 5:01.24. Chris Schwartz was ninth in 5:13.24, Garrison Hiltz was 10th in 5:16.24, Joe Collette was 12th in 5:34.24, Ben Parsons placed 21st in 5:53.24, Randall Scroggins was 23rd in 5:55.74 and Ethan Whitman placed 27th in 6:17.24.

Sam Ebner took the win in the 300-meter hurdles with a time of 46.84 seconds and Chris Ebner finished in third place in 48.74 seconds.

In the high jump, Sam Ebner finished in second place with a height of five feet, seven inches, while Charlie Carpenter cleared five feet, five inches for third place and Phillips was sixth at five feet, one inch.

Garrison Hiltz ran to second place in the 3,200 meters in a time of 10:58.54, with Green finishing in seventh in 12:07.24, Whitman placing eighth in 13:11.24 and Scroggins in ninth in 13:15.24.

Shawn Breen finished in third place in the 110-meter hurdles in 21.14 seconds and Scroggins was fifth in 24.24 seconds.

Jon Morse ran to second place in the 100 meters in 12.14 seconds, while Gordon Hoyt was fifth in 12.44 seconds. Karnar Ueland and Jake Lamb had identical times

of 12.74 seconds for 10th place, while Nathaniel Ingle and Carpenter had identical times of 12.84 seconds for 13th place. Dan Ambrose, Richard Lyons and Bert Prince had identical times of 13.14 seconds for 16th place.

In the 200 meters, Kulig finished in fourth place overall in 25.24 seconds, with Griffin Smith and Ueland tying for eighth in 25.94 seconds and Ambrose placing 10th in 26.14. Ingle was 12th in 26.24 seconds, Hoyt was 15th in 26.64 seconds, Hillger was 19th in 27.64 seconds, Lyons was 20th in 27.94 seconds and Aidan Temperino was 24th in 29.84 seconds.

Riehs ran to third place in the 800 meters in 2:15.54, with Schwartz in ninth place in 2:27.24, Troy Warner in 11th in 2:33.14, Parsons in 14th in 2:43.44 and Breen in 17th in 2:45.24.

Sam Ebner finished fourth in the long jump at 17 feet, with Phillips in 11th at 14 feet, eight inches, Green at 13 feet, one inch for 21st place, Temperino in 23rd at 11 feet, 9.5 inches and Ethan Heerboth in 24th at eight feet, 7.5 inches.

Plymouth took first in the both the 4X400-meter relay and the 4X100-meter relay. In the 4X400 race, the Bobcats finished in 3:48.04 and a second Bobcat team was sixth in 4:02.24. In the 4X100 race, the Bobcats finished in 48.54 seconds.

Troy Johnson finished seventh in the shot put with a toss of 30 feet, 2.5 inches, Pat Mignaneli was 10th at 25 feet, four inches, Ryan Hardy was 11th at 24 feet, 10.5 inches, Finn Callahan was 17th at 19 feet, 1.5 inches and Heerboth was 18th at 13 feet, five inches.

Luke Merluzzi was ninth in the discus at 80 feet, 3.75 inches, Johnson was 12th at 73 feet, five inches and Ben Wooley was 22nd at 60 feet, 2.5 inches.

Nikolas Huppe led the Bobcats in the javelin at 96 feet, six inches for seventh place, with Ian Desmarais in eighth place at 95 feet, five inches. Kyle Sanders was 12th at 88 feet, four inches, Jim Kelly was 15th at 85 feet, nine inches, Jeremy Koutroubas was 16th at 84 feet, four inches.

SEE BOBCATS PAGE B3

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Cleaning out the random thoughts from the back of my mind

As we hit the busy season for high school spring sports, it's time to clean some of the clutter out of the junk drawer that is my mind.

Had a nice visit with my mother over the past weekend. After hitting up the Stacey Burns Memorial Scholarship 5K and the Prospect Mountain track team's home meet on Saturday, I headed north for the evening. I was able to get laundry done (it's cheaper than the laundromat) and helped my mother and her boyfriend finish up the yard work they were doing when I got there. I also explored the barn for a couple of set pieces needed for the next Village Players show. I was able to get some writing done on Saturday and then got up and cooked breakfast for everyone on Sunday morning before heading back south to finish up my normal Sunday work and head to rehearsal at the theater. I don't get tons of chances to visit my mother, but it's always nice to get home and see her, even if it's just for a day or so.

