

Newfound girls cruise to win at Winnisquam



MollyLu McKellar (foreground) and Bibi McConologue break from the blocks in the 100 meters last week in Tilton.

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Newfound track team missed its home meet the previous week, but was able to get back to action on Tuesday, April 27, competing against Prospect Mountain and host Winnisquam in Tilton.

The Bear girls took the overall win with a stellar 99 points on the day, while the Newfound boys finished in second behind the hosts, finishing with 44 points.

In the 100-meter hurdles, MollyLu McKellar finished in first place with a time of 19.24 seconds and Autumn Braley was second in a time of 19.54 seconds.

McKellar also won the 100 meters with a time of 14.04 seconds,

with Malina Bohlmann in second place in 14.24 seconds, Bibi McConologue in third place in 15.14 seconds, Riley Barney in fifth in 15.34 seconds, Rebecca Dillon in 15.84 seconds and Sadira Dukette in 20.84 seconds.

In the 300-meter hurdles, Braley ran to the win with a time of 52.34 seconds and Stacia Paul in second place in a time of 55.24 seconds.

Braley also won the 200 meters in a time of 29.44 seconds and Bohlmann finished in second in 30.14 seconds. Dillon was third in 32.24 seconds, Bibi McConologue was fourth in 32.84 seconds and Isabel Braley finished sixth in 33.54 seconds.

SEE **TRACK** PAGE A10

Sustainability Committee invites you to help Clean Up Bristol

BRISTOL — The Town of Bristol Sustainability Committee invites the community to help clean up Bristol on Friday and Saturday, May 14 and 15, between the hours of 9 a.m. and 1 p.m. This two-day event will be the first of regular Clean Up Bristol Days organized by the Sustainability Committee. Families, friends, individuals, community groups, businesses, and others are encouraged to participate.

Clean Up Bristol Days are a chance for people of all ages to come together for a common good. Cleaning townwide can improve our public spaces that everyone may enjoy, it creates a sense of pride, and most importantly strengthens the tie between us as humans and the natural world.

Anyone wishing to participate in the Clean Up Bristol Days may stop by the pavilion at Kelley Park on North Main Street in Bristol between 9am-1pm on Friday and/or Saturday, May 14 and 15. Members of Bristol's Sustainability Committee will be handing out trash bags, as well as fresh fruit to provide energy throughout the morning. Volunteers will be able to choose the location in town they wish to clean.

Those who show off their sustainable practices by bringing their own reusable water bottle and/or take a selfie during the cleanup and share it with the committee or tag #cleanupbristol will be entered into a raffle for prizes.

Find the event on Facebook at facebook.com/Sustainable-Bristol-102366134793396. Questions? Email sustainability@townofbristolnh.org.

Minot-Sleeper Library launches Tech-To-Go lending program

BRISTOL — The Minot-Sleeper Library is excited to offer an expanded version of its technology services to patrons. Beginning this month, patrons 18 years of age or older may borrow a laptop or tablet as part of the library's new Tech-To-Go lending program. This program will provide greater and more equitable access to e-books and other digital resources. The program allows library cardholders in good standing to borrow a Windows laptop computer or Android tablet for a two-week period. In the coming weeks, hot spot devices providing internet will also be made available to borrow.

This new opportunity for library patrons is modeled after

other successful tech lending programs in New Hampshire and across the country. As education, telehealth, job applications, and communication moves online, libraries are working to ensure community members are not left behind when it comes to taking advantage of these critical resources in our daily lives. Libraries have for decades provided access to public computers and the internet inside their buildings. Tech lending programs build on the success of this service, making access more inclusive for working families, older adults, and others who are unable to visit the library during its open hours.

The demand for better digital access in

Bristol is clear. In 2019, prior to the pandemic, the Minot-Sleeper Library hosted more than 11,000 public computer and wifi sessions. The library staff hears from patrons regularly about their lack of access to the internet and computers at home. To address this digital divide, the library applied for and received a \$10,000 grant from the Coronavirus Aid, Relief and Economic Security (CARES) Act, distributed by New Hampshire Humanities and National Endowment for the Humanities. All equipment that will be loaned through the Tech-To-Go program was paid for through grant funding.

"Lending the technology that allows everyone

SEE **LIBRARY** PAGE A10

Bears make early lead hold up in win over Lakers

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Inter-Lakes baseball team was looking to bounce back from its first loss of the season while the Newfound squad was looking to get back in action after a week away from games when the two teams met up on Monday, April 26, in Bristol.

Each team scored in the first inning, but it was the host Bears who added more runs as the game went along and eventually picked up the 7-2 win.

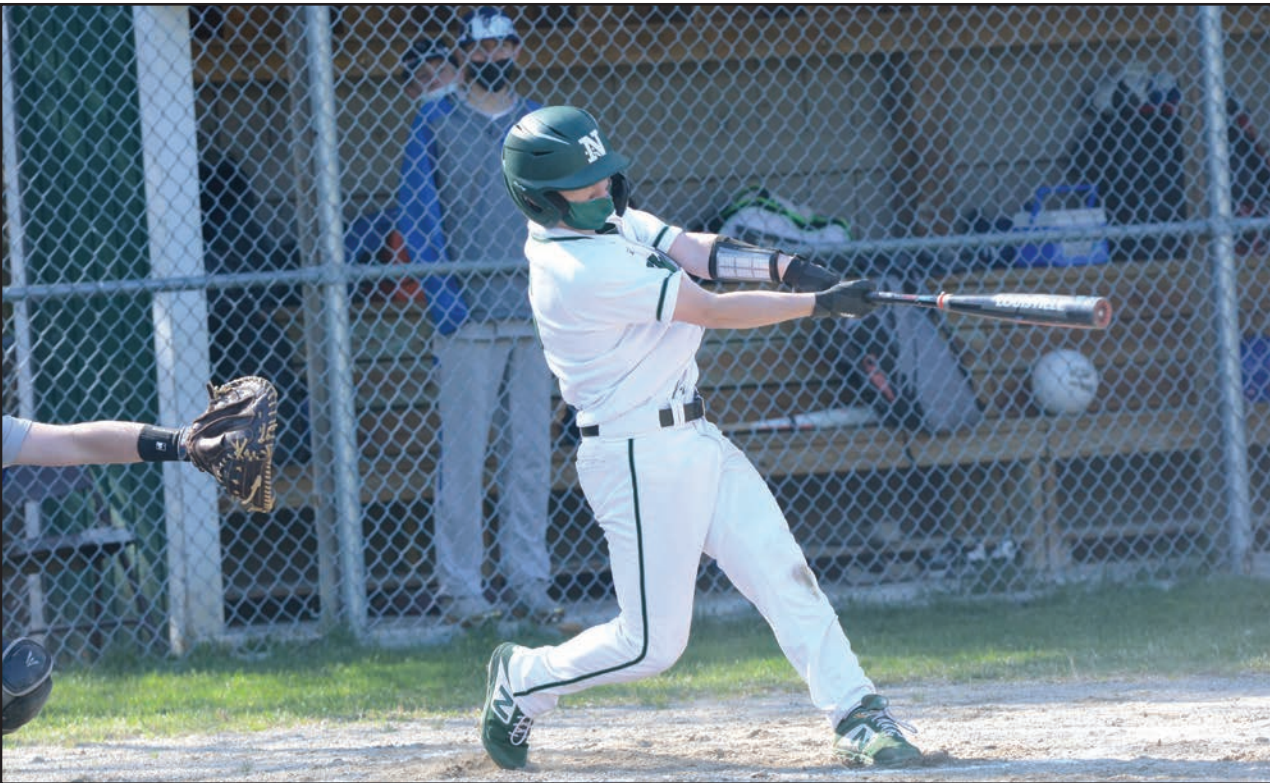
"We were a little dead at the beginning, but after the first they brought the energy up for the rest of the game," said

