

# Newfound teams gearing up for the playoffs

BY CASSIE ZICK  
Contributing Writer

BRISTOL — Despite facing the trials and tribulations of operating athletics during a pandemic, the Newfound Regional High School’s coaching staff has succeeded in leading their teams through the season. With the regular season coming to an end, the teams are beginning to get into a postseason mindset, putting their focus towards doing well in the playoffs and state meets. In this article, we asked one coach from each of the athletic teams a few questions on the season so far, the team’s performance in comparison to their original expectations, and their thoughts on the competition ahead.

First-year assistant coach Ryan Baker expressed his satisfaction and pride with the baseball team’s accomplishments in his responses.

“The season has gone pretty well thus far. We have had a good start, but we’re still working on tightening things up. Being new to the coaching game here at Newfound, at the start, I didn’t really know what to expect. As the season continues, my expectations of the team keep rising. They’re a talented group of kids and I’m expecting them to keep growing and improving.”

Baker also wanted to place emphasis on the team’s pitching and defensive skills. “Our pitching has been outstanding this season and defensively the team has performed really well. As far as games go, our two most recent games have been really fun. Granted, they were both losses, the competition between the two teams was really cool to be a part of.”

To finish off, Baker showed that he feels confident that his team will perform well in the upcoming playoff games. “I think the match-ups will play a big part in the outcome. The boys have the talent and chemistry to go deep into the playoffs. So long as they continue to focus and work hard without psyching themselves out, they’ll do well.”

Kelly Meegan, the softball coach at Newfound, believes that her team has surpassed any expectations made for them at the beginning of the season. “Our season has gone pretty well so far, we are 6-2 as of right now with two tough opponents left, Plymouth and we will play Berlin twice. So far our team has been exceeding my expectations, especially considering that we lost last season. These girls have bounced back very well and have been playing great.”

In reminiscing on the beginning of the season, Meegan mentioned the success her team had in playing against Belmont High School. “Our first two games of the season against Belmont were very well played. We won 6-4 the first game and lost the second 3-4. I think it helped set the tone for the season because Belmont has always been a strong team. I have a lot of respect for their program and being able to compete so closely with them shows that our team is capable of playing at a higher level.”

She also wanted to acknowledge the underclassmen that have proved to be a vital part of her team. “Freshman pitcher Sarah Buchanan and catcher Katie Sweeney have been key for us. The synergy they have is excellent and they are also the tone setters on the team. They both have excellent attitudes and work ethic, and it resonates with other players. Overall, our team has a very strong core of hitters. Almost everyone in the lineup is capable of hitting for power so it’s exciting to watch. So far, Bailey Drapeau and Sweeney have had out of the park home runs.”

Looking ahead, Meegan strongly believes in her team’s ability to excel in the playoffs. “I think we will do pretty well in the post-season. We definitely have the talent to hold our ground and put out a decent showing. If the team digs deep and leaves it all out on the field, I think we can go farther than some may think. I am excited to see what we can do.”

Track and field coach John Lellos expressed nothing less than complete appreciation and gratitude for the outcome of the season. “In spite of all of the complications brought about by COVID and the pandemic, I think that the season has been wildly successful, especially on the girls’ side. I’ve been very impressed by the coaching staff’s ability to adapt to our situation and be there for the athletes. I’m overwhelmingly pleased with how supportive (Athletic



JOSHUA SPAULDING

## D3 runners-up

The Newfound girls’ track team finished as the Division III runners-up at Tuesday’s Division III State Meet at Gilford High School. Look for full results from the meet in next week’s edition of the Newfound Landing.

# Explore Newfound with NLRA’s EcoTours

HEBRON — The Newfound Lake Region Association’s Newfound EcoTours are a popular summer activity for Newfound’s visitors and long-time residents alike.

After a year off during the Coronavi-

rus pandemic, EcoTours are now open for reservations! Climb aboard the NLRA pontoon boat, Madelaine, for a two-hour boat tour that brings passengers up close to the eye-popping scenery and abundant wildlife that can

be found on Newfound Lake. Loons and eagles are a common sight on these tours, and tour-goers also participate in water quality demonstrations and can learn all kinds of history and trivia from the knowledgeable driver.

Newfound EcoTours depart from Grey Rocks Conservation Area Thursday-Sunday at 10 a.m. and 1 p.m. from June 14 to Sept. 27 by advance reservation only. Special arrangements can be made for other

SEE ECOTOURS PAGE A10

# Bristol residents clean up trash

BRISTOL — Community residents pitched in to help keep Bristol beautiful on May 14-15.

The two-day event, sponsored by the Bristol Sustainability Committee, produced 30 bags of trash, collected by 36 participants. Among those helping out were five students from the Newfound Regional High School Honor Society.

Volunteers gathered at Kelley Park in Bristol to receive their trash bags. They chose an area around the downtown,

SEE CLEAN UP PAGE A10



# Bears, Bobcats split a pair in penultimate week of season

BY JOSHUA SPAULDING  
Sports Editor

BRISTOL — The Newfound and Plymouth baseball teams took

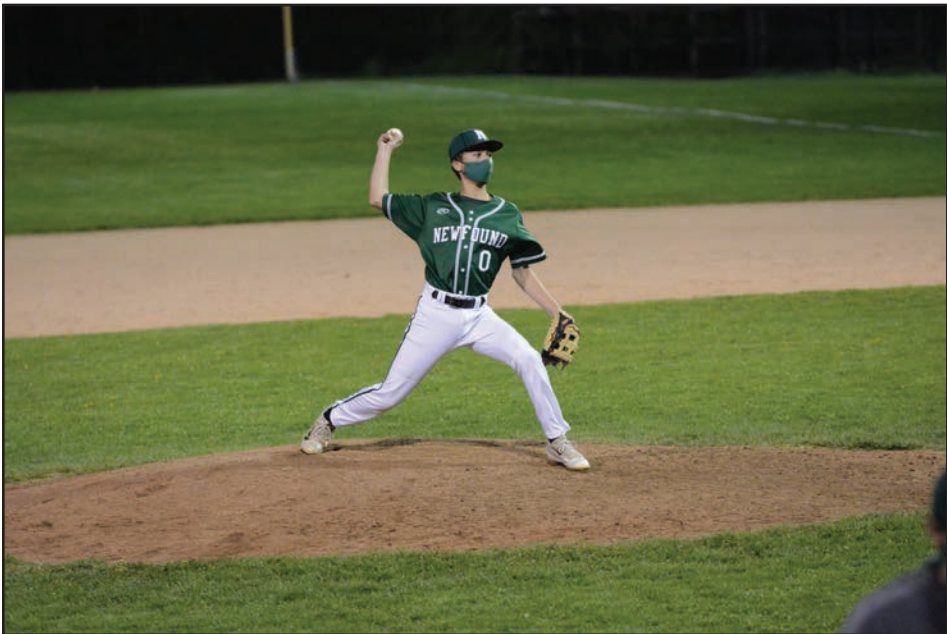
part in an Operation Hat Trick ceremony prior to the start of last Monday’s game in Bristol and the Bears came out

and took care of business against their neighbors to the north.

