

Newfound Landing

THURSDAY, APRIL 19, 2018

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COMPLIMENTARY

McIntire hosts forum to hear concerns from Bristol residents

BY DONNA RHODES

dirhodes@salmonpress.news

BRISTOL – In his continuing mission to get to know the new community he now serves, Bristol Police Chief James McIntire has been visiting with local schools, businesses and civic organizations over the past three weeks. On Tuesday night, he invited the general public to stop by Minot-Sleeper Library to say hello and have a candid chat focused on their concerns and questions for him as their new chief.

McIntire was first introduced to the group by Town Administrator Nik Coates, who said Bristol Selectmen were impressed with his background, his steady nature and his “what you see is what you get” nature that they felt would serve the town well.

McIntire began with a quick rundown on



DONNA RHODES

Bristol Police Chief James McIntire and Town Administrator Nik Coates attended a public forum on Tuesday night where the new chief had the opportunity to meet local residents, answer any questions they had and hear their concerns.

his background where he then confessed that while some people are under the impression that police officers don’t like people, he actually does like people very much.

When considering the job as Bristol’s police chief he also told the group he was

warned by some that he would “have his hands full” if he took the job, but he was never con-

cerned. The problem, as he saw it, was this was a town where the community and police had

become disconnected under prior leadership but that was something he felt he could correct.

“The guys I’ve met here are professionals. They just need the opportunity to be respected,” said McIntire.

He promised that citizens would be seeing his officers out and about more now, interacting with the public and playing a real role in the community. In fact one of the comments he heard later came from a woman who said that while recently out for a walk with her husband, an officer actually stopped to say hello and ask how they were doing that day.

“I’ve never had a Bristol police officer just stop to say hi like that,” she said as she

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Newfound board, residents come together on default budget

BY THOMAS P. CALDWELL

Contributing Writer

BRISTOL — An attempt to end seven weeks of acrimony between the Newfound Area School Board and residents of the seven towns making up the school district succeeded in bringing a calmer and more respectful tone to the conversation over the default budget, but the dispute will not be resolved until at least mid-May.

Archie Auger of Bristol said his goal in explaining why he believes the school board erred by including capital improvement projects that voters have never approved in the default budget was to have the board agree by the end of the meeting to resolve the issue.

School Board Chair Jeff Levesque of Groton

proposed delaying any action on the budget until the end of May because of the number of other agenda items that need to be addressed, but Superintendent Stacy Buckley said she may be able to rearrange the agenda so the board can take it up on May 14.

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COURTESY

Prom proposal

Prom season is rapidly approaching, and one hopeful young man from Newfound Regional High School found a unique way of inviting his favorite girl on the track team to the event. He scrawled his request in chalk along the road leading to the school’s athletic fields, saying only one thought had been “running through his mind.” Further down the road, he added the question “Prom?” (P.S.: - She said yes.)

Hill residents discover all their library has to offer

BY DONNA RHODES

dirhodes@salmonpress.news

HILL – The week of April 9-14 was National Library Week, and the Hill Public Library invited the public to drop by to discover all services and programs their local library has to offer.

Last Thursday, boys and girls gathered for their weekly story time, where the book of the week was “Our Great



DONNA RHODES

(Left) Morgan and Connor are some of the children who enjoy the weekly story time program at Hill Public Library and during last week’s National Library Week celebration they made some foam woodland creatures after a reading of the book, “Our Great Big Back Yard.”

Big Back Yard,” written by former First Lady Laura Bush and her daughter Jenna Bush Hager. Following the colorful story about the U.S. National Parks and all the outdoor excitement they hold, the children then got to create some fun woodland characters that they could take home.

“We have a pretty good sized group of kids who come every week, including several students who are home schooled,” said librarian Lynn Christopher.

Besides the children’s story time, the library has a monthly adult book club and hosts a number

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20 pages in 2 sections
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NANA offers scholarships

BRISTOL — In accordance with our mission to provide quality and compassionate nursing, therapeutic and hospice care to families in our communities, NANA (Newfound Area Nursing Association) provides Scholarships to students living in the surrounding communities. These are

awarded to individuals who are accepted into an accredited educational program in the health care field and are based on the following criteria:

a. Applicants shall be residents of communities that NANA serves. Special consideration may be granted to non-residents who are past recipients of

the scholarship monies or current NANA employees.

b. An accredited educational program is one that leads to a formal certification qualifying the individual for entry into a health care field.

c. The health care field shall be consistent with the health-related efforts of NANA.

Please submit your application and two letters of recommendation no later than Friday, April 27.

Applications are available at the NANA office, 214 Lake St., Bristol, NH 03222, or at the Newfound Regional High School Guidance Department. For more information, please call 744-2733.

Newfound Memorial Middle School honor roll

BRISTOL — Newfound Memorial Middle School has released its honor roll for the third marking term of the 2017-2018 school year.

8th Grade

High Honors: Margaret Bednaz, Hayse Broome, Zoe Davol, Connor Downes, Ryder

Downes, Noah Eckert, Julia Huckins, Mackenzie Jenkins, Sarah LaCroix, Evan Labonte, Lindsey Lacasse, Elsa McConologue, Kaylin Parker, Emma Sawyer, Bodhi Smith, Cassandra-Marie Zick

Honors: Sabrina Alan, Ryan Berg, Emma Caldwell, Cas-

sie Coffin, Gabriela Frasca, Logan Glidden, Nathaniel Hatch, Shaun Jenna, Kaileigh LeBlanc, Ryan LeBrun, Emily Lower, Leah Mitchell, Caleb Moores, Kaelyn Nadeau, Jamie Norton, Aria Peringer, Tristin Porter, Madeline Sargent, Abbey Springer, Natalie Susi,

Hannah Tobine, Connor van Lingen

7th Grade

High Honors: Leah Deuso, Paige Fischer, Ela Goucher, Emily Huckins, Jeffrey Huckins, Lillian Karkheck, Taylor Mooney, Mikayla Ulwick

Honors: Alexis Braley, Gavin Brooks, Katelyn Butler, Reuben Caruth, Rebecca Dillon, Dalton Dion, Julianna Dumark, Lilly Farrar, Macaelyn Hamilton, Logan Hinton, William Joseph, Adam Klapyk, Tyler Kulacz, Dillon LeClerc, Brady MacLean, Adelaide McGowan, Molly Lu McKellar, Madelynn Monahan, Alexis

Moore, Andrew Murray, William Murray, Sydney Owen, James Paratore, Chloe Parker, Myles Perry, Gretchen Reynolds, Colby Runnels, Samuel S. Sanborn, Brynn Sidelinger, Danielle Walker, Natalie Walker, Elizabeth Wentworth, McGowan Willey, Sofia Wucher, Quinn van Lingen

6th Grade

High Honors: William Bednaz, Isabel Braley, Jolee Dumont, Evan Foster, Electra Heath, Nicholas Mazur

Honors: Emma Adams, Mika Austin, Emily Avery, Ryleana Barney, Lydia Bartlett, Hannah Bassett, Lucie

Beauchemin, Matthew Bird, Joshua Blouin, Savannah Bradley, Sarah Buchanan, Angelique Collins, Hayden Dolloff, Tobias Eckert, Ava Emerson, Mason Farmer, Leighann Farrell, Trent Fouts, Soraya Glidden, Olivia Hanley, Dylan Hennessy, Jacquelyn Jenna, Chloe Jenness, Isabelle LaPlume, Joshua Marandos, Santiago McCulloch, Izabella Monroe, Savannah Muzzey, Zoe North, Lauren Paige, Riley Porter, Isaac Robert, Alexander Rose, Benjamin Smith, Moriah Smith, Kylee Stevenson, Kaitlyn Sweeney, Makenna Tullar, Beckett VanLenten, Samuel Worthen

Take a journey through “Banjos, Bones and Ballads” with New Hampton Historical Society

NEW HAMPTON — The New Hampton Historical Society presents “Banjos, Bones, and Ballads”

Tuesday, April 24 at 7 p.m. at the Gordon-Nash Library, 69 Main St., New Hampton, presented by Jeff Warner.

Tavern songs, banjo tunes, 18th century New England hymns, sailor songs, and humorous stories about traditional singers and their songs highlight this informative program. Traditional songs, rich in local history and a sense of place, present the latest news from the distant past. They help us to interpret present-day life with an understanding of the working people who built our country.

Jeff Warner connects 21st-century audiences with the music and everyday lives of 19th-century people. He presents musical traditions from the Outer Banks fishing



Jeff Warner

villages of North Carolina to the lumber camps of the Adirondack Mountains and the whaling ports of New England.

Sponsored by the New Hampshire Hu-

manities Council.

Our programs are free and open to the public. Light refreshments will be served and fundraising items will be available for purchase.

Explore British servant culture in fiction, film and fact at Minot-Sleeper Library

BRISTOL — On Thursday, April 19, the Minot-Sleeper Library welcomes Ann McClellan, a specialist in 19th and 20th century British literature, who will present “Life Downstairs: British Servant Culture in Fact, Fiction, and Film.”

Chair of the English Department at Plymouth State University and a dedicated Anglophile, McClellan examines the history behind the rise and fall

of British servants and explores why Americans are so fascinated by their stories on page and screen. There has been a resurging interest in servant culture in recent decades, with popular PBS classics as “Upstairs, Downstairs” and “Manor House” and the phenomenally successful “Downtown Abbey.”

Ann McClellan’s presentation on British Servant Culture will take place at 7 p.m. on Thurs-

day, April 19 at the Minot-Sleeper Library on 35 Pleasant Street in Bristol. This event is free and open to the public. Light refreshments will be served thanks to the generosity of the Friends of the Library. For more information, call 744-3352.

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RAMPAGE PG-13 Fri.-Sat.: 1:30, 4:30, 7:30, 10:00 PM Sun.&Wed.: 1:30, 4:30, 7:30 PM Thurs.: 1:30, 4:30, 7:30, 10:00 PM	Join us for an advance screening of: Avengers: Infinity War on Thursday 4/26 at 7:00pm
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Find us online at: BarnZs.com

BRISTOL — The Minot-Sleeper Library in Bristol is excited to welcome Dawn Thomson from Reuben's Rescue Ranch on Thursday, April 26 at 7 p.m.

Reuben's Rescue Ranch, located in Danbury, is a small, family-run farm that offers

life-long sanctuary to animals in need. Thomson, the co-owner and founder of Reuben's Rescue Ranch will share stories about the farm and the special animals who live there, including horses, donkeys, goats, ducks, and rabbits. At Reuben's Rescue Ranch, the motto

is “People Helping Animals....Animals Helping People.” Their mission is to provide a permanent safe haven for animals in need, as well as educational opportunities for the public to share hands-on experiences with some well-loved creatures.

This event is being held at the Minot-Sleeper Library at 35 Pleasant St. in Bristol. It is free and open to the public. Light refreshments will be served thanks to the generosity of the Friends of the Library. For more information, call 744-3352.

Community theatre coming to Hebron

HEBRON — Calling all past thespians from high school, college and beyond!

A movement is abuzz with the possibility of starting a Community Theater group in Hebron. We are seeking anyone who has exper-

rienced the pleasure of working and performing with a group of talented, dedicated, and excited people.

The group will be wide open not only for actors, but stage crew, set design/construction, costumes, vocal-

ists, musicians...anyone interested in again “Treading the Boards” here in the Newfound area.

A general interest meeting is scheduled for Wednesday, May 23 at 7 p.m. in the Community Room of the Con-

gregational Church in Hebron.

If this missive has tweaked a long hidden spark, contact Bill York, 744-6033 or e-mail: York-media@hotmail.com.

Lights! Camera! Action!

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DONNA RHODES

Volunteers and representatives from Pemi-Valley Habitat for Humanity were happy over the weekend to display the home they recently completed for a local family. From left to right are Patti Reynolds, a Habitat homeowner from Bristol who dropped by to congratulate the crew, Frank McClain and Board President Sandi Shepardson of Pemi-Valley Habitat for Humanity, Volunteer Coordinator Lindsey Matthews, volunteer Derrick Kelley and Corey Stuart of Sherwin Williams, whose company donated paint and labor to the project.



DONNA RHODES

Pemi-Valley Habitat for Humanity Board President Sandi Shepardson was excited to present the comfortable living room and energy-efficient windows that were installed in their latest home build on Highland Street in Plymouth.

Pemi Valley Habitat for Humanity proudly displays newly built home

BY DONNA RHODES
drhodes@salmonpress.news

PLYMOUTH — There were smiles everywhere last weekend, when Pemi-Valley Habitat for Humanity invited the public in for a tour of their latest accomplishment, a warm and comfortable new home for a single mom and her two young sons on Highland Street in Plymouth, which volunteers built in less than a year.

Board President Sandi Shepardson was on hand to guide people through the home and was proud of what the organization had accomplished once again for a deserving family. “This is a modest home, but one a family can be proud to live in,” she said. Construction on the 988-square-foot residence began last summer, and it was built

almost entirely by volunteers and donations from local businesses. The family, selected from a pool of very worthy applicants, also put countless hours of “sweat equity” into the project and the result was a small three-bedroom home with a broad front porch, a cozy kitchen/dining area beside a bright and sunny living room with a full walk-out basement down below.

The deck and backyard helped make the property a place the new owner might have only dreamed of in the past. “This house is right across the street from the school and the neighbors are already hoping to see the boys out playing in their small field across the street. We really hit the jackpot with this property,” said Frank McClain of Habitat for Humanity.

