



Pennies for puppies

Throughout their annual literacy event, One Book-One School, New Hampton Community School students collected pennies and items for the Laconia Humane Society. Fifth grade students Renesmee and Madison, along with the school's therapy dog, Fenway, display the donated toys and supplies along with a check for \$189.54.

COURTESY PHOTO


Local working group meeting set for July 19

REGION — New Hampshire Conservation Districts work with farm and forest landowners to let them know that federal technical and cost-share assistance is available for approved conservation practices through Farm Bill programs. Conservation practices are designed and implemented to address resource concerns that improve water and air quality, reduce soil loss and improve energy efficiency. Examples of conservation practices include, a fencing

system, spring development and animal trails for rotational grazing, forest stand improvement, cover cropping, seasonal high tunnels, improving pollinator and wildlife habitat. Installed conservation practices benefit the environment, the landowner, and local contractors hired to complete the practices. The process of deciding which resource concerns are most critical requires guidance and knowledge of local needs, identified by a local working group. Local

working groups provide input to the state technical committee and the state conservationist to help identify conservation needs, resource concerns, program priorities, and recommendations for program implementation at a state and local level.

Grafton County Conservation District and the Natural Resources Conservation Service will hosting be a virtual Local Working Group (LWG) meeting from 10 a.m. to noon on Monday. SEE MEETING PAGE A9



Celebrate Howard Oedel's 100th birthday next Friday

HEBRON — At 10 a.m. on Friday, July 9, on the town of Hebron Common (rain backup – Safety Building) there will be a celebration of the 100th birthday of Lieutenant JG Howard T. Oedel. Oedel is the last surviving officer of the battleship, the USS Massachusetts that fought in the Battle of Leyte Gulf in World War II. Howard Tredennick Oedel was born on July 9 in 1921 in Boston, the son of William Nagel Oedel and Nettie Erdine Tredennick.

When Howard entered Harvard in 1939, he joined the Naval ROTC. This was the very same year J.F.K. graduated from Harvard. The day after graduation in May of 1943, he was married to Carolyn Howard Townsend, and eight days later he was on the West Coast awaiting transportation to his ship, the Battleship USS Massachusetts (Big Mamie, BB-59) situated with the U.S. Pacific Fleet in the Solomon Islands, upon which he would serve for two and one-half years.

During the War Howard served as a Lieutenant JG aboard the USS Massachusetts, as a Damage Control Officer and Berthing Officer and that vessel fought in the Battle of Leyte Gulf in the Philippines. The Battle of Leyte Gulf, also called the “Battles for Leyte Gulf”, and formerly as the “Second Battle of the Philippine Sea,” is generally considered to be the largest naval battle of World War II and also, by some criteria, the largest naval battle in history.

After the war he completed a Ph.D. in American Colonial History and became one of the leading Lincoln scholars in the US.

Come celebrate this remarkable man with other well-wishers or drive by and wave. There will be several political leaders including federal and state leaders there making short statements and there will be a gun salute by the VFW.

Hebron gazebo concerts return Saturday

HEBRON — The Hebron gazebo concerts return Saturday, July 3, with the first concert of the 2021 season. The Don Campbell Band will be starting off the concert series at 6 p.m. with barbecue by the Lions Club of Bristol. A good time will be had by all.

Starting a new chapter

Local bookstore celebrates 20 years in business

PLYMOUTH — Starting a new business is an exciting and daunting task, especially in the retail sector. More than half of all new businesses fail, which can be attributed to a host of reasons. The Readery Books and Things in Plymouth, appears to have avoided this fate by employing a very simple formula: Take a good idea, put it in the right location, provide fantastic customer service, and give something substantial back to the community.

In June 2001, The Readery established its first location on Main Street in Plymouth. A small business established two decades ago, serving the local community by offering gently used books, where patrons could come in and purchase a book for half off or more of the publishers listed price.

“Our store has always been unique in the sense that our entire inventory of books comes from our customers,” said Wendy Robb, Director of Staff-

Works with Lakes Region Community Services. “The books displayed on our shelves are brought in by our loyal customers who are then offered store credit to purchase new gently used books.”

Even more impressive than The Readery's business model is the shop's community commitment. Since the beginning, the store's leadership was dedicated to providing work opportunities for people in the community who experience intellectual or developmental disabilities or acquired brain disorders. Since its inception, the shop has employed numerous adults with disabilities, including Retail Associates, Belinda Hurd, Brint Woodward, and Liz Hormell, who have been employees since the 2001 opening.

Walking into the shop is impressive, as the walls are stacked with thousands of extremely organized paperbacks from which to choose. The store is very well laid out and the staff is

tremendously helpful. Having cataloged and put away most of the books themselves, you can count on Liz and Belinda should you require guidance finding what you are looking for.

Heading to the register to pay for your purchase, you may realize that the cashier, Brint, is visually impaired. With the use of the latest in adaptive technology, he is sure to handle your transaction with ease. His talking calculator is used for adding up your purchases and a money note reader assists Brint to know what denominations of money he is working with at all times. With very little practice, Brint learned to navigate the register as well as anyone.

“Our retail associates are valuable employees in every way. They are the reason for LRCS business development and the success of this store,” said Robb. “All are dedicated employees whose contributions have reached beyond the store walls; they have made our communi-

ty stronger.”

“Working at The Readery is special. Our work environment is second to none because of the employees. In my role, not only do I manage the store, but I also get to support three amazing individuals who have helped

me grow in so many ways. I am honored to be a part of this team,” said Cathy Dupis, The Readery Store Manager.

The Readery planned to celebrate its 20th anniversary with the public by hosting an open house on Friday, June 25,

at their storefront located at 67 Main St., Plymouth. Guests enjoyed refreshments, raffle prizes, and perusing books to their heart's content both inside the store and at the sidewalk sale outside.



COURTESY PHOTO
Retail associates (left to right), Brint, Belinda, and Liz pose outside of The Readery storefront in Plymouth.


Dan Egan bringing book tour to Bristol

CAMPTON — New Hampshire local and extreme skiing pioneer Dan Egan is touring the state to share his new book, *Thirty Years in a White Haze*. New England-born and raised, Egan tells a story that takes readers on adventures around the world while staying rooted in his past in connection to New Hampshire local towns and ski areas like Cannon Mountain, Tenney Mountain, Tuckerman's Ravine, Loon Mountain Resort, Bretton Woods Resort, Waterville Valley, and more. Egan recounts iconic moments like jumping out of the Cannon Mountain Tram for a 1994 Warren Miller film and the first National Championships of Exhibition Skiing with Wayne Wong at Water-

ville in 1971. Picked for the Boston Globe's 2021 Summer Reading List, *Thirty Years in a White Haze* has remained in the Top 10 Skiing books on Amazon for four weeks straight. The book signings will be held at the following stores where Egan will answer questions from guests before signing individual copies. Skip the line and purchase a copy of the book ahead of time at <https://www.white-haze.com/>. July 5 - 4 to 6 p.m. at Basic Ingredients, 1777 Lake St, Bristol. July 8 - 2 to 4 p.m. at Mad River Coffee House at 18 Six Flags Road, Campton. July 10 - 3 to 5 p.m. at Lahout's at 127 Main St., Lincoln. July 17 - 3 to 5 p.m. at Lahout's Summit Shop at 99 Main St., Littleton. July 22 - 5 to 7 p.m. at Bookery Manchester at 844 Elm St., Manchester. Follow reviews and media of the new book on Facebook and Instagram @30yearsina-white-haze. *Thirty Years in a*

White Haze can be purchased at all tour locations as well as Chase Street Market in Plymouth, The Book Monger in Waterville Valley, Ski Fanatics in Campton and Plymouth Ski and Sport in Plymouth. "From humble Massachusetts hills to the jagged peaks of the Alps, from the looniness of skiing the Berlin Wall to a near-death disaster on Russia's Mount Elbrus, from the rise of hotdogging to the heights of cliff-jumping, Dan Egan has been at forefront of the wild world of skiing. "White Haze" is a fascinating, rollicking, roller-coaster ride of a book, swinging from joy to heartbreak and back, with danger at every turn." — Michael Finkel, long-time ski journalist and New York Times best-selling author of *The Stranger in the Woods*. Egan is a pioneer of extreme sports, world-renowned for his big mountain skiing on the international stage. He has appeared in more than a dozen Warren Miller

ski films and is known for traveling to the most remote regions of the world to ski and chronicle the geopolitical landscape of the late 80s and 90s. In 2001, *Powder Magazine* named Egan one of the most influential skiers of our time. He was inducted into the US Skiing & Snowboarding Hall of Fame in 2016. For more about Egan and his work, visit dan-egan.com or follow Egan on Instagram @danskiegan. Wilbur is a journalist who has been covering the New England sports, travel, and skiing scenes for nearly three decades. His written work has appeared in *The Boston Globe*, *New England Ski Journal*, *Boston.com*, *Boston Metro*, and various other publications. He fell in love with skiing at an early age, a dedication to the sport that only increased upon moving to Vermont during his college years. He lives with his wife and three children in the Boston area. This is his first book.






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Grief support group meets Thursdays in Meredith

MEREDITH — Journeying Through Grief, a six-week support group for those grieving the recent loss of a loved one. The group will meet July 8-Aug. 12, Thursdays, 5-6:30 p.m. at 1 Circle Drive, Meredith. All materials and light refreshment provided. Please call to reserve a spot, 279-6611.

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PSU Burton-Frost event raises more than \$30,000 for student scholarships



Plymouth State University and the Raymond Burton Legacy Fund recently recognized former U.S. Congressman Bill Zelif, New Hampshire State Senator Lou D’Allesandro and Amanda Grappone Osmer at an event in Plymouth on Thursday, June 3. The event raised more than \$30,000 for PSU student scholarships. Left to right, PSU Director of Alumni Relations Rodney Ekstrom; The Honorable John Lynch, former Governor of New Hampshire; chair of the Raymond S. Burton Legacy Fund Committee Duane Baxter; and New Hampshire State Senator Lou D’Allesandro. Governor Lynch presented the Ray Burton Public Service Award to Senator D’Allesandro.