Newfound coach Tim Moreau. "And they kept it up."

"We didn't have any real energy or fight," said Laker coach Dan Curnyn. "We didn't roll over, but it wasn't our best effort. We've played better."

The Lakers got the scoring started with one run in the top of the first against Bear starter Caleb Davis. Jack Gintof led off with a walk and advanced all the way to third on a pair of pickoff errors. One out later, TJ Bailey worked a walk, but Newfound catcher Mike Macklin gunned him down trying to steal second base. Rafe Bean

SEE **BEARS** PAGE A7



Josh Blouin connects during action against Inter-Lakes last Monday in Bristol.

JOSHUA SPAULDING

Meredith Village Savings Bank, Merrimack County Savings, and Savings Bank of Walpole celebrate NH with Annual Photo Contest

REGION — Sister Banks Meredith Village Savings Bank (MVSb), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are have launched the annual community photo contest for 2021. Winning full color photographs will be featured on four websites: MVSb, Savings Bank of Walpole, New Hampshire Mutual Bancorp (NHMB) and NHTrust, as well as in desktop and wall versions of complimentary community calendars for all three community banks. Photos may also be selected for holiday cards and note cards.

This will be the fourth year that the contest accepting electronic submissions only. All eligible entries must be submitted electronically through a dedicated link located on each bank’s website. The banks will not accept printed copies of the photos.

“Winning photos will share the story of our communities, including images of NH events, scenery, intriguing architecture and local at-

tractions,” noted Debbie Irwin, Assistant Vice President and Marketing Officer. “Each year, the photos are more beautiful and interesting, and we look forward to this annual event and producing wonderful community calendars for our customers and friends.”

The contest will run from Monday, May 3 through midnight, Monday, May 31.

Because of differences in photo specifications, there are two categories participants can enter— one for the website and social media photographs and one for images to feature in each bank’s annual community calendar. All photos submitted will automatically be considered for all organizations, and photographers will be awarded \$100 for every winning photo. A maximum of five (5) photos per photographer can be submitted for each category. MVSb, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so

submitted photos can be from anywhere in the state of New Hampshire.

Visit the Banks’ Web sites at www.mvsb.com, www.themerrimack.com and www.walpolebank.com after May 3 for complete contest rules, details and a link to upload photos.

Unlike stock banks which focus on driving income to their stock-holders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and surrounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and munici-



White Horse Ledge by Mike Weinhold

COURTESY

palities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of their local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses,

non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the 10th consecutive year in 2020. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800.541.0006 or visit themerrimack.com.

Founded in 1875, Sav-

ings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit walpolebank.com.

Pemi-Baker Community Health kicks off spring auction

On-line auction with over 80 items and services

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — For a second year, Pemi-Baker Community Health has decided to forgo their annual in person Brunch/Live Auction Fundraiser out of concern for the health and safety of their community, replacing it with a month long online auction in the hopes of replicating last year’s success.

The auction has something for everyone with gift certificates and specialty services from local businesses, gift baskets with toys for the kids, champagne and chocolate picnics and spa day ingredient get-aways. Pontoon boat rides, NASCAR dream drives, golf packages, the items are endless and with bidding and buy now options you can walk away with a steal!

The auction is on-line for the month of May at www.32auctions.com/PBCH2021. All of the items have been donated by local businesses and friends of PBCH allowing all money raised to go to their uninsured or under-insured patients as well as toward their free community programs they offer: Coffee w/ Caregivers, Loss & Grief Support, Fill Out Your Forms.

“It is important for us to continue our important work in supporting the members of our community who need medical aid at home and we are so appreciative of the businesses who helped us by being sponsors or by donating items to make this auction possible,” said Amy

Dennis, Interim Executive Director and Senior HR Director.

PBCH would like to thank Dumont Construction, Mid-State Health Center, Waterville Valley Realty, Speare Memorial Hospital, Squam Lakes Financial Advisors, Noyes Insurance, R.M. Piper General Contractors, Meredith Village Savings Bank, NEEBCO and Mainstay Technologies for their sponsorships.

With over 50 years

of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home health-care (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. Providing compassionate care with experienced

staff who are trained, certified professionals in the business because of their hearts. In your time of need, we’re right where you need us.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us, please call: 536-2232 or email: info@pbhha.org Visit our Web site, www.pbhha.org, and like our Facebook Page: @PBCH4.

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NHEC announces summer electric rates

PLYMOUTH — New Hampshire Electric Cooperative’s (NHEC) Board of Directors has approved rate changes that will result in a 1 percent total bill increase for most residential Co-op members.

The Co-op Power rate and Regional Access Charge are both increasing by 1 percent, effective May 1. The Co-op Power rate reflects the cost NHEC pays to purchase electricity from the New England power market on behalf of its members. The price NHEC pays for this power is directly passed through to NHEC members who do not purchase electricity from a competitive supplier. The Regional Access Charge reflects the cost NHEC pays transmission companies to have high voltage power delivered to its distribution system. This charge also includes a credit from revenue associated with the Regional Greenhouse Gas Initiative.

The changes to the Co-op Power rate and Regional Access Charge will add an average of 60 cents to the monthly bill of a typical residential member using 500 kWh of electricity per month.

The May 1 rate changes will result in an average residential bill that is 2.9 percent higher than the same period in 2020. In February, NHEC reduced the Co-op Power rate to pass regional electricity market savings back to members as quickly as possible.

For more information about NHEC rates, charges and fees, please visit our website at <https://www.nhec.com/rates-tariffs/>.