Thanks to many generous donations, McClain said the home as all energy star windows and appliances that will reduce the owner’s living expenses yet provide the family with the comfort any homeowner would want. “This home includes a ‘happiness level’ with quality products and an understanding of the relationship that all has for the long-term success of the family,” said McClain.

was able to purchase on her own. It still has plenty of space for a Foosball table the boys found at the ReStore operated by Habitat for Humanity though along with room for other games or activities they may come up with in the future. Amey Bailey of Plymouth was one of the community members who dropped in to see all that the volunteers had done and was more than pleased with their results.

The family was very interactive in the process, and got to pick the paint colors for the exteriors and the rooms inside as well. Since the two sons are very close to each other, Shepardson said they each chose the same shade of blue for their individual rooms and asked the construction crew to leave a small opening tucked away in the back of the closets between them. “The boys thought it was really cool that they could go in their closets and play together while still in their own rooms,” she explained.

“It makes your heart sing to see something like this happen for a family in our community. I’m just so happy for them,” she said. Besides the volunteers, others pitched in with many donations to complete this latest build for the Pemi-Valley Habitat for Humanity. The foundation of the home was done through a grant from the New England Housing Ministry while studs for the framework were provided through the organization’s “Stud-A-Thon” last year.

Mom’s room is a soothing pale yellow with large windows that will look out over the yard and eventual gardens. The Habitat crew said she really likes plants and gardening so now she can enjoy all she grows, both indoors and out. Downstairs, the basement has more energy-efficient appliances, like the heating system, as well as the new washer and dryer she

“If you took down any of the sheetrock in this home right now you would see the names of people who donated money for each of the studs behind them,” McClain said. All of the flooring was donated from local businesses along with exterior insulation, paint from Sherwin Williams, and even the driveway paving. Whirlpool also provided the kitchen appli-

SEE HABITAT, PAGE A11

Bristol Historical Society hosting spring fashion show

BRISTOL — The Bristol Historical Society is sponsoring a Spring Fashion Show on Sunday, April 29 at 2 p.m. in the Historic Town Hall on Summer Street in Bristol.

en’s clothing shop in downtown Bristol, will introduce some of her new items from the shop. If you have passed by the windows of the shop lately you have probably noticed the bright and lively spring colors. Fashion

ions will be modeled by her daughter and a friend. During the show, Estelle Giarrizzo, pianist and organist at the Bristol United Church of Christ, will play the lovely piano that the Society acquired

last summer. Light refreshments will be served. Parking is available in the lot on the corner of School Street. There is no charge to attend. Donations will be accepted toward the kitchen project in the hall.

Jeanie Forrester to speak at next PBVRC meeting

ASHLAND — Spring has sprung! And with it, a new slate of spaghetti dinners. The venue and the menu haven’t changed, though. Again, we will be at the American Legion Hall, 37 Main St., Ashland. The date is Friday, April 20, and the dinner starts at 5 p.m. and goes to 7 p.m. The meal includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.



The guest speaker for this first dinner of the year is Jeanie Forrester. Many of us know her as former Town Administrator for the towns of Tuftonboro and New Durham, as well as the Executive Director for two award-winning Main Street programs in Plymouth and Meredith, where she helped

create jobs and economic prosperity by attracting new businesses and new development. She completed three terms as State Senator. She also served as Chairman of the Sen-

ate Finance Committee. She is currently serving as Chairman of the New Hampshire Republican Party. Forrester is a resident of Meredith, located in the state’s scenic Lakes Region.

She earned her Bachelor’s degree in political science with honors at the University of New Hampshire and went to work for Gov. John H. Sununu. While serving full-time on the Governor’s staff, she completed her MBA at the Whittemore School of Business and Economics. She joins in inviting you back for another season of dinners. The prices haven’t changed. Tickets are \$10 at the door for adults, \$5 for children five to 12 years, and four and under are free, with a special family price of \$25. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged. For more information, call Cindy at 536-3880 or cindy@hdat-ech.com.

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Mindful Divorce Package

Congresswoman Kuster discusses impact of opioid epidemic

BY ANNE MCLANE KUSTER
U.S. Congresswoman
NH District 2

Congresswoman Annie Kuster (NH-02), the founder and co-chair of the Bipartisan Heroin Task Force, recently met with state and local leaders at the New Hampshire Medical Society to talk about the funding needs of New Hampshire and those on the frontlines of the opioid epidemic. Specifically, the group discussed the omnibus appropriations bill signed into law last month, which included more than \$3 billion in new spending to combat the epidemic, as well as the CARA 2.0 legislation. Kuster introduced CARA 2.0 in the House with Representatives Blackburn (R-TN), MacArthur (R-NJ), and Ryan (D-OH). This bipartisan legislation contains nearly \$1 billion in funding for treatment and recovery services and would expand access to medically assisted treatment for substance use disorder.

"The opioid epidemic is impacting communities across New Hampshire and will not be solved without the long-term support for those on the frontlines of the crisis," said Congresswoman Kuster. "Congress took an important step last month in appropriating more than \$3 billion in new funding to address substance use disorder, but more action is required. There is strong bipartisan support for additional action on this issue and I will continue to work with my Republican and Democratic colleagues to advance proposals that will increase resources and expand prevention, treatment, long-term recovery,

and law enforcement efforts. I appreciated the opportunity to hear the perspectives of today's participants and look forward to sharing their thoughts with my colleagues in Washington."

"The Medical Society is grateful to Congresswoman Kuster for convening this important discussion on the new federal funding available to increase the much-needed support for those with substance use disorders in the Granite State," said Jim Potter, Executive Vice President of the New Hampshire Medical Society. "More than ever, now is the time for all families and stakeholders to come together in combating this devastating brain disease through long-term recovery treatment and added prevention efforts."

Earlier this year, Kuster introduced the Respond NOW Act, which would provide critical resources to those on the frontlines of the opioid epidemic. The Bipartisan Heroin Task Force has been a driver of Congressional action to take on the opioid crisis. The Task Force successfully pushed for the inclusion of \$1 billion in funding as part of the 21st Century Cures Act to address the opioid epidemic and helped pass 14 bills which were signed into law as part of the Comprehensive Addiction and Recovery Act (CARA). In January, the Task Force unveiled its legislative agenda for 2018. Two pieces of legislation on the agenda, the VA Prescription Data Accountability Act and the INTER-DICT Act, have already been signed into law.

SEE CADY, PAGE A11

PET of the Week Heidi



SWEET and eternally optimistic Heidi, a trim little mixed breed dog, has been dealt a particularly cruel hand by heartless humans in her native Puerto Rico. Left untended and uncared for she was deliberately abandoned in the vicinity of dangerous highway where she was hit by a car, left for dead on the side of the road, with fractured bones. Her canine guardian angel watched over her as she survived on the streets, eluding capture until exhausted and without hope she gave up - and much like a Depression era hobo tired of riding the rails, rested outside the gates of what she knew to be a residence



where people with compassion lived.

Now living at NH Humane Society this dar-

ling dog, the epitome of exuberance, waits for a loving home. She's bonded deeply with

those that love her and care for her daily, but it isn't the last chapter... Heidi deserves a family, a soft spot on the sofa, a multitude of cuddles and tenderness.

She's funny, smart, sociable and very playful and will do anything, literally anything for praise and the goodwill of humans. As her former foster home says: "I will be your friend, your defender, your partner, your dog. You will be my life, my leader. I will be yours, faithful and true to the last beat of my heart". Just two years old, Heidi has much love and companionship to give. Please come and see her today!

Strategies for Living

Thank you...thank you!

BY LARRY SCOTT

From Max Lucado's book, "In the Eye of the Storm," comes this story:

"It happens every Friday evening, almost without fail, when the sun resembles a giant orange and is starting to dip into the blue ocean, Old Ed comes strolling along the beach to his favorite pier. Clutched in his bony hand is a bucket of shrimp.

Ed walks out to the end of the pier, where it seems he almost has the world to himself. ... Before long, dozens of seagulls have

enveloped him. Ed stands there tossing out shrimp to the hungry birds. As he does, if you listen closely, you can hear him say with a smile, "Thank you. Thank you." In a few short minutes, the bucket is empty. But Ed doesn't leave. He stands there lost in thought, as though transported to another time and place.

His full name: Eddie Rickenbacker. ... On one of his flying missions across the Pacific, he and his seven-member crew went down. Miraculously, all of the men survived,

crawled out of their plane, and climbed into a life raft. Captain Rickenbacker and his crew floated for days on the rough waters of the Pacific. They fought the sun. They fought sharks. Most of all, they fought hunger. By the eighth day their rations ran out. No food. No water. ... They needed a miracle.

Time dragged. ... Suddenly, Eddie felt something land on top of his cap. It was a seagull! Old Ed would later describe how he sat perfectly still, planning his next move. With a flash of his hand

and a squawk from the gull, he managed to grab it and wring its neck. He tore the feathers off, and he and his starving crew made a meal - a very slight meal for eight men - of it. They used the intestines for bait. With it, they caught fish, which gave them food and more bait ... and the cycle continued. With that simple survival technique, they were able to endure the rigors of the sea until they were found and rescued.

Eddie Rickenbacker lived many years before
SEE STRATEGIES, PAGE A12

Letters to the Editor

Help me build a stronger Electric Co-op

To the Editor:

Fellow New Hampshire Electric Co-op members, my name is Neil Irvine, and I am honored to have had my name placed on the ballot for the 2018 Board of Directors election by the Nominating Committee. In the coming weeks, you will receive your ballot, and I humbly ask for your vote.

Traditionally, candidates in an electoral race would lay out their platform and ask for your support based on their position statements. However, I do not have a platform of issues on which to campaign. I don't have an agenda. In fact, I believe that agendas do nothing to contribute to good governance. I am currently in my sixth year as a selectman for the town of New Hampton, and serve on the Board of Directors for the New Hampshire Humane Society. In both of these roles, I have consistently approached every issue with an open mind, willing to hear all perspectives on a matter and put forward a reasoned decision that is in the best interests of the community being served. I commit that I would bring that same attitude to the deliberations and governance of the Co-op - our Co-op.

The reality is that our Co-op has come a long way, and enjoys an A+ credit rating, and the respect of

those in the utility industry due to the sound management practices implemented and the hard work of the dedicated professionals we hired to manage day to day operations. My intention is to build on the solid foundation that has been laid as we address the challenges of today's electric utility environment.

Today, the Co-op is faced with declining sales as more and more members embrace efficiencies in their energy needs, move to distributed power generation (wind & solar), or purchase their electricity from third party vendors, while having to maintain and modernize the distribution infrastructure. We will have to explore new opportunities to offset the decline in sales to members to keep the Co-op viable. Solutions may lie in developing a business model based on services that can be delivered to members and non-members, rather than just the volume of KW sales. I look forward to contributing to that discussion, and securing our future as a Co-op.

I encourage you to participate in the upcoming election, and humbly and respectfully ask for your vote.

Neil Irvine
New Hampton

What were Bristol Selectmen thinking?

To the Editor:

At the last Bristol Town Meeting, citizens voted to increase spending by 4.4 percent. It fell upon the Select Board to adjust the 12 percent proposed budget increase to meet the increase that was approved by town taxpayers.

Instead of taking last year's budget and applying a 4.4 percent increase to each department, the Select

Board, led by Chairman Alpers, chose to play favorites with department budgets. The result - most departments kept their proposed increases and the Highway department lost most of its paving budget. I guess that will teach those despicable taxpayers to not mess with the budget at town meeting!

Paul Simard
Bristol

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How to handicap a squirrel race? Only Rocky and Bullwinkle know

Friends and family know that I relish foul weather, particularly a good snowstorm, so I'm not much for fuzzy-bear replies to complaints. To the collective whine about last week's two days of snow ("In April, for Pete's sake!"), my reply was that a lot of people have very short memories. A couple of times, I just said "Move."

This is mitigated, of course, by the fact that about half the people I see and deal with day in and day out are half my age or younger. I bumped into a particularly young-looking officer of the law the other day and wanted to ask him, kiddingly, if he'd started shaving yet.

While it's true that we're more likely to get rain and sleet on either end of winter these days, snow is hardly a stranger in April. Wildlife biologists in particular worry about late-spring (that means April) snowstorms that can force deer into the yards again when they're low on energy and need to roam for food.

This has happened several times over my career, and I've participated in line-searches in winter yards to count the remains, in an attempt to gauge mortality. This has always been something of a joke, because

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



any remains aren't apt to be around for very long, given scavenging by coyotes, foxes, raccoons, crows, ravens, and any other creature out there in this eat or be eaten world.

They make quick work of any carcass, as any farmer who's had to drag dead cows out to the bone-yard will tell you. The exception is the hip-bone, and of course the femur. In the dog family, only the wolf has the jaw-power to crush the femur. That's why it was big news a decade or so ago when biologists found a crushed femur in a deer yard in just-over-the-border Hereford, Quebec.

+++++

Compatriot columnist Cheryl Kimball writes a nice, breezy column for the Saturday's Features section of the Union Leader, and this past week's topic was "nuisance" animals, and what to do about them, or not.

There really is no such thing as a nuisance animal, Cheryl pointed out, especially when we (the collective "we") keep pushing into their



WELDON BOSWORTH — COURTESY

Gilford's Weldon Bosworth took this photo from near the top of Cannon Mountain over the past weekend. Much of the Franconia Ridge Trail is in the distance, including Little Haystack, Lincoln, Liberty, and Lafayette. Weldon reported no black flies or peepers

habitat for house lots. Often, she noted, there are ways to live with these creatures, a far more laudatory and pleasant approach than trying to kill them.