Newfound had a big second inning, scoring

six runs to open the lead up and never looked back on the way to an 11-1 win.

The teams combined for four homers on the day, with Cole Johnston launching a homer in the top of the first inning for the Bobcats, but Erik Hanser answered with a homer in the bottom of the first inning for the Bears as Newfound took the 2-1 lead. Adrian Ehmann had a homer in the bottom of the second inning as Newfound scored six runs, with Josh Blouin, Hanser and Luke Gordon also driving in runs in the inning. The final homer of the day came in the fourth inning




JOSHUA SPAULDING

Connor Downes went the distance to get the win against Plymouth last week.

SEE BASEBALL PAGE A10

SEE PLAYOFFS PAGE A10





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# Five PSU students placed in top 50 of portfolio investment competitors

P L Y M O U T H — Five Plymouth State University (PSU) finance and accounting students placed in the top 50 of the ETF Challenge, a 10-week global portfolio competition that concluded on May 7. Each week, almost 1,000 students from 253 U.S. and 172 international colleges compiled simulated portfolios of between four and 10 Exchange-Traded-Products (ETPs) and were ranked based on their investment performance.

Plymouth State was the only New Hampshire college or university to participate, but students competed from other New England institutions including Boston College and Central Connecticut State University. PSU students have regularly entered the biannual competition since the spring 2019 semester (missing only the fall 2020 semester due to a professor's sabbatical) and this year was PSU's the best finish thus far.

This year's top 50 competitors from PSU and their rankings are: Stephen Coughlin, 11th, Annie Heller, 16th, Linus Lindberg, 23rd, Matthew Bodi, 31st and Bruce Thibeault, 49th – all from the Class of 2021. Coughlin, Heller and Lindberg, who placed in the top 25, are invited to attend the ETP Forum, the leading exchange-traded fund industry conference, in New York City this fall, and will have the opportunity to network with 500-600 finance professionals.

Participating in the semester-long challenge kept students engaged with current financial market trends. As part of a finance seminar course taught by Christina Bradbury, DBA, CFP®, associate professor of finance, they were encouraged to discuss their actions with each other and tackle assignments corresponding with the competition. Students also read news articles and listened to podcasts regularly to help inform their portfolio choices.

"I am so proud of my students for excelling in this competition through such an unusual semester," said Bradbury. "Having the opportunity to attend the ETP Forum is an amazing résumé booster and will help these students, who have all just graduated, to build their own professional networks within the industry."

PSU's bachelor of finance program has three main goals in preparing students for careers in the field after graduation: prepare students for entry-level financial advisory roles, equip them with strong data analytic skills, and lay strong foundations in finance, accounting and economics, which are critical for careers in corporate finance, investments or commercial banking.

"The competition was an extremely valuable practical exercise for this year's students and this level of success elevates our program to new heights," said Bradbury.

To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Learning Model is organized around seven dynamic, theme-based hubs called "Integrated Clusters," which emphasize open, integrative and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit [www.plymouth.edu](http://www.plymouth.edu).

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# THE REAL REPORT

## RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	20 Cottage St.	Multi-Family Residence	\$162,533	Jonathan H. Dupuis	Andrew Kouri
Bristol	250 Jenness Hill Rd.	Single-Family Residence	\$389,933	Alan P. and Linda M. Faro	Jessica Fedorich
Bristol	Pasquaney Shores Condo	Unit 1 Condominium	\$500,000	Richard J. and Bonnie H. Barrasso	11 PS LLC
Bristol	N/A	N/A	\$27,000	Barry Wayne Lassiter Estate and Rita Lassiter	Craig S. Campbell
Campton	38 Firewood Circle	Mobile Home	\$78,000	Andrea Miller	Everett A. and Donna E. Stanley
Campton	40 Marden Dr.	Single-Family Residence	\$250,000	Abbkam RT and James Kalweit	Todd Micklovich and Meaghan O'Neil
Campton	Stickney Hill Road	N/A	\$69,000	Martin N. Kimbell	Eric D. and Deborah S. Johnson
Campton	75 Town Pound Rd., Unit 2	Condominium	\$41,933	Steven A. Baxendale and Shirley A. Blumenberg	Heath T. Misley
Campton	N/A (Lot 20)	N/A	\$70,000	Bank of New Hampshire	David W. Sanborn
Campton	N/A	N/A	\$2,850,000	Abbey Road RET and Steven Dinger	Silver Sticks Development LLC
Groton	Bailey Hill Road	Residential Open Land	\$56,933	Andre L. and Judith A. Labone	Ernest Botellio
Groton	Oldfields Road	N/A	\$45,000	Upper Birch Holdings LLC	Paul and Joanna L. Gattinella
Holderness	College Road	N/A	\$125,000	Louise A. Calhoun	Nicholas Wallner
Holderness	228 Mount Prospect Rd.	Single-Family Residence	\$290,000	Thomas G. and Barbara R. Bussolari	Jennifer A. and James J. Gould
Holderness	NH Route 113	N/A	\$1,850,000	James B. and John F. Alvord	Twin Lakes LLC
New Hampton	Route 132	N/A	\$300,000	Middle Gate Homes LLC	Gate City Development Partners
Plymouth	4 Garland St.	Single-Family Residence	\$205,000	William C. Rafter	Jillian Mulrooney and Byron Philbrook
Plymouth	14 Smith St.	Single-Family Residence	\$297,533	Brendan M. Mathieu	Joshua T. Bogardus and Samantha K. Blizzard
Plymouth	Thurlow Road Ext.	N/A	\$190,000	Matthew R. and Nadia Bonner	David G. Maine and Melissa K. Muriel
Thornton	Highland Pointe Road, Lot 5	Residential Open Land	\$65,000	Doherty Fiscal Trust and James P. Doherty	Patrick J. and Michelle Sullivan
Thornton	117 Mad River Rd.	Single-Family Residence	\$400,000	Harold and Cayla Slaughter	Thiago Gomes
Thornton	Mill Brook Road	Residential Open Land	\$86,000	Marc W. Comstock	Kilmer NH Holdings LLC
Warren	278 NH Route 25	Single-Family Residence	\$70,000	Vincent Mastroianni	Anju Realty LLC
Warren	57 Pine Hill Rd.	Single-Family Residence	\$45,133	June A. Jameson	Kevin M. and Celeste Soares
Waterville Valley	60 Village Rd., Unit 1	Condominium	\$775,000	Marion S. Hauck Fiscal Trust	Young NT and Peter B. Young
Waterville Valley	62 Village Rd., Unit 4	Condominium	\$693,000	Robert D. Jacobs	Christopher W. and Svetlana L. Peixotto

### ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at [www.real-data.com](http://www.real-data.com)

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: [www.thewarrengroup.com](http://www.thewarrengroup.com)

## Enjoy a safe holiday weekend in the WMNF

CAMPTON — Memorial Day weekend is the unofficial start of the summer season. If your holiday plans include a visit to the White Mountain National Forest (WMNF) officials urge visitors to be prepared.