About New Hampshire Electric Cooperative

NHEC is a member-owned electric distribution cooperative serving 85,000 homes and businesses in 118 New Hampshire communities. Headquartered in Plymouth, NH, our mission is to provide Co-op members the ability to access affordable, reliable electric service options that support and simplify their lives. Learn more about NHEC at www.nhec.com.

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The alphabet of skin care

BY DR. E. JAMES HANOWELL
Plymouth General Surgery

The sun, in summer, gives us long days of fun. With warm weather around the corner, it is important to protect yourself from the sun to prevent skin cancer. With more than three million new cases a year, skin cancer is the most common form of cancer in the United States. To put this number in perspective, all other types of new cancer cases combined are only 1.8 million. At a time when major cancers are declining, the epidemic of skin cancer persists. In fact, one in five people will get skin cancer in their lifetime.

We all learned our ABCs to help us read. Now it can save your life. The first signs of skin cancer are usually a change to an existing

mole. These ABCDEs can alert you to changes that might signal skin cancer.

- **A s y m m e t r y**: One half is unlike the other
- **B o r d e r**: Irregular borders
- **C o l o r**: Multiple colors or change in color
- **D i a m e t e r**: Larger than ¼ inch (6mm)
- **E v o l v i n g**: Change in size, shape, or color

While anyone can get skin cancer, people with the following risk factors are more likely to develop it:

- Lighter skin color
- Blue or green eyes
- Blond or red hair
- Skin that burns, freckles, or becomes painful in the sun
- Tanning bed use
- A family or personal history of skin cancer

Skin cancer should

not prevent us from enjoying the many summer activities the lakes region offers; just take certain precautions. The best time to protect yourself from skin cancer is before you have skin cancer. Here are some tips to keep in mind:

- Use water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher
- Reapply every two hours or after swimming
- Wear clothing that covers your legs and arms when possible
- Wear a wide-brimmed hat to shade your face, head, ears, and neck
- Use sunglasses that block UVA/UVB
- Stay in the shade, especially between 10 am & 4 pm
- Avoid tanning beds
- Keep newborns out of the sun

While skin cancer can be life-threatening, when

caught early, it is highly treatable. At Plymouth General Surgery, we take that seriously.

We treat most cases of skin cancer in our office as an outpatient procedure. Which procedure depends upon the location, type, and size.

- The skincare program at Speare includes:
 - Skin cancer screening
 - Skin biopsy (for diagnosis of skin conditions)
 - Mole biopsy and removal
 - In-office removal of lipomas, cysts, and skin tags
 - Skin cancer removal and management

Being sun smart and checking your skin once a month for suspicious moles is one of the best ways to keep your skin healthy. Skin cancer develops primarily on areas of sun-exposed skin,

ABCDE rule for the early detection of melanoma

A **Asymmetry**

B **Borders**
(the outer edges are uneven)

C **Color**
(dark black or have multiple colors)

D **Diameter**
(greater than 6 mm)

E **Evolving**
(change in size, shape and color)

but it can also form on areas that rarely see light or are hard to see. Need to get checked? Contact Plymouth General Surgery for a screening to-

day.
Dr. Hanowell can be reached at Plymouth General Surgery, 536-5670.

Camp Mayhew prepares for summer food program

BRISTOL — The Mayhew Program is participating in the Summer Food Service Program at Camp Mayhew in Bristol. Meals will be provided to all eligible children free of charge.

To be eligible to receive free meals at a residential camp, children must meet the income guidelines for reduced-price meals in the National School Lunch Program. The income guidelines for reduced price meals by family size are listed below. Children who are part of households that receive Supplemental Nutrition Program (SNAP, formerly food stamps) benefits or benefits under the Food Distribution Program on Indian Reservations (FDPIR) or Temporary Assistance to Needy Families (TANF) are automatically eligible to receive free meals.

Meals will be provided at Camp Mayhew from June 21 to July 11, July 17 to Aug. 6 and Aug. 9 to Aug. 15.

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your completed form or letter to USDA by: (1) Mail: US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave., SW, Washington, D.C., 20250-9410; (2) FAX: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity

provider.

Income eligibility guidelines for July 1, 2020 to June 30, 2021 are as follows: Household size of 1, yearly income of \$23,606. Household size of 2, yearly income of \$31,894. Household size of 3, yearly income of \$40,182. Household size of 4, yearly income of \$48,470. Household

size of 5, yearly income of \$56,758. Household size of 6, yearly income of \$65,046. Household size of 7, yearly income of \$73,334. Household size of 8, yearly income of \$81,622. For households over 8, please add \$8,288 to the yearly income.

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CADY Corner

*Early onset of
marijuana use,
prescription drug
misuse associated
with faster
development of
substance use
disorders*

BY DEB NARO
Contributor

A new study shows that in the time after first trying cannabis or first misusing prescription drugs, the percentages of young people who develop the corresponding substance use disorder are higher among adolescents (ages 12-17) than young adults (ages 18-25). In addition, 30 percent of young adults develop a heroin use disorder and 25 percent develop a methamphetamine use disorder a year after first using heroin or methamphetamine. These findings, published in JAMA Pediatrics, emphasize the vulnerability of young people to developing substance use disorders.

The study was led by researchers at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

“We know that young people are more vulnerable to developing substance use disorders, but knowledge is limited on how the prevalence of specific substance use disorders varies by time since first substance use or misuse among adolescents and young adults in the United States,” said Dr. Nora Volkow, M.D., NIDA Director and a lead author of the analysis. “Though not everyone who uses a drug will develop addiction, adolescents may develop addiction to substances faster than young adults. This study provides further evidence that delaying substance exposure until the brain is more fully developed may lower risk for developing a substance use disorder.”

The researchers examined the proportion, or prevalence, of adolescents (ages 12-17) and young adults (ages 18-25) who had a substance use disorder in the past year (i.e., past-year substance use disorder) at various intervals since the first time they used or misused one of nine different drugs: tobacco, alcohol, cannabis, cocaine, methamphetamine, heroin, and prescription drugs (opioids, stimulants, and tranquilizers used non-medically). The researchers evaluated past-year substance use disorders at four timepoints since first drug use: fewer than or equal to 12 months, more than 12 through 24 months, more than 24 through 36 months, and more than 36 months.

The researchers found that the prevalence of past-year cannabis use disorder was higher for adolescents than young adults at all examined time frames since first use of the drug. For example, within 12 months since first cannabis use, 10.7 percent of adolescents had cannabis use disorder versus 6.4 percent of young adults.

Similarly, for the non-medical use of prescription drugs (opioids, stimulants, and tranquilizers), the researchers found a greater prevalence of past-year substance use disorders among adolescents than young adults at all examined time frames since first use. For example, within 12 months since first misuse of prescription drugs: 11.2 percent of adolescents had prescription opioid use disorder versus 6.9 percent of young adults; 13.9 percent of adolescents had prescription stimulant use disorder versus 3.9 percent of young adults; 11.2 percent of adolescents had prescription tranquilizer use disorder versus 4.7 percent of young adults.