Cheryl had a photo of a young porcupine gnawing way in one of her ornamental shrubberies, but rationalized that it "doesn't deserve to be shot." Now, before you inundate me with mail, I'm well aware of the horror of your dog coming home with a muzzle and mouth full of quills, which for all but the well prepared (heavy leather gloves, pliers, experience) means a trip to the vet.

Her answer? Control her dogs, especially at

dusk and dawn when quill pigs are known to roam. "On the sad occasion of our dogs getting quilled," she wrote, "consider it good citizenship to keep our local veterinarian in business."

+++++

I share Cheryl's reluctance to kill creatures, except, of course, the likes of clapboard flies, ladybugs and (ugh) ticks. Still, with even the most appealing of creatures there comes a threshold.

In my former more Clint Eastwood-like days, I maintained a red squirrel kill zone around the house. Now, these are about as cute and neat and fun to watch little creatures as they come, but they are not so cute when they take up residence in the house and begin searching out cupboards and drawers.

At the urging of friends and family, I softened up my kill

zone mindset, opting for "Kumbaya" instead.

It doesn't work. This is an old farmhouse, with no practical way to make squirrel-proof. The squirrels have been holding what sounds like the Camptown Races (doodah) in the livingroom ceiling. I think they are about to have babies.

Out comes the scoped .22, and the box of shorts.

+++++

After three (count 'em, three) surgeries on the same hip I had plenty of rest and rehab to address, and did so at a fine and somewhat off-the-radar facility known to everyone throughout the North Country and the state simply as "The Morrison." Its great hulk of a brick building, with two majorly modern wings, sits atop a hill just west of Whitefield's town common, hence the "below the radar" remark. This becomes moot, how-

ever, with construction nearly complete on an extended campus just south of the road to Littleton.

People who work at nursing homes, rehabilitation facilities or just plain retirement homes are blessed with the strength of Samson and the patience of Job. You name it, and they've seen it and dealt with it.

As a guy who once ran three newspapers and a printing plant I did my share of hiring and (hardly ever) firing, and thus I have a habit of rating any enterprise on its people. In this category and many others, The Morrison shines.

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

Towns

Alexandria

Merry Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Goodness, what a mixed bag of weather we've had lately! I was reading an article in the New England Historical Society about the year 1816 which is known as the Year Without Summer. The article said 6 inches of snow fell in June and every month had a hard frost. A very difficult year to raise crops, fruits, hay and all that was needed to store for the following Winter.

Town

Alexandria Conservation Commission Meeting Wednesday, April 25 at 6 p.m. in the Municipal Building.

This past Saturday, volunteers helped pick up litter alongside Cass Mill Road. If you drive it, from Washburn Road towards Route 104, you can see how far we got! Thirty-five bags of trash went to the dump.

Huge thanks to Deb Glidden, Edna Piehler, Bob Piehler, Kim Sharp, Merry Ruggirello, Tom Larson, and the Alexandria Police Department for their support.

Additional thanks to Mike Provost for lending us reflective vests.

Alexandria United Methodist Church

There were several brave souls who came out in Sunday's weather to hear District Superintendent, Rev. Taesung Kang give a wonderful message, and song for services.

Sunday, April 22, ser-

vices begin at 9 a.m., with Sunday School following at 10:15 a.m.

Newfound Area Churches meet on Wednesday, May 2 at 9 a.m. at Bristol UCC.

That will wrap it up for me this week folks. Oh, wait, one more thing! Happy Birthday Suki from my sidekick and me! Now, since Mother Nature has decided to give us some liquid sunshine today, I'm staying inside to keep dry and warm. Have some reading to do, crafts to work on and puttering in general. Have a great week and be safe in your travels, wherever you may go.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship at the South Danbury Christian Church on April 22 will be at 11 a.m., with conversation and refreshments afterward. Everyone is welcome! For anyone who would like to attend worship or church events but needs a ride, contact us by email or Facebook Messenger to make arrangements. We'll be happy to help. The South Danbury Church, an Open & Affirming congregation of the United Church of Christ, is located at 1411 U.S. Route 4 in South Danbury.

3rd Saturday Workshops

Last reminder about Saturday's workshops

-- April 21. Stampin Up Camp runs from 9-11 a.m. Reservations required. To see if there is space, email marie.polizzi@gmail.com or call her at 860-235-2429.

The gardening workshop will run from 10-11:30am. It is led by Tom Curren and hosted by Danbury Grows. Share ideas, ask questions and get ready for another growing season. As the pick-up market online order has closed, orders could only be placed by calling the participating vendors.

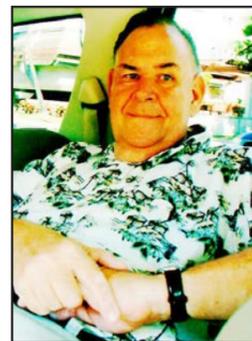
Chicken Pie Supper

Saturday, April 21 from 5-6:30 p.m. is the chicken pot pie supper. The United Church of Danbury will also be holding a Dutch auction during the supper with winning tickets drawn at 6:30 p.m. The supper price is \$9 for adults; \$4 for children under 12 yrs and under three is free.

Kids Bread Baking Day

Space is still available for the children's bread making workshop at the grange hall on April 28 from 9:30 a.m. - 1:30 p.m. Geared towards students ages 5-13, they will make rolls, pizza for lunch and after donating some to the Danbury Food Pantry, will also be able to take items home to share with their family. Adults are welcome to join the children. Signup SEE TOWNS, PAGE A6

Peter J. Olesnevich, 74



BRISTOL — Peter J. Olesnevich, "Mystro Peter Ole," 74, of Bristol left this world Saturday, April 14, 2018 to live again with his maker, following a period of declining health.

The son of Peter and Josephine Olesnevich, Peter attended Hall High School and the Harrt school of Music at the University of Hartford. He lived in Ft. Collins, Colo. for 25 years, raising his family before moving to Bristol in 1995. A talented musician, and showman, Peter shared his gift as a keyboard artist in many settings, including over 30 years as the national organist for the American Legion national conventions; a church organist at Holy Trinity Parish; and many years performing programs for nursing home residents throughout New Hampshire. He loved his work and received such happiness from the joyous participation of the residents he came to know so well.

Peter enjoyed a strong love of his Polish heritage and customs, and a deep religious faith and a sense of duty. He was recently so happy to attend mass with the help from friends.

Peter leaves behind many family members including his daughters, Angelica Van Nor-

man, husband Joe, and son Peter of Madison, Wisc., Deleice Olesnevich of Denver, Colo., and Christa Olesnevich and partner Chris Peterson of Loveland, Colo.; his brothers, Michael (and wife Andrea) Olesnevich of Tolland, Conn., Kenneth (and wife Linda) Olesnevich of West Hartford, Conn.; sister Julie (and husband Roy) Hugill of Vernon, Conn.; 12 nieces and nephews.

He was predeceased by his brother, Richard Olesnevich of Tolland, Conn.

Friends and family may call Friday, April 20, 2018 from 9-11 a.m. at the

Emmons Funeral Home, 115 South Main St., Bristol. A Mass of Christian Burial will be celebrated at 11:30 a.m. on Friday, April 20, 2018 at Our Lady of Grace Chapel of Holy Trinity parish, 2 West Shore Rd., Bristol. Inurnment Services will be held on Saturday, April 21, at 11 a.m. at Mount St. Benedict Cemetery, 1 Cottage Grove Rd., Bloomfield, Conn. At Peter's request, please consider donations in lieu of flowers to either the NH Catholic Charities, 215 Myrtle St., Manchester, NH 03104 or online at <https://www.cc-nh.org/donate/> or The Little Sisters of the Poor, Denver, CO at: <https://littlesistersofthepoordenver.weshareonline.org/>

Peter's family extends our heartfelt gratitude and thanks to all the wonderful caregivers who gave their loving support and friendship during his illness. He truly appreciated their kind and gentle care.



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Churches

Ashland Community Church

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Shurfine Market). Parking is available next to and behind the church.

Pastor Ernie Madden
Phone: 968-9464
Email: accernie@hotmail.com

Website: ashlandcommunitychurch.com

Sundays:

9 a.m. - Early Worship Service, followed by coffee and fellowship in the church dining room.

10:30 a.m. - Contemporary Worship Service. Coffee and snacks are available in the back of the sanctuary before the service.

Toddler Zone (for infants - five years old) and KidZone (for K-6th grade) are available during the Contemporary Service.

Special Needs Class - For teens-adults at the Contemporary Service. Participants meet in the sanctuary for singing, and are dismissed to their class at approximately 10:45 a.m.

Kidzone:

Debbie Madden leads the K-sixth grade class. Kids will love the great videos and games that teach age appropriate lessons in a loving atmosphere.

Alcoholics

Anonymous Group:
Monday's at 8 p.m. in the church dining room.

It is our desire to help you understand God's incredible grace, mercy and love. We believe that you will love Ashland Community Church. We are a friendly, loving, and caring church that studies and shares the word of our dear Lord and Savior.

Our Vision is to become a church that unchurched people will

love to attend.

Our mission is to lead people to live and love like Jesus and to help others to do the same.

If you have any questions please don't hesitate to contact Pastor Ernie Madden at any of the contact information above.

Real Church, Real People, Real Simple

We look forward to seeing you on Sunday, and remember to just come as you are.

No perfect people allowed!

Holy Trinity (Roman Catholic)

Mass for those suffering infertility, miscarriage and loss

All are welcome to attend this celebration of the Most Holy Sacrifice of the Mass in prayerful support of those suffering from infertility or pregnancy related loss. This special Mass will take place at St. Joseph Cathedral Chapel on April 24 at 6 p.m. Light refreshments will be served after Mass.

Day Away Program needs volunteers

At Day Away, as volunteers, we share our gifts with the participants. When we do volunteer, the participant's caregiver can catch a breath for several hours, 9 a.m. to 3 p.m. every Thursday. For the participant it is good food, great challenges, nice games, and great company. The heart of a volunteer is not measured by size but by the depth of the commitment to make a difference. Volunteers are needed. Will you join us? Together we can make a person joke a little easier, and chuckle a little lighter. Day Away is an adult, social day care program for a loved one recently diagnosed with beginning to mid stage Alzheimer's Disease or related Dementia.

Mass for the healing of those affected by child abuse

In recognition of Child Abuse Prevention Month in April, the Most Reverend Peter A. Libasci, D.D., Bishop of Manchester, and the Diocesan Safe Environment Council cordially invite all the Catholic faithful to a special Mass on Thursday, April 19 at 6:30 p.m. Please join us as we pray for all those who have been affected by child abuse, particularly those who were abused by people representing the Catholic Church. The Mass will be celebrated at St. Joseph Cathedral Chapel, 145 Lowell St., Manchester, NH and will be followed by a brief reception. For more information, please contact Joseph P. Naff, MSW, Director of the Office of Healing and Pastoral Care, at jnaff@rcbm.org or 669-3100, ext. 110.

Campus Ministry

"Walking in the Garden at the Time of the Evening Breeze" is our annual spiritual practice à la Genesis 3:8a that we do to celebrate Earth Day. In place of an indoor weekly student meeting, we will walk Tuesday, April 24, at 7 p.m., from the Reflection & Spiritual Care Center, through nearby neighborhoods, with a stop at a fun place.

Next monthly prayer service for students, hosted by Fr. Leo, will be on Sunday, April 22, at 6 p.m. at the rectory. Students interested in attending should contact Kathy Tardif at kmtardif@plymouth.edu so that we have enough food. Parishioners interested in cooking should contact Sandy Abbott at 254-3431 or sandy@michaelschool.com.

The relics of Saint Pio of Pietrelcina, better known as Padre Pio, will be on display at St. Joseph Cathedral in Manchester, on Monday, April 30 (8 a.m.

to 5:30 p.m.). Saint Pio was born on May 25, 1887 in Pietrelcina, Italy. During his lifetime, Padre Pio was known as a mystic with miraculous powers of healing and knowledge, who bore the stigmata. Pope John Paul II canonized him in 2002.

Weekly Meetings:

Thursday, April 19: Day Away Program, Simard Hall, 9 a.m. - 3 p.m.

Parish Council Meeting, St. Matthew Hall, 7 p.m.

Boy Scout Meeting, St. Matthew Meeting Room, 6 p.m.

Sunday, April 22: No Faith Formation classes; no Confirmation classes

AA meeting Monday-Saturday St. Matthew Hall 11 a.m.

Restoration Church, Plymouth (Assemblies of God)

Happy New Year and greetings from Restoration Church Plymouth located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc.. Our church phone number is still the same, 1-603-536-1966. Our schedule has changed to the following:

Sunday:
10:30 a.m. Morning Service

Monday: First and third Monday of the Month

Noon-2 p.m. Helping Hands Food Pantry

Friday: Second Friday of the month

6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5 we officially launched as Restoration Church Plymouth. More details about this service will be included in the

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

Our

Mission Statement: Just One More!

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

Star King Unitarian Universalist Fellowship

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

Sunday, April 22

Nursery and Religious Education - 9:30 a.m.-10:30 a.m. - Contact: Jane Clay, DRE

Service 9:30 - 10:30 a.m. - Bearing Witness: A Conversation about

Black Lives Matter

Rev. Dr. Linda Barnes, Worship Leader and the White Supremacy Awareness Task Force

Elizabeth Danahy, Guest Musician

We've explored white supremacy and racism. We've challenged ourselves to understand what it means to live in a state whose population is only 1.1 percent black. Now, join us as we soulfully explore how we, as a fellowship, might take action to stand on side of justice

in our own community.

There will be a discussion following the service about putting up a Black Lives Matter banner at the Fellowship. We will be voting on this at the Annual Meeting in May. Rev. Linda will be facilitating the discussion-please come and share your thoughts.