"We welcome visitors to get out and enjoy their National Forest," said White Mountain National Forest Supervisor Derek Ibarguen. "When planning a camping trip, hike, or scenic drive, we encourage everyone to recreate safely."

Many visitors are seeking outdoor adventure, some for the first time. Because the safety of our employees and the public remains paramount, the WMNF reminds visitors to rec-

reate responsibly and safely on Memorial Day weekend, and throughout the remainder of the year by following our recreation tips.

Before venturing out for a hike check the weather forecast for the area you are planning to visit and hikeSafe. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Check the <https://hikesafe.com> website for safety information and helpful tips. Know your limitations and when to postpone your hike.

If you arrive and find trailhead parking areas overflowing onto the highway, then the hiking trail will be crowded. Visitors are encouraged to make another plan

and look for a less crowded parking area.

If you pack it in, please pack it out. Take everything you bring in back home with you and Leave no Trace.

Most of the WMNF campgrounds are open for the summer. Check at one of the ranger stations to confirm that your destination is open.

Remember, campgrounds are in forested environments, and may attract bears. Read the rules and signs about bears posted at campgrounds and trailheads and follow the instructions on how to properly store food. Free bear canister rentals are available on a first-come, first-served basis at our offices and visitor centers. Feeding bears, intentionally or uninten-

tionally is prohibited!

Remember, the memories created during your trip to the White Mountain National Forest should make you smile. Be safe, think ahead, and enjoy this beautiful Forest.

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## SNHU announces Winter 2021 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Winter 2021 President's List. The winter term runs from January to May.

Full-time students who have earned a minimum grade-point average of 3.700 and above are named to the President's List. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

- Alicia Ladouceur of Campton
- Sara Birmingham of Ashland
- Mikala Ash of Campton
- Sarah Nostrand of Bristol
- Joshua Stearns of Campton
- Michelle Potter of Bristol
- Benjamin Prive of Bristol
- Reid Wilkins of Bristol
- Kyle Rosendahl of Bristol
- Stella Smith of Campton
- Madison Kiley of Plymouth
- Lindsey Betts of Campton
- Cassandra Feraco of Wentworth
- Lindsey Ramirez of Alexandria

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 150,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at [www.snhu.edu](http://www.snhu.edu).

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**Edward Jones: Financial Focus**

**529 plans: More versatile than ever**

If you have children or grandchildren, you may already be somewhat familiar with the 529 plan, a popular education savings vehicle. But you may not have kept up with some recent changes in the plan's capabilities and in the educational environment in which the plan might be used.


Let's start with the learning environment. During the COVID-19 pandemic, colleges and universities switched to online classes, or at least to a hybrid of in-person and online. And even before the pandemic, many schools offered remote classes, though obviously not to the same extent. But after COVID-19 subsidies, it's likely that the online component will remain an important part of higher education. What does this "new world" mean for you, when you're saving for college? Will a 529 plan still be relevant? In a word, yes. First of all, a 529 plan can offer tax advantages. Earnings in a 529 plan are federally tax-free, provided the money is used for qualified educational expenses. And if you invest in your own state's 529 plan, your contributions may be tax deductible. (Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes as well as a 10% penalty.) Because tax issues for 529 plans can be complex, you'll want to consult with your tax advisor before investing.

Online learning costs are eligible for a 529 plan's tax benefits just as much as those incurred from in-person classes. Tuition, textbooks, supplies, computers and services – all of these should qualify, assuming the school meets certain criteria. Also, students enrolled half-time or more don't have to live in a dorm for room and board expenses to be covered by a 529 plan – they can live in off-campus housing. However, these room-and-board costs typically must equal the cost of living on campus. Some schools identify a specific cost for "commuters" or "at-home students," so you will need to contact the college directly to determine qualified room-and-board costs.

Now, let's take a quick look at what some changes in the rules governing 529 plans over the past few years might mean for you. Eligible expenses from your 529 plan include the following:

- K-12 expenses – Parents can withdraw up to \$10,000 per student, per year, from their 529 plan to pay for tuition expenses at elementary and secondary schools. So, if you intend to send your children to a private school, this use of a 529 plan might interest you.
- Apprenticeships – 529 plans can be used to pay for fees, textbooks, equipment and other supplies connected to apprenticeship programs registered with the Department of Labor. These programs, typically offered at a community college, combine classroom instruction with on-the-job training.
- Student loans – Families can withdraw funds from a 529 plan to repay the principal and interest for qualified education loans, including federal and most private student loans. There's a lifetime limit of \$10,000 for student loan repayments per each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

All of these newer uses of 529 plans may contain additional guidelines and exceptions, and state tax treatment varies, so you'll want to consult with your tax advisor before taking money from your account. But it's valuable for you to know the different ways you can put a 529 plan to work.



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

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



## CADY Corner

### The impact of marijuana legalization on kids

BY DEB NARO  
Contributor

Many young people believe that legalizing marijuana means that it's safe to use, no matter the age. Research tells us that when teens and young adults believe there is little risk in using marijuana, rates of use increase. National data indicate that in all states that have legalized recreational marijuana as of 2018, reported rates of first use among adolescents are 12-63 percent higher than the national average.

Smoking marijuana may increase the risk of chronic cough, bronchitis and worsening symptoms of asthma. Marijuana use impairs learning, memory and attention, affecting school performance. Marijuana use can increase the risk of schizophrenia or other psychoses, with the highest risk among the most frequent and long-term users, especially in vulnerable individuals. It affects the brain's reward system, and the likelihood of addiction increases considerably for those who start young. Research has found that young people who use marijuana are as much as four to seven times more likely than adults to become addicted. The marijuana industry is eager to promote use to young people as they can become long-term, heavy and loyal users of the drug. The industry has already begun to use successful strategies borrowed from tobacco and alcohol promotions. It's not surprising that edibles resembling candy and other snacks are popular with young people.

Get vocal. Parents and caregivers can join forces with CADY to help protect youth. Despite what many parents believe and feel, you have tremendous influence over whether your children use substances, including marijuana. Kids have shared that their parents have the greatest influence over their attitudes and behaviors around substances. You are an essential buffer between your children and the many influences that encourage use of marijuana. Try to do your homework and find up-to-date information on the how, where and why young people use marijuana. Be ready with honest answers, shared in an age-appropriate way, so that they see you as a good source of information.