For alcohol and tobacco, adolescents and young adults had similar prevalence of past-year substance use disorders within 12 months of initiation, but that prevalence was higher for young adults in the subsequent time periods examined.

Estimates of cocaine, methamphetamine, and heroin use among adolescents were too small to report. However, approximately one-third of young adults developed a heroin use disorder (30.9 percent) and one-quarter of young adults developed a methamphetamine use disorder (24.8 percent) within one year after trying that drug for the first time.

“Research has shown that brain development continues into a person’s 20s, and that age of drug initiation is a very important risk factor for developing addiction,” said Emily B. Einstein, Ph.D., chief of NIDA’s Science Policy Branch and a co-author of the study. “This underscores the importance of drug use prevention and screening for substance use or misuse among adolescents and young adults. Offering timely treatment and support to young people who need it must be a public health priority.”

For prevention information, visit our Web site at www.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.

Sustainable Bristol

BY LAUREN THERIAULT

Spring has really sprung, hasn’t it? In my efforts to work towards more earth friendly practices I have been reading a lot about lawns and what a waste they are. My dad would be appalled to hear me say this, he likes his flat green expanse and his riding mower with a tuna fish can cup holder. I guess the recycled tin can cup holder is sustainable, but the rest? Not so much.

Did you know lawns

are the most irrigated “crop” in America? More than corn, wheat and fruits combined? All of the lawns in America make up more than the land area of Georgia and use millions of pounds of fertilizers which cost Americans \$36 million a year; more than four times the EPA’s annual budget.

I know some people really like their lawns and work hard on them, so I won’t ask you to rip your lawn up and grow a garden or a pollinator xeroscape. But I will ask you this: Could you vow

to not mow your lawn for the month of May? Not mowing for the month allows the tiny flowers to bloom, which feeds the bees and other hungry pollinators emerging from their winter hibernation. These buttercups, dandelions and clovers are some of the first things to bloom and sustain the bees until other flowers peak out. This practice wouldn’t just help the pollinators, it would reduce noise pollution, save gas, time, and energy.

Are you thinking, “Gasp! what will the

neighbors think?” and don’t think you can do it? Could you leave a small portion of tiny flowers? Mow only around the paths and driveways? Set aside space for a wildflower meadow? Wait until the last day of May? Tell your neighbors what you’re doing or add a sign “Not mowing for the Bees!” You might be surprised with the birds, butterflies, bees and other wildlife you see. I’ve already conceived my husband to take the No Mow May Challenge. Can you do it too?

North Country Notebook

About bats, and fat fish, and a brush with the law



By JOHN HARRIGAN
COLUMNIST

Among the rubble on my desk this week was a sticky-note that said “Bats.” It was not about my encounter with Tom Yawkey on the roof of Fenway Park, which is a pretty good story, but instead a reminder about an even neater story by Shawne Wickham in this past weekend’s New Hampshire Sunday News, about the kind of bats that fly.

Fish and Game is partnering with UNH’s Cooperative Extension on a survey to see how New Hampshire’s bats are doing. Organizers are seeking volunteers, and have posted details on their websites.

The state has eight species of bats, and all are suffering the effects of white-nose syndrome. This aptly named fungus becomes an unrelenting irritant to hibernating bats, periodically waking them and depleting their energy. It is a killer.

++++

Bats have a bad reputation, most of it unearned. They do not try to fly into bouffant



COURTESY

Most of these hibernating bats display the white-nose fungus that can be such a deadly irritant, interrupting sleep when they most need to conserve energy. (Courtesy NH Fish and Game, Non-Game Program)

hairdos. They do not (at least around here) fasten themselves, vampire-like, to cows’ necks. They can, in fact, carry rabies, but so can raccoons, skunks, and your family dog.

Also, bats sometimes emerge in unexpected places after dark, like your bedroom closet, and flap around the room, which can panic its occupant.

I’ve had some experience with this. Perhaps, I’ve long thought, confused pups (young bats) are the wayward fliers.

While a fishing net is often the first thought, as in catch and release, you don’t want to be swatting away with a net and risk injuring something that eats half its weight in insects per night. Shutting off the lights, opening a window, and going off to read a book might do it.

+++++

Bats were part of my growing up, and they were active (and I hope

still are) all around town. We had them at home, where they roosted under the barn roof. During my years at Clarksville Pond, on either side of dusk and dawn, bats competed with barn-swallows for myriad emerging insects.

Later on, when Fish and Game was one of my beats, I sometimes hung out with Eric Orff, a wildlife biologist with a penchant for salamanders, peepers, spawning runs, and bats. As a side-job, he became expert at dealing with bat “problems,” often based on (to put it gently) lack of knowledge. Eric was the perfect guy to do what was best for the bats, and diplomatically square the issues.

(If you Google Eric, you’ll find plenty. His Facebook page, blog, and various other venues will get you information on everything from her ring runs to hummingbirds to Hornbergs.)

In Shawne’s story on bats, a wildlife biologist noted that “they’re our only flying mammal.” This might have sent armchair biologists right out of their chairs, but flying squirrels don’t actually fly, they soar.

And catch an uplift now and then? For sure.

+++++

Fish and Game remains my favorite state agency. Call it a built-in bias. I grew up as a free-ranging kid in woods and swamps. My best friend (Jimmy Berry) was a game warden’s son.

Anyone wearing the Fish and Game uniform got instant respect and a certain amount of trust.

Never mind that in my first encounter with such a person, he turned out to be wrong.

At age 10 or so, I was fishing Beaver Brook above the old millpond dam, a leaking log-and-rock cribwork structure that was on the point of collapse. I had waded upstream to a deep hole, where I just couldn’t seem to miss.

This was before I’d learned to fly-fish, so I was using garden hackle. I soon had my alder-branch stringer of five nice trout hung on my belt, enough to clean and hand over for tomorrow night’s supper.

Out stepped Skinny Norris, the longtime Game Warden, who took one look at my stringer of fish, recognized hatchery trout when he saw them, and accused me of fishing below the dam, which was against the law.

This was exactly where the hatchery truck, at the behest of the self-same Skinny Norris, had dumped half a load of half-tame trout. Some had tail-finned their way above the breached dam.

At first Warden Norris didn’t believe me, but I stuck to the truth. Back into the alders he went, with a “Harrumph.”

Still, after all these years, and never being one to hold a grudge, would I do what I could for the bat survey, the Department, the Extension, and the bats?

You bet.