PLYMOUTH — Plymouth State University (PSU) and the Raymond Burton Legacy Fund recently recognized former U.S. Congressman Bill Zelif, New Hampshire State Senator Lou D’Allesandro, and Amanda Grappone Osmer of Grappone Automotive Group at an event honoring the legacies of Raymond S. (Ray) Burton, PSU class of 1962 and long-serving member of the New Hampshire Executive Council, and Robert Frost, poet laureate and former Plymouth State teacher. The event on Thursday, June 3, raised more than \$30,000 for student scholarships.

Congressman Zelif and Senator D’Allesandro were recognized with the Raymond Burton Public Service Award in memory of Burton, a former school teacher and principal, and long-serving executive councilor who represented the North Country. New Hampshire Business and Economic Affairs Commissioner Taylor Caswell accepted the award on behalf of Congressmen Zelif.

Grappone Osmer received the PSU Alumni Association’s prestigious Robert Frost Contemporary American Award recognizing individuals whose service to the people of northern New England best exemplifies Frost’s values of individuality, hard work, humanitarianism and devotion. Frost taught in PSU’s historic Rounds Hall and lived on campus in the early 1900s.

“We are humbled by the tremendous turnout and support for this important fundraiser, and we were honored to recognize former Congressman Zelif, Senator D’Allesandro and Amanda Grappone Osmer for their service to our state,” said John Scheinman, Director of Development at Plymouth State University. “The \$30,000 raised by this event will go a long way in providing important financial assistance to deserving PSU students, and we truly appreciate all who contributed.”

The sold-out, in-person event was held at the Barn on the Pemi in Plymouth, and featured entertainment by PSU piano faculty members Adam Mayon and Zi Liang. Alex Ray of the Common Man Family of restaurants offered opening remarks along with PSU President Donald L. Birx, Ph.D.

The 2020 Burton Frost event was held virtually due to the COVID-19 pandemic.

At left: Plymouth State University and the Raymond Burton Legacy Fund recently recognized former U.S. Congressman Bill Zelif, New Hampshire State Senator Lou D’Allesandro and Amanda Grappone Osmer at an event in Plymouth on Thursday, June 3. The event raised more than \$30,000 for PSU student scholarships. Left to right, The Honorable John Lynch, former Governor of New Hampshire; Amanda Grappone Osmer, fourth-generation steward of Grappone Automotive; and PSU Director of Alumni Relations Rodney Ekstrom. Governor Lynch presented the Robert Frost Contemporary American Award to Grappone Osmer.

Comfort Keepers

Making sure seniors are getting enough Vitamin C

BY MARTHA SWATS
Contributing Writer

The recommended daily dose of this vitamin is 90 milligrams for men and 75 milligrams for a woman.

For seniors, good eating habits improve physical health, which in turn has a positive effect on mental wellbeing and overall quality of life. Vitamin intake is often an important part of maintaining a healthy diet and getting the necessary nutrients.

As seniors age, vitamin deficiencies can occur for many reasons, such as skipped meals, medications interfering with the absorption of vitamins or certain health issues.

One vitamin that can greatly play a role in the quality of life of seniors is vitamin C. While usually associated

with colds, this vitamin plays a part in keeping older adults healthy all around. Benefits of vitamin C include:

Fights off colds: Vitamin C reduces the duration and severity of some illnesses;

Immunity boost: Assists in the formation of white blood cells, which help fight off infection;

Supports healthy joints: Helps form collagen, which helps hold skin, ligaments and cartilage together;

Builds strong blood vessels: Helps keeps blood vessel walls strong and resistant to damage.

When people age, the need for vitamin C only increases as they become more susceptible to illness and disease. Whether it is preventing macular degeneration, heart disease, osteoporosis or cancer, vitamin C

has a vital role.

Seniors that want to ensure that they are getting enough of this crucial vitamin on a regular basis should talk to a healthcare professional. Typically, avoiding vitamin C deficiency is possible with a healthy diet, but some older adults find that a supplement can be beneficial.

Foods rich in vitamin C are citrus fruits, bell peppers, tomatoes, Brussels sprouts, broccoli and cantaloupe.

For seniors struggling to maintain healthy eating habits, Comfort Keepers caregivers can help with meal planning, grocery shopping, meal preparation and support for physician-prescribed diets. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients

have the means to find the joy and happiness in each day, regardless of age or acuity.

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If

When sitting down to write this Editorial, this Editor had heavy on her mind her old mentor from the radio days, Barry Lunderville who has since passed on, or as he called it “taking a dirt nap.” Barry owned radio stations in NH and worked for CBS out of Boston. He was especially great to talk to when discussing small town politics and joked, “Well between us girls.” During one particular time of discord, he passed this poem along and it is one that is read often, especially when thinking, “What would Barry say?”

If BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your
master;
If you can think—and not make thoughts your
aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds’ worth of distance run,
Yours is the Earth and everything that’s in it,
And—which is more—you’ll be a Man, my son!

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Newfound Landing is published every
THURSDAY by Salmon Press, P.O. Box 729,
5 Water St., Meredith, NH 03253.

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PUBLISHED BY
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JOSHUA SPAULDING

Shrine practice

Plymouth’s Cody Bannon practices with his fellow New Hampshire quarterbacks during the first practice for the New Hampshire Shrine Maple Sugar Bowl team, which was held on Saturday at Kingswood Regional High School in Wolfeboro. The Shrine Bowl takes place on Saturday, Aug. 7, at 12:30 p.m. at Castleton University in Castleton, Vt.

CADY Corner

Marijuana use and suicidality in young adults

BY DEB NARO
Contributing Writer

An analysis of survey data from more than 280,000 young adults ages 18-35 showed that marijuana use was associated with increased risks of thoughts of suicide (suicidal ideation), suicide planning, and suicide attempts. These associations remained regardless of whether someone was also experiencing depression, and the risks were greater for women than for men. The study published online last week in JAMA Network Open and was conducted by researchers at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

The number of adults in the United States who use marijuana more than doubled from 22.6 million in 2008 to 45.0 million in 2019, and the number of daily or near-daily users almost tripled from 3.6 million to 9.8 million in 2019. Over the same time span, the number of adults with depression also increased, as did the number of people who reported suicidal ideation or plan or who died by suicide. To date, however, the relationship between trends in marijuana use and suicidality is not well understood.

The current study sought to fill this gap. For their analysis, NIDA researchers examined data

from the 2008-2019 National Surveys on Drug Use and Health (NSDUH). NSDUH, which is conducted annually by the Substance Abuse and Mental Health Services Administration, collects nationally representative data among the U.S. civilian, noninstitutionalized population age 12 or older on marijuana use and use disorder; depression, suicidality; and other behavioral health indicators. In addition to determining the associations between these factors, the researchers examined whether the associations varied by gender. They examined data from 281,650 young adults ages 18 to 35 years—the age range when most substance use and mood disorders emerge—with an almost even number of women and men.

The researchers compared four levels of past-year marijuana use: no marijuana use; nondaily marijuana use; daily marijuana use, which was defined as use on at least 300 days per year; and presence of marijuana use disorder, which was assessed in the survey and involves meeting specific criteria for a pattern of continued marijuana use despite negative consequences. To determine the presence of depression, they assessed the prevalence of major depressive

episodes based on specific diagnostic criteria measured through the survey. To identify suicidality trends, the investigators separately assessed the trends in the prevalence of past-year suicidal ideation, plan, and attempt as reported in the 2008-2019 NSDUH surveys.

The results of the study indicated that even people who used marijuana nondaily, fewer than 300 days a year, were more likely to have suicidal ideation and to plan or attempt suicide than those who did not use the drug at all. These associations remained regardless of whether someone was also experiencing depression. Among people without a major depressive episode, about 3% of those who did not use marijuana had suicidal ideation, compared with about 7% of those with nondaily marijuana use, about 9% of those with daily marijuana use, and 14% of those with a marijuana use disorder. Among people with depression, 35% of people who did not use marijuana had suicidal ideation, compared to 44% of those with nondaily marijuana use, 53% of those who used marijuana daily, and 50% of those who had a marijuana use disorder. Similar trends existed for the associations between different levels

of marijuana use and suicide plan or attempt. Moreover, the researchers found that women who used marijuana at any level were more likely to have suicidal ideation or report a suicide plan or attempt than men with the same levels of marijuana use. For example, among individuals without major depressive episode, the prevalence of suicidal ideation for those with vs. without a marijuana use disorder was 13.9 percent vs. 3.5 percent among women and 9.9 percent vs. 3.0 percent among men. Among individuals with both marijuana use disorder and major depressive episode, the prevalence of past-year suicide plan was 52 percent higher for women (23.7 percent) than men (15.6 percent).

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

Letters to the Editor

Fireworks: Sustainable or not?

To the Editor:
There seems to be a booming debate online about fireworks lately. Should people be able to light them off? How often should it happen and at what time should it stop? As a true NH native, I adopt the “Live Free or Die” mentality and don’t really care if my neighbors light off fireworks. My dog has other opinions on the matter. Hearing lots of people complain about the noise, as well as the resulting trash made me

wonder how sustainable fireworks are.
Trash/pollutants: I can’t be the only one who notices the cardboard circles and tubes at the beach after the fireworks at the lake. I have even seen ducks trying to eat them. Turns out the cardboard has toxic materials on it that are harmful to humans and animals if ingested or touched. You also cannot recycle this cardboard as it will contaminate the other cardboard. The chemicals also stay

in the air long after the smoke has cleared and are more harmful than breathing traffic fumes.
Noise: The booms aren’t just annoying to humans, they are also disrupting to pets and wildlife. I only moonlight as a writer, in my real life I am a Speech Pathologist and know firsthand the damage loud noises can do to your hearing. Wear ear protection if you are going to a fireworks show or lighting them off at home.