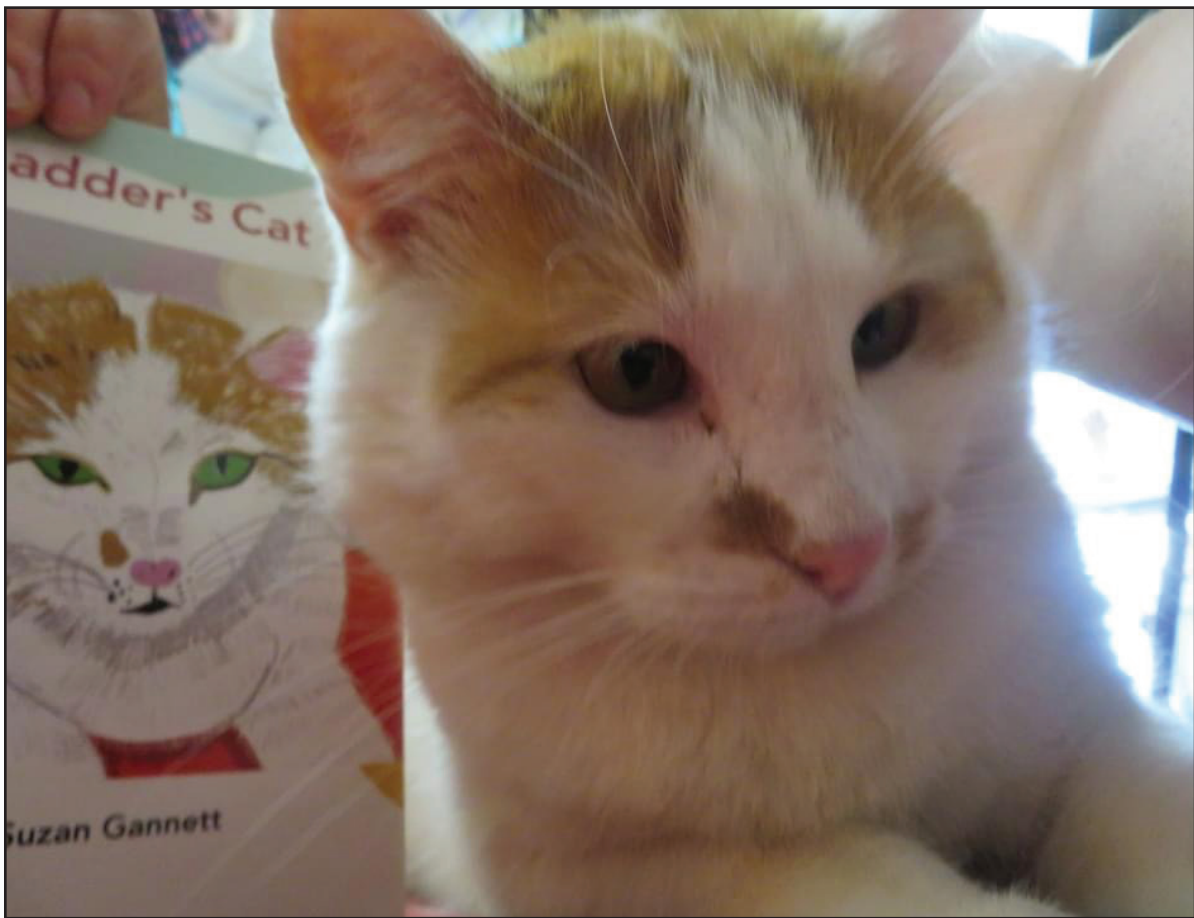
By talking early, you are helping frame a healthy mindset when it comes to marijuana. Pre-middle school and high school conversations can lessen your child's intention to try or use in the future, as well as influence how they approach friendships with peers who do use substances. It's important to keep talking as they get older, too. The time when parents pull away often coincides with a period of increased risk of teen substance use. Try to balance setting clear expectations and rules about drug use, while granting more choices, flexibility and independence for less risky behaviors.

Look for opportunities to discuss marijuana with your child calmly and casually. Conversation starters can be news stories, school lessons, advertisements, seeing someone use marijuana on TV or in a movie or smelling it in public. Also, be ready to listen, understand their perspective and try to avoid lecturing. It can help to start the conversation with open-ended questions about their perception of marijuana use, such as "Why do you think kids try marijuana?" and "What do you know about the risks of using it?"

These conversations aim to acknowledge marijuana's potential appeal and help them weigh the risks against the perceived benefits. Try not to use scare tactics or threaten. Instead, explain that you genuinely care about their health. Do your best to have these conversations frequently and, if you can, before they try marijuana for the first time.

If there is a history of addiction in the family, your child's risk of developing a problem with marijuana increases. As you would with any family-related disease, explain why they need to be more careful than their peers about substance use.

For prevention information about the harms of marijuana, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.



COURTESY

#### Roo's big night

A great time was had by all at the Stepladders Grand Re-Opening event which was held last Thursday night, May 13. Those attending had the opportunity to have some awesome snacks, get a copy of the book about the Stepladders Stepcat Roo, which was signed by author/illustrator Suzan Gannett and 'pawtographed' by Roo! Copies of the book may be purchased at Stepladders. Valeria Frisbey, the artist responsible for the wonderful art on the walls at Stepladders, was also in attendance and there is a great painting of Plymouth on the wall in the restroom; please come in and take the "name that building" quiz and possibly win a prize! The patrons were serenaded by the great guitar work of Sky King and Brian Blasi.

The highlight of the evening, however, was the dedication of the bridge built by master carpenter Rich Braley. In honor of his great work, it has been named the Braley Bridge #54 1/2.

## Sustainable Bristol

### Intersecting environmental issues and Black Lives Matter movement

BY LAUREN THERIAULT

It has been just over a year since George Floyd's murder ignited the country and opened the eyes of many white people who had been claiming they were not racist but not putting any effort into being antiracist.

The Black Lives Matter movement is intrinsically intertwined with any environmental justice work you can think of. Reducing or stopping pollution? Did you know communities with higher percentages of Black Indigenous People of Color (BIPOC) are more likely to be dumping grounds for harmful chemicals, pollutants and toxic materials? Concerns about the glob-

al climate crisis? Were you aware that BIPOC are more impacted by the changing sea levels, increased storms and damages from wildfires, droughts, and floods? Concerns about unethical manufacturing practices? You must know that more BIPOC make up a bigger percentage of the underpaid work force than white people. Interested in buying more locally produced/grown foods to reduce the impact of importing foods? It should be noted that BIPOC are more likely to live in "food deserts," areas where a grocery store or market with fresh fruits and vegetables are not within convenient traveling distance. Everywhere you look, the issues that

impact our environment affect BIPOC communities with more alarming rates than white neighborhoods. It's no wonder BIPOC are rated as being more concerned with helping the environment than white people.

How do you feel after reading all of that? Shocked? Blasé? Enraged? The sad truth is it should not have taken a man's death to wake us up to this reality. Systemic racism is everywhere and impacts us all.

Not to be a proliferator of only negatives, here are some things you can do to help, praise and work for justice in these intersecting areas. The first is to learn more, this only touched upon the basics. These issues impact BIPOC

more broadly and deeper than I have gone. Ask BIPOC for their insight when thinking about an environmental issue that you feel passionate about. You may find a different view or broader understanding. Support BIPOC, buy goods from them, pay them for their work and ideas. Seek out BIPOC farmers, crafters, authors, chefs, support them and let them know you appreciate their work. Donate money, time and energy to BIPOC run or focused environmental justice agencies. Think about more than just yourself, remember that inactions in the past got us where we are and won't help us make the world a better place for everyone.