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

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	120 Belser Rd.	Res.-Mtl. Bldg.	\$195,000	Andrew H. Towmbly	Tricia L. and Kevin K. Mougey
Alexandria	N/A (Lot 10a)	N/A	\$121,000	Holly A. Stevens RET	Due North LLC
Ashland	Mill Street	N/A	\$80,733	Squam River Hydro LLC	L.W. Packard & Co. Inc.
Ashland	158 Owl Brook Rd.	Single-Family Residence	\$305,000	Timothy M. and Patricia M. Paquette	Rita Mahoney-Stickler and Kurt Stickler
Bridgewater	N/A	N/A	\$125,000	David & Pamela Kelly Fiscal Trust	Jobson Almeida
Bristol	N/A (Lot R32-2)	N/A	\$272,466	James A. and John C. Burkush	Thomas Hajosch and Laurie Quinn-Hajosch
Campton	Ellsworth Hill Road	N/A	\$105,000	Jeremiah J. Gutry Estate and Judy Curty	Horse & Buggy LLC
Campton	184 Hodgeman Hill Rd.	Residential Open Land	\$419,000	Tagi Associates LLC	Kelly M. Duda LT and Ryan E. Duda
Campton	Moose Run Road	N/A	\$100,000	Kevin L. French	Michael J. French
Campton	24 Snow Trail	Single-Family Residence	\$303,200	Scott and Kathy J. Gray	Imed Chahed
Campton	12 Streamside Rd., Unit 9	Condominium	\$155,000	Edward A. Payne	Kenneth P. Watts and Kelly J. Phillips
Campton	233 Windmill Rd.	Single-Family Residence	\$460,000	Clare R. Mendelsohn and Idalette Van Zyl	John D. and Dawn D. Buckley
Campton	N/A	N/A	\$19,000	Donna M. Sibley	Ian Archer
Dorchester	Province Road	Acc. Land Imp.	\$145,000	Eric and Sabre Strout	Garland 2015 Fiscal Trust and Mark P. Garland
Groton	Old Fields Road	Forest Use	\$46,000	Upper Birch Holdings LLC	E.B. & S. Hagman RET
Hebron	N/A	N/A	\$875,000	41 North Shore Road LLC	Sarena A. Mason
Holderness	Stone Post Road	N/A	\$118,000	Judith J. Dearborn Trust and Gail Beaulieu	Joseph Menfi
Holderness	Stone Post Road	N/A	\$125,000	Judith J. Dearborn Trust and Gail Beaulieu	Northridge Construction Co. LLC
Holderness	Stone Post Road	N/A	\$118,000	Judith J. Dearborn Trust and Gail Beaulieu	Joseph Menfi
Holderness	Stone Post Road	N/A	\$115,000	Judith J. Dearborn Trust and Gail Beaulieu	Northridge Construction Co. LLC
New Hampton	32 Mountain Vista Dr.	Single-Family Residence	\$415,000	Nicholas W. and Allison L. Chapman	Wendy L. Leach
Plymouth	20 Daniel Webster Highway	Single-Family Residence	\$192,000	Side By Side Enterprises	Kayla M. Lovering
Plymouth	Ski Lift Lane (Lot)	Residential Developed Land	\$140,000	Richard W. Steinhoff	Benmont Ventures LLC
Plymouth	53 Tenney Mountain Rd., Unit 2	Condominium	\$152,000	James H. and Dorothy D. Moore	Dorothy A. Craigie
Rumney	144 Halls Brook Rd.	Single-Family Residence	\$159,933	James E. MacLean	Cynthia M. Gold
Rumney	459 Main St.	Single-Family Residence	\$165,000	James L. Butler III Estate	Thomas W. Armstrong RET
Thornton	High Book Road, Lot 47	Residential Open Land	\$35,000	Kurt O'Connell	Aleksey Akhonen
Thornton	Stone Dam Road	N/A	\$55,000	Downing Fiscal Trust and Janet L. Downing	Kubik Yards LLC
Thornton	N/A (Lot 12)	N/A	\$37,000	Kevin P. and Michelle M. Kirrane	Tiffany E. Lund and James D. Gove
Thornton	N/A (Lot 10)	N/A	\$160,000	Kevin Dorsey	Fraser Meadows Investment LLC
Warren	4 Eagles Nest Rd.	Single-Family Residence	\$288,000	Patricia M. VanWinkle	Iraj Douraghi and Mallory Z. Pagano
Waterville Valley	6 Bear Brook Lane, Unit 2-10	Condominium	\$250,000	Brian and Dana Hanseeth	Jessica L. Debellis and Noah R. Hester
Waterville Valley	23 Black Bear Rd., Unit 1321a	Condominium	\$106,000	Dennis S. Kochanek	Deborah J. Hastings
Waterville Valley	26 Hillside Way, Unit 2	Condominium	\$315,000	FNMA	Brian G. and Dana A. Hanseeth
Wentworth	Mount Mossilauke Highway	N/A	\$25,000	Icer LLC	Alexander MeadeWentworth
Mount Moosilauke Highway	N/A	N/A	\$25,000	Icer LLC	Andrew Grignon

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

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Panthers match program-best finish at LEC championships

DARTMOUTH, MASS. — Sparked by sophomores Ian Griffiths (Bedford, Mass.) and Owen Billin (Meredith), Plymouth State University matched a program-best finish by taking fourth place at the Little East Conference (LEC) Men's Outdoor Track and Field Championships hosted by the University of Massachusetts Dartmouth on Sunday.

Griffiths had a fantastic all-around day with three top-five finishes and two personal records, including a sec-

ond place showing in the 100-meter dash, while Billin narrowly missed out on his first LEC title in the triple jump.

The Panthers' fourth-place team finish matched the team's showing in both 2018 and 2019.

Billin went into the final round of the triple jump with the top distance (12.93 meters) but had to settle for a second-place finish after a competitor cleared 12.96 on their final attempt.

Griffiths had a busy day. He posted the fourth-fastest qualifying

time in the 100-meter dash prelims (11.45), before turning on the jets in the finals where he ran a personal best 11.37 to finish second.

Griffiths added a PR for a fourth place showing in the javelin (45.57 meters) and fifth-place performance in the long jump (6.12 meters).

Junior Marcus Roper (Cornish) took third in the discus throw after a toss of 37.11 meters and added a fourth place showing in the shot put after a heave of 12.16 meters. He also ended up seventh in the ham-

mer throw after clearing 30.83 meters.

Freshman Jyaire Hatcher posted the third-fastest time in the 400-meter dash after crossing the line in 51.83, while classmate Anthony Farmer (Danville) had a strong showing in the 110-meter hurdles after placing fourth in 18.72.

Sophomore Michael Olson (Sutton, Mass.) finished fifth in the 800-meter run with a time of 2:02.67, while classmate Michael Barrett (Hartford, Conn.) was the Panthers' top performer in

the 1500-meter run after taking sixth in 4:24.72.