Danger: Aside from hearing damage, fireworks are dangerous in many other ways. There are over 10,000 injuries and emergency room visits a year related to fireworks. Fireworks can also spark fires in wooded or grassy areas that have not received much rain.
Importing: 94 percent of fireworks are imported from China. That’s a long way to travel just to get blown up. Think of the fossil fuels used to get those fireworks to

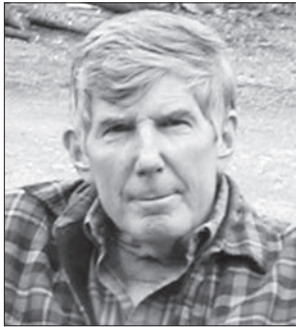
the store where you buy them in a BOGO frenzy.
Money: American spend \$360 million a year on display fireworks and \$945 million on home fireworks. Wouldn’t you get more bang for your buck, pun intended, if you donated some of your firework discretionary fund to a local charity? Send the money you would have spent on fireworks to Wounded Warriors or the veterans who are bothered by the loud noises of fireworks due to PTSD.

Woe is me, what’s a pyrotechnic lover to do with all this information? Let’s petition for a laser or drone light show next year. Instead of investing in fireworks this year, watch them on TV, listen to the Overture of 1812, have a small (safe) fire, paint a colorful picture, and listen to patriotic music. Hope you have a blast this fourth of July.

Lauren Therriault
Bristol

North Country Notebook

We listen to the old stories, and sift the ashes of history



By JOHN HARRIGAN
COLUMNIST

Most of the time, it's a pleasure to hear from readers. Some of the time, it's a heartache, for reasons I'll explain. I'm going to amalgamate mail here, because it's easier that way.

Most letters refer to things I've written about, including questions or sometimes challenges on facts, and that's fine. I've never said or felt that I know it all. I've also felt that I should reply to anyone who cares enough to write. My sign-off is always "Thanks for being a reader."

It's when letters ask questions about knowledge and stories being lost by the minute that the heartache comes in. And off we go, into the never-ending land of "I wish."

I wish that more people knew about the Foxfire Project, or at least enough two or three generations ago to emulate

it, far more widely than it ever was.

On the positive side, Foxfire was indeed emulated here and there around New Hampshire and neighboring states, most often by dedicated teachers who enlisted pupils and students to interview their elders about what life was like in their youth and how things had changed. Unfortunately, the original zeal that fostered these efforts too often sputtered out.

In 1966, English teacher Eliot Wigginton was working with a mix of grades and classes at the Rabun Gap Nacoochee School in northeastern Georgia, a jumbled region of mountains and hollows, when he began the modest effort that would become the nationally acclaimed Foxfire Project. Thousands of people were caught up and captivated by the project as the school produced a magazine, published a series of books, and inspired a Broadway play. The school is still publishing the magazine.

Most people alive at the time undoubtedly remember the Back to the Land movement, in which thousands of idealistic young people (okay, a local term) sought a simplified lifestyle using basic skills

to live from and with the land. The Foxfire story was a natural fit, and its books and magazines could be found in many a rejuvenated old farmhouse, winterized tent, or yurt.

If I'm representative of people who've read all the local and regional history they can find, and listened to a whole lot of stories, the challenge is clear. Who is going to collect this kind of information, sift it for importance and meaning, and keep it where researchers and the just plain curious can find it?

Here are just a few tidbits from my own brief time on the planet:

--Near the turn of the last century, a family staked out a farm in one of the wildest and most distant parts of the territory. When they didn't appear in the spring for basic provisions--salt, seed, and flour--a search party went out, and found them all dead of apparent typhoid. The party burned the buildings, and today only deep moss indicates an old opening in the woods.

--As the 1950s story goes, a state road crew helped residents dynamite a small cave overlooking the upper Connecticut River; the stated concern being the safety



This before-and-after image shows what was there, and what no longer is---a dramatic change in the lives of legions of North Country residents and visitors who were so used to looking up to the Old Man. (Courtesy oldmanofthemountainlegacy.org)

of local children. Ever since settlement times, the cave had been known as a shelter and lookout point for local Abenaki -- but looking out for what? Campfire smoke, trappers and traders, other Indians, perhaps the spring run of salmon, nearly 400 miles from the sea? (Atlantic salmon are documented as having reached First Connecticut Lake.)

--In New Hampshire and Vermont, there are two places where natural travel routes through the woods have long been known as "Captive

Trails," for their use by raiding parties to hustle their captives to Canada for ransom. Has anyone undertaken archaeological digs?

--There is an oft-told story concerning the fall of the Old Man of the Mountain, on May 3, 2003. The accepted explanation was water seepage, seasonal freeze-thaw cycles, and the inexorable tug of gravity. If anything came out about dynamite work nearby, I missed it.

There is no putting



The first U.S. Postal stamp featuring the Old Man of the Mountain, issued on June 21, 1955, commemorated the 150th anniversary of the "discovery" of the Great Stone Face. (Courtesy Patrick Hummel, NH State Parks)

the Old Man back, of course, and the five ledges that formed the profile were bound to fall sooner or later. A look at the famous talus slope at the base of the cliff--famous because there are so few East of the Mississippi--tells you why.

Today, the great plunge and breakup of the Old Man are revealed by mere yellowish tinges atop millennia of debris. Local history and stories from people who are here for just a blink are much harder to capture and comprehend.

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

David Nail to perform July 2 and 3 at Lakeport Opera House

LACONIA — Two "Nights On Fire" at the Lakeport Opera House when hit-making country artist David Nail returns for one of his first live performances back on the road on the 140-year-old stage July 2 and 3. As part of the Independence Day weekend, Nail, a critically-acclaimed singer, songwriter and recording artist, will make his only scheduled New England tour stop this year so far at the historic venue.

"I can't wait to come to New England this summer," said Nail who was nominated twice by the Academy of Country Music and by the Grammy Awards. "As a performer, coming to a place like the Lakeport Opera House is the perfect opportunity to allow guests to enjoy an intimate performance in a comfortable setting."

Hailing from Missouri, Nail is well-respected up and down Nashville's Music Row and with fans around the world. He's written or co-written multiple hits with "Let It Rain" topping the Billboard Hot Country Song charts at number one and "Whatever She's Got" peaking at number two. Other top songs include "Nights On Fire" and "Red Light."

Nail's candor cuts like a laser through star-making propriety, a ritual of predictable answers to predictable questions, recited by artists averse to the controversy that truth can bring. His songs are honest as he evokes the demons with which he has wrestled through much of his life.

Through dealing with his own bout of mental illness, Nail began making his most "organic" work to date, David Nail & The Well Ravens, with Jason Hall and Andrew Petroff.

Over the last nine years, he's released five albums I'm About to Come Alive, The Sound of a Million Dreams, I'm A Fire, Fighter, which hit number three in the Billboard Top Country Albums and his most recent with the Well Ravens named Only This and Nothing More.

With a 200-seat layout built for comfort, style and mobility, every seat in the house has unobstructed views, cocktail service and the best sounds system for an experience unlike anything else in the area. More than \$1 million was invested in the Opera House renovation, which opened on June 11 after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is home to live musical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia's Lakeport community, the Opera House is on center stage in New Hampshire's Lakes Region.

Other scheduled performances include Clay Cook of the Zac Brown Band on July 9 and 10, The Little Mermen a Disney Cover Band on



July 11, Dancing Dream: ABBA Tribute on July 17, Billy Joel Tribute: David Clark's Songs

in the Attic on July 31, Steve Sweeney Comedy on Aug. 5, Recycled Percussion on Aug. 6 and 7

and medium Maureen Hancock on Aug. 8. For more information on events and to purchase tickets in advance, visit lakeportopera.com.

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Churches

Chapel of St. John of the Mountains

Contact Pastor Cindy by phone at home 238-9258, or text 515-6684; private Zoom meetings are possible as well. Please call at your convenience, serving you is a privilege.

Sanctuary opened for 2021 Season

It is with great celebration that we to gather in our Chapel this year. Please plan to spend your Sunday afternoons with us. We look forward to seeing you all after this year of separation.

Sunday, July 4
We meet in our Chapel. 2 p.m., gather for prayer and fellowship. 3

p.m., our guest preacher is the Rev. Russell Petrie, Pastor of the Campton Congregational Church. Our message is one of the heritage of our Christian faith and our country as we rejoice in the blessings that our Lord God has bestowed on our country. Please join us in our beautiful chapel nestled in the foothills of Ellsworth. We worship God; Father, Son, and Holy Spirit.

We will be practicing social distancing. Please respect the fact that seating is restricted to every other pew, with space available for families. Masks are available, if you have not been vaccinated, we ask that you wear a mask for your own protection. Please give your contact information as you enter, this will enable us to call you

if there is a need.

Sunday, July 11
We welcome Ms. Joy Moody as our guest speaker. Joy is a seminary student and works in local missions in the Northfield Tilton area. Please plan to be with us as we share in Christian fellowship.

Sunday, July 18
Mr. Darryl Lennon will bring the message. Darryl is a Lay Minister and his preaching will be an inspiration.

Music at the Chapel
We will greet the "Echoes in Faith," a gospel music group, on Sunday Aug. 8. Singer Scott Brunt on Sunday, Sept. 5th, Kindred Hearts on Sunday, Nov. 7, and singer, songwriter, musician Jim Tyrrell on Dec. 5.

Intermixed with these musical talents will be many wonderful preachers. Plan to be with us, please as we continue to rejoice in the Lord.

Looking forward
As we look forward to the days ahead, please keep our chapel family in your prayers. We are an Ecumenical Christian Church gathering weekly to share in worshipping our Lord and Savior Jesus Christ.

Christian Science Society, Plymouth

Our Sunday services are held at 10 a.m. each week in our church building at 7 Emerson St. in Plymouth. We'd love

to have you join us. The last section of the Bible lesson that will be read this week includes this reassuring verse from Psalms: "The Lord is good to all: and His tender mercies are over all his works."

On Wednesday evenings we have a meeting at 6, which includes short readings from the Bible and from the Christian Science textbook, and also time for sharing with one another thoughts and insights from Bible study and prayer and gratitude for healing experiences. Everyone is most welcome to this meeting.

We are once again holding Sunday school for children and young people up to the age of 20. We welcome all youngsters who would like to participate. It meets the same time as the church service. There is also a

nursery for little ones.

On www.jsh.christianscience.com there are many resources both to read and listen to. Currently there are collections of articles on critical topics including "Finding certainty in uncertain times." There is a Daily Lift, which you can ask to have sent each day to your e-mail for short thoughtful inspiration. There is always a weekly article for teens. This week's topic is "Searching for direction."