## Letters to the Editor

### Biden is destroying our military

To the Editor:

I write this as a concerned former military member and the son and father of those who served this country honorably. Next week, my grandson graduates from the United States Naval Academy to follow in our footsteps.

President Biden nominated four-star general, Lloyd Austin, as our Secretary of defense. Austin held a news conference this week where he stated that the role of our military is to defend America from our

foreign enemies. But to do that, we have got to defeat our domestic enemies in our military. Austin believes those enemies to be extremists in the military. His view of extremists are soldiers who are politically conservative and believe in the strict construction of the US Constitution. I never thought I would hear my government call some fighting men and women, who put their lives on the line to keep us free, our enemy.

As a retired Lt. Colonel in the Air Force, I

know that the greatest weapon we have is military morale. That morale makes one soldier risk his life to save the life of a fellow soldier. Calling soldiers domestic enemies because of their political opinion destroys that morale. This is a harm that even Communist China cannot do. Yet Biden and Austin are making the prophesy of Abraham Lincoln come true. Lincoln said "if destruction be our lot, we must ourselves be the author and finisher."

We must hold Biden accountable for the destruction that he is doing to our military. We can best start to do that by voting the Congressional delegation out of office in the midterm elections. Call me at 320-9524 or email dave@sanbornhall.net if you want to talk or have cup of coffee.

Cheers,

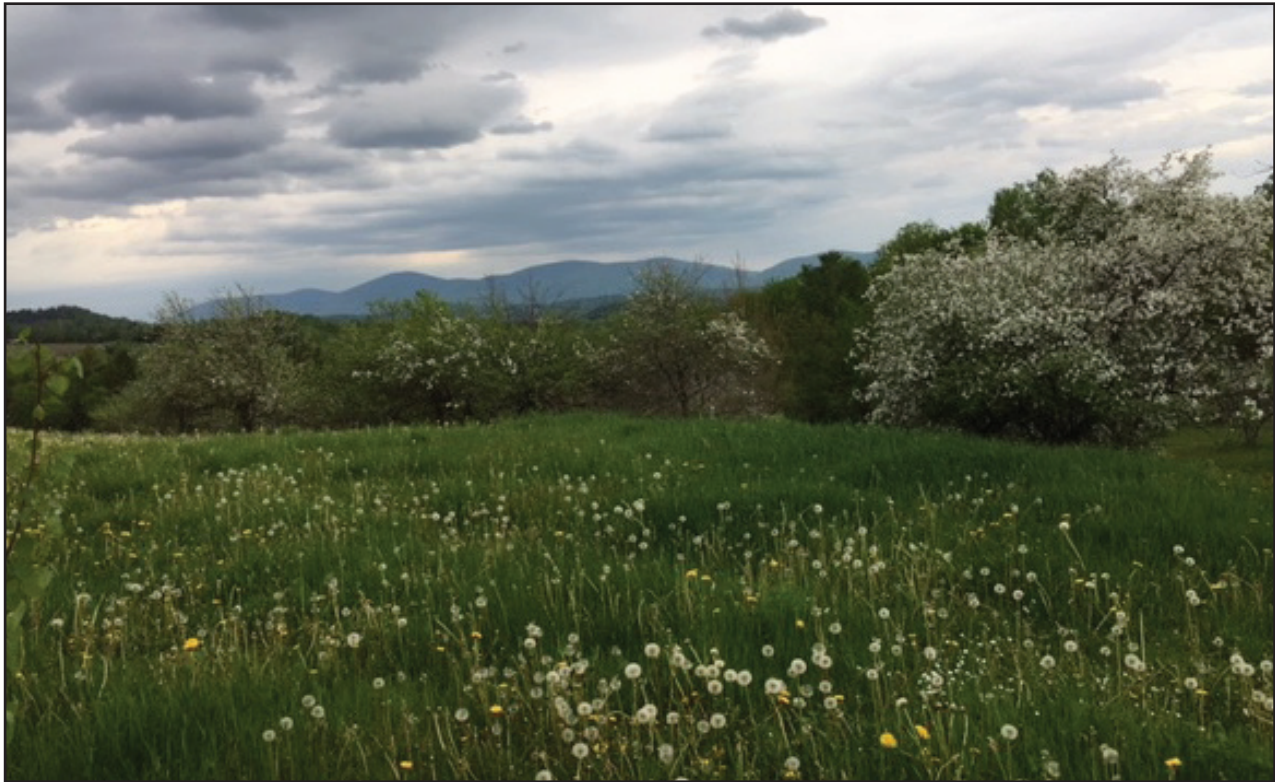
Rep. Dave Testerman  
Franklin



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Notes from the long way around  
Lovering Mountain



The North Country was at least a week (call it 10 days) behind the rest of the state on Sunday, as apple blooms and dandelions went the way of the winds.

JOHN HARRIGAN

We got home late Sunday afternoon from the first unofficial truck tour of the season, which officially begins this weekend. All things spring seem hinged on Memorial Day.

This trip included, toward the end, a barnyard stop to visit with the neighbors on the other side of Lovering Mountain, which divides upper Bear Rock (Stewartstown) from South Hill (on its western end,

Colebrook).

The neighbors, one-half of them anyway, informed us that a pie could not be delivered to someone who was not home to receive it (which would by the process of elimination be me), leaving me wondering where I was and why I wasn't for the pie that got away.

We also learned, from the other half, that a logging job of significance had been completed. We

said that we had already seen the results, and logged it as a job well done. We also noted that Chet Noyes Road is in risk of becoming a Cadillac Road.

This is an old term (which I must have heard from veritable old-timers) that means a road that can be driven on in any luxury car, i.e., "not necessarily a truck road," Cadillac being the long-perceived best luxury car of all. If you

say "It's now a Cadillac Road," that pretty much says it all.

So do telephone poles, which we're supposed to refer to as utility poles. "I wonder what those little red flags are for," I had wondered to Glen as we glided by with scarcely a bump, neither one of us having correlated the first coincidence. Yup, pre-calculated and marked for telephone poles, as in (generally) "where to point the au-

ger."

These days, new telephone poles mean new camps, or at least new trailers, or sometimes seasonal homes, which have a way of becoming year-round abodes. Whatever the case, the operative term is "more."

There are true roads, and then the remains of true roads, and then we get into the barely recognizable remains of roads, and then into the "Where? What Road? I can't see a thing that resembles a road."

This last category can mean an old skid road. In answer to a lot of mail on this subject (there is actually none), "skid" is an old term for the equally old "twitch," or to pull behind a horse. A twitch (noun) means as many logs (usually two or three) as a horse can get started and pull to the log-landing.

A log-landing of old was a place where logs could be skidded onto a crib-works along a river or lake, or along a road, where the logs or four-foot pulpwood could be loaded onto a truck.



Today the term means a yarding area where a skidder--bigger than a tractor, hinged at the middle, each axle operating independently--can haul logs to be loaded onto a truck.

My oldest friend (from Nashua Telegraph days, ca. 1968) was up for the weekend, and was game for anything the day would bring. This day brought a tour of East Columbia, and included most of East Colebrook before we got over onto the west slope of Lovering Mountain, and called it quits.