Senior Jared Wolf (Tyngsborough, Mass.) finished the 10,000-meter run in 38:13.03 to place seventh, while senior Marcus Cryan (Topsfield, Mass.) was PSU's entrant in the 3000-meter steeplechase, finishing seventh with a time of 11:12.09.

Barrett, Cryan, freshman Digby Ludlow (Preston, Conn.) and sophomore Patrick Wiliston (Redding, Conn.) teamed up to finish third in the 4x800-meter relay with a time of 9:13.09.

PSU's 4x400-meter relay team of freshman Mason Howe, Olson, Hatcher and Farmer also earned a third-place finish after crossing the line in 3:35.37.

The Panthers' 4x100-meter relay squad of freshmen Rolando Sylvain-Stott, Brandon Vachon, Justin Shokal and Noah Williams (Rochester) took fourth after a run of 46.83.

The meet marked the final competition for Cryan, Williams, Wolf and Gunnar Consol (Homasassa, Fla.).

Bears

FROM PAGE A1

then delivered a base hit to plate the first run but Davis got a strikeout to get out of any further trouble.

Laker shortstop Ryan Bousquet made a nice over the shoulder grab on a pop fly into shallow left to open the bottom of the inning in support of Gintof. Erik Hanser followed with a triple and scored on a passed ball to tie the game before Gintof got a strikeout to end the inning.

Davis struck out the side in the top of the second inning and Newfound added two more in the bottom of the inning. Adrian Ehmann led off with a base hit and stole second. Consecutive base hits from Jared Moore and David Joyce drove in one run, but the Lakers were able to gun down Joyce after he took too big a turn around first base. Matt Karkheck delivered a base hit to drive in another run for the 3-1 lead before Gintof got a strikeout to end the inning.

The Bears set the Lakers down in order in the top of the third and the Bears added another

run in the bottom of the inning. Hanser reached on an error; stole second and stole third, scoring on a throwing error for the 4-1 lead. Davis worked a walk and was forced on a grounder to short by Luke Gordon, who in turn was forced on a groundout by Ehmann. Macklin was hit by a pitch to keep the inning going, but Laker first baseman Alex Potter made a nice grab to close out the inning.

Bean and Ben Beaudoin worked walks sandwiched around a base hit from Potter loaded the bases but Davis got a strikeout and groundout to end the inning.

Addie Kernan took over on the hill for the Lakers in the bottom of the fourth and Joyce led off with an infield hit and Karkheck reached on an error. Josh Blouin followed with a base hit to make it 4-1 but Gintof made a nice catch in center to start an 8-4 double play. After Davis was hit by a pitch, Bousquet made a nice grab at short to end the inning.

With one out in the top of the fifth, Gintof worked a walk and eventually scored on a base hit from Bailey to make it 5-2 before Davis got a

strikeout to end the inning.

Ehmann led off with a double in the bottom of the inning and took third on a base hit by Macklin. Two outs later, Joyce worked a walk to load the bases but Kernan got out of trouble with a fly ball to center.

Craig Dunn Jr. dropped a two-out double down the line in right field in the top of the sixth and Devin Schwarz followed with a drive that seemed destined to clear the center field fence, but Ehmann was able to make the catch at the fence to end the inning.

Newfound added two more in the bottom of the sixth. Hanser reached on an error; stole second and third, Davis walked and Gordon was hit by a pitch to load the bases. Curnyn turned the ball over to Potter, who was greeted by a long base hit off the fence in center by Ehmann, plating two runs for the 7-2 lead. Macklin worked a walk to keep the inning going, but Potter got a strikeout and grounder to short to end the inning.

Hanser took over on the mound in the top of the seventh for Newfound. While Kernan



Newfound shortstop Erik Hanser keeps Inter-Lakes base runner Jack Gintof close during action last Monday.

and Bailey worked walks, Hanser got two pop ups and a strikeout to seal the win.

Davis finished with nine strikeouts in his six innings of work. Gintof struck out three

Moreau noted it was tough to miss a week of games, but he was happy to get his team on the field for practice prior to getting back to playing.

"We would've loved to play Franklin," Moreau said. "But we were able to get some practice on Friday, I am grateful for that.

"It was definitely a good game," the first-year coach added.

"Newfound is a good

team, they're better than they have been the last few years," Curnyn said. "And it's a little weird, it's our first game over break in quite a while, that might have had a little to do with it.

"It was windy for both teams, it was cold for both teams, they just came out ready to go," he added. "When you only score two runs, it's tough."

The two teams engaged in a pitchers' duel two days later when the Bears visited Meredith. Gordon threw the complete game shutout for Newfound in a 2-0 win while Bousquet had a strong game for the

Lakers, also going the distance while allowing only seven hits. Hanser had three hits to lead the Bears on the offensive side of things.

The Bears will be at Winnisquam on Monday, May 10, at 4 p.m. and will be hosting the Bears at Laconia's Robbie Mills Field on Wednesday, May 12, at 7 p.m.

The Lakers are scheduled to be at Laconia on Monday, May 10, at 4 p.m. and will be hosting Laconia on Wednesday, May 12, at 4:30 p.m.

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



The story of a jab, part 2: getting the second shot



PHOTOS BY ERIN PLUMMER
Your local reporter takes a selfie after getting the second COVID-19 vaccine.

BY ERIN PLUMMER
mnews@salmonpress.news

Readers might recall reading a story a month ago about a local reporter who sat in a line of cars at the Plymouth Armory to get the first dose of the COVID-19 vaccine. This past week that same reporter, me, was back in Plymouth for my second dose of the Pfizer vaccine. Studies have shown that second dose of the Pfizer or Moderna vaccines are essential in creating that nearly 95 percent immunity against COVID-19, though a report from the CDC shows there are a percentage of people who miss that second dose. I now have my second dose, so read on for my own experience on the process and the side effects.

While the Johnson & Johnson vaccine is a single dose, the Pfizer and Moderna vaccines require a second dose after a certain amount of time: 21 days for the Pfizer vaccine and 28 days for Moderna. Studies have shown that getting two doses of either the Pfizer or Moderna vaccines result in a 94 to 95 percent effectiveness against COVID-19. In a press conference earlier

this year, Dr. Anthony Fauci said studies have shown the first dose provides antibodies against the virus and provides a “threshold of protection,” but the second dose increases that immune response tenfold with a greater threshold against the main type of the virus and the variants. Going with only one dose also increases the risk of creating variants.

The CDC released a report that by February around 88 percent of people who received either one of the two-dose vaccines got their second dose in a timely manner while a little over three percent missed their second dose.

As I said in the first article, the decision to get vaccinated is a personal one. Additionally, there are also people who aren’t able to get their second vaccine for different medical reasons. This is, again, just my experience getting the second vaccine.