I covered my first-ever night tennis match last week. Kingswood AD Aaron House scheduled each of his tennis teams to play a match under the lights at the Foss Field courts this season. I like the idea and it brought out a pretty good crowd of people who might not have been able to see the match otherwise. While it may have gotten a bit dark (even with the lights) by the end, it was a lot of fun. I wasn't able to get tons of pictures due to darkness but the coaches agreed that it would be nice to do it again, though maybe starting at 6 p.m. instead of 7

SPORTING CHANCE



By JOSHUA SPAULDING

p.m., which I tended to agree with, mainly to be done before 10 p.m.

As we reach the second week of May, there are still a few teams that I cover that I haven't seen yet, which I don't like. I planned on seeing one of those teams this week (Kennett boys' tennis) so that leaves me with just the Plymouth girls' tennis and lacrosse teams. It's frustrating missing out on teams but it's tough to schedule everything when teams seem to always play on the same days at the same times. I would advocate for baseball and softball on Mondays, Wednesdays and Fridays and lacrosse on Tuesdays and Thursdays, with tennis filtering in on any of the days. But of course, I'm just one person trying to see lots of different teams. Thanks to Kathy Sutherland, Dennis Coughlin and RC Greenwood, who have helped me out by covering teams with pictures.

I can't stress how far behind I am on television right now. Between working long hours and Red Sox games, I've got many, many hours on my DVR. I keep up with Survivor each week, but it's been tough coming up with a few hours to catch up on a show or two. Maybe in June.

Finally, have a great day, Peter and Kim Marshall.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meridith News, Gilford

Bobcats

FROM PAGE B2

es, Hardy was 17th at 80 feet, four inches, Kevin Healey was 20th at 69 feet, 10 inches and Woolley was 25th at 61 feet, six inches.

The Bobcats will be in action on Saturday,

Unified

FROM PAGE B1

"It gives them a chance to work with athletes and be part of the school system."

Cofran praised the work of Anne Holton the school's student services coordinator, who was a huge asset in moving the program through the proper channels to eventually getting it approved.

After meeting with the special education department and principal, Cofran took the proposal to the school board in April and the board approved the proposal to start up this fall.

The team will be coached by three Newfound staff members, including former state wrestling champ John Lellos. He will be joined by Nicole Presley and Amber Barsaleau.

"We're excited to have the three of them bring their expertise to

May 14, at the Bristol Lions Invitational at Newfound at 9:30 a.m. on Tuesday, May 17, the team is at Moultonborough at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

soccer," Cofran said.

Those interested in being part of the unified soccer program are invited, along with their parents, to a meeting in the Newfound library at 6:30 p.m. on Monday, May 16. While players who play on the Newfound soccer team are not eligible for the unified team, all members of any other sports team are invited to play.

"It's information for parents and students, any person interested," Cofran said.

And as unified soccer begins, Cofran notes that there will hopefully be more unified sports in the future for Newfound.

"We hope to expand it," the Newfound AD said. "We just want to make sure we do it the right way, step by step."

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Little-

ton Courier, Newfound Landing, Coos County Democrat, Berlin Re-

porter and The Baysider. He can be reached at sportsgsn@salmon-

press.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.



RC GREENWOOD

Bears drop two

Tate Miller delivers a pitch during his team's game against Winnisquam on Friday afternoon. The Bears dropped a 7-1 decision to the blue and white Bears, just a couple of days after dropping a 13-3 decision to Gilford on Wednesday, May 4. Newfound will host Laconia today, May 12, at 4:30 p.m. and will be at Inter-Lakes on Monday, May 16, and Franklin on Wednesday, May 18, both at 4:30 p.m.

Track

FROM PAGE B1

In the javelin it was Gebhardt leading the way for the Bears, as she tossed a distance of 63 feet, four inches for third place and Brunt was fifth overall at 59 feet, two inches.

Molly Schilling had another strong showing for the Bears in the 1,600 meters, as she raced to second place overall in a time of 5:57.58.

Bridget Lavin ran her way to second place in the 100 meters, finishing in a time of 13.71 seconds, with Brianna McGlew finishing in fifth place in 14.77 seconds. Gretchen Dancewicz-Helmers finished in 15.14 seconds, with Brianna Sheppard in 15.3 seconds and Rachel Hunt in 16.52 seconds.

Andrea Markiewicz also had a top three performance in the 800 meters, as she finished in third place with a time of 2:50.68.

In the 100-meter hurdles, Brunt finished in fifth place overall in 21.25 seconds, while Brooke LaBraney finished in a time of 22.71 seconds for seventh place.

In the long jump, Dancewicz-Helmers fin-

ished with a distance of 12 feet, eight inches for fifth place overall.

The Newfound girls finished second overall in the 4X100-meter relay with a time of 58.33 seconds and in the 4X400-meter relay, the Bears finished in 5:01 for fourth place overall.