Everywhere, things were in bloom. The apple blossoms marked roadsides and the remains of old stone walls and hedgerows. The dandelions had already gone to seed. Another good rain, and a good windstorm, and it would all be gone.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Towns

Bristol

Al Blakeley  
adblakeley0@gmail.com

It is my humble opinion that we have seen the last of the black flies for this 'season!' I say that and I'm sure there are those who doubt it because they might have been bothered by a few

Churches

Christian  
Science Society,  
Plymouth

Our Sunday services are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. We'd love to have you join us. The Bible lesson for next Sunday begins with the verse from Romans, "If God be for us, who can be against us?" On Wednesday evenings, we have a meeting at 6 p.m. which includes readings from the Bible and from the Christian Science textbook, and also time for those attending to share inspiration from Bible study and prayer, and gratitude for healing experiences. Everyone is most welcome to this meeting. If you know any students who would like to join in, we have a Sunday school for children and young people up to the age of twenty. Currently, it is meeting on line and

lately, but it certainly seems to be over! Just when it's nice enough to be outdoors enjoying the warmer weather that these creatures descend on us to make it miserable... I stand by my opinion. The scourge is over!

On May 31, the Memorial Day Parade will start at Freudenberg NOK at 9:30 a.m.

we would welcome hearing from you if you have youngsters who would like to participate. It has been meeting each Tuesday at 4 p.m. over Zoom. You can contact us at the same email address for information.

For services in the church building, we are following our town's mandate, and so we ask that you wear a face mask when entering or leaving the church. Seating is limited and socially distanced. Once seated, wearing a mask is optional. We are following all the recommended protocols.

On www.jsh.christianscience.com, there are many resources both to read and listen to. Currently there is a collection of articles about praying for mental health, a topic which often needs our thoughtful attention. Under the "Audio" tab you can find the weekly podcast and this week the topic is "The God who heals."

On www.christian-science.com you can

The Mill Stream Farmers Market is held every Saturday at the Mill Stream Park in Bristol on Saturdays from 10 a.m. until 2 p.m. Many vendors are selling a variety of goods including: meats, fish, maple sugar, vegetables, knit goods, soap, blankets, jellies and jams, jewelry, plants and bird houses with many new items each week. Please avail

learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures" by Mary Baker Eddy. We hope you find inspiration and support from these resources.

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Universalist  
Fellowship

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, 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.

yourself of the many local wares.

The Bristol Events Calendar is now available at various locations around town including the TTCC, the Library and the Town Hall. There will be much to see and do over the summer season. I urge you to get your copy soon. The Fourth of July Parade Entry Forms are

THIS WEEK AT  
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May 30

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Tatum Barnes, Director of Religious Education  
Abigail Charbeneau,  
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also available along with the July 4th Celebrations flyer online. Visit: www.townofbristolnh.org, www.ttccrec.org, or ww.facebook.com/Bristol-Community-Events. Information includes a boat parade, fireworks, the Firecracker 5K and the parade. Let's celebrate!

The TTCC is hosting the 12th Annual Newfoundland Cal Ripken Invitational Josh Clark Memorial

Baseball Tournament from June 4 through June 6. 10U & 12U baseball teams from local Cal Ripken programs compete in this fun annual tournament with games being played on Friday and Saturday at Kelley Park and Wells Field and all championship games on Sunday will be played at Wells Field. The TTCC needs volunteers to host this tournament successfully. Please consider helping if you can! Any time you can give Friday afternoon and/or evening, Saturday and Sunday during the day to help with field prep, concessions, scorekeeping, pitch count tracking and more would be ap-

preciated. If you are interested, please contact the TTCC office.

You can find schedules and more information on TTCC Web site at www.ttccrec.org and on TTCC Facebook page as well as phone 744-2713.

TTCC will be offering a Summer Soccer Camp again in 2021. Challenger Sports Soccer Camp will be held Aug. 2 through Aug. 6. The camp will be for ages 3-5, 8-9am for \$77, ages six to 12, 9 a.m.-noon for \$142. You can register online at https://chakllenger.configio.com/pd/222382/tapply-thompson-community-center.

Please remember that we are still experiencing drought conditions and anything you can do to conserve water is a step in the right direction. The fire danger is way up there on Smokey Bear's thermometer, so please be very careful with disposal of flammables and stay vigilant when cooking outdoors. We all need to help one another keep these safeguards in mind.



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Cub Scout Pack 56 gathered at the Plymouth Town Common last Thursday for a special Pack meeting, with a large number of advancements to be given out, a special appearance by the Council President, the first girl in Pack 56 receiving her first rank badge, and 10 Cub Scouts crossing over to the Troop.

TINGLAN YANG — COURTESY

# Cub Scouts celebrate special achievements

PLYMOUTH — Cub Scout Pack 56 gathered at the Plymouth Town Common last Thursday for a special Pack meeting, with a large number of advancements to be given out, a special appearance by the Council President, the first girl in Pack 56 receiving her first rank badge, and 10 Cub Scouts crossing over to the Troop.

Flags were set up near the Boy Scout statue on the Common and individual Cub Scouts were asked to lead in the Pledge of Allegiance, the Scout Oath, the Scout Law, and the Outdoor Code. Fr. Leo LeBlanc, of St. Matthew's Catholic Church in Plymouth, opened with an invocation.

During the Pack meeting, Cub Scouts were recognized with awards and advancements that have been earned. Tiger Scouts Riley Neenos, Easton Neenos, Kayden Perkins, Pierce Querry, Noah Koren, and Marcus Heidenreich received sixteen total adventure

loops. Two Webelos Scouts, Aiden Marcroft and Austin Grant, received a combined six adventure pins. Among those earning advancements was Madeline Duncan, the first girl to join Pack 56, receiving her first rank badge of Bobcat.

In a surprise guest appearance, Jim Steiner, President of the Daniel Webster Council was on hand to present several scouts and leaders with a President's Challenge Coin for their spirit and service to scouting. Pack 56 was recognized for being one of the first units in the state to meet the spring President's Recruitment Challenge.

The highlight of the event was the crossover ceremony celebrating 10 Scouts earning "Arrow of Light," the highest rank in Cub Scouts. During the ceremony, the scouts were taken on a trip down memory lane, moving between trees on the common marked with the emblems of their earned

ranks. At each tree, a Pack leader recounted some of their past adventures, including campouts, hikes, field trips, even a sleepover on a battleship. The scouts then walked across a ceremonial bridge, and were received by Troop 56, who presented each with new neckerchiefs. Scouts who earned the Arrow of Light included Micah Crawford, Sean Duncan, Jack Hallock, Daniel Heidenreich, Jonah Higgins, Nathan Hoch, Aaron Lee, Finnegan Mattson and Gabe Sargent and Adonai Johnson also participated in the ceremony.

Cub Scouts is a year round program. Another Pack meeting is planned for June 17. Pack 56 is also planning several events over the summer, including 4th of July activities, an overnight campout, and 5 days at scenic Camp Carpenter. Pack 56 serves Plymouth and surrounding communities. Email pack-56plymouth@gmail.com for more details.