Visit our Web site

www.starrkingfellowship.org
536-8908

Two Dinner and a Shows coming up! April 20: The Whiffenpoofs, 7:30 p.m., Phat Fish for dinner at 6 p.m. Contact Joe Kelaghan to sign up for dinner, josephkelaghan@gmail.com. April 22: PSU Symphonic Band and Seacoast Wind Ensemble, 'From Mountains to the Sea,' 3 p.m., gathering at Phat Fish post show. Contact Mitch Manseau mitch@newfoundfarm.org.

For more information on these events, go to our home Web page <http://starrkingfellowship.org/> and click on 'What's next at Starr King?'

The Conversation Project- Have you had the conversation? Ninety percent of people say that talking with their loved ones about end-of-life care is important, 27 percent have actually done so. Pemi-Baker Community Health is offering The Conversation Project to encourage individuals and families to talk about their wishes for end of life care, put them in writing, and share them with others. Join us on Sunday, April 22 at 11 a.m. to learn how to have the conversation.

The Tea Party is Coming! The Tea Party is Coming! Don't Be Late! Don't Be Late! Plans are underway for our annual tea party to be on Sunday, April 29 from 4 - 6 p.m.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, April 25 from 10:30 a.m. to noon.

Towns

FROM PAGE A5

by calling 768-5579 or emailing blazingstar-grange71@gmail.com with the names of the children and ages plus contact information.

Bell Ringer Concert

On May 5 at 7 p.m., the grange will host the Granite State Ringers for a bell ringing concert. The group performs a series of concerts in December and May of each year. Suggested admission is a \$5 donation. Light refreshments available.

Groton

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

Notes from the last Select Board meeting:

An intent to cut was signed for map 7, lot 46; off Blood Road. Roger will be ordering the Digital/Analog Radios that were voted on at Town Meeting. He has

found the best price and best quality available for these. The contract has been signed for the Atwell/Orange Brook Bridge project and work will commence as soon as the weight limits have been lifted and they are able to get in there to work. They are to be finished with this project by Sept. 30. Chief Thompson will be having a couple of workshops this spring. One for ladies and another will be a bike rodeo in May. Further information will be coming. Elizabeth Jespersen wants everyone to know that Hebron Library is open Mondays 4-7 p.m., Wednesdays 1-5 p.m. and Saturdays 9 a.m.-1 p.m. Groton residents have use of the library for free so stop in and see Robin, the librarian, for a library card. There will be some special events for children, and many other services.

We have some new Committee appointments: Tony Albert,

Daniel Tobine, Jeremy Haney, Anne Joyce and Ruth Millett have been appointed to the Road Committee and Miles Sinclair has been appointed to the Building Committee. Carolyn Booth has been sworn in to the Zoning Board. We're still waiting for a couple of folks that were elected to come in to take their oaths.

An Announcement from the Conservation Commission

All who are willing and able are invited to join the Conservation Commission Members on Earth Day, April 22 to remove trash from Groton's roadsides. Volunteers should meet at the Town House at 10 a.m. with gloves. Dayglow vests and pickup grabbers are supplied. No bending over needed. Food will be provided at noon. Bring your own if you wish.

Meetings and Closures Coming Up:

Select Board Work Session - May 1 at 6 p.m. at the Town House

Select Board Meetings - May 1 and 15, 7 p.m. at the Town House

The Planning Board will be meeting at the Town House on Wednesday, April 25 at 7 p.m.

The Conservation Commission will be meeting at the Town House on Thursday, April 19 at 7 p.m.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Hebron Area Women's Group

The Hebron Area Women's Group will meet on Thursday, April 19 at the Hebron Union Congregational Meeting room at noon. A Presentation of Lilacs will be given by Guy Guinta and Barbara Rollins. They are representatives from New Hampshire Governor's Lilac and Wildflower Commission.

Our Hostesses are Barbara Stevens, Sandra Wilkas and Marcia Anderson. Please bring nonperishable goods for the Bristol Food Pantry.

Hebron Highway Shed - Trash & Recyclables

The State of New Hampshire Department of Transportation anticipates that the restricted weight limit posted on the State Roads will remain on until the beginning of May. Please continue to bring your trash and recyclables to the Hebron Highway Shed where a Casella truck will be parked. The truck will be at this location on Mondays from 7 a.m. until noon. This will remain in effect until the weight limit restriction posting is removed. The Select Board thanks you for your patience and understanding.



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Tribute band leader hired by his idol to appear at Flying Monkey

PLYMOUTH — The Flying Monkey Performance Center presents Mike Delguidice & Big Shot on Friday, May 11. First known as a singer in a Billy Joel cover band, Delguidice has since been hired to tour with the Piano Man. Tickets for this concert start at \$45.

It's been five years since Mike DelGuidice, the frontman for Billy Joel tribute band Big Shot, actually became a member of the Piano Man's band. A job that started out as a stand-in for his idol at rehearsals in 2013 led to DelGuidice's permanent position as acoustic guitarist and backing vocalist in Billy Joel's touring band.

The multi-instrumentalist also kept writing his own music throughout this surreal experience. "Ordinary

Guy," a song from his 2011 album "My Street," is now the theme song for the new CBS sitcom "Kevin Can Wait," featuring fellow Long Islander Kevin James.

"It's never easy to put yourself out there as an original artist and bare your soul to the world," revealed DelGuidice. "I can only be honest in my lyrics. I learned how to write like that from Billy."

Big Shot includes other current long-time members of Billy Joel's touring band; guitarist Tommy Byrnes and Chuck Burgi on drums are well known and respected for high-energy live performances.

"I had already done a lot of work with Billy's band over the years," says Delguidice. "So playing with these musicians is quite comfortable."



Mike Delguidice (right) with his idol, Billy Joel, who hired Delguidice to join his touring band after seeing his tribute act.

There is definitely a buzz about Big Shot since it's front man landed the dream gig touring with Joel on the road. Nothing could spark that more than Billy showing up at the Paramount to sit in with

Mike's band one night. "It was a magical night," Says Delguidice. "The crowd was

Granite State Ringers handbell choir to perform in Danbury

DANBURY — Granite State Ringers will be presenting "AMERICANA!" on May 5, at 7 p.m. at the Blazing Star Grange Hall, 15 North Rd., Danbury. Under the direction of Joan Fossum, Granite State Ringers will be celebrating music of our great country. Selections will include "America the Beautiful," "All American Hometown Band," a Tribute to Gershwin, Stephen Foster, and Sousa's popular march "The Stars and Stripes Forever," and many more! The suggested donation for this performance is \$5.

Granite State Ringers, a non-profit organization, was formed in 2007 with the mission to offer dedicated handbell ringers the opportunity to promote and perform a varied and challenging music repertoire to audiences all over New Hampshire and to educate the public about art of handbell ringing. GSR is comprised of ringers from communities throughout New Hampshire including, Rochester, Concord, Meredith, and Laconia.

Granite State Ringers performs utilizing 5 octaves of Malmark

insane, with an energy in the room that was unrivaled by any other cover gig I've done. There's nothing like having that most honorable endorsement. A lot of people have asked if I was going to stop playing with Big Shot. And I laugh at them and say; "There's no way in hell I'll ever stop playing Billy's music, either with him or without him!"

Tickets for Mike Delguidice & Big Shot are \$45, and \$55 for premium seats. For tickets and more information on concerts and the Flying Monkey Performance Center, visit www.flyingmonkeynh.com or call 536-2551.

"Collecting Beauty, Giving Joy — Art as Inspiration: The Swift Collection" opens at Holderness School

HOLDERNESS — Lucky again. They say that lightning doesn't strike twice but does luck and good fortune strike more than once? When it concerns Holderness School and John Swift '62, the answer is yes.

John joined the faculty at Holderness in 2005 after a career as an academic administrator and then a ceramicist. In 2004, his body helped him decide to retire from his ceramic studio where he enjoyed great success for over ten years. He initially just wanted to donate pallets of materials and his ceramic equipment to the school, but realized he had a chance to "give back to a school that had given [him] a great deal some 40 years earlier." As a master ceramicist, John offered to become a member of the arts department faculty as well as the school's artist-in-residence. John generously served as a volunteer. Even luckier for Holderness, Gretchen Swift, John's wife, a talented quilter, also became involved with the school for the Artward Bound program.

Until his retirement in 2007, John taught four classes, operated the ce-

ramic studio, managed advisees and was a full participant, along with Gretchen, in the life of the school.

As luck would have it, John and Gretchen's benevolence and association with Holderness School continued. They began assembling a world-class collection of ceramic art -- a collection

that also includes some of John's best pieces. It is this collection that will be on exhibit April 16 - May 25 at the Edwards Gallery, Holderness School.

The collection and exhibition includes notable works in ceramics by former Japanese national living treasure, Shoji SEE HOLDERNESS, PAGE A12

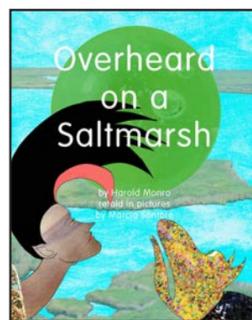
A new view of a beloved poem for 21st century kids

PLYMOUTH—How do you talk to your child about when and how to say "No?" In her new children's book "Overheard on a Saltmarsh" (Amalgamated Story, 2018; available on Amazon, \$10) based on the beloved poem by Harold Monro, artist Marcia Santore uses her beautiful, colorful illustrations to ask the important question: Just because some guy asks you for something, does that mean you have to give it to him?

In Santore's updated version of the tale, a goblin is happily making salt-crystal "bling" for himself, until he spots the nymph's green glass beads and is overwhelmed by desire

for them. He asks for the beads, he demands the beads, he whines and begs for the beads. But the nymph has her own purpose for the beads, using them to do her science-magic. Children (and adults!) will identify with the envy and desire of the tantruming goblin on the one hand, and with the serious-minded work of the gentle but firm nymph.

The illustrations tell a new story while reintroducing a beloved poem to a new generation of children.



"People I've talked to either remember 'Overheard on a Saltmarsh' as their favorite childhood poem, or they've never heard of it all," Santore said. "I've always loved it. And I wanted to cre-

ate an opportunity for parents and caregivers to talk with children about when sharing is important and when maintaining personal boundaries is more important, as well as the difference between wanting something and actually needing it. And that sometimes the right answer really is 'No'."

Santore said she enjoyed working in a little science with a fun salt crystal-making activity at the end of the book, as well as information about saltmarshes,

whooping cranes, and the poet Harold Monro.

Marcia Santore is best known for her abstract/realist paintings, but with "Overheard on a Saltmarsh," she again uses her talent for vivid color and movement to retell an old story for today's children. Her previous children's books include "Good King Wenceslas," "The Snow Lay on the Ground," and "In the Bleak Midwinter" (Forward Movement, 2012). Her artwork can be found online at www.marciasantore.com.

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Lyme Disease: What seniors should know

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A Good Day Gone Bad

Ticks. These small arachnids get to us through a behavior known as questing, in which they perch themselves on tall blades of grass or plant stems and wait for something – or someone – to brush past. And that’s when they strike, biting down on the skin and attaching themselves to feed on the blood they crave. Research shows that, over the last few decades, the tick population in the U.S. has grown rapidly, and as a result, the number of cases related to the diseases they carry has also risen. Lyme disease, in particular, is of growing concern. While Lyme disease can be dangerous to those of all ages, it poses a much greater risk for seniors, whose immune systems are generally less effective.

The Importance of Early Detection

Tick bites are extraordinarily common, especially in the Midwest and northeastern areas of the U.S. from April through September. Given their commonality, there’s a good chance that most people may remove the tick and simply move on, viewing them more as a nuisance and not thinking of what may be happening under the skin. What’s more, because of the natural anesthetic that ticks secrete when they bite, some may not even be aware that they’ve even been bitten (assuming the tick fell off on its own accord). That’s why it’s imperative for seniors to understand the early signs of Lyme disease. The sooner they begin treatment, the greater their chances of overcoming the illness.

Here’s what seniors should be on the lookout for:

Fever, chills, and joint aches

A rash with a bull’s eye-like appearance (a small red bump just after a tick bite is common and not always indicative of Lyme disease)

Swollen lymph nodes

Intense migraines

Dizziness and shortness of breath

Problems with short term memory

One of the difficulties in diagnosing

Lyme disease in seniors is that many of the symptoms mimic those found in other conditions and diseases commonly found in older adults. In fact, songwriter and actor Kris Kristofferson was misdiagnosed for years as having Alzheimer’s, when in fact the source of his memory loss was caused by Lyme disease. Detailed information, in this case, is paramount to diagnosis and treatment. If seniors report symptoms such as those listed above to their physician, it’s important to also let them know if there was time spent outside. If Lyme disease is detected, an antibiotic will be prescribed and the infection will resolve within two-to-three weeks.

But as mentioned, time is of the essence when it comes to Lyme disease, and seniors should never shrug off the symptoms. The longer Lyme disease goes untreated in seniors, the harder it becomes to cure. And even if late-stage Lyme disease is treated, the lingering effects, such as fatigue and nausea, may never fully go away.

Reducing the Risk of Lyme Disease

Lyme disease is undoubtedly a great risk for seniors, but it should not deter them from enjoying the outdoors. Taking a few precautionary steps can help seniors avoid these bloodsuckers almost entirely. Before embarking on a walk or hike, it’s important to put on clothing that covers up the arms and legs, as ticks are more likely to attach themselves there. If it’s warmer out and longer clothing isn’t a sensible option, applying tick repellent product is recommended. Sticking to the center of trails or walking paths can also help, as can avoiding areas of high or thick vegetation, if possible. Upon returning from outside, seniors should also check themselves thoroughly for the presence of ticks or indications of a tick bite.