When I got my first dose on March 30, I got my card that already had the second dose scheduled for April 27. I’ll admit I was looking forward to this date and starting the countdown



Cars pull up to the vaccination site at the Plymouth Armory.

until I was fully vaccinated against this awful virus.

I checked my profile with the state’s Vaccine and Immunization Network Interface (VINI) and confirmed that I was scheduled to go to the Plymouth Armory on April 27. A day before I went, I also filled out their questionnaire, which now included questions about what vaccine I received and if there were any allergic reactions.

On April 27, I was once again getting into the line on Armory Road for the Plymouth site. I had heard that some locations, including the Belknap Mall, had shorter lines though it was clear the Plymouth site still had the same line length as last time. I found my place at the end of the line in the parking lot of PSU’s Langdon Woods residence hall, put on a podcast, and patiently waited.

The line looped around one parking lot, then entered another. Around this time members of the National Guard were checking IDs and appointments before the waiting resumed. The line then stopped by the gate to the armory, where more members of the National Guard checked ID’s and for the second dose

checked vaccine cards.

There have been reports around the country, including at least one in New Hampshire, about people who received one version of the vaccine receiving a completely different one for their second. The state’s process is now taking extra precautions to make sure this doesn’t happen. When I got to the gate and answered the questions, one of the guard personnel put a bright orange card with the Pfizer logo on my dashboard to be sure. I also heard these red cards were handed to people to bring in at walk-in locations.

Like the previous time I drove through the gate and followed the line to the main parking lot, where the little tent city was set up. I was then directed to one tent, where a gentleman from the Waterville Valley Fire Department was there to give me my shot. He also held up the syringe and showed me an orange sticker with “Pfizer” on it to show it was a Pfizer vaccine.

After all the lines and preparation, the big moment was here. I roiled up my own sleeve, the firefighter was impressed with how prepared I was.

While the first vaccine was a little pinch,

the second one stung a bit. It wasn’t really painful, but it was noticeable. Just a second later I could feel my arm slightly stiffen up, it was a little more intense than last time but nothing a little flexing couldn’t help. A moment later he came back with my card with two stickers and recommendations to make copies of my card to keep with personal records and for my primary care physician. When he said to keep it with my travel documents and told me in two weeks I would be considered fully vaccinated, I got really excited. Any little bit of pain was worth it to be mostly immune from this.

I pulled into the other part of the parking lot to wait for 15 minutes in case there were any reactions. There weren’t, though my arm was already aching. After 15 minutes, I pulled out and headed for Main Street, where I celebrated with a nice, tasty mocha from my old college watering hole, Café Monte Alto.

I did have some side effects, but they were pretty mild. I just had the achy arm for the rest of the day, though this time, it was a little sorer than the first. The next day, I was a little fatigued, but felt better when I got moving around. A few days after the shot, I did

have some mild muscle aches that some Ibuprofen helped with. Nearly a week later, the achiness is pretty much gone and I’m feeling fine. Different people will react to the second dose in different ways; some will feel worse than others.

Now I’m looking forward to May 11, a full two weeks after I got my second dose, when I will be fully vaccinated. I’m looking forward to being able to spend time with and hug my parents without needing a mask (both have both of their shots too), hanging out with friends I haven’t seen in over a year, traveling again, and so much more. I’m aware the vaccine isn’t 100 percent effective, but I personally would rather go with the rare chance of getting a mild version of the virus than the alternative. If they do decide a booster shot will be necessary, I’ll sign up for that one too.

In New Hampshire, the COVID-19 vaccines are now available to anyone over 16-years-old. For more information on the vaccines and how to sign up for them visit vaccines.nh.gov or call 211 for more information.

Comfort Keepers

Physical activity for senior care

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

It’s been proven time and again that exercise is good for seniors’ physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35 percent of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are

physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

- Improved mental health, mood and outlook
- Prevention, or improvement of, diseases such as diabetes, obesity, heart disease, and osteoporosis
- Reduced pain from arthritis and minimizing its severity
- Decreased risk of falls

Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an exercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength building exercises, stretching and balance – all without leaving the comfort of home!

Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive equipment is required.

Stretching – Stretching before and after ex-

ercise can help prevent soreness after exercise. And, the additional benefit is improved flexibility, which is good for older adult’s physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

Comfort Keepers® can help

For seniors that need a little extra help living an active lifestyle, Comfort Keepers caregivers can help with encouragement, support and assistance with physician-prescribed exercise plans. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information

Alexandria man pleads guilty to methamphetamine trafficking, firearm charges

CONCORD — Robert Adkins, 33, of Alexandria, pleaded guilty in federal court to possession of methamphetamine with intent to distribute and possession of a firearm in furtherance of a drug trafficking crime, Acting United

States Attorney John J. Farley announced today.

According to court documents and statements made in court, on March 25, 2019, the Andover Police Department was investigating the theft of logging

equipment. While at the suspect's home, the suspect arrived home in his truck with Adkins as his passenger. While executing a search warrant for the suspect's truck, they located a backpack belonging to Adkins. Inside the backpack they located identification for Adkins, a digital scale and a locked case.

After obtaining another search warrant for the backpack and locked case, investigators found a handgun, a loaded magazine, 36 grams of methamphetamine, and drug packaging materials. The handgun had been reported stolen from Ashland, New Hampshire.

Adkins is scheduled to be sentenced on Aug. 10.

"Armed drug traffickers pose a serious danger to public health and safety," said Acting U.S. Attorney Farley. "Thanks to excellent police work and law enforcement collaboration, this armed drug dealer is no longer able to sell methamphetamine. As this case demonstrates, we work closely with our law enforcement partners to identify and prosecute the drug traffickers who threaten the citizens of the Granite State."

This matter was investigated by the Andover Police Department, Danbury Police Department, and Alexandria Police Department. The case is being prosecuted by Assistant U.S. Attorney Debra Walsh.



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HIGH SCHOOL SLATE

Thursday, May 6

PLYMOUTH
Boys' Lacrosse at Gilford; 4
Boys' Tennis vs. Lebanon; 4
Girls' Tennis at Lebanon; 4

Friday, May 7

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

Saturday, May 8

NEWFOUND
Track at Berlin; 11
Monday, May 10
NEWFOUND
Baseball at Winnisquam; 4
Softball vs. Winnisquam; 4
PLYMOUTH
Baseball vs. Gilford; 4
Softball vs. Gilford; 4

Tuesday, May 11

NEWFOUND
Track at Prospect Mountain; 4
PLYMOUTH
Boys' Lacrosse vs. Gilford; 4
Boys' Tennis vs. Gilford; 4
Girls' Lacrosse at Gilford; 4
Girls' Tennis at Gilford; 4
Track at Gilford; 4

Wednesday, May 12

NEWFOUND
Baseball vs. Winnisquam (at Robbie Mills Park); 7
Softball at Winnisquam; 4
PLYMOUTH
Baseball at Gilford; 4
Softball at Gilford; 4

Thursday, May 13

PLYMOUTH
Boys' Lacrosse at Gilford; 4
Boys' Tennis at Gilford; 4
Girls' Lacrosse vs. Gilford; 4
Girls' Tennis vs. Gilford; 4

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Track

FROM PAGE A1

Hannah Owen won the javelin with a toss of 52 feet, two inches, with Dukette in third place with a throw of 31 feet, eight inches.