## HIGH SCHOOL SLATE

Thursday, May 27

PLYMOUTH  
Boys' Lacrosse at Kennett; 4  
Girls' Lacrosse vs. Kennett; 4

All schedules are subject to change.

# PSU's Terrell Lewis heads to national championships

PLYMOUTH — Fresh off a record-setting performance, Plymouth State University senior Terrell Lewis (New Boston) has been announced as one of 17 student-athletes who will compete for a national title in the 110-meter hurdles at the NCAA Division III Men's and Women's Outdoor Track and Field Championships in Greensboro, N.C. this week.

Lewis, who was just 24 hours from last year's indoor championships before the COVID-19 pandemic forced the cancellation of all NCAA championships, will finally get his shot to compete on the national stage after smashing the school record at the Tufts National Qualifying Meet on Thursday. Preliminaries are scheduled for 2:30 p.m. on Friday, May 28, with the three heat

winners and next five fastest times advancing to the finals on Saturday, May 29, at 1 p.m.

"This trip to NCAA has been a long time in the making," said head coach John Ostler. "I give Terrell a lot of credit for using the canceled indoor championships in 2020 as fuel for his run."

Despite the uncertainty surrounding the outdoor season, Lewis has put together a remarkable season. He opened the year at the USM-St. Joe's Combined Meet on April 10, setting a personal best and school record to win the 110-meter hurdles in 14.63 seconds.

Less than a month later he topped a field of all NCAA Division I athletes at the Dartmouth Invitational, before establishing a new PR and school record at the New

England Intercollegiate Amateur Athletic Association (NEICAAA) Outdoor Championships last weekend. His finals time of 14.56 was just 0.04 seconds off the lead and moved him into a tie for the 12th-fastest time in the country, but it was all just a warmup for his performance at Tufts on Thursday.

In his final tune-up, Lewis ran a blazing 14.20 in the finals to shatter the school record and cement his spot at the national championships. His seed time is the third fastest in all of NCAA Division III.


"Terrell heads to North Carolina next week really hitting his stride," added Ostler. "He's been getting faster on a weekly basis and he's brimming with confidence. He's going to face an exceptional field of hurdlers, but I think that competition will only bring out the best in him."

Already an All-American in the 60-meter hurdles, Lewis looks to repeat the honor next week.



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## Trustee's Sale At AUCTION

**Rangeley, Maine • Lakefront Home • Online-Only Bidding Ends: Wednesday, June 16 at 1:00 p.m.**

**130 SHORE ROAD**, in the village of Oquossoc, on the west shore of Rangeley Lake is this level, quarter acre property with 100' of direct lake frontage. Built in the 1940's, the year-round residence retains much of the original charm, and has many modern updates to include, bathrooms, new windows, and a whole house generator. The first floor includes a great room with large picture windows, a dining room, game room with gas fireplace, country kitchen and 3/4 bathroom. The second floor includes 3-bedrooms and a full bathroom. The detached garage was built in 2010 and includes garage doors on either end, making it easy to house snow machines. Rangeley Lake is a hub for snowmobiling activity with direct access to trails 84 & 89.

Just a short walk away is the center of Oquossoc, which is home to several restaurants such as the Gingerbread House, Portage Tap House, and 45th Parallel wood fired grille. There is a fuel station, children's play area, and the Outdoor Heritage Museum.

This property is being sold fully furnished, including the u-shaped, aluminum boat dock with detachable canopy.

Whether you are looking for a personal lakefront getaway, or a ready-to-go, year-round investment rental property, this place has so much to offer.

**PREVIEW:** Thursday, June 10th from 10:00 a.m. to 2:00 p.m.

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# HONORING THEIR Service & Sacrifice

## Interesting facts about Memorial Day

Each year on the last Monday of May, Americans celebrate Memorial Day. Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation prepares to honor the sacrifices made by its military personnel over the centuries.

- Freed slaves played a role in the establishment of Memorial Day. The American Civil War is the deadliest military

conflict in American history, as the Union and the Confederacy each suffered more than 800,000 casualties by the time the war ended in 1865. According to History.com, as the war drew to a close, hundreds of Union soldiers who were being held as prisoners of war died and were buried in a mass grave in a Confederate prison camp in South Carolina. After the Confederate surrender, more than 1,000 now-freed slaves honored those recently deceased Union soldiers during a ceremony in which they sang hymns and distributed flowers. The ceremony was

dedicated to the fallen soldiers and served as a precursor to what is now celebrated as Memorial Day.

- Confederate soldiers were honored, too. Confederate losses during the Civil War outnumbered Union losses, and those losses were not forgotten by southerners who survived the war. History.com notes that, in 1866, the Georgia-based Ladies Memorial Association, one of many similar organizations to arise in the aftermath of the war, pushed for a day to honor fallen Confederate soldiers. In fact, these efforts are believed to have influ-

enced General John A. Logan. In 1868, General Logan, a Civil War veteran who was then serving as commander-in-chief of a group of Union veterans, ordered the decoration of Union graves with flowers on May 30. The day would ultimately be known as "Memorial Day."

- It took a long time for Memorial Day to become a federal holiday. Despite tracing its origins to the immediate aftermath of the Civil War, Memorial Day did not become an official federal holiday until 1971, more than a century after the war ended. This is the same year the hol-

iday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who suggest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. soldiers are honored to the extent that they should be.

- Debate exists about which town has the longest history of celebrating Memorial Day. A handful of towns claim to be the first celebrants of Memorial Day. That debate figures to continue in perpetuity, but

History.com notes that Waterloo, New York, was officially recognized by U.S. President Lyndon B. Johnson as the birthplace of Memorial Day in 1966. Doylestown, Pennsylvania, and Rochester, Wisconsin are some other towns that claim to have celebrated Memorial Day since the mid-1860s.

Memorial Day has a rich history that highlights the importance of honoring the men and women who have given their lives while in service of the United States military.

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**Memorial Day 2021**

Remembering and honoring all who served



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**Memorial DAY**

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Ecotours

FROM PAGE A1  
days and times as well. NLRA members receive a 25 percent discount on the price of the tour! You can learn more and book your tour by visiting NewfoundlandLake.org/EcoTours.

Newfound EcoTours are part of NLRA's ini-

tiative to introduce all ages to the unique qual- ities of this area and the importance of pro- tecting it. Along with education to foster stew- ardship of our natural resources, Newfound Lake Region Association performs water quality monitoring, stormwa- ter mitigation, invasive

species monitoring and prevention, and land conservation to work towards their mission of protecting and con- serving the Newfound watershed. Visit www. NewfoundlandLake.org to learn more about these programs and how you can join the effort.