Comfort Keepers® Can Help

Getting to spend time outside can be a key component of our physical and emotional well-being, and at Comfort Keepers®, we want to ensure that seniors have the means to do so. Our caregivers can help clients dress ap-

propriately for a hike or walk – with clothing that will reduce the risk of tick bites – and accompany them every step of the way. Call a local Comfort Keepers location to learn more about our caregiving services.

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

www.comfortkeepers.com/plymouthnh for more information.



COURTESY

Golden View staffers attain ServSafe certifications

Golden View’s Director of Dining Services, John Forsberg, stands with staff members Kristinna, Chris, Mike, and David, who recently received their ServSafe certifications. Forsberg, who already had his ServSafe certification, is also a Certified Dietary Manager, Certified Food Protection Professional, and a member of the Association of Nutrition and Foodservice Professionals. The ServSafe program provides foodservice workers with food safety training based on the latest knowledge in FDA Food Code, food safety research, and food sanitation training. ServSafe teaches how to implement essential food safety practices and create an environment of food safety, something Golden View has taken seriously in their 44 years of providing care to seniors of the Lakes Region and beyond.



COURTESY

The Whiffenpoofs of Yale to perform at Plymouth Congregational UCC

We are delighted to welcome the world’s oldest and best-known collegiate a cappella group to central New Hampshire. The concert is Friday, April 20 at 7:30 p.m. at Plymouth Congregational United Church of Christ, 4 Post Office Square, Plymouth. Your donation of \$20 will support the music ministry of the Plymouth Congregational United Church of Christ. For information call the church office at 536-2626 or visit our Web site at www.uccplymouth.org.

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Underage drinking

Think underage drinking doesn't affect a teen's brain? Think again.

IT'S A FACT. New research shows alcohol affects a teenager's developing brain differently than an adult's. Memory, learning and impulse control can be impaired seriously. The risk of addiction goes up dramatically. So talk to your kids about the dangers of alcohol and set clear rules about no alcohol use.

How to talk with your kids: timetotalk.org

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	479 Welton Falls Rd.	Single-Family Residence	\$266,000	Brenda A. Balduf and Bank of America NA	Bank of America NA
Ashland	Hicks Hill Road (off)	Residential Developed Land	\$25,000	William R. and Karen R. Himmelman	Timothy J. and Lynn M. Braley
Bridgewater	26 Iroquois Path, Unit 26	Condominium	\$750,000	Richard B. and Ann Kirby	Keith N. and Deborah L. Condon
Bristol	230 Crescent St.	Single-Family Residence	\$149,933	Carolyn Dube (for Carolyn Dube LT)	Harley D. Stone and Lillia F. Grablewski
Bristol	344 Oakcrest Rd.	Single-Family Residence	\$60,000	John J. Gantley	Daniel J. Burke
Campton	87 Birch Circle	Single-Family Residence	\$146,200	Janet R. Shaw	Jesse D. Anser and Nicole Vermette
Campton	31 Hemlock Hill Rd.	Single-Family Residence	\$193,933	Mark A. and Judith Spencer	Christopher R. and Haley Peterson
Campton	62 Tyler Way, Unit 3	Condominium	\$176,933	Cynthia Netska	Christine Van Ells
Campton	20 Webster Ct.	Single-Family Residence	\$148,933	Daniel R. and Mildred C. O'Connor	Rick E. Chirigotis and Marlene A. Lheureux
New Hampton	29 Baldwin Ave.	Single-Family Residence	\$230,000	Thomas J. and Margaret S. Lacey	Jordan Smith and Heather Shore
New Hampton	38 Hillside Dr.	Single-Family Residence	\$285,000	Randall Bandoian	Peter R. and Jane E. Lamb
New Hampton	388 Old Bristol Rd.	Mobile Home	\$106,000	FNMA	Mark R. and Christine A. Marceau
Plymouth	N/A	N/A	\$150,000	Roman Catholic Bishop	Speare Memorial Hospital
Plymouth	N/A	N/A	\$150,000	Roman Catholic Bishop	Speare Memorial Hospital
Thornton	16 Holland Trail	Residential Open Land	\$380,000	Kevin and Debra Dorsey	Caroline Delaney and Andrew M. Gauthier
Thornton	885 Upper Mad River Rd., Unit 6	Condominium	\$112,000	Michael B. and Kimberly B. Jones	Michael B. Furbush and Anita L. Furbush
Thornton	53 Waterville Acres Rd., Unit 14	Condominium	\$74,900	FNMA	Gary P. and Angela Lehoux
Warren	1411 NH Route 25	Single-Family Residence	\$79,933	Alan D. Jesseman	Jason Smith and Cassie Thompson
Waterville Valley	21 Mountain Brook Way, Unit 19	Condominium	\$182,533	Christopher E. and Debra M. Roy	Jennifer L. and Joshua J. Riff
Wentworth	874 Mount Moosilauke Highway	Single-Family Residence	\$88,000	FNMA	Martha E. and Joel P. Shangrew

ABOUT THE REAL REPORT

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

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

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

MARK ON THE MARKETS

Spring volatility!



BY MARK PATTERSON

Sell in May and go away has been a mantra that has been heard every spring in regards to the stock market. The term was actually born in London's financial district. The full saying is "Sell in May and go away; come back on St. Léger's day." The St. Leger Stakes is the oldest of England's five horse racing classics and is the last to be run, typically mid-September.

According to the Stock Trader's Almanac, since 1950 the Dow Jones Industrial average has had an average return of three tenths of a percent from May-October vs. 7.5 percent during the November-April time frame. The only "danger" month is September that has had a negative return of minus six hundredths of a percent, says the STA.

Data from Standard and Poor's takes the statistics to another level that shows an approximate 8 percent return in the markets if the your money was left in a broader S+P 500 index, however if on May 1 through the end of October, your portfolio was re-allocated or rotated towards defensive stocks and health care, your returns average near 11 percent. Defensive

stocks are those that typically do better than others during difficult market periods. Examples are companies or funds in Tobacco, oil, utilities or food.

So my take away on this data; that it makes a lot of sense to reposition your equities or exchange traded funds in the spring to reflect defensive and healthcare related stocks or ETF's especially in qualified or tax deferred accounts, those taxable accounts should weigh the tax ramifications of selling and buying.

The data also suggest that a buy and hold strategy works, however a buy and re-allocate strategy works better. Statistically the difference of 8 percent versus 11 percent over a period of years will have a dramatic difference in the value of your investments, and possibly the amount of your retirement income.

April, historically has been a very good month in the markets and can be a very good time to make adjustments towards liquidity or to hedge your portfolio with ETF's like VXX which is a short term volatility control fund. As the S+P 500 becomes more volatile, the price of VXX goes up. Due to the extreme lack of volatility that we have had, this could be the "undervalued" addition to your investment mix. We are also nine years into a bull market with no real corrections. We are due and can you afford a loss?

Exchange Traded

Funds (ETF's) are a very efficient and cost effective means of executing this type of re-allocation strate-

gy. Some ETF's can be traded with no commission and very low fee's, just do your homework or work with a profes-

sional to implement this strategy.

Mark Patterson is an Investment Advisor in

Wolfeboro with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

Muffin and Scone Tour continues with a stop at The Inn on Golden Pond

HOLDERNESS — The Inn On Golden Pond, an eight room bed and breakfast in Holderness, is once again hosting the public during the third annual Muffin and Scone Tour sponsored by The Lakes Region Bed and Breakfast Association.

The Inn is located on Route 3 across the road from the shores of Squam Lake where the classic movie "On Golden Pond" first introduced the world to the beautiful Lakes Region of New Hampshire. Within the 1879 Colonial Bed and Breakfast, there are eight large guest rooms, two of which are two room suites, all with private baths and sitting areas. They have been furnished and decorated in a traditional country style with amenities updated and appropriate for today's traveler.

A complimentary, full breakfast featuring home baked breads and muffins, homemade jam and a variety of delicious house specialties is served each morning. Coffee and tea are available all day.

There's beautiful scenery and world class recreational opportunities year round throughout the New Hampshire lakes region. Whether you like hiking, canoeing, skiing or zip-lining you won't have to go far to satisfy your desires. At the end of an active day you'll really appreciate



COURTESY

The Inn on Golden Pond.

the comfort of your spacious room at the Inn On Golden Pond.

New Hampshire's Lakes Region and the Plymouth area are home to a wide variety of cultural offerings. You'll find professional summer theater in intimate theater halls; superb classical music performances in modern auditoriums; the latest and the greatest rock performers in a spectacular outdoor concert venue; eclectic art galleries in historic New England barns; original hand crafts and antiques in quaint shops; and bluegrass festivals in the midst of our most beautiful landscapes. For those who want to step back into New Hampshire's history and heritage you'll find ample opportunities close by.

Plymouth State University offers performances year round at their Silver Center for the Arts. We are one of the Inns near Plymouth State University

that offers wonderful amenities and convenient access to the region's many cultural events.

Winter is a great season in the Squam Lakes region offering a real variety of winter activities to our visitors. Snow blankets the hillsides and the lake waters turn to ice creating a special sense of peace and tranquility. Winter sports abound throughout the area. Of course, there is nothing like settling down in the sitting room of our NH bed and breakfast next to a crackling fire with a cup of hot chocolate after an afternoon of skating or skiing or snowshoeing. For something a little different you might want to take a horse drawn sleigh ride or spend part of your day on a sled dog ride. You can do it all while staying at our New Hampshire bed and breakfast!

The third annual Muffin and Scone Tour

will be held April 21 and 22 from 1 until 5 p.m. both days. Six other Inns in the Lakes Region are participating. Tickets are \$10 per person and may be purchased in advance by contacting either Heidi at 744-5547 or Annmarie at 279-5521. Tickets will also be available on both days from any of the participating seven Inns.

Tickets marked at each location by Sunday afternoon will be entered in a drawing for the chance to win a \$200 Gift Certificate to be used toward a stay at any of our participating properties. For anyone desiring the full experience of staying Friday and Saturday night in one of our rooms at The Inn On Golden Pond, a discounted rate will be offered which will also include free tickets for the Muffin and Scone Tour.

Kelli & Darren LaValley, Innkeepers



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Reduce, Re-use, Recycle!

Newfound

FROM PAGE A1

"I think we can do this as adults," Levesque said at the beginning of the discussion as he laid out tighter rules for taking public comment on the issue of the \$712,000 in new spending that was included in the default budget.

Auger reviewed what happened last year, when the school district's tax cap prevented the school board from including an \$800,000 warrant article that would have addressed replacement of a leaking high school roof. Voters have the ability to authorize spending beyond the amount allowed under the cap, and Auger was successful in offering an amendment to the operating budget to add the \$800,000 for roof repairs.

Under the terms of the tax cap, the authorized operating budget serves as the starting point for calculating how much the district is allowed to spend in developing the succeeding year's budget. That allowed the school board to include \$712,000 in capital expenditures for building maintenance in its fiscal 2018-19 budget.

In calculating the default budget that would take place if voters turned down the proposed budget, the school board also included the \$712,000 in capital expenditures, based on school district attorney Barbara Loughman's argument that replacement of a roof is part of the ongoing cost of maintaining school district buildings.

Auger read the statute governing towns and school districts that have adopted the Official Ballot Law, RSA 40:13, which states that the default budget is the previous year's operating budget, "reduced or increased, as the case may be, by debt service, contracts, and other obligations previously incurred or mandated by law, and reduced by one-time expenditures included in the operating budget. ... One-time expenditures shall be appropriations not likely to recur in the succeeding budget..."

He said, "Any responsible person would have to know that \$800,000 to repair the high school roof won't appear in the succeeding budget, and it doesn't. Other things were substituted."

The effect, he said, is that the same items appear in both the operating and the default budget, so if voters choose not to fund them in one budget, they still get funded in the other.

"The voters have not had a chance to weigh in. The voters are left out. That's not democracy," he said.

Auger asked the school board to invoke the option provided in the law that allows the district to hold a special meeting to set a new operating budget rather than accepting the default budget.

Board member Vincent Paul Migliore of Bridgewater said the danger in holding a special meeting is that people who are angry with the school board might choose to cut out more

than the \$712,000 and leave the district with too little money to function properly.

Other discussion

Dana Torsey of New Hampton said Loughman's argument that the roof replacement was just regular maintenance would mean that voters would have no say on other big-ticket repairs.

"Big articles are normally warrant articles," he said. "You circumvented it. If you stay with that logic, you'll never have a vote, because it's in both budgets. No matter what the voters do, you'll have your \$8 to \$10 million."

Bill Gilson of New Hampton suggested that the school board adopt a policy that would allow it to include any maintenance items costing less than \$50,000 in the operating budget, while anything \$50,000 or more would have to appear in a separate warrant article so residents could vote on the spending.

That led to a discussion of other options, such as simply not spending the \$712,000 so it becomes part of the unexpended fund balance and can be used to reduce taxation the following year.

Several people spoke of the need for the school board to re-establish trust so taxpayers will support their budgets in the future.

Loughman offered some personal observations as well as legal opinions to persuade people that holding a special meeting or suing the school district would not serve as good solutions.

She said special meetings tend to attract fewer people, so a small number of people could take actions that run contrary to what the majority of people would support. She also noted the long timeframe for holding a special meeting: between the budget hearing, the posting requirements, the deliberative session, and the ballot session a month later, she said voting would occur in the middle of summer.