On www.christian-science.com you can learn more about Christian Science. It's also possible to link to and read The Bible and the Christian Science textbook "Science and Health with Key to the Scriptures" by Mary Baker Eddy. We hope there are helpful and supportive ideas for you.

Local students earn Dean's List at UNH

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the spring 2021 semester.

- Mary Shannon O'Hara of Ashland, for earning Highest Honors.
- Janessa Terry of Ashland for earning High Honors.
- Mckenna Wilson of Bristol for earning Highest Honors.
- Matthew Libby of Bristol for earning Highest Honors.
- Jessie DeLouis of Bristol for earning Highest Honors.
- Alexander Mann of Bristol for earning Highest Honors.
- Liam Cate of Alexandria for earning Highest Honors.
- Madison Gould of Bristol for earning Highest Honors.
- Robert Newton of Campton for earning High Honors.
- Emily Peltier of Campton for earning High Honors.

- Gordon Hoyt of Campton for earning High Honors.
- Odin Bickford of Campton for earning Highest Honors.
- Hunter Torsey of Campton for earning Honors.
- Katherine Legier of Campton for earning Highest Honors.
- Garrett Macedonia of Campton for earning High Honors.
- Bert Prince of Campton for earning Highest Honors.
- Elizabeth Riehs of Holderness for earning High Honors.
- Aurora Desmarais of Holderness for earning High Honors.
- Ian Desmarais of Holderness for earning Highest Honors.
- Lilly Friedman of Holderness for earning Highest Honors.
- Kendall Hixon of Holder-

- ness for earning Honors.
- Nathaniel Hixon of Holderness for earning Highest Honors.
- Kate Ogden of Holderness for earning Highest Honors.
- Christiana Barber of Holderness for earning Honors.
- Rosa Bailey of Plymouth for earning High Honors.
- Isabel Cole of Plymouth for earning Highest Honors.
- Joy Woolley of Plymouth for earning High Honors.
- Maya Coykendall of Plymouth for earning Highest Honors.
- Hayden Dahl of Plymouth for earning Highest Honors.
- Isabella Wingsted of Plymouth for earning High Honors.
- Emily Miller of Plymouth for earning Highest Honors.
- Nicholas Crosby of Rumney for earning Honors.
- Benjamin Olmstead of

- Rumney for earning Highest Honors.
- Dakota Bertholet of Rumney for earning Honors.
- Keyyote Slover-Carpenter of Rumney for earning Highest Honors.
- Students named to the Dean's List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.
- The University of New

Hampshire is a flagship research university that inspires innovation and transforms lives in the state, nation and world. More than 16,000 students from all 50 states and 71 countries engage with an award-winning faculty in top ranked programs in business, engineering, law, liberal arts and the sciences across more than 200 programs of study. UNH's research portfolio includes partnerships with NASA, NOAA, NSF and NIH, receiving more than \$100 million in competitive external funding every year to further explore and define the frontiers of land, sea and space.

To learn more about the opportunities at the University of New Hampshire visit: www.unh.edu.

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10:00 AM - 03:00 PM

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Marian Center

17 West Shore Rd.
Bristol, NH 03222
12:30 PM - 05:00 PM

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	322 Burns Hill Rd.	Single-Family Residence	\$400,000	Odysefs & Angela Raptis Fiscal Trust	Elizabeth L. Pike-Maragkos and Spyridon Maragkos
Alexandria	King Road (Lot)	Residential Open Land	\$41,933	Gail E. Morrison	Domum Properties LLC
Alexandria	Matthews Road (off)	Residential Open Land	\$40,000	Bruce A. and Tammie Turmel	Peter and Charlene Roy
Ashland	19 Mill St.	Multi-Unit Apartment Building	\$260,000	Christine Cherry	19 Mill St. LLC
Bridgewater	161 Mountain View Rd.	Mobile Home	\$56,933	Ronald J. Whyte	Jacob R. Reed
Bridgewater	Route 3, Lot 2	N/A	\$700,000	2639 Pollard Path Realty	Alfred S. and Wilda M. Schommer
Campton	Parker Road (Lot)	Residential Open Land	\$40,000	David A. Joyce and Wendy Zimbone	James and Shari Bickford
Campton	87 Quimby Rd.	Single-Family Residence	\$165,000	Linda E. Kelly Estate and Karl E. Kelly	David W. and Joanne L. Plummer
Campton	Spring Hill Road (Lot)	Acc. Land Imp.	\$61,000	John J. Cote	Patrick B. and Jennifer A. McMahon
Campton	N/A	N/A	\$32,533	Bobbie F. Collins	Susan H. Fallon RET
Hebron	N/A	N/A	\$160,000	C&C RT and Craig T. Williams	James M. and Ruth T. Gaffey
Plymouth	Bell Road, Lot 4	N/A	\$75,000	William Hirsch	Allison Williams and Dylan Pelletier
Plymouth	150 Loon Lake Rd.	Single-Family Residence	\$142,000	David M. McCiulla	Jennifer L. Prouty and Amy F. Callahan
Plymouth	32 Plaza Village Rd., Unit C	Condominium	\$75,000	Stephanie Morrison	Tina M. Burhoe
Rumney	N/A (Lot 10)	N/A	\$13,000	A&S Legacy Investments LLC	Kaley E. Parnell and Alexander L. Davis
Thornton	24 Horizon Dr.	N/A	\$490,000	White Mountain Escapes LLC	Shannon E. Hourigan and Timothy R. Kachur
Thornton	41 Mountain River East Rd., Unit 73	Condominium	\$230,000	James Azar and Petti Pang	James E. and Marlene L. Maier
Thornton	196 Snowood Dr.	Single-Family Residence	\$340,000	Douglas D. Chick	Christopher T. and Mary C. Sexton
Thornton	Sugar Run	Residential Open Land	\$40,000	JCB Realty 1 LLC	Kevin D. Preston
Thornton	3457 US Route 3	Single-Family Residence	\$103,000	John J. Hager	Brian and Brett Lojko
Waterville Valley	3 Chippewa Way, Unit 19	Condominium	\$115,000	Perri S. Schnier and Anne E. Gleason	Brian D. and Nancy E. Lecuyer
Waterville Valley	28 Packards Rd., Unit 406	Condominium	\$119,000	Dermot P. and Lauryl B. McGowan	Natalia J. Reszka-Blanco and Jose T. Mezquita
Waterville Valley	7 White Cap Way, Unit 6	Condominium	\$411,000	Christopher D. and Cynthia W. Day	John and Margaret Hamilton
Waterville Valley	33 Windsor Hill Way, Unit 80	Condominium	\$126,000	Adam and Melissa Capps	Skm LLC

ABOUT THE REAL REPORT

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

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

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

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

Sorry for the mix-up on the Concert for this THURSDAY, July 1. I said Wednesday last week and I hope you figured it out. I, obviously, did not! There is a lot going on in the next few days and I hope you can get to many of the events to watch or participate in. Have a great Fourth! Concert in the Park! On Thursday, July 1, Jordan Tirrell-Wysocki Trio will hold a concert on Kelley Park from 6:30 - 8:00pm. This is a FREE CONCERT! Bring your own chair and enjoy a fun evening with friends and neighbors!

The Bristol Events Calendar is now available at various locations around town including the TTCC, the Library and the Town Hall. There will be much to see and do over the summer season. I urge you to get your copy soon. The Fourth of July Parade Entry Forms are also available along with the July 4th Celebrations flyer online. Visit: www.townofbristolnh.org, www.ttccrec.org, or www.facebook.com/Bristol-Community-Events. Information includes a boat parade, fireworks, the Firecracker 5K and the parade. Let's celebrate!

On July 2, there will be a NLRA Story Time held at Grey Rocks in Hebron at 11:00am. This is put on in partnership with the Minot-Sleeper Library and the Slim Baker Area.

On Saturday, July 3, the Fourth of July Boat Parade will be held at the foot of Newfound Lake starting at 1:30pm. There will be prizes! A rain date will be on July 4. Fireworks will be held on July 3 at dusk, also at the foot of Newfound Lake. A rain date will be on July 4. On the same date, July 3, there will be a Hebron Gazebo Concert and BBQ! This will all be held starting at 6:00pm. The concert will

feature the Don Campbell Band!

The Firecracker 5K Road Race will be held on July 4! Registration is at 8:00am, there is an 8:30 start. Information: www.newfoundfitnessnh.com.

The Fourth of July Parade theme is “Bristol Rocks”! The start time will be at 11:00am (please note the new start time!). Registration info available online at ttccrec.org or townofbristolnh.org.

On July 6, Movie in Kelley Park will feature “The Never Ending Story” starting at dusk. Special thanks to the Summer Fun Movie Sponsor - Very Excellent Chinese Restaurant.

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

Dancing Under The Stars 2021 will take place in Kelley Park on July 15 at 6:30pm! Watch local community stars paired with professional dancers compete for a cause! A panel of judges, and the audience, will vote on the winner. All proceeds will benefit Voices Against Violence to ensure we are able to continue supporting victims and survivors of domestic and sexual violence. Help your favorite couple win by purchasing votes at the competition. Snacks and drinks will be available for purchase. Come and support Voices Against Violence!

The Order of Eastern Star will hold a Town Wide Yard Sale on July 24, 2021 to benefit local charities and more. A \$10 donation will put participating parties on the town map. Maps will be available for a \$3 donation at the Lodge and

some space will be provided in the Lodge parking lot for \$20 for those wishing to use it for the sale. Registration forms will be available soon for those who wish to take part. This is early, but a heads up to get ready for this fun event can't hurt! For more information, call 603-744-3321.

Groton

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

The upcoming meetings scheduled: the selectboard meetings are Tuesday July 6 and 21 at 7 p.m. The agenda for these meetings are posted on the Groton website under the Selectboard tab by Monday at 4 p.m. Work sessions meetings are July 6 at 5 p.m. and July 20 at 6 p.m. All of the above meetings are open to the public.

The permits to install and operate LP and/or natural gas equipment and a permit to install and operate oil burning equipment were approved at the public hearing on June 15. The statute regarding these permits is RSA 153:5.