Isabelle LaPlume won the discus with a throw of 71 feet, six inches, Owen finished in fourth place in at 38 feet, eight inches and Gretchen McGowan was fifth at 37 feet, six inches.

McKellar won the shot put with her throw of 25 feet, seven inches, Dukette finished in third at 15 feet, nine inches and McGowan was fourth at 15 feet.

Bohlmann took the win in the long jump with a distance of 12 feet, eight inches, Laurel McKellar was third at 12 feet, one inch, Dillon was fourth at 11 feet, half an inch and Zoe North finished in fifth at 10 feet, 1.5 inches.

Laurel McKellar won the triple jump at 23 feet, 3.5 inches, Dillon was second at 24 feet, five inches and Isabel Braley was third at 23 feet, 3.5

inches. MollyLu McKellar won the high jump at four feet, four inches, Elsa McConologue was second at four feet, four inches, Gretchen Reynolds took fourth at four feet and Chloe Jenness was fifth, also at four feet.

Jacquelyn Jenna finished in second in the 400 meters with a time of 1:22.74 and North took fourth place in a time of 1:26.74.

Jenness took fourth in the 1,600 meters in a time of 7:03.34 and Leah Deuso was fourth at 7:21.24. LaPlume finished in third in the 800 meters in a time of 3:04.14.

The Bears won the 4X400-meter relay with a time of 4:59.44.

Quinn Van Lingen won the 110-meter hurdles with a time of 19.64 seconds and also took the win in the 300-meter hurdles with a time of 51.24 seconds.

Tyler MacLean won the 100 meters in a time of 11.94 seconds, with Brady MacLean in fifth in 12.54 seconds and Van Lingen in a time of 13.54

seconds. Tyler MacLean also won the javelin with a toss of 131 feet, 11 inches, with Brady MacLean in second at 111 feet, seven inches.

Jacob Blouin won the shot put with a toss of 39 feet, nine inches. Brady MacLean finished in third place at 32 feet, seven inches. Blouin was fourth in the discus with a throw of 68 feet, four inches and Simon Shedd finished in sixth at 59 feet, nine inches.

Ben LaPlume took home second place in the 1,600 meters with a time of 5:18.94 and was also second in the 3,200 meters with a time of 11:55.74.

Tyler MacLean finished in second place in the 200 meters with a time of 24.64 seconds while Joe Sullivan was fourth in the 800 meters in a time of 2:25.74 and Logan Hinton finished in 2:36.74.

The Bears were third in the 4X400-meter relay with a time of 4:10.64.

Newfound is scheduled to compete next on Saturday, May 8, in Ber-

lin at 11 a.m. On Tuesday, May 11, they will be at Prospect Mountain at

4 p.m.

Sports Editor Joshua

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



Quinn Van Lingen won both the 110-meter hurdles and the 300-meter hurdles in a meet at Winnisquam last week.



Ben LaPlume ran to second in both the 1,600 meters and the 3,200 meters in last week's meet.



Elsa McConologue goes over the high jump bar at Winnisquam last Tuesday.

Progressive Laconia Motorcycle Week® is back in the saddle

LACONIA — After a pandemic-postponed 2020, Laconia Motorcycle Week®, the world's oldest motorcycle rally®, returns to New Hampshire for its 98th year in its traditional mid-June time slot. For many motorcycle enthusiasts and local businesses, the news comes as a sign at least, that life is returning to normal.

"I've lived in the area for a very long time," says Meghan Doptis of Laconia, "Motorcycle Week is a big part of our lives. Whether you attended or not, there was no escaping the excitement, sound of rumbling motorcycles and increased activity all over the state. For us, it signifies the start of summer. Not experiencing that last June, was kind of surreal. Really sad."

While last year's event did eventually take place in August, it lacked most of its signature events and, of course, 'normal' attendance.

"We estimate last year's rally had about one third of the people we normally see," estimates Charlie St. Clair,

Director for the Laconia Motorcycle Week Association. "Many people, for good reason, were reluctant to travel, and those who wanted to come, had difficulty finding lodging because they were competing with summer vacationers. This year will be a lot different. You can already feel it."

With the state's robust vaccination program and safety guidelines changing weekly, a lot of the details for this year's event are still being worked on, but one thing is certain: The 98th Progressive Laconia Motorcycle Week will be happening June 12-20, 2021. Expect some restrictions such as mask wearing whenever social distancing cannot be maintained, limited live entertainment and attendance limitations at some establishments. The popular Tower Street Hill Climb Expo occurs on Tuesday, June 15th from Lakeside Avenue and is a perfect lead-in to the legendary Gunstock Amateur Hill Climb at Gunstock Mountain Resort, which

takes place on Wednesday, June 16th. Vendors will be set-up throughout Weirs Beach as well as at NH Motor Speedway and Laconia Harley-Davidson. Although some restrictions are expected at area establishments, you can count on unrestricted riding opportunities as rally goes enjoy New Hampshire's scenic roads through the White Mountains, the Lakes Region and along the seacoast. As always, organized rides and gypsy tours will take place throughout the week. Keep checking the official Progressive Laconia Motorcycle Week® website for details.

Laconia Motorcycle Week® gives great appreciation to all of our sponsors, especially our Presenting Sponsors: Progressive, AMSOIL and Team Motorcycle, as well as the State of New Hampshire for their large financial support of our rally each year.

For more information about visiting the state of New Hampshire, check out visitnh.gov.

Library

FROM PAGE A1

more equal access to digital resources is a service we are excited about, and one we know is needed," said Library Director Brittany Overton. "We have seen increased use of our public computers and public WiFi. Now, our patrons will be able to access these services anytime, anywhere."

The library's new Tech-To-Go lending program is also part of the work being done to reach the library's strategic goals. In the current 3-year strategic plan, one

of the three goals is that library resources will be available and accessible to a broader population within the region.

"The Trustees and staff are excited to provide the opportunity to 'get on-line,'" said Rosemary D'Arcy, Chair of the Minot-Sleeper Library Board of Trustees. "The combination of a laptop or tablet and a hotspot will allow those borrowers with limited or no access to WiFi to take advantage of the range of resources and services available on-line."

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