As to a lawsuit, as some have threatened, she said that also could take a long time, perhaps delaying the setting of the tax rate which would leave towns in a situation where they would have to borrow operating funds in anticipation of taxes. If the plaintiffs lost and appealed the case to the supreme court, it could take years to arrive at a decision.

Levesque said he was inclined to turn back the \$712,000 and wait for another year to propose capital projects.

Board members Sue Cheney of Alexandria and Sharon Klapky of Danbury expressed concern about accepting the decision of those who voted because more residents of the school district stayed home and did not vote.

"What about the voters who want the CIP?" asked Klapky. "I do agree with compromising, and we should be cooperating, but what about putting money into our buildings? We shouldn't compromise on just the people that

show up."

Board member Jason Robert of Hebron called it "an amazing conversation" and said, "We want to make sure the taxpayers are respected. We want to do something to get back in your good graces, and we want to make sure we're not impacting our students. How do we help resolve the \$712,000, and how do we deal with the CIP plan moving forward? We need to do something."

Codified procedures

Migliore offered a solution to avoid the sorts of confusion that fueled the anger over the default budget. People coming to the meetings to seek answers mistook the board's refusal to answer questions at that time as intransigence, not knowing that the board's policy was to allow people to speak, and for the board to discuss the issues they raised at a later time. That explanation is now included on the meeting agenda, and Migliore wanted to have that and other procedural matters written down so new board members could have that knowledge, and the board would not be improvising as it has done lately.

Levesque took umbrage at the suggestion, having abandoned many of the procedures Migliore had put in place when he was serving as school board chair.

"I grew up here, and my father and my grandfather always told me, 'If it ain't broke, don't fix it,'" he said. "I've been told I'm not a lawyer and shouldn't be writing legislation. We have the School Boards Association to draft sample policies, and they have lawyers to make sure the policies are in compliance with state and local law. I appreciate that you've spent a lot of time to put this together, but I see things that concern me. I'm not a libertarian, but I know we have a substantial contingent in this district. I really don't want to open that can of worms with them telling us what we're doing wrong with rules and regulations. Why would we do such a thing?"

Migliore said having motions put in writing, for example, would avoid confusion, so board members would know exactly what they're voting for. He cited the example of the food service contract where they had to follow up to make sure the firm was observing the conditions included in the motion that hired the company. "If it was written and adhered to, it wouldn't have been a problem," he said.

His motion to have the policy committee take up the matter did not receive a second, although Cheney said she would review his recommendation and might support it at a future meeting.

Migliore said his ultimate goal was to offer a policy to address the issues raised that night about setting a limit on the cost of building maintenance that could be included in the operating budget and requiring that the more expensive items be placed on the warrant for voters to decide.

Library

FROM PAGE A1

of adult craft times as well, such as last week's scrapbooking class. There are weekly knitting groups and a Weight Management Group that meets in the library and for those with no home computer or internet access, the library has computers available for public use.

Every Tuesday at 10 a.m., Hill Public Library also hosts "Dewey's Coffee Café" where adults can gather for refreshments, conversation and even some occasional guest presentations. Past presenters have explained the benefits of essential oils, held discussions on local history and lore, and a few months ago Channel 9 Meteorologist Josh Judge dropped by to talk about New Hampshire's ever-changing weather. The next presentation will take place on Tuesday, April 24, when a representative from the UNH Cooperative will be on hand to show everyone how to do container gardening. Christopher said the public is invit-

ed to stop in any week to see old friends, make new friends and enjoy a pleasant start to their day.

A little known feature of the library, Christopher said, is that besides books that can be borrowed on site, they also offer downloadable books from their Web site, www.hillpubliclibrary.com.

"That's a nice feature. You don't even have to come in to borrow a book, just download one on your phone or home computer, or you can even access the library from the beach if you want something to read," she said.

There are also day passes to New Hampshire's state parks that allow families to enjoy discounted admission fees to several local locations. Among those available this year are passes to nearby Wellington State Beach, El-lacoya State Beach in Gilford, and even Squam Lakes Natural Science Center in Holderness.

"So many families could use that. You can make a trip to any of these places much more

affordable. Just call ahead to reserve a pass, come pick it up and go have fun," Christopher said.

Another great feature of the library is the summer reading program. This year's theme is "Libraries Rock," which will include a few special programs that all boys and girls are sure to enjoy. Kicking off the program on Tuesday, July 10, will be a concert presented by children's musicians and storytellers, Steve Blunt and Marty Kelley. More details on the reading program will be available in the coming weeks on the library's Web site and on their Facebook page.

"Most of what we offer is free and we try to keep it that way. There's always something going on here," said Christopher.

Hill Public Library is located at 30 Crescent St., and is open Tuesday's from 9 a.m. until 5 p.m. (new hours), and from 10 a.m. until 6 p.m. Wednesday through Friday. For more information, people can also contact them at 934-9712.

Habitat

FROM PAGE A3

ances. Other items had to be purchased, but thanks to their ReStore operations, Habitat for Humanity already had many things they needed on hand at their store on Tenney Moun-

tain Highway, like closet shelving units and copper caps for the back deck posts that added a special touch to the home.

There is still a bit of landscaping to be done when the weather is more suitable but all the construction items

were checked off the list and it was time to bring the family home at last on Saturday.

"I'm sure they're sitting in their old driveway right now with the moving truck running, just waiting to get here," said McClain with a smile.

CADY

FROM PAGE A4

Youth and families in our region are not immune to this crisis as they face many risks and challenges during adolescence that, if not well navigated, can jeopardize their health and successful transition to adulthood. These risks include academic failure and subsequent dropping out of high school, criminal activity, substance abuse, and addiction.

That is why CADY applied for a CARA grant this January. The primary goal of the project will be to prevent and reduce the abuse of opioids, prescription medications and methamphetamines among youth in the Newfound region by addressing the factors in the communities that increase the risk of substance abuse and promoting factors that minimize risk factors. If funded, CADY plans to offer evidence-based programs

and interventions including school-based programming; youth empowerment and engagement; and parent education and leadership initiatives.

For more information about CADY and the prevention work we are doing, visit our website at cadyinc.org. If you or someone you know struggles with addiction or substance use, call the New Hampshire Statewide Addiction Crisis Line at 1-844-711-4357.



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McIntire

FROM PAGE A1

thanked him.

McIntire replied with a smile.

Speeding in town was a concern some residents shared and the chief said a new portable electronic warning sign will be out on the streets soon as a reminder to drivers but officers would also be on the lookout for violators. When asked if he had a priority between speed enforcement on roads like Rte. 104 and drug enforcement, McIntire said both were important. Patrols along that particular highway can also lead to drug arrests as dealers come off Exit 23 to bring their wares to Bristol and surrounding communities.

"My priority is to make it uncomfortable for them to do business in Bristol," the chief said.

As far as Bristol's legitimate business com-



DONNA RHODES

Bristol's new Chief of Police, James McIntire, mingled with residents during a special Meet and Greet night at the Minot-Sleeper Library on Monday, one of many such events he has taken part in since he was sworn into office on April 5.

munity though, McIntire said his department will always be available to serve them in any capacity, then jokingly put in a plug to get his own parking space outside the Purple Pit, his new favorite coffee stop.

With all joking aside, he also heard from representatives of local nonprofit groups Voic-

es Against Violence, CADY and Stand Up Newfound. McIntire listened closely as they made their case on domestic violence and the opioid crisis. Voices Against Violence representative Karen Boyd said Bristol had drifted away from their organization in the past and hoped he would consider

sitting down with them for discussions in the future. McIntire told her he had spoken with another local police chief just that day about VAV and he would certainly be building a new bridge with them in the future. After hearing from Deb Naro of CADY, he noted her organization in his notebook and said he would like to meet with her soon about drug prevention grants she has access to for young children. He then listened to additional concerns

from Bryan and Deb Richardson of Stand Up Newfound and promised to meet with their group as well to discuss ways to combat local substance abuse. In the meantime he assured them he will be sending officers to the schools so they can become better acquainted with the students then hopefully find a means to bring a full-time School Resource Officer to the high school in the future.

These are confusing times for teens and adults, he told the audience. Drugs like marijuana are being legalized, while other drugs are causing great harm. Police need to find the dealers and hold them accountable for their actions but those involved with substance abuse need to be held accountable as well.

"There's a lot of frustration with law enforcement, too. Accountability is the key, but when we can only serve them up to the courts and it goes from there," he said.

When questioned on how he will handle working in a "Hub Town" where the pop-

ulation fluctuates constantly between students being bused to the schools, workers commuting to Freudenberg, a high tourism rate and summer residents increasing the population even more, McIntire said he has no worries.

"I grew up in the Lakes Region. I know what that's all about," he assured everyone.

A request for better communication from the police department was also met with a reassuring smile that that will improve.

A final question on his feelings about the condition of the facility he now finds himself working in brought a quick chuckle from the chief.

"I'm still on probation you know," he said.

He did admit that as a former contractor he knows the building has "seen better days" and is no longer adequate for a current day law enforcement agency, but there were options available and he would leave that decision making process up to the town.

"We can make it work for as long as we need to," he replied.

Strategies

FROM PAGE A4

yond that ordeal, but he never forgot the sacrifice of that first living seagull. And he never stopped saying, "Thank you." That's why almost every Friday night he would walk out to the end of that pier with a bucket full of shrimp and heart full of gratitude" (pp. 221, 225-226).

Eddie Rickenbacker's thankfulness for a seagull that had to die that he and his crew might live is a rather crude reminder of one who died that, to para-

phrase Jesus words, "We might have life and have it abundantly." Far from following his precepts as a matter of obligation, we serve him because we love him, from a heart of deepest gratitude. The limitations to our drives and ambitions that we have chosen to accept are nothing when compared to the peace of mind, the sense of purpose, and the promise of eternal life that is ours due to the death (and resurrection, I might add) of the one who loved us first. "Thank you, dear Lord. Thank you

... thank you!"

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Holderness

FROM PAGE A7

Hamada, prominent 20th century British potter, Bernard Leach, glaze specialist Brother Thomas Bezanson, and many contemporary internationally recognized masters in clay like Hideaki Miyamura, Ken Matsuki, Norman Lansing, and Phil Rodgers, Tatsu-zo Shimaoka, and Kang Hyo Lee.

The two dimensional work is highlighted by European landscape drawing master Gunnar Norrman, along with individual work by 19th century French artists, Honore Daumier and Georges Rouault. Also included are a pair of works on paper by NH WPA wood engraver, Herbert Waters.

Rounding out the 50 artworks in the exhibition are multiple exam-

ples of John's own ceramic and printmaking creativity, and a pair of exquisite quilts by Gretchen.

To be immersed in the making of art, and surrounded by the life-giving force it bestows, has been a lifestyle choice of John and Gretchen Swift. They understand that, at its best, art speaks the language of humanity and represents the evolution of culture. And as such, it feeds and nourishes the soul.

They have said that their collection includes "...pieces that we found intellectually and aesthetically stimulating. We wanted works that gave us excitement, peace, and joy. Also, we bought works that were created with a variety of techniques, from which we could learn."

When it came time to select a living repos-

itory, in which this lovingly selected collection could continue to enrich young minds and hearts, the Swifts gave Holderness School the nod. The existing teaching collection at our school has served our classrooms and studios well, yet the Swifts generous gift has substantially elevated the profile of its contents.

In recent years, the Swifts have also actively worked to increase the visibility of the visual arts throughout many of the buildings at Holderness School. Thus, the Swift dedication to, and legacy of, living with art for inspiration, will continue for generations to come. Students can become their best, by seeing and working with the best, as guidance.

On exhibit: April 16-May 25.

Gallery hours: Monday, Tuesdays, Thurs-

days, and Fridays, 9 a.m. - 5 p.m. and Wednesday and Saturdays, 9 AM - Noon

For more information about the exhibit, contact Franz Nicolay at 630-2238 or fnicolay@holderness.org.

About Holderness School

Holderness School is an independent boarding and day school for grades 9-12 offering a rigorous college preparatory education and curriculum in a vibrant and supportive community. Emphasizing the values of community, character and curiosity, the mission of the school is to foster equality in each student the resources of the mind, body, and spirit in the creation of a caring community, inspiring all to work for the betterment of humankind and God's creation.



What's Happening at Plymouth State University

APRIL - MAY

FREE BIOMETRIC HEALTH SCREENINGS

PSU nursing and exercise science students will offer a series of biometric health screenings to the community free of charge during the months of April and May.

Students under the supervision of faculty will conduct measurements (typically done as part of annual health assessments) such as heart rate, blood pressure, cholesterol, height and weight, and blood sugar levels, and will offer coaching on exercise and healthy living habits.

DATES AND LOCATIONS

Monday, April 30: 8:30-11:30 a.m. at AutoServe Tilton and 1:30-4:30 p.m. at Meredith Recreation

Friday, May 11: 8:30-11:30 a.m. and 1:30-4:30 p.m. at the PSU Hartman Union Building (HUB) Room 109

For more information contact Sandra Van Gundy at 535-2105 or svvangundy@plymouth.edu. plymouth.edu/biometric

What's On Tap

Some local teams continue the regular season action while a few others take a break for vacation week.

At Newfound, the baseball and softball teams will be hosting Belmont on Friday, April 20, Raymond on Monday, April 23, and Stevens on Wednesday, April 25, all with 4:30 p.m. start times.

At Plymouth, the boys' lacrosse team will be hosting Bishop Brady on Friday, April 20, at 4 p.m. and will visit Monadnock at 4 p.m. on Tuesday, April 24.

The Bobcat girls' lacrosse team will be at Bishop Brady for a 4 p.m. contest on Friday, April 20, before returning home to host Derryfield at 4 p.m. on Tuesday, April 24.