A brief note from Norm Willey, the transfer station supervisor. Due to the time constraints with the vendors and contractors, as of June 23, the transfer station will no longer be accepting construction debris, furniture or any large items due to the prep work and pouring of the new cement slabs under the dumpsters. Please limit loads to household trash, bottles, cans and crushed cardboard boxes. The work on the concrete slabs at the Transfer Station will begin on July 5. The transfer station will be closed on July 4.

If anyone has newsworthy town events, please forward them to me.

In-person grief and bereavement support group returns Aug. 3

PLYMOUTH — Pemi-Baker Community Health is pleased to resume offering its in-person community-based support group for grief and bereavement. They will be starting a six-week series with meetings being held at the Boulder Point Conference room of Speare Memorial Hospital in Plymouth.

Because of COVID-19 restrictions on social gatherings, many persons are living with unresolved and unprocessed issues of grief and loss due to abbreviated funeral or memorial services. They hope this will be a first step toward helping people come to terms with that bereavement and other issues of loss that have been neglected during the height of the pandemic. They will be making use of Grief One Day at a Time by Alan D. Wolfelt, PhD. Dr. Wolfelt is a noted grief educator, having written several books about healing personal grief. His expertise derives from his compassionate interaction and caring service with mourners, listening to and reflecting on their responses to loss. He is the Founding Director of The Center for Loss and Life Transition in Fort Collins, Colo. Although the group is offered for support rather than clinical intervention, the use of reading materials for the purpose of self-care and personal growth and healing is sometimes called bibliotherapy. The books will be made available at the first session of the group. They ask, if possible, for group members to make a donation toward defraying the cost of purchasing the books, which group members will be able to keep for themselves. No one will be turned away if they are unable to make a donation.

Grief and Bereavement Support Group (six-week session) runs Tuesday, Aug. 3, through Sept. 7 at 11:30 a.m.

The first session of the Grief and Bereavement Group will meet on Tuesday, Aug. 3, at 11:30 a.m. They will meet in the Conference Room at the Boulder Point site of Speare Memorial Hospital. Participants will need to comply with checking in there. They are limiting the group to 10 participants in order to allow for ample social distancing in the meeting area. Participants are also asked to have masks with them for use. At the first meeting, they will review some basic guidelines for group participation, introduce ourselves to each other, and share the nature of the loss that brought them to the group. Using Dr. Wolfelt's book, they will look at the meditation for that day, letting that be the springboard for the discussion and interaction. To prepare for the next session, the “homework” for participants will be to read each daily meditation throughout the following week. The discussion at each session will emerge from our responses and reactions to the week's meditations, what they liked or did not like, what was helpful or not. The energy of the group will determine the length of the gathering, but they will conclude before 1 p.m. The Grief and Bereavement Group will meet for six sessions, concluding on Sept. 7. After some weeks' break, they hope to be able to begin a new Grief and Bereavement Group on Oct. 12.

You must pre-register in order to participate. Please do so before Wednesday, July 21. To register, please contact the facilitator, Guy Tillson, PBCH Hospice Spiritual Counselor and Bereavement Counselor, online via e-mail at gtillson@pbhha.org or by phone at 536-2232, ext. 318. He will get back to you as promptly as possible. If you would prefer to participate virtually by Zoom, please indi-

cate that, and they will attempt to accommodate you. The group is limited to 10 persons, so registrations will be accepted on a “first come, first served” basis.

With more than 50 years of experience, serving clients from 22 towns in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool. Providing compassionate care with experienced staff who are trained, certified professionals in the business because of their hearts. In your time of need, they're right where you need them.

PBCH is located at 101 Boulder Point Drive, Plymouth. Call 536-2232 or e-mail info@pbhha.org, visit www.pbhha.org and like their Facebook page at PBCH4.

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Underwood inducted into baseball coaches Hall of Fame

Longtime Plymouth coach among first class of inductees



Longtime coach Tom Underwood (center) was inducted into the Baseball Coaches Association of New Hampshire Hall of Fame by his son, Tom (right) and longtime Plymouth Athletic Director and football coach Chuck Lenahan.

BY JOSHUA SPAULDING
Sports Editor

MANCHESTER — The only thing there was more of than wins on a baseball diamond in the Henry Sweeney Post in Manchester on Tuesday, June 22, was baseball stories.

The combined legacy of five New Hampshire baseball coaching legends was celebrated when the Baseball Coaches Association of New Hampshire inaugurated its first class into the Hall of Fame.

Included in that first class was longtime Plymouth coach Tom Underwood and the late Bob Burns, the longtime coach at Kennett High School. Both, at one point or another, held the record for the most wins by a New Hampshire baseball coach, while the person that overtook them, Bill Dod of Souhegan, was also inaugurated, along with the late Warren Doane of Concord

and John Cummings of Somersworth.

To be eligible for the Baseball Coaches Association Hall of Fame, a coach must have a minimum of 10 years as a high school head coach in New Hampshire, with their impact on New Hampshire baseball, character, coaching accomplishments and their involvement with the BCANH all being used as criteria.

The inauguration ceremony was scheduled to take place in November of last year, but the COVID-19 pandemic forced the postponement until last week, when the coaches, family members and supporters gathered in Manchester.

Burns was represented by his wife, Linda, and their son, Brendan. He coached baseball at Kennett for 42 years, from 1970 to 2012, picking up a total of 511 wins, winning championships in 1974 and 1995 and finish-

ing as the runners-up in 2006. He has been inducted into the Kennett Hall of Fame, the NHIAA Hall of Fame and the New Hampshire Coaches Hall of Fame. He was also voted as the Coach of the Year in 2012 and won the Walter A. Smith Award from the NHIAA in 2009.

While he always said, God, family and friends were his top priority, baseball was right there with them.

“He loved the game of baseball,” Linda Burns said in accepting her husband’s Hall of Fame plaque, noting that he always focused on sportsmanship with all of his teams.

“And he had a great sense of humor,” she added.

She also relayed that her husband loved baseball trivia and offered up a trivia question to those in attendance, just in case they ever end up on a quiz show and could



Plymouth coach Tom Underwood (right) and Linda Burns, wife of late Kennett coach Bob Burns (second from right) celebrated the induction of the first class into the Baseball Coaches Association of New Hampshire Hall of Fame along with (l to r), Bill Dod of Souhegan, John Cummings of Somersworth and Sally Doane, for her husband, the late Warren Doane of Concord.

win some significant money by answering a baseball trivia question.

The question, “how many stitches are on a baseball?” The answer, she revealed, is 108.

Underwood’s son, also Tom, and longtime Plymouth Athletic Director and football coach Chuck Lenahan introduced the former Plymouth coach.

Lenahan recalled back in 1971, his principal, George Zoulias, came to him and said they needed a baseball coach and he was going to Maine to find one. The next year, he came back with Underwood and after he went 2-10 in his first year, Lenahan was a bit skeptical.

“But, for the next 42 years, he made 38 state tournaments,” Lenahan said, noting he won six championships and eight runner-up banners, at one point won 58 games in a row and finished his career with 518 wins. The Junior Show-

case Games, which he founded, were renamed after him and he helped to start youth baseball in the Plymouth community and continues to support those programs.

“As an AD, Tom Underwood was unbelievable,” Lenahan said, noting he called on his friend to coach other sports when it was needed, including cross country, wrestling and JV basketball. He also coached JV football for 40 years.

“I think we built a great athletic program at the high school, we built that on pride and tradition,” Lenahan said. “He was my right hand man and I am proud to introduce him tonight.”

The younger Underwood thanked the committee for taking the time to hold an event like the Hall of Fame ceremony. He also noted his father was always willing to put in the time.

“It’s not just about what happens on the

baseball field,” he said. “It’s what you instill in them, that’s what makes great communities.”

Underwood thanked Lenahan for always having his back over the 43 years at Plymouth, and also thanked Bob Skinner, his first JV coach, Tom Donahue, his longtime assistant coach, Larry Gibson of Plymouth Parks and Recreation and his kids, Tom, Kyle and Tara. He also thanked his wife, Debbie, who demonstrated an uncanny memory for all of the teams over four decades of coaching.

He also noted that he had a lot of great battles with Burns, Dod and Cummings over the years.

“I am honored to be with you in this class,” he noted.

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

PSU softball duo earn LEC rookie honors

PLYMOUTH — The Little East Conference (LEC) announced its 2021 Softball All-Rookie Team on Thursday morning and a pair of Plymouth State University student-athletes were among those to be honored.

Freshman pitcher/shortstop Alexis Michon (Montville, Conn.) and sophomore first baseman/designated player Sam McCann (Berlin) were both voted to the team, comprised of the top 13 rookies regardless of position as voted on by

the LEC’s head coaches.

Michon was tabbed the LEC Rookie of the Year and selected to the All-LEC Second Team after leading conference pitchers with 103 strikeouts over 90.0 innings. She finished the year with a 9-5 mark with all five losses coming against nationally-ranked Eastern Connecticut and LEC regular season champion Southern Maine. Michon also did damage in the batter’s box, posting a .326/.381/.432 slash line, leading the team with 25

runs scored, 31 hits and two triples while appearing in all 29 games. Her on base and slugging percentages both ranked second among PSU’s regulars.

McCann was the team’s most dangerous hitter, leading Plymouth

State in batting average, on base percentage, slugging and OPS after posting a line of .333/.444/.560/1.004. She smacked a team-high four home runs and added three doubles and a triple while driving in 17. Her 14 walks easily led

the team and her 18 runs scored trailed only Michon. McCann especially enjoyed facing Keene State, going 6-for-15 (.400) with a double, homer, two runs scored and four RBI. She ended the season among the LEC’s top 15 in slugging, on base,

walks and home runs.

Under 18-year head coach Bruce Addison, the Panthers finished the season with a 16-13 mark and advanced to the LEC Tournament for the fourth-straight year and 13th time in 14 seasons.

Meeting

FROM PAGE A1

day, July 19. This is your opportunity to identify locally important natural resource concerns and prioritize funding allocations for those concerns and appropriate conservation practices to address those concerns. The agenda items to be discussed include: Welcome and introductions, review purpose of local working group and meeting objectives, conservation program overview, Resource Concern NH handout review, discuss and complete local working group questionnaire including, re-

source concerns funding allocations, and identify resource concerns for forestland, pastureland, cropland, farmstead and closing remarks.