In the 200 meters, Shepard finished in a time of 32.76 seconds, with Young in 34.86 seconds and Hunt in 36.11 seconds.

The Bear boys were also particularly strong in the throwing events, but also had a good day in the jumping events.

In the shot put, Newfound had four athletes finish in the top four. Mike Hering won the event at 38 feet, 9.5 inches, with Noah Fogg throwing 36 feet, 9.5 inches for second place and Leo Ntourntorekas in third place at 36 feet. Ethan Pruett threw 34 feet, six inches for fourth place, while Dan Holton threw 31 feet, 9.5 inches, James Machado tossed 31 feet, 8.5 inches and Zack Patten threw 28 feet.

Fogg got the win in the javelin with a toss of 146 feet, 11 inches. Machado threw 97 feet, two inches, Pruett tossed 95

feet, three inches, Patrick O'Neill threw 93 feet, three inches and Cody McGee fired 90 feet, 10 inches to round out the field of Bears.

Newfound also swept the top four spots in the high jump, led by Quentin Helmets, who cleared five feet, two inches for the win. Dillon Perkins, Justin Shokal and Reid Wilkins all cleared five feet to round out the top four.

Marcus Peterson jumped 41 feet, seven inches to win in the triple jump, with Shokal going 34 feet, eight inches for fourth place. Wilkins jumped 30 feet, five inches and Tim Bony jumped 28 feet, half an inch.

Peterson also picked up a third place finish in the 200 meters, crossing in 11.94 seconds, while AJ Shepard finished fifth in 12.69 seconds and Trevor Robie finished in 12.97 seconds.

Matt Libby ran his way to second place overall in the 110-meter hurdles in a time of 20.37 seconds.

James Shokal finished fifth in the 3,200 meters with a time of 11:27.01, while Mac Camara finished in 11:43.13.

In the 200 meters, Shepard finished in 27.4 seconds, with Alex Kniskern in 27.8 seconds. In the 1,600 meters, Joe Montgomery led Newfound in 5:46.6 for 11th place and Zach Allen finished in 16th place in 6:25.59. In the 800 meters, Montgomery finished in 2:28.42 and James Moore finished in 2:39.23.

The Bears will be back in action at home on Saturday, May 14, as they host the Bristol Lions Invitational at 9:30 a.m. On Tuesday, May 17, they head to Gilford for a 4 p.m. meet.

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Tools!, Fishing/Boating/Outdoors, Cooking!, Home/Pet/Yard items, Furniture, Home Care/Assistance equipment (inc.Power wheelchair & Lift Recliner), Books, Music, Movies, Toys/Games, Clothing... 83 Greenes Basin Rd. Moultonboro. May 27 - 29 Fri 1-7PM, Sat & Sun 9 - 3PM.

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Mon-Fri 8:00-4:00

or place online 24/7 at newhampshirerelakesandmountains.com

Deadline:
Monday 10:30 am

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FIREWOOD: Cut, Split, Local Delivery \$200 Green. Please Call 286-4336

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LOW COST SPAY/NEUTER
Dogs Conway clinic starting at \$100.
Cats Mobile clinic NH&ME \$70-\$85.
Rozzie May Animal Alliance
www.RozzieMay.org 603-447-1373

General Help Wanted

Camp Pemigewasset a traditional boys summer camp in Wentworth, New Hampshire seeks a seasonal, full-time housekeeper for the 2016 season. The position will start immediately. Individual must be physically fit and hardworking. Competitive starting pay, commensurate with experience, position includes breakfast, lunch and potentially flexible hours. Email letter of interest and resume, if available, to camp director Danny Kerr: danny@camppepi.com

Camp Pemigewasset, a traditional boys summer camp in Wentworth, New Hampshire seeks a seasonal, full-time maintenance person with skills in carpentry, plumbing, and general ground's work for the 2016 season. The position will start immediately. Individual must be physically fit, hardworking and self-motivated. Competitive starting pay, commensurate with experience. Email letter of interest and resume, if available, to camp director Danny Kerr: danny@camppepi.com

Choice Physical Therapy/RehabFit @ Boulder Point in Plymouth is seeking motivated, customer-oriented professionals to join our administrative team for our growing medical practice located in Plymouth. Primary duties include answering phones, customer service, greeting patients, registration, collecting copays, insurance verification, and scheduling as necessary. Medical office experience a must! Excellent benefits including health insurance, vacation and SIMPLE IRA plan. Reply to kwoodmansee@ohscompanies.com.