Cleanup

FROM PAGE A1  
out to Newfound Lake, or in their own neighbor- hoods, collected trash and returned the bags to Kelley Park, where the town Highway Depart-

ment was good enough to provide a truck to haul the trash out to the transfer station. The town square, the town beaches, Kelley Park, the new Rail Trail and most of the down- town roadways are now

free of trash and ready for spring. In all an es- timated 23 miles were covered in the cleanup effort. Many folks thanked the volunteers and men- tioned that they picked up trash regularly on their street or road-

ways. This is all part of a continuing effort to keep Bristol looking beautiful. Thanks to ev- eryone who pitched in

and picked up trash! To learn more about events sponsored by the Sustainability Commit- tee, find us on facebook.

com/Sustainable-Bris- tol or email sustainabil- ity@townofbristolnh. org.

Baseball

FROM PAGE A1  
when Gordon launched a homer as part of a three- run inning for the Bears. Gordon and Ehmann each had three RBIs on the day. Andrew Baxter had a pair of hits to lead the way for the Plymouth boys.

Connor Downes got the win for the New- found boys, pitching five innings, allowing just four hits and one run while striking out one and walking one. Baxter went the distance on the mound for the Bobcats, striking out seven in his four innings of work while allowing just one run.

The two teams met up two days later and it was the Bobcats coming up on top with a 4-0 win.

Plymouth took the lead in the second in- ning on an RBI triple from Henry Shaw. Both Shaw and Cam Stratton finished with two hits to lead the Plymouth of- fense. Blouin and Hans- er had the only two hits for the Bears.

Johnston took to the mound for the Bobcats and went the distance, allowing just two hits and striking out 12. Ca- leb Davis got the start for Newfound, pitching into the fourth inning, allowing just three hits and the four runs while striking out seven.

Plymouth hosted Ha- nover on Friday, May 21, and dropped a 14-3 deci- sion.

Hanover scored twice in the first and twice in the second before open- ing things up with five in the third, added two in the fourth and three in the fifth on the way to the win. Plymouth scored one run in the first and added two in the fourth.

Shaw started on the mound and went the first two innings, while Kurtis Cross came in and pitched a couple of innings as well.

Plymouth had just two hits, with Charlie Comeau and Kyle Joyce collecting the hits.

Plymouth was slated to wrap up the regular season after deadline Wednesday while New- found is scheduled to

host Berlin today, May 27, at 4 p.m.

Plymouth is sched- uled to open the Divi- sion II tournament on Monday, May 31, at home against Kennett. The winner plays at Merri- mack Valley on Thurs- day, June 3.

Newfound opens the Division III tourna- ment on Monday, May 31, at home against In- ter-Lakes. The winner moves on to visit Berlin on Thursday, June 3.

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

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#### Land Use Administrative Assistant

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This is a full-time, 40 hour per week position, pay range \$18.00 - \$19.00 per hour with a great benefits package. For more information and a full job description please visit the Town of Bristol website under Job Opportunities or contact the Land Use Manager's Office. Applications will be accepted until the position is filled.  
Bristol is an Equal Opportunity Employer.



### Job Opportunity

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This is a part-time, 29 hour per week position, pay range \$14.00 - \$15.50 per hour. For more information and a full job description please visit the Town of Bristol website under Job Opportunities or contact the Land Use Manager's Office. Applications will be accepted until the position is filled. Bristol is an Equal Opportunity Employer.

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# Kirkwood Gardens Plant Sale underway at Science Center

HOLDERNESS — Squam Lakes Natural Science Center holds its annual Kirkwood Gardens Plant Sale beginning Monday, May 24 at Kirkwood Gardens on Route 3 in Holderness. While Covid has put the Kirkwood Gardens Day event on hold this year, a wide variety of perennial plants will be available for self-serve purchasing on the bluestone terrace at Kirkwood Gardens. Stroll through the gardens for inspiration and find beautiful new plants for a home garden.

Kirkwood Gardens were dedicated in 1996 in honor of Grace “Sunny” Kirkwood, a landscape designer who served on the Board of Trustees from 1985 to 1991. Sunny designed the garden on the grounds of the historic Holderness Inn on Route 3 in Holderness. The garden includes both shade and sun beds planted with a wide variety of trees, shrubs, ferns, and flowers adapted to the northern New England climate. Plants that are attractive to birds, bees, and butterflies are central to the garden’s design.

Some highlights of Kirkwood Gardens include a 25- by 60-foot bluestone patio on the west side of the historic Holderness Inn, which provides a scenic place for visitors to view the garden or to sit in the summer shade.

A series of granite steps lead visitors from the shaded upper garden to the sunny, informal lower garden. Visitors may sit in the shade under ancient sugar maples and view the large variety of ferns, hostas, azaleas, rhododendrons, and other shade-loving plants in the upper garden.

Sun-loving shrubs, trees, and perennials thrive in the lower garden, where visitors may enjoy a lovely sculpture, set their clocks by the sundial, watch the hummingbirds from a circular bench under the old apple tree, or view birds and butterflies as they visit a central millstone fountain.

A beautiful wooden pergola covered with a variety of vines is located at the west end of the lower garden. A combination of cobbles, pavers, and river stones provide the surface under the pergola and highlight a large Lunaform pot in the planting bed beyond it.

Perennials plants at the Kirkwood Gardens plant sale are available on the bluestone terrace at the garden. Payment is at the self-serve kiosk. Kirkwood Gardens and the plant sale are generously sponsored by Belknap Landscape Company.

Information and directions to the gardens are available at [nhnature.org](http://nhnature.org).

# Allard earns All-Region recognition

PLYMOUTH — The Intercollegiate Women’s Lacrosse Coaches Association (IWLCA) has honored 272 NCAA Division III student-athletes with a selection to one of its All-Region teams for 2021 and the starting goaltender for Plymouth State University was among those to be recognized.

Senior Meaghan Allard (Amherst) was selected to the All-Pilgrim Region First Team after an impressive season. She is now eligible to be named to a national IWLCA All-American team in June.

Allard, who was voted the Little East Conference (LEC) Defensive Player of the Year and selected to the All-LEC First Team earlier this month, anchored the Plymouth State defense. She led the LEC in save percentage (.606) and was second in goals against average after allowing just 5.82 goals per game during the regular season. She was especially difficult to score upon in mid-April when she posted three straight games of 10-plus saves, including a career-high 16 in an overtime win against Keene State.

Allard finished the year with 87 saves, a .580 save percentage and 6.30 GAA – all career-best marks. Her goals against average was the program’s lowest in at least 30 years, while her .580 save percentage ranked sixth over the same time frame.

Over her three years with the Panthers, Allard logged over 1500 minutes in the cage, making 216 saves (.484 save pct.) and allowing 230 goals (8.99 GAA) to finish with a 17-13 record. Her total saves, saves per game, save percentage, and wins all rank among the top ten in school history.

Under fifth-year head coach Sandy Bridgeman, the Panthers finished the truncated season with a 7-3 record. Plymouth State went 5-2 in conference play to capture the third seed for the LEC Tournament, where they opened the postseason with a dominating, 21-2 win over Castleton. The Panthers upset second-seeded Southern Maine, 8-7, in overtime to advance to the title game a conference-record seventh straight year, though their bid to become the league’s first four-peat champion was denied by Western Connecticut State.

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