The Grafton County Conservation District virtual Local Working Group meeting is open to the public. The meeting will be held via Zoom. Please contact Pam Gilbert at 787-6973 or by e-mail at pamelagilbert@nh.nacdnet.net for the Zoom link and additional meeting material. If you need an accommodation to participate in this activity or event, please contact Pam Gilbert at the above number of e-mail by July 5.

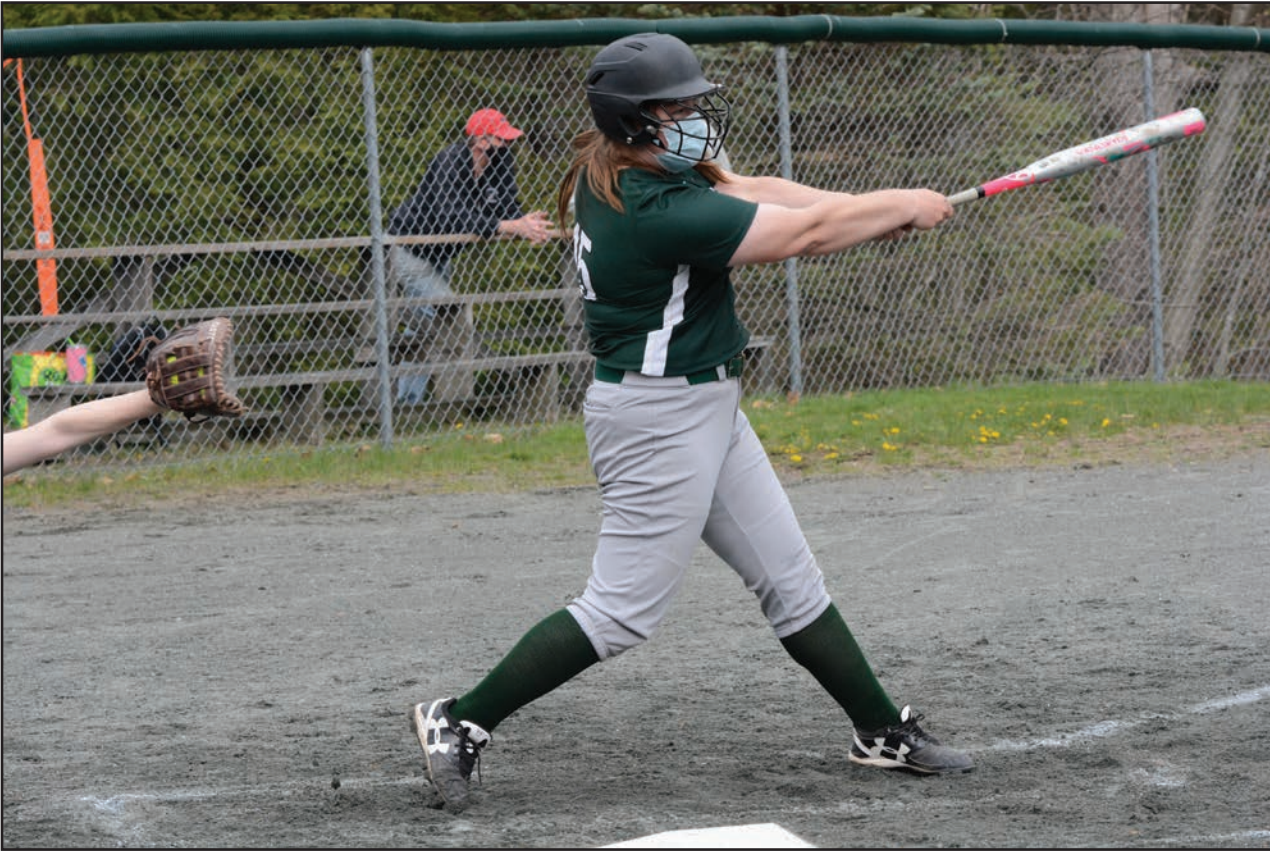


COURTESY PHOTO

Heptathlon stars

Three Newfound Regional girls competed in the state heptathlon a few weekends ago along with Plymouth’s Katherine Luehrs. Pictured (l to r), Newfound coach Mike LaPlume, MollyLu McKellar (15th place), Autumn Braley (10th place), Luehrs (fourth place), Malina Bohlmann (13th place) and coach John Daly.

Bears earn softball All-State honors



Newfound's Madison Perry earned Division III All-State First Team.

JOSHUA SPAULDING

BY JOSHUA SPAULDING
Sports Editor

REGION — The New Hampshire Softball Coaches Association recently released the All-State teams for the

recently-concluded high school season. In Division III, Newfound's Madison Perry earned First Team, Tiffany Doan was named Second Team and Katie

Sweeney earned Honorable Mention. Joining Perry on the First Team were Morgan Hall of Belmont, Makenna Balderrama of Berlin, Ami Rivera

of Bishop Brady, Riley Gamache of Campbell, Mylie Aho of Conant, Ella Harris of Gilford, Megan Kimball-Rines of Hopkinton, Leah St. John of Mascenic, Grace

LeClair of Monadnock, Ella Bernier of Prospect Mountain, Rylee Page of Somersworth, Ashleigh von der Linden of St. Thomas, Kiera Gilman of Trinity, Lexus McIntosh of White Mountains and Emma Griffin of Winnisquam. Kimball-Rines and Rivera were named Division III Co-Players of the Year and Dutch Stauffeneker of Mascenic was named Coach of the Year. Joining Doan with Second Team honors were Becca Fleming of Belmont, Jill Hallee of Berlin, Isabella Rivera of Bishop Brady, Alexa Robert of Campbell, Tessa Spingola of Conant, Jaiden McKenna of Gilford, Maddie Carmichael of Hopkinton, Katalina Davis of Mascenic, Paige Beede of Monadnock, Mackenzie Renner of Prospect Mountain, Morgan Williams of Somersworth, Elizabeth Flynn of St. Thomas, Emma Service of Trinity, Nicole Gross

of White Mountains and Rebecca Kulengosky of Winnisquam. Also earning Honorable Mention with Sweeney were Kara Stephens and Savannah Perkins of Belmont, Grace Bradley of Berlin, Jayden Johnson of Bishop Brady, Chloe Steniger and Emily Cooper of Campbell, Graecen Kirby of Conant, Madelyn McKenna of Gilford, Maddy Follansbee and Keegan St. Cyr of Hopkinton Lilly Simpson of Inter-Lakes, Lila Buxton of Mascenic, Madison Swett and Emma Loudermilk of Monadnock, Michaela Gates of Prospect Mountain, Seaira Anderson of Somersworth, Sophie Graziano of St. Thomas, Sarah Sewall of Trinity, Alyssa Fryman of White Mountains and Lily Auger of Winnisquam.

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

Tim Keefe named Plymouth Rotary Citizen of the Year

Denise Castonguay takes over as club president



COURTESY PHOTO

Plymouth Rotary Club's Citizen of the Year award winner Tim Keefe (left) stands with Rotarians Steve Rand and Moe Lafreniere.

PLYMOUTH — On June 23, the Plymouth Rotary Club held its traditional Changing of the Guard ceremony and celebration both in person and virtually at the Barn on the Pemi. Following a social hour with appetizers and drinks, the Common Man Inn staff served a wonderful buffet dinner. This annual event recognizes the change in club leadership, recounts the important accomplishments of the past year and welcomes the challenges and aspirations of the next year to come. Important achievements of 2020-2021 were going virtual with weekly club meetings and dealing

with COVID in providing service to the community, the MaskUp NH initiative distributing more than 70,000 masks to citizens, Plymouth's Got Talent's virtual replacement to the annual penny sale fundraiser supporting youth, and many, many more. Denise Castonguay takes over in 2021-2022 as club president from Ben Amsden. Other officers elected are Braden Smith as vice president, Steve Rand as Foundation treasurer, Ken Evans as club treasurer, Sharon Thorne as secretary, and Tony Fitzherbert as sergeant at arms. Members of the board and committee leaders



COURTESY PHOTO

Denise Castonguay, the incoming 2021-2022 Plymouth Rotary Club President is handed the gavel by Ben Amsden, the immediate past club president

were also introduced. It is important to note that club member and past president Mike Carrier will assume the role of District Governor for this next year. As Governor, Carrier will oversee the operations of 44 clubs in northern NH and southern Ontario, Canada. Plymouth Rotary is honored to support his leadership efforts. The highlight of the evening was the surprise announcement of this year's Citizen of the Year award. Each year, the Club selects an individual from the community who is not a Rotarian but exemplifies all of the attributes of a Rotarian through service to

others, participation in town events and just "doing good in the world." Tim Keefe embodies each of these attributes in a very special and impressive list of activities and involvements. Getting a non-Rotarian and their family members to a Changing of the Guard dinner and maintaining the element of surprise is often complicated. Suffice to say that Keefe was surprised and characteristically humbled by the award. If you have an interest in Rotary or would like to know about the Plymouth Club, please review the web site and contact them at www.plymouthrotarynh.org.

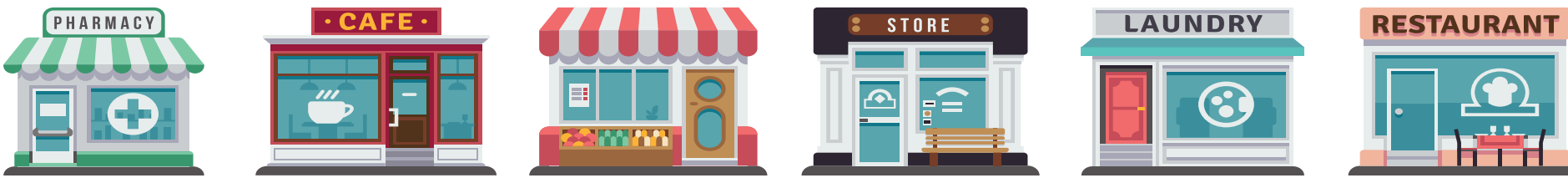
SLA hosting discussion about fighting erosion

HOLDERNESS — Erosion and runoff can be a significant issue impacting watershed health. Thankfully, solutions exist to reduce our impact and create a more sustainable environment. As development continues around the lake, combating forms of nonpoint source pollution will become increasingly important. Join LRCC member Peter for an educational adventure at the Squam Lakes Association (SLA) where we will discuss the ways in which you can help join the fight against erosion. Those interested will meet at the Squam Lakes Association by 10 a.m. on July 9. Participants should expect the event to last around an hour and a half. Attendees will gain a better understanding of erosion issues and come away with new ideas of how to deal with erosion in their own backyard. The SLA is excited to be returning to in-person programming, however, they need your help to keep them going. Participants will be required to wear a face mask for the duration of the program and maintain social distancing with SLA staff and other guests. Participants should also bring water, food, comfortable hiking clothes and shoes, and anything else they might need for a two-hour outing.