HEATHER'S LITTLE ANGELS CHILDCARE CENTER IN PLYMOUTH is looking for a lead teacher. Must have 12 ECE credits. Working primarily with toddlers. Must be able to work until 5PM. Lots of outside time and every weekend off! Please stop in with resume at 12 Yeaton Road Suite C8 or email to hlaplymouth@gmail.com.

HIRING ALL POSITIONS-
Sous Chef, Servers, Bartender, dinner chef. Please call (603)569-8929

Landscape Positions Available
Moultonborough area landscape and maintenance company looking for laborers, foreman, sales and mason. Full time-seasonal - possibly year round. Please call 603-476-6646.

LANDSCAPERS: Seeking to hire crew members for maintenance and installation positions starting in April through December, 40-hr work week, must have valid drivers license, able to lift 75 lbs. Call Blue Ridge Landscaping for interview, 603-569-5549.

PERSONAL CARE ATTENDANTS for Granite State Independent Living are needed in the Bristol, Plymouth, Meredith, Northfield, Laconia, Tilton, Franklin, Woodstock, Thornton, Woodsville, Lebanon, Piermont & Warren areas of NH. Flexible Hours & duties. Must be dependable. \$10.25 hr. (non-negotiable) Email vtrudelle@gsil.org or call Vickie at 603-410-6562 to apply

SUMMER CASHIERS!
The Old Country Store, Moultonboro Full and Part time available. Must be able to add, count back change, personable, reliable and trustworthy. Call 603-476-5750 M-F Ask for Jo Hayden

Part-Time Help Wanted

HELP WANTED: Part time Town Clerk/Tax Collector Deputy Two weeks of training then 2 hours per week after training. More hours will be available. More information available online at www.wentworth-nh.org



Professional/Technical

Town of Plymouth, NH
Police Officer

The Plymouth Police Department seeks qualified candidates for the position of Full Time Police Officer. The successful candidate should be a team-minded individual interested in policing a traditional New England community, also home of Plymouth State University. The Town of Plymouth offers a competitive starting salary and benefit package. You may obtain an application by contacting:

Plymouth Police Department
Monday through Friday at
536-1804 ext. 106 or
Plymouth Police Department
334 Main Street
Plymouth, NH 03264

or visit our website: plymouthpd.org

Interested candidates should forward their application along with cover letter and resume to the Plymouth Police Department no later than June 1, 2016 at 4:00 PM. The Town of Plymouth is an equal opportunity employer.

Professional Services

Our line ad classifieds are on our website!
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Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Apartments For Rent

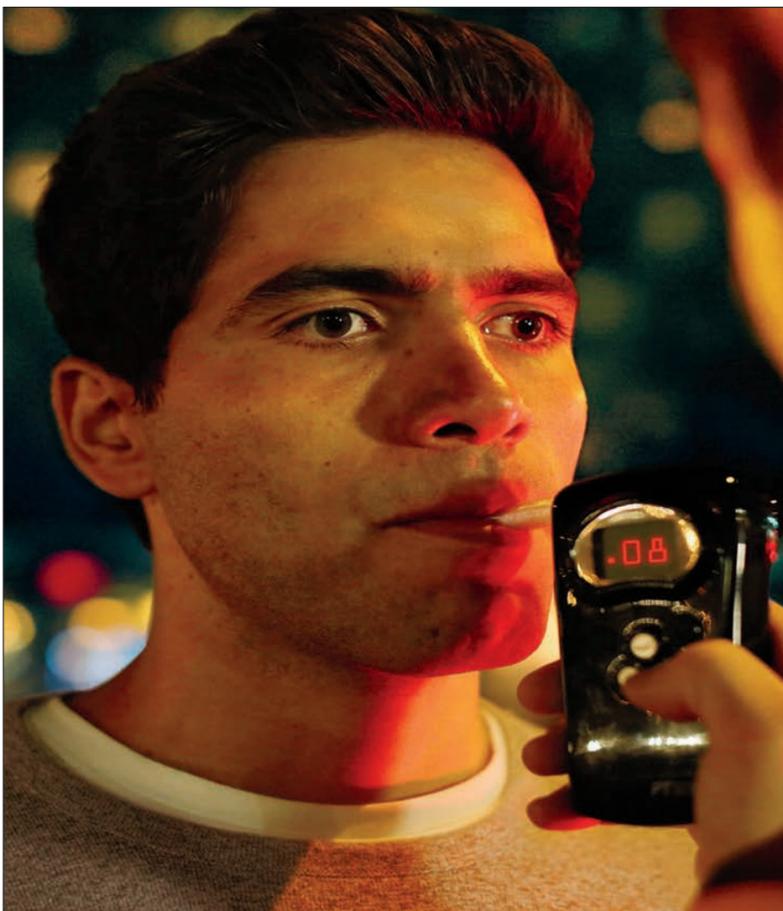
\$29,995, 2 bed.
\$56,995, 28 wide 3 bed,
\$74,995, Modular Cape,
WWW.CM-H.Com. Open 7 days.
Camelot Homes. RT. 3, Tilton NH

Our Air Needs Your Help
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You're a dumb piece of trash.