The Plymouth baseball and softball teams will be hosting Goffstown on Monday, April 23, and will be on the road at John Stark on Wednesday, April 25, both scheduled for 4 p.m. starts.

The Plymouth track team will run at Merrimack Valley on Saturday, April 21, at 10 a.m.

Bears kick off track season at Winnisquam

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Newfound track team opened the season with a meet at Winnisquam on Tuesday, April 10.

While team results weren't available and weather caused some issues with the timing equipment, the Bears were able to come through with some solid performances.

On the girls' side of things, Amy Combs ran to second in her heat in the 100 meters with a time of 14.3 seconds, while Megan Stafford finished in 15.14 seconds and Lilly Wright finished in 15.72 seconds.

In the 100-meter hurdles, Autumn Braley finished in 19.16 seconds,

while in the 400 meters, Jasmine Peterson finished in 68.4 seconds and Braley finished in 1:17.2.

The Newfound girls finished in sixth place in the 4X100-meter relay while in the 4X400-meter relay the Bear girls finished in second place in 4:54.46.

In the 200 meters, Shyann Seymour finished in 31.58 seconds, Combs

finished in 31.88 seconds, Wright finished in 32.59 and Katy Drapeau crossed in 34.21. Ashlee
SEE TRACK PAGE B2

Softball Bears roll over Inter-Lakes

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — Kelly Meegan's varsity coaching career at Newfound got off to a solid start on Friday, April 13, as the Bears traveled down Route 104 and took care of business in a big way against Inter-Lakes.

The Bears scored nine times in the seventh inning to put the game away and rolled to a 22-6 win over the Lakers.

"A great start to the season and a complete team effort all the way throughout the lineup, both offensively and defensively," Meegan stated.

The Lakers had their best inning in the third, when they plated four runs, taking advantage of Newfound errors and a double to cut the lead to 5-4 after three innings of play. The Bears didn't back down, however, scoring three runs in the top of the fourth to pull away again and then broke it open in the seventh inning.

All told, the Bears pounded out 34 hits on the day, with Tiffany Doan, Victoria Roman, Kylee MacDonald, Kasey Basford, Skyler Torsey, Bethany Basford and Caroline Marchand all contributing doubles to the cause. Meegan noted a highlight was Bailey Fairbank circling the bases on a base hit that got past the centerfielder and rolled to the fence in the sixth inning.

SEE SOFTBALL PAGE B2



Emily Boyd goes into a slide during her team's opening game against Merrimack Valley.

RC GREENWOOD

Softball Bobcats win two of three in opening week

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Plymouth softball team opened the season with three games in the first week of the season.

On Monday, April 9, the team hosted Merrimack Valley and walked off with a 15-7 win over the Pride.

Plymouth scored three runs in the bottom of the fourth inning to get out to a 3-0 lead but

the Pride came back and took a 6-3 lead in the top of the fifth inning.

The Bobcats didn't wait around long, scoring 12 runs in the bottom of the fifth inning to push the lead to 15-6 before the Pride added one in the top of the sixth inning.

Kacie Johnston got the start in the circle for the Bobcats and gave up six hits and four walks while striking out seven. Emily Boyd, Tristan Keller and Johnston each had a pair of hits and a pair of RBIs, while Grace Comeau had four hits and four RBIs.

Coach Brian

Blanchard noted that Jenna Flaherty behind the plate and Jackie Gauder at second base had good defensive games for the Bobcats in the win.

Two days later, the Bobcats traveled to Lebanon and came away with a 17-0 win over the Raiders.

The Bobcats scored runs in each of the five innings that were played to walk off with the win.

Gauder had a big day at the plate with four hits and six RBIs, while Boyd had three hits and three RBIs and Molly Edmark had a pair of hits and three RBIs.

Johnston pitched the first three innings, striking out six and giving up just one hit with no walks. Appal Kunz pitched the fourth inning, striking out two without giving up a hit and Riley Flaherty pitched the fifth without allowing a hit.

The final game of the week was Friday, April 13, which proved to be unlucky for the local girls, as Pembroke came through with a 2-0 win.

The Spartans scored one run in the top of the third and another in the top of the fourth
SEE PLYMOUTH PAGE B2

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Coaching openings at Newfound

BRISTOL — Newfound Regional High School has the following coach openings for 2018-19: Varsity field hockey, JV field hockey, JV soccer, JV volleyball, unified soccer, varsity girls' basketball, JV boys' basketball and unified basketball. If interested, please send letter of interest and resume to Supt. Stacy Buckley, SAU 4, 20 North Main St., Bristol, NH 03222. Questions should be directed to Peter Cofran, Athletic Director, at 744-6006, x1507 or pcofran@sau4.org.



Kacie Collins returns a shot during her team's first home match of the season on April 9.



Kaylie Sampson picked up another win for the Plymouth tennis girls on Monday, April 9.

Bobcats battle through cold, knock off Spartans

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — For the second time in as many games, the Plymouth tennis girls had to deal with less than favorable weather conditions.

And for the second time in as many games, the Bobcat girls powered through the chilly temperatures and picked up a win.

On Monday, April 9, the Bobcats played host to Pembroke for their first home match of the season.

Kacie Collins, playing in the third spot in the lineup, was the first player off the court for Plymouth in singles action, as she finished with an 8-1 win to get things started.

Kaylie Sampson was next off for the Bobcats, as the freshman picked up her second win in as many varsity matches in the top spot in the lineup, getting an 8-5 win.

Next off the court for Plymouth was Hannah Bellerose, who played at number two and took an 8-6 loss to cut the Plymouth lead to 2-1 at that

point.

Lydia Mardin had the longest match of the day, clocking in at just about an hour and a half in the number four spot. Mardin got out to a 5-0 lead, but her Spartan opponent battled back and the match eventually had to go to the tiebreaker. Mardin was able to get the 9-7 win in the tiebreaker for the 9-8 victory and a 3-1 lead for the Bobcats.

Christina Furgal had a very quick match at number five, finishing with an 8-0 win and Jocelyn LaClair finished out the singles and clinched the match for the Bobcats with an 8-0 win in the sixth spot in the lineup.

In doubles play, Sampson and Collins teamed up at number one and took an 8-2 win to start things off, while Furgal teamed with Bri Culance at number two and picked up an 8-1 win. Mia Sullivan and Khalilah Abdul-Jabbar played in the third doubles spot and got an 8-0 win to finish out the 8-1 win for the Bobcats.

The Bobcats traveled

to Goffstown and picked up a big win on Wednesday, April 11.

"Wednesday's win at Goffstown was pretty impressive for the girls," Bobcat coaches Tony and Diane DiNardo noted. "You're away and they're a good program."

Things got off to a tough start, as Sampson at number one, Collins at number two and Furgal at number three all dropped their decisions, 8-3, 8-1, 8-3, respectively.

The bottom of the

lineup came through with wins, with LaClair getting an 8-5 win at number four, Mardin winning 8-1 at number five and Abdul-Jabbar winning 8-2 at number six to send the match to doubles tied at three.

Collins and Sampson dropped an 8-3 decision at number one but Furgal and Culance won 8-4 at number two and Abdul-Jabbar and Mardin won 8-1 at number three to close out the 5-4 win for Plymouth.

"We knew going in

that Goffstown had lost to some pretty good teams," the Bobcat coaches noted. "But records don't indicate everything."

On Friday, April 13, the team lost to Coe-Brown by a 6-3 score.

Sampson fell 8-1 at number one, Bellerose won 8-5 at number two, Collins dropped an 8-5 decision at number three, Furgal lost 8-1 at number four, LaClair fell 8-0 at number five and Mardin won 8-5 at number six.

Collins and Sampson lost 8-5 at number one, but Furgal and Culance got an 8-6 win at number two. Mardin and Abdul-Jabbar dropped an 8-2 decision at number six.

The Bobcats will be off for vacation week before returning to action at the end of April with a home match on Monday, April 30, at 4 p.m.

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

Opening week split for Bobcat baseball team

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — After falling in the season opener, the Plymouth baseball team bounced back with a win in game number two.

On Wednesday, April 11, the Bobcats hosted Bow in a schedule change, as originally the Falcons were slated to host.

Bow scored twice in the top of the first inning and added another in the top of the second to go up by a 2-0 score but Plymouth answered back with five runs in the bottom of the second inning to jump into the lead.

Bow was able to plate four runs in the top of the fourth inning to take a 6-5 lead but the Bobcats tied the game in the bottom of the inning. The Falcons added three in the top of the sixth inning to take the lead for good.

"Ultimately we had too many walks that Bow took advantage of and couldn't quite string the

hits together late in the game," coach Mike Boyle noted. "We did some good things offensively, but they had some timely hits down the stretch that gave them the win."

Plymouth outthit the visitors by a 9-8 margin, led by Henry Green, who had three hits and two RBIs. Nick Qualey and Ben Olmstead each had two hits and Devlin Costa had a hit, an RBI and scored two runs.

Owen Brickley got the start on the hill, going four innings and giving up four hits and striking out three. He gave up three earned runs.

Qualey went three innings on the mound, also giving up four hits while striking out two and surrendering three earned runs.

The Bobcats came through with a 4-3 win over Pembroke on Friday, April 13.

"Again a few too many walks but we found a way to hang on

and get a spark on offense late in the game," Boyle said. "We look comfortable at the plate and had another eight hits."

Olmstead and Mike Hogan each had two hits and an RBI and Hogan also scored a run. Qualey had a hit, an RBI and a run scored and Dan Carey had a hit and put down a nice sacrifice bunt in the bottom of the sixth inning that led to a run scoring and throwing errors allowed Carey to get to third and he scored on a base hit by Olmstead.

"We just need to start taking advantage of guys on base and stringing the hits together," Boyle noted.

Plymouth will be hosting Goffstown on Monday, April 23, and will visit John Stark on Wednesday, April 25, with both games set to start at 4 p.m.

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

Plymouth

FROM PAGE B1

but Plymouth could only manage three hits on the day. Johnston had a double and Boyd and Co-meau had singles.

Johnston went the distance in the circle, striking out five without issuing a walk. Boyd and Edmark earned

Blanchard's praise for their strong defense on the afternoon.

Plymouth will be hosting Goffstown on Monday, April 23, and will visit John Stark on Wednesday, April 25, both set for 4 p.m. starts.

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

Track

FROM PAGE B1

Dukette finished the 800 in 2:49.78 and Manon DeGreef finished in 2:57.04.

In the shot put, Dukette led the way for the Bears at 28 feet, eight inches, Oceanne Skoog threw 28 feet, Alexis Ramondi reached 25 feet, 4.5 inches, Stafford threw 22 feet, eight inches, Jess Gossen tossed 22 feet, five inches and Mackenzie Ollie reached 16 feet, 10 inches.

Peterson had the longest distance in the javelin with a toss of 89 feet, seven inches, with Dukette at 80 feet, seven inches and Danielle Duclos at 32 feet. Riley Pierce jumped 23 feet, 11.75 inches in the triple jump, with Duclos jumping 18 feet, 1.5 inches.

In the long jump, Pierce reached 11 feet, three inches while in the discus, Skoog threw 62 feet, six inches, Ramondi hit 52 feet, seven inches, Trinity Taylor reached 51 feet, two inches and Gossen threw 44 feet.

For the Newfound boys in the 100 meters,

Justin Shokal finished in 12.31 seconds, Cam Anderson finished in 12.52, Rolando Sylvain crossed in 12.62, Aidan Anderson finished in 12.92 and Jason Liang finished in 13.94 seconds.

In the 110-meter hurdles, Matt Libby took first place and Quentin Helmers finished in fourth place. Libby finished the 300-meter hurdles in 45.67 and Tiellar Mitchell finished in 47.08 seconds. Zack Goudreau finished in 68.96 seconds in the 400 meters.

The Newfound boys finished first in the 4X100-meter relay in 47.2 seconds and in the 4X400-meter relay, the Bears finished in 4:05.26.

In the 200 meters, Cam Anderson finished in 25.79, Sylvain finished in 26.21, Aidan Anderson finished in 27.69 and Liang finished in 28.9.

Jacob Huckins finished the 800 meters in 2:32.87 and Hayden Reynolds finished in 3:14.42.

Kyle Rosendahl finished in 6:02.72 in the 1,600 meters.

In the shot put, Ethan Pruett was the winner at 39 feet, four inches, with Mason Dalphonse at 36 feet, 11 inches, Patrick O'Neill at 31 feet, five inches and Brandon Marcoux and Connor McLaughlin both at 29 feet, six inches.

O'Neill had the top throw for Newfound in the javelin at 109 feet, two inches, with Deven Normandin at 106 feet, eight inches, Dalphonse at 84 feet, five inches, McLaughlin at 82 feet, five inches, Goodreau at 50 feet and Josh Holton at 42 feet, four inches.

Reid Wilkins jumped five feet, eight inches in the high jump, with Helmers at five feet, four

inches and Shokal at five feet, two inches. Cian Connor jumped 37 feet, .75 inches in the triple jump. Helmers leaped 17 feet, two inches in the long jump, with Sylvain at 16 feet, eight inches and Connor jumped 16 feet, three inches.

In the discus, Pruett finished at 120 feet, seven inches, Gossen threw 98 feet, seven inches, Zack Patten reached 91 feet, five inches, Trevor Robie threw 81 feet, two inches, Jacob Pfister reached 74 feet, five inches, Huckins hit 71 feet, six inches and Adam Nelson threw 58 feet, one inch.

The Bears are not scheduled to compete again until after the school vacation week.