For more information, or to sign up for this Adventure Ecology program, visit the SLA website (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission. The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.



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Loons, lead and cartoons at Squam Lake Association

HOLDERNESS — The Squam Lakes Association’s Squam Speaker Series is held throughout the year on Wednesday evenings. Join in for this month’s virtual talk on Wednesday, July 7, at 7 p.m. to learn about loons and lead pollution from Loon Preservation Committee biologist Tiffany Grade, while NH-based cartoonist Marek Bennett shows you how to cartoon your own NH lake scenes. Find out why lead poisoning is the leading cause of documented loon deaths in New Hampshire — and what you can do about it — in this engaging draw-along session combining cartooning and biology. Everybody can draw cartoons. All ages welcome.

This speaker series will be held on Zoom. Visit www.squamlakes.org or call 968-7336 to register to join.

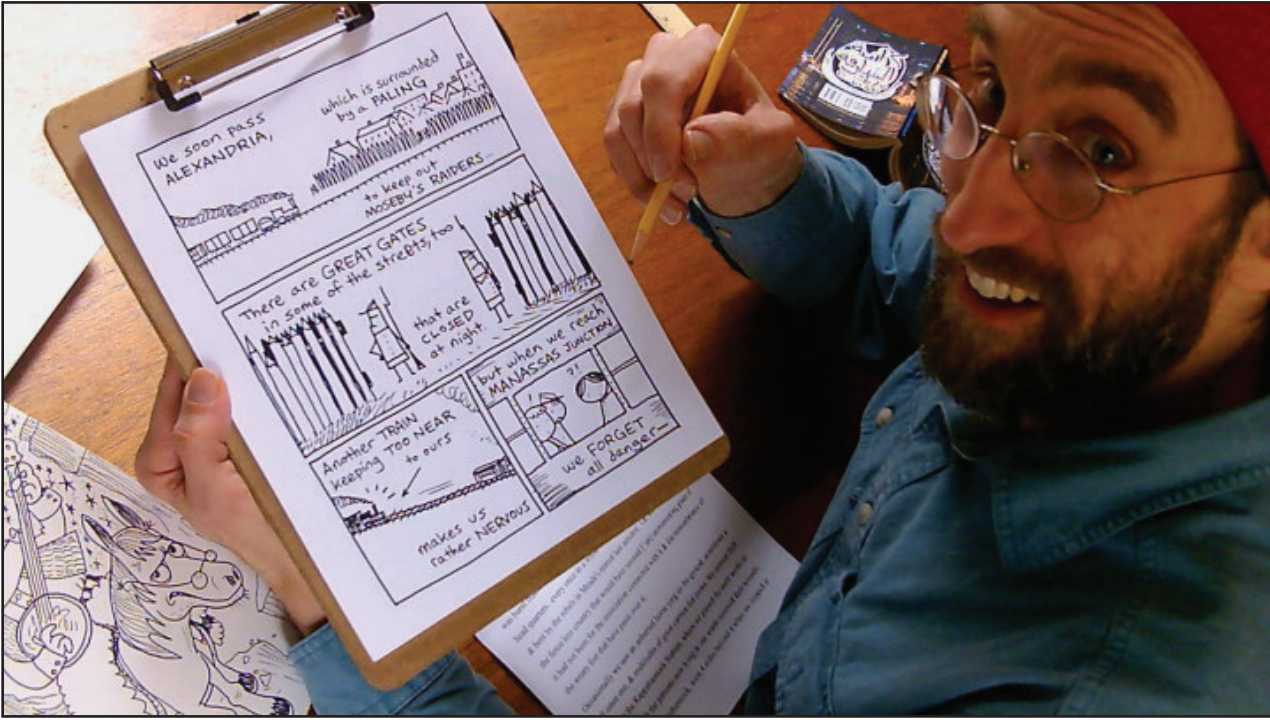
About the speakers: NH-based cartoonist, musician, and educator Bennett leads discovery-based Comics Workshops for all ages throughout New England and the world beyond. His comics work includes the graphic novel series, The Civil War Diary of Freeman Colby, as well as contributing to and co-editing The Most Costly Journey (2021) with the bilingual El Viaje Project. His crowd-funded cartoon travel memoirs include Sharjah Sketchbook (2020) and SLOVAKIA: Fall in the Heart of Europe (2013). He continues to create Loon Toons to educate folks about loons through cartooning. His website is www.MarekBennett.com.

After receiving a doctorate in medieval history, Grade realized that bird conservation was her real passion and completed a master’s degree in conservation biology at the University of Wisconsin-Madison in 2011. She works at the Loon Preservation Committee as the Squam Lake Biologist to restore a healthy population of loons to the lake.



COURTESY PHOTO

Tiffany Grade will speak about loons and lead pollution on July 7 at the Squam Lake Association.



COURTESY PHOTO

Cartoonist Marek Bennett will be demonstrating July 7 at Squam Lake Association

Plymouth Regional announces final Honor Roll of the year

PLYMOUTH — Plymouth Regional High School has released its fourth quarter Honor Roll.

Ninth grade
High Honors: Janelle Comeau, Jasmine Comeau, Addison Englund, John Flaherty, Abey Gordon, Brennan Johnson, Madison Jones, Hope Kimble, Christine Kuan, Madeleine Levin, Abigail Mudgett, Lily O’Brien, Grady O’Leary, Emma Smith, Kerry Tole, Amila Torres, Adeline Trevino, Chance Twomey, Declan Ulicson.

Honors: Maddox Allain, Quinn Amsden, Brooke Austin, Anya Barach, Lia Bisson, Taylor Bourne, Sophie Collins, Charles Cushing, Eric Dore, Leo Ebner, Eliza Foote, Ainsley Girouard, Aubrie Glidden, Hailey Guilbert, Reese Hall, Kaelynn Lang, Kelsey Maine, Paul Mason, Lola McQueeney, Kayley Merrifield, Avery Noyes, Diya Patel, Elleonna Perrin, Jady Read, Cailyn Richard, Ethan Savage, Jyllian Thurston, Alexander Tirrell, Violet Towers, Sydney Valenti, Dylan Webster, Maya Wingsted, Carolyn Yee.

Tenth grade
High Honors: Johanna Axon, Chloe Bouchard, Natalie Boyer, Ruby Cerami-Smith, Matthew Cleary, Liana Francis, Rhiannon Harris, Sophia Inwood, Ada Kulakovich, Alexander Luehrs, Aidan O’Brien, Dashua Ough, Mikael Ricci, Caden Sanborn, Eliot Sargent,

Dylan Scammon.
Honors: Nicolas Ahern, Ashley Bannon, Grace Bannon, Ashley Bennett, Jenna Benoit, Jacob Benton, Madigan Burtis, Sierra Chabot, Kristina Cutting, Storm Dupree, Noah Dutille, Morgan Ellis-Makovsky, Olivia Gauthier, Molly Hazelton, Reed Ibarguen, Spencer Inwood, Madison Jolin, Sydney Kostelak, Gabrielle Lamson, Tayten Lamson, Alexandra MacDonald, Brendan Marcoux, Nicholas Marucci, Eve Mauchly, Cailey McDonald, Brian Medeiros, Julia Miller, Lindsay Miller, Mia Morelli, William Nalen, Brayson Nevers, Myles Patterson, Elexa Renkert, Izabella Rossner, Samantha Sanborn, Rory Sutherland, Gavin Szymczak, Nathan Truchon, Dylan Veasey, Nina Vermeersch.

Eleventh grade
High Honors: Aquinah Allain, Adam Barton, Luc Bisson, Ethan Girouard, Bee LaClair, Angelina Pabon, Emma Picard, Zachary Puga, Nathaniel Rivera, Henry Shaw, Jack Sullivan.
Honors: Kamilah Abdul-Jabbar, David Albert, Riley Anderson, Anna Aprilliano, Abigail Bassingthwaite, Mikayla Curn, Alexis Daughen, Aiden Dore, Maya Duarte, William Fogarty, Tyler Fort, Abigail Frankauski, Maura Harty, Simon Hatzenbuhler, Andrew Hazelton, Parker Keeney, Elijah Kelley, Halle Kozak, Katherine Luehrs, Sophia Markey,

Lydia Marunowski, Lilia Mavrogeorge, Zachary Merrill, Megan Metivier, Cathryn Panus, Mansha Patel, Tarryn Rhude, Alexis Riley, Colin Roper, Anton Smith, Tyler Stokowski, Sophia Sweet, Nickolas Therrien, Mamush Tighe, Adam Weichel, Victoria Whitcher, Morgan Zimmer.

Twelfth grade
High Honors: Julia Ahern, Madison Benton, Ryan Borger, Keirsha Comeau, Kolby Cross, Joseph D’Ambruoso, Olivia Dodge, Rosally Hartke, Aidan Harty, Holly Hoyt, Seulgi Lee, Jordan Levesque, Ruby Loneragan, Taylor Maine, Hunter McLeod, Molly Palombo, Jonathan Picard, Sydney Pinto, Mina Rel-Hapeman, Ellen Ryan, Kaylie Sampson, Thomas Santore, Aaralyn Scrogins.