You don't see bullying like this every day. Your kids do. Teach your kids how to be more than a bystander. Learn how at StopBullying.gov

Ad Council
NHTSA
FREE TO BE YOU AND BE THE WAY YOU WANT TO BE



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TOWN-TO-TOWN CLASSIFIEDS

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www.granitegrouprealtyservices.com

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Call Kevin 603-387-7463
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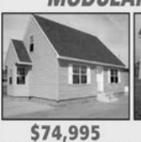
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			\$61,000 48' 3 bed, 2 bath
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20x28 Sunny Cape "Best Selling Cape in NH" 48x24 1 Ranch Mod that looks like stick built
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- Experienced Crew Foreman**
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- General Labor**
 - Landscaping experience preferred

Contact Colby Lenetine
728-8116

Last year, millions of parents learned they were their teen's drug dealer.

A new kind of drug abuse is killing our kids. What every parent needs to know.

43 PERCENT OF TEENS report having friends who abuse prescription drugs. Even more disturbing: our kids are accessing these drugs -- absolutely free -- right in our own homes. How big a problem is it? Unintentional drug overdoses in the U.S. now outnumber traffic fatalities, and Rx drug abuse is the sad reason why.

FREE DRUGS FROM PARENTS? Nearly four billion prescriptions are filled in this country every year. Some experts estimate 1/3 of these prescriptions are never used. (How many pills were unused from your last Rx?) But for many of us, it seems wrong to throw away those not-quite-empty bottles. And that's bad news for curious teenagers.

HOW KIDS ABUSE Rx DRUGS: It's no secret that many drugs have unintended alternate uses. Many teens know which painkillers can get you high, especially when mixed with alcohol. Many students cram for exams by misusing drugs that treat ADHD or sleeplessness. Sedatives, amphetamines, anti-depressants, barbiturates, OTC cough medicines with dextromethorphan...you may not know how to misuse them, but others do.

IS YOUR KID MISUSING? By senior year of high school, more than one in ten teens will have abused prescription painkillers. Eight percent will have abused



sedatives; another twelve percent will misuse prescriptions for ADHD. More kids misuse painkillers every year than use cocaine. Many kids think Rx drugs are 'safer' than illegal drugs. And it's so much easier to avoid suspicion with Rx drugs.

IS YOUR HOME SAFE? The short brutal answer? No. Pharmacists keep drugs locked away, but the rest of us certainly don't. One industry group estimates that America's medicine cabinets contain over 200,000,000 pounds of leftover prescriptions.

THE NEW DRUG EPIDEMIC. In the mid-1970s, an international heroin epidemic pushed overdose deaths to 1.5 per 100,000

US population. The cocaine epidemic of 1989-93 doubled drug deaths to almost 3 in 100,000. Today's Rx drug epidemic has helped push the overdose rate higher: over 10 deaths per 100,000 population in 2010.

THE MEDICINE ABUSE PROJECT aims to raise awareness among kids, parents, health care professionals, law enforcement and government officials, and educators. Our goal: cut teen medicine abuse in half in five years, but two things have to happen: First, safeguard your meds. Second, talk to your kids.

SAFEGUARD YOUR MEDS NOW. Please remove all prescriptions from 'public' spaces in your home. Clear out your medicine cabinets and closets, especially in bathrooms visitors use. It's hard to change the patterns of a lifetime, but we must start throwing away prescriptions when we're done with them.

TALK WITH YOUR KIDS. When you safeguard your house, tell your kids what you're doing and why. Ask what they see at school, and how it affects friends and classmates. And whenever you give your kids medicine, you have another perfect teaching moment. Be sure to say the single most important thing a parent can say to their child: "I don't want you to do drugs." And be sure to point out that misusing legal drugs can be just as deadly as using illegal drugs. Because it is.



This is how you say it's going to be okay.

Every 8 minutes the American Red Cross responds to a disaster and makes this promise. This holiday season, you can help us keep it.

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Safeguard your medications. Talk to your kids. Visit drugfree.org to learn more.





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**AT NEW ENGLAND FURNITURE
MAY 1ST THRU MAY 31ST**

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STARTING MAY 26TH-31ST
CASH AND CARRY
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EVERYTHING MUST GO!**



**On Premises factory
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