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

Softball

FROM PAGE B1

Kasey Basford was strong in the circle, as she struck out five and only allowed four hits

on the afternoon.

The Bears will be back in action on Friday, April 20, hosting Belmont, then hosting Raymond on Monday, April 23, and Stevens on Wednesday, April

25, all slated for 4:30 p.m. start times.

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



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 with any questions regarding the submission process.



JOSHUA SPAULDING

Julia Ahern attempts to get over the high jump bar on Saturday.



JOSHUA SPAULDING

Breckin Bates breaks from the blocks in the 100 meters on Saturday in Pelham.

Bobcats pick up solid finishes in opening meet

BY JOSHUA SPAULDING

Sports Editor

PELHAM — The first meet of the season for the Plymouth track team started under sunny skies and relatively warm temperatures.

But those conditions slowly disappeared as the day wore on in Pelham on Saturday, April 14.

The Bobcats were joined by seemingly half of the state in the meet, with almost 150 runners competing in just the 100 meters alone, leading to some delays in the track events.

On the boys' side of things, Remy Beaujouan picked up a fourth place finish overall in the 200 meters with a time of 24.9 seconds, winning his heat in the process, while Breckin Bates finished 33rd overall in 27.44 seconds.

Charlie Carpenter picked up a third place finish in the high jump, clearing five feet, 10 inches.

The other points for the Bobcats came in the 4X100-meter relay, where the team of William Golden, Beaujouan, Thomas Carpenter and Jacob Lamb took fifth place overall in a time of 48.43 seconds.

In the 100 meters, Beaujouan finished in 13th place in 12.26 seconds, Golden finished in 27th place in 12.59, with Bates in 56th place in 13.49. In the 400 meters, Thomas Carpenter

finished in 14th place in 56.82 seconds, with Logan Hilger in 25th place in 59.2 seconds, Michael Kulig in 53rd place in 1:05.38 and Hunter McLeod in 61st in 1:07.72. Ben Parsons led the way in the 800 meters, finishing in 2:29.87 for 33rd place, with Randall Scroggins in 2:42.14 for 55th, McLeod in 2:42.87 for 57th and Mason Earick in 62nd in 2:48.29. In the 1,600 meters, Parsons finished in 56th place in 5:34.81, Kulig was 59th in 5:37.47 and Scroggins was 72nd in 5:50.75. Joe Collette was 12th in the 3,200 meters in 11:39.7 and Scroggins was 18th in 12:34.45.

Shawn Breen finished ninth in the 110-meter hurdles in 20.08 seconds and in the 300-meter hurdles, Breen was 13th overall in 56.46 seconds. The Bobcat team of Scroggins, Parsons, Kulig and Bates finished in 10:05.35 in the 4X800-meter relay for 10th place overall. Charlie Carpenter finished in 22nd place in the long jump at 17 feet, 3.5 inches, while in the discus, James Buhrman was 38th at 70 feet, three inches, Logan Hixon was 44th at 65 feet, 11 inches and Martin Runquist was 62nd at 31 feet, four inches.

Cale Swanson just missed out on scoring in the javelin with a toss of 139 feet for seventh place and JC Gaumer threw 115 feet, nine inches for 14th place.



JOSHUA SPAULDING

Charlie Carpenter jumps during the first meet of the season at Pelham on Saturday.

On the girls' side of things, Alexis Stonis had a good day in the 100 meters, as she took first in her heat in the preliminaries in 13.56 seconds and then finished third in the finals in 13.6 seconds. Tara Smoker finished in 13th place in 14.11 seconds, Sumaj Billin was 41st in 15.13 seconds, Alexa Botelho was 68th in 16.24 seconds and Giulia Messere was 80th in 17.74 seconds.

Sam Van DeMoere picked up a fourth place finish in the 400 meters in 1:05.39, with Elizabeth Barker in ninth place in 1:07.19 and Emily Barker in 35th in 1:14.82.

Van DeMoere also added a sixth place in the 800 meters in 2:36.04, with Avery Shedd in 63rd in 3:12.16, Lauren Appleby in 65th in 3:15.9 and Calie McLeod in 69th in 3:22.31.

The Bobcat team of Stonis, Samantha Meier, Smoker and Lily Derosier finished in second place overall in the 4X100-meter relay in 54.79 seconds.

Meier added a third place finish in the javelin with a toss of 99 feet, nine inches, with Billin in 33rd at 49 feet, 10 inches and Aaralyn Scroggins in 39th in 42 feet, nine inches.



JOSHUA SPAULDING

Randall Scroggins runs in the 4X800-meter relay in Pelham Saturday morning.

In the 200 meters, Emma Russell finished in 47th place in 40.27 seconds while in the 1,600 meters, Ainsley Towers finished in 13th place in 5:52.83, Ashley Ulricson was 39th in 6:51.78, Yaxi Stapp was 46th in 7:11.52 and Connie Kim was 48th in 8:22.98. Hailey Botelho finished 19th in the 3,200 meters in 15:40.43.

In the high jump, Julia Ahern finished in 15th place at four feet, six inches, while in the long jump, Jasmine Sanders was 40th at 10 feet, nine inches, Marissa Carter was 42nd at 10 feet, 7.25 inches and Lauren Appleby was 46th at nine

feet, 6.5 inches. Tabitha Lopes was 24th in the triple jump at 26 feet, three inches, with Catriona Stewart 25th at 25 feet, 11 inches and Sanders in 28th at 24 feet, one inch. Scroggins was 23rd in the shot put at 24 feet, 3.5 inches and Sanders was 55th at 12 feet, 3.5 inches. Ahern finished 25th in the discus at 64 feet, four inches.

The Bobcats will be in action on Saturday, April 21, at Merrimack Valley at 10 a.m.

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

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Edward Jones: Financial Focus

Keep Your Investment "Ecosystem" Healthy

April 22 is Earth Day. First observed in 1970, Earth Day has evolved into an international celebration, with nearly 200 countries holding events to support clean air, clean water and other measures to protect our planet. As an investor, what lessons can you learn from this special day?

Consider the following:

Avoid "toxic" investment moves. Earth Day events show us how we can help keep toxins out of our land, air and water. And if you want to keep your investment ecosystem healthy, you need to avoid making some

toxic moves. For example, don't chase after hot stocks based on tips you may have heard or read. By the time you learn about these stocks, they may already have cooled off – and they may not even be appropriate for your goals or risk tolerance. Another toxic investment move involves trying to "time" the market – that is, buying investments when they reach low points and selling them at their peaks. It's a great theory, but almost impossible to turn into reality, because no one can really predict market highs and lows – and your timing efforts, which may involve

selling investments that could still help you – may disrupt your long-term strategy. **Reduce, reuse, recycle.** "Reduce, reuse, recycle" is a motto of the environmental movement. Essentially, it's encouraging people to add less stuff to their lives and use the things they already have. As an investor, you can benefit from the same advice. Rather than constantly buying and selling investments in hopes of boosting your returns, try to build a portfolio that makes sense for your situation, and stick with your holdings until your needs change. If you're always trading, you'll

probably rack up fees and taxes, and you may well end up not even boosting your performance. It might not seem exciting to purchase investments and hang on to them for decades, but that's the formula many successful investors follow, and have followed.

Plant "seeds" of opportunity. Another Earth Day lesson deals with the value of planting gardens and trees. When you invest, you also need to look for ways to plant seeds of opportunity. Seek out investments that, like trees, can grow and prosper over time. All investments

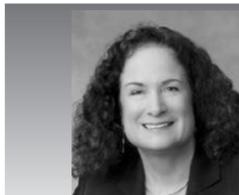
do carry risk, including the potential loss of principal, but you can help reduce your risk by owning a mix of other, relatively less volatile vehicles, such as corporate bonds and U.S. Treasury securities. (Keep in mind, though, that fixed-rate vehicles are subject to interest-rate risk, which means that if interest rates rise, the value of bonds issued at a lower rate may fall.)

Match your money with your values. Earth Day also encourages us to be conscientious consumers. So, when you support local food growers, you are helping,

in your own way, to reduce the carbon footprint caused in part by trucks delivering fruits and vegetables over long distances. Similarly, you might choose to include socially responsible investing in your overall strategy by avoiding investments in certain industries you find objectionable, or by seeking out companies that behave in a manner you believe benefits society.

Earth Day is here, and then it's gone – but by applying some of its key teachings to your investment activities, you may improve your own financial environment.

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



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Elementary Level

- Music Teacher

Newfound Memorial Middle School

- 6th Grade Math Teacher

New Hampton Community School

- Special Education Teacher

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SAU 68



Lin-Wood Public School

Lincoln-Woodstock Cooperative School District
 72 Linwood Drive
 Lincoln, New Hampshire 03251
 Telephone (603) 745-2214

SAU 68



Lin-Wood Public School

Lincoln-Woodstock Cooperative School District
 72 Linwood Drive
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The Lincoln-Woodstock Cooperative School District, recognized as one of the Best Schools in NH, and located in a year round recreational setting in the White Mountains announces the following coaching positions for the 2018-2019 school year:

GIRLS VARSITY BASKETBALL COACH BOYS VARSITY BASKETBALL COACH

Interested parties should send a letter of interest to:

Frances Bean
 Lin-Wood Public School
 P.O. Box 846 • Lincoln, NH 03251
 603-745-2051 • fbean@lin-wood.org

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Frances Bean
 Lin-Wood Public School
 P.O. Box 846 • Lincoln, NH 03251
 603-745-2051

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

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2018-2019 School Year

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Special Education Coordinator
Campton Elementary School
1110 NH Rte. 175
Campton, NH 03223
jeccleston@pemibaker.org

Newfound Area School District

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APPROPRIATE CERTIFICATION REQUIRED

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Newfound Area School District
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Bristol, NH 03222

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Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

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- Inability to control your impulse to drink

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AUG 2011

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What did the day before Hurricane Irene look like? Any other day.

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Plymouth girls roll in snowy season opener

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — Last season, the Plymouth lacrosse girls seemed to play their best when the weather was at its worst.

So, when the snow started falling on Tuesday afternoon, April 10, as her team was ready to open its new season, Bobcat coach Meg James was not terribly disappointed.

And once again, the Plymouth girls showed they like the less than desirable weather, as they picked up a 13-3 win over Belmont in Plymouth.

“The defense looked really solid,” James said of the opener. “Especially considering we lost our two defensive captains from last year.

“And the ground balls were beautiful,” the Bobcat coach continued. “Ground balls win games.”

James noted that the scoring was spread out and she offered special praise to Holly Mason and Mariah Luscher for their offensive attacks while noting that many other players chipped in throughout the game.

“The goals were spread out between the whole attack and midfield,” James said. “There’s not just one specific person who is our scorer.”

In addition to the offense and the defense, James was especially pleased with the play of keeper Lauren Bolton, who held her own against the Red Raider attack, shutting the visitors out in the first half.

“Lauren was unstoppable today,” James



RC GREENWOOD
Holly Mason moves the ball down the field during her team's game with Bow on Friday.

said. “She was our brick wall back there.”

The game was the first played on the Bobcats’ temporary home field, George Zoulias

Field. With construction going on at the high school, the usual lacrosse field is not available so the teams are playing on the foot-

ball field, which was a treat in and of itself, according to James, who noted that it was pretty special to be on that field for a game.

The Bobcat girls will be back in action on Friday, April 20, at Bishop Brady and will be hosting Derryfield on Tuesday, April 24, both set for

4 p.m. starts.

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

A trip down memory lane and lots of waiting

Saturday was an interesting day in a number of ways.

Friday night ended early Saturday morning at the other job, so there wasn’t much sleep before I headed out to Pelham for the first track meet of the season for a couple of the local teams.

I grew up in Pelham for the first 11 years of my life. In fact, we (my

SPORTING CHANCE



By JOSHUA SPAULDING

family) are descendants of the town’s original settlers and when I was a young kid, basically the entire Spaulding family lived in Pelham. My grandparents moved

north when I was very young and the rest of the family followed over the course of time. Right now, there’s just one Spaulding left in Pelham, my uncle Dave.

Whenever I go to Pelham for an event I try to drive by the houses where we lived while we were there. Two of them are on the main roads I take to get to the high

school, while the other one is not far from the main road.

The first one I passed was the second house we lived in, where we lived when my brother was born. Besides a color change, the house pretty much looks exactly the same as it did back in the early 1980s when we lived there.

Next up was the third and final house we lived in, the one I remember the most. This is the one that has probably had the most change, as there was a fire a few years back. While the house looks somewhat the same, the yard is much different, as the new owners have animals that graze on what was once our lawn. And the pond that we had behind the barn seems to have dried up as well.

The final house was the first house I lived in, the log cabin my father built right next door to his twin brother’s house. I don’t really remember

living there, but since it was next to my uncle George and aunt Sandra’s house, I was well aware that I lived there at one time.

The track in Pelham was not there when I was in school there. In fact, neither was the elementary school where the track is located. The elementary school I attended is now the town hall and the place where the track is used to be woods where my brother and I would ride our bikes while our mother played tennis at the high school courts. Those courts are gone now, moved across the street from the high school.

My plan was to stay for a couple of hours so I could get back to finish up some work and get to the theater for our Saturday night show. I figured I’d see a number of events, but a huge field of 100-meter runners caused all sorts of problems and delays, forcing the kids to stand around and wait while everyone was checked in. There were 15 heats of boys and almost as many for the girls.

Needless to say, when I left at noon, only three events had been completed on the track, so the pictures were at a minimum.

Whenever I visit Pelham it’s amazing to see how much the town has changed over the years since we’ve been gone, but I guess that’s to be expected.

Finally, have a great day Amanda Dickinson.

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

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