Honors: Carly Acton, Nicholas Aprilliano, Michael Aviles-Bramer, Cody Benna, Leia Brunt, Logen Bushaw, Kelly Daugherty, Ashley DeRuvo, Garrett Faucher, Mya Furbish, Fletcher Hall, Jillian Hewes, Noah Hyde, Joshua Jencks, Cole Johnston, Mitchell Joyce, Morgan Kulakovich, Matthew Lorrey, Emily Manson, Dani Marsh, Makayla Marucci, Gwentyth Merrifield, Holly Phillips, Hope Qualey, Emma Russell, Tara Smoker, Mackenzie Tatham, Alexis Thompson, Casey Tole, Quinn Twomey, John Ulicson, Emma Webster, Hayden Whitman.



COURTESY PHOTO

Award winner

New Hampton Community School (NHCS) student Molly Bureau, daughter of Josh and Ashley Bureau of New Hampton, was presented with the Katie Knott-Garon Outstanding Student NHCS Cares Award. The award, created in honor of former NHCS staff member and reflecting the school’s CARES mission, is presented to a fifth grade student who has shown strength of Character, achieved Academic success, displayed individual Responsibility, pursued Excellence in the classroom and within the community, and exhibited creative Spirit.



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Plymouth, NH – Pemi-Baker Community Health, Mid-State Health Center and Speare Memorial Hospital are collaborating to provide The Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them. The virtual series will be a mix of videos and podcasts designed to educate and assist seniors, caregivers, and the community about topics related to healthy aging.

Each month a new presentation will be available from an expert at Speare, Mid-State, or Pemi-Baker. The series launches July 1st with the first episode covering The COVID-19 Vaccine, presented by Mid-State Health Center's Dr. David Fagan.

Future episodes will cover topics such as Home Funerals and Green Burials, Staying Fit Indoors and Out, Communicating with Your Aging Parent, Advanced Directives and more.

For a complete schedule of events, to learn more about the series, and to subscribe to episode notifications, visit virtualhealthseries.com.



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Misconceptions of Long Term-Care Planning

BY EDWARD H. ADAMSKY,
ATTORNEY AT LAW

Nursing Home care is what most people think about when considering Long-Term Care. If your care needs are high, you may need nursing home care. But if your needs are not so high, there are options that may be more affordable, so you should always consider that first. You can have home-health-aides assist you at home or move into an Assisted Living Community. Those options will cost less than nursing home care. The average cost of nursing home care is around \$12,000 to \$14,000 per month - over \$150,000 per year. Most people cannot afford that expense for very long. In that case, you may need to seek Medicaid eligibility. Medicaid is the only government program

that pays for Long Term Care costs. Medicaid is a means-tested benefit, so you have to be financially eligible. If you don't qualify for Medicaid, you will have to pay for your Long-Term Care costs on your own.

A big misconception is that Medicare will pay for your nursing home care. Medicare is health insurance for medically necessary care. A short-term rehabilitative stay in a nursing facility may be medically necessary so Medicare will pay for that. But long term assistance with the activities of daily living (eating, dressing, bathing, and the like) is not medical care.

It may not be too late to try to protect your assets. For many people, the thought of spending their life savings in the last year or two of their lives is too horrible to bear. They want to take

whatever steps are allowed to "protect" their assets. You should start to plan for protecting assets well in advance due to the five-year look-back period rule under Medicaid. But there are some exceptions to that rule, and there are some techniques that can be used at the last minute. So, you should always consult with an Elder Law Attorney when long term care is in the near future.

There is often confusion about the look-back period. For over 20 years it was 3 years. That meant that the Medicaid office examined your financial affairs for the three years prior to the date of your Medicaid application. In 2006, the look-back period was increased to 5 years. It has been that way ever since. It is possible the law might change again, but nothing has hap-

pened since 2006 and it seems doubtful our current congress will target low-income seniors.

Many people think that gifting \$15,000 is allowed by Medicaid because it is allowed by the IRS rules. But Medicaid and the IRS are two different systems with completely different rules. There is no yearly exemption amount for gifting under Medicaid. Any amount of money or any asset given away in the five years prior to your application can disqualify you from getting Medicaid.

It is always advisable to consult with an experienced Elder Law attorney sooner rather than later. Although there are exceptions it is best to plan ahead and utilize the full extent of the law and the look-back period to accomplish your goals.

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burnout. Palliative care is appropriate at any age and at any stage in your illness, and it can be provided along with curative treatment.

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Shortness of breath
Fatigue
Anxiety
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Nausea
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Quality
FROM PAGE A14

Difficult side effects from treatment
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Do you, or someone close to you, need help with:
Knowing what to expect
Knowing what programs and resources are available
Making medical decisions about treatment choices/options
Matching your goals and values to your medical care
Understanding the pros and cons (benefits/

burdens) of treatments (e.g., dialysis, additional cancer treatments, surgery, etc.)
Do you, or someone close to you, need help with:
Coping with the stress of a serious illness
Emotional support
Spiritual or religious support
Talking with your family about your illness and what is important to you
If you answered yes to any of the questions above, you can benefit from palliative care. Ask your doctor for a palliative care referral with PBCH. Once PBCH receives the referral, they will contact you via phone to answer and ask questions and set up a meeting with you at your home.
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November

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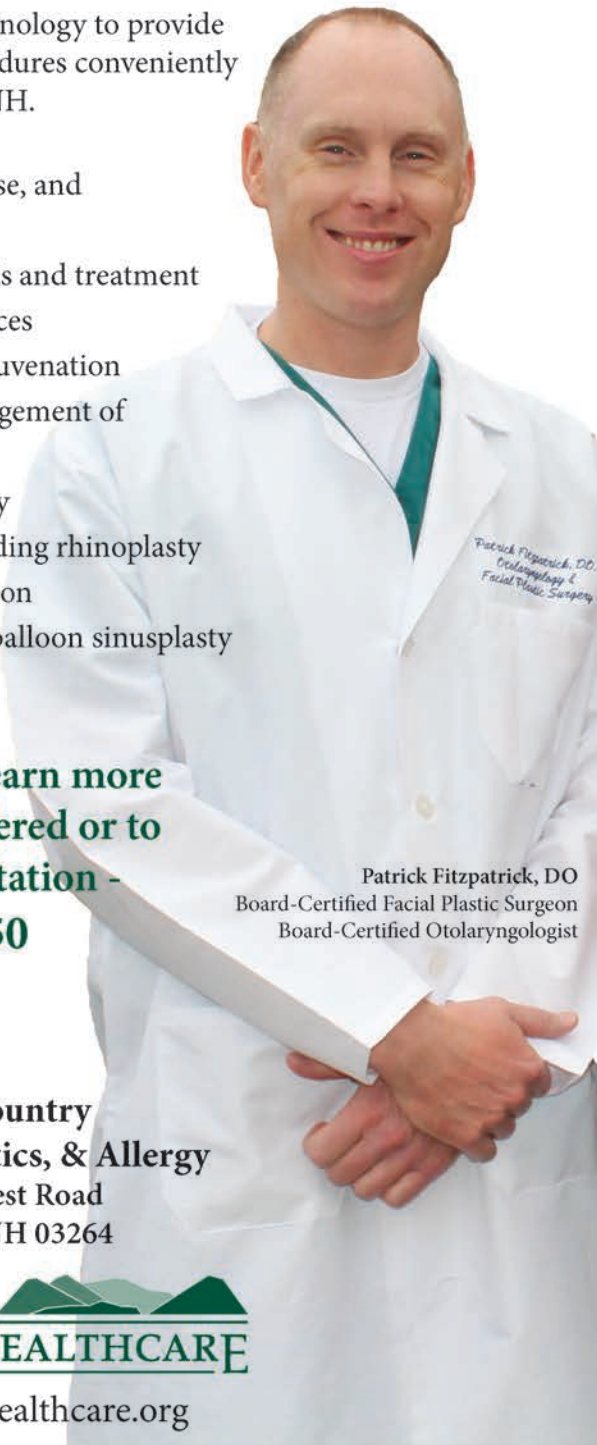


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BY GOLDEN VIEW HEALTH CARE CENTER'S REHABILITATION PROGRAM MANAGER KAREN MORIARTY, MS, OT/L

MEREDITH—Summer is here, and New Hampshire residents are spending more of their time outdoors. The warm weather and longer days provide plenty of options for seniors to maintain their physical wellness by incorporating simple exercises into their daily routine. Golden View Health Care Center's Rehabilitation Program Manager Karen Moriarty, MS OT/L has a few recommendations for seniors looking to maintain their fitness this summer.

"It's important to look at exercise in a broad sense," said Moriarty. "Activities like bocce, shuffleboard, and other lawn games are all great ways to stay active."

Moriarty also recommends walking as a great way to take advantage of the warm weather

er while getting in some exercise. Seniors can walk on a flat surface or up small hills for a more intense workout. Some seniors may use walking sticks to help maintain balance while going for a walk. Those who walk often might add in small arm or leg weights for a challenge.

"People often flock to water during the summer. Luckily in the Lakes Region, we're surrounded by it," said Moriarty. "Seniors who like to swim can utilize the water in their exercise routine. Walking in water is an excellent way to add resistance to a simple workout. For those who want to get in some cardio, treading water is a good choice. Floatation devices can be used while treading water for safety."

For seniors with limited mobility, Moriarty also recommends swimming, as well as stationary arm and leg bikes.

their arms above their head or doing ankle circles. This day and age videos can easily be found on websites like YouTube showing how to do simple exercises and yoga poses."

For anyone planning to add outdoor exercise into their daily or weekly routine, it's important to do so in a safe way.

"In this hot summer weather, hydration is very important," Moriarty said. "Seniors should drink plenty of plain water throughout the day. Seniors should also make sure they're wearing proper footwear and loose, comfortable clothing while exercising. If you're going for a walk away from your home, make sure you're carrying your cell phone and a water bottle so you can safely get out there and enjoy the summer."

Golden View Health Care Center has provided quality care to seniors of the Lakes Region and beyond since 1974. Golden View is a locally managed non-profit health care organization offering an umbrella of services including assisted living, short stay rehabilitation, traditional long-term care, and respite care. For more information, please call 279-8111 or visit www.goldenview.org.

"Yoga is also a great exercise for seniors," Moriarty said. "Yoga can be practiced by anyone, regardless of flexibility, coordination, and age. Accommodations can easily be made for those who need to practice posing while seated, making it an accessible exercise for most anyone. Seniors can also maintain flexibility through simple stretches like raising

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