

Newfound Landing

THURSDAY, MAY 3, 2018

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COMPLIMENTARY

Runners Go Gray in May to raise awareness of brain tumors

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL — Approximately 160 runners and walkers took place in the 2018 Go Gray in May 5K run/walk at Kelley Park last Saturday morning, bringing awareness to brain tumors and showing support for those undergoing treatment for a variety of such illnesses.

Among the participants once again was Alexandria Police Chief Donald Sullivan and his family, who are all part of Team Donald, showing love and support for him. Joining him for the event were his wife Heather, four of their five children, his father, siblings, nieces and nephews and other family members and friends.

In March of 2012, Sullivan was diagnosed with Oligoastrocytoma, a tumor that grows primarily



DONNA RHODES

Team Donald was one of many groups that took part in last weekend's Go Gray in May 5K to support brain tumor research and treatment. The team is comprised of Alexandria Police Chief Donald Sullivan and his family who participate in the race each spring.

between the brain and skull, affecting secondary motor control functions in the body. While there is currently no cure at this time, the tumor is treatable

and does not spread to other parts of the body. Since that time, he has taken part in each Go Gray in May event except for one, which occurred just a few

days after he had undergone a second surgery to remove the re-occurring tumor.

"This race is all about supporting those with brain tu-

mors. There are a lot of people here today who have been affected by brain tumors, those who have them and their family and friends," said Sullivan.

The race was sponsored by Medical Reimbursement Specialists of Bristol and money raised that day will benefit the National Brain Tumor Society, which is committed to finding better treatments, and ultimately a cure for brain tumors.

Among the statistics they have gathered are that nearly 700,000 people in the United States alone are living with a brain tumor while nearly 16,000 deaths occur as a result of them

SEE GO GRAY, PAGE A11

NACF seeks beneficiary applicants for 2018 road race

BRISTOL — The Newfound Area Charitable Fund (NACF) announces that its Ninth Annual Run Your Buns Off 4.2 Miler road race will be held Saturday, Sept. 1 in Bristol. The race committee is hard at work planning this year's event and the NACF Board is now seeking beneficiary applicants for the 2018 race proceeds.

"The NACF is dedicated to assisting local charitable groups and causes that promote wellness, fitness and health education and activities in the Newfound region," says Audrey Goudie, NACF President. Each year, local charitable organi-

zation(s) exemplifying these goals are selected to receive the proceeds from this exciting community event. Goudie continues, "Since the first Run Your Bun Off road race in 2010, we have given back \$59,000 to causes and programs in our community."

Past beneficiaries include:

2010 & 2011 Bristol Community Services (\$2,500 & \$3,400)

2012 & 2013 Jacob Earl Messersmith (JEM) Memorial Scholarship Fund (\$7,500 & \$7,000)

2014 Day Away Program (\$4,250) &

SEE NACF, PAGE A11

New Hampton School students bring "Legally Blonde" to the stage

BY DONNA RHODES
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NEW HAMPTON — The 2001 hit comedy film, "Legally Blonde," later transitioned into a musical in 2007, will be coming to New Hampton School next week and the public is encouraged to come and not only enjoy the laughter but the acting and musical skills of the students who will be presenting it.

The title "Legally Blonde" was derived as a pun on the phrase "legally blind," and the show follows the efforts and antics of a college student named "Elle," played by Reese Witherspoon in the film, as she follows her ex-boyfriend from UCLA to Harvard Law School in an effort to win back his affections.



DONNA RHODES

Students from New Hampton School have been busy preparing for their spring musical, "Legally Blonde," and hope that the public will come out to join them for a night of music and comedy on Saturday, May 12 at the McEvoy Theater in New Hampton.

New Hampton School senior Mikayla Williams will be taking on the role of Elle Woods, and is excited about the challenge. A talented young actress and songstress, she may be remembered by some for her performance as "Morticia" in last year's production of "The Addams Family Young at Part."

"It's amazing to think that now I'll be playing a role once played by someone like Reese Witherspoon," Williams said during a rehearsal break last week. "In this show, Elle thought Warner (her boyfriend at UCLA) would propose to her but instead he dumps her for Harvard. She then has the idea to follow him and study to be a lawyer, too, against all odds, as she tries to win him back. That's what I

like about this play."

This year, junior Claire Gardner of Gilford will take on the role of Elle's best friend "Paulette" and comedy breaks out time and again as she tries to lend her advice.

Gardner said the show is "really, really funny" and that's what she likes best.

"It's a very child-friendly musical with lots of goofy parts

SEE BLONDE, PAGE A11

Families fish for fun at Youth Fishing Derby in Hill

BY DONNA RHODES
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HILL — Families, fishing, fun and yes, some good food, all spelled success for the fourth annual Hill Youth Fishing Derby last Saturday at the Town Pond.

Hill's Parks and Recreation Department sponsored the event in conjunction with New Hampshire Fish and Game, which stocked the pond with plenty of brook and rainbow trout for boys and girls to test their skills and luck that morning.

Rules stated that the event was open to children 15 years and younger, but once the derby ended



DONNA RHODES

Trophy winners for the 2018 Hill Youth Fishing Derby were (left to right) Jonathan Weeks, Anthony Estes and Lauren Mahoney.

at noon, the pond was available for anyone 16 and older to fish.

This year, the reels were busy within the

first half hour of the derby, with young Amberle being the first to register a trout. Throughout the next

three-and-a-half hours though, others had good luck as well. In fact, the fish were bit-

SEE DERBY, PAGE A12

INDEX

Volume 5 • Number 18

- Opinion.....A4
- Obituaries.....A5
- Towns.....A5
- Churches.....A6
- Arts & Ent.....A6,7
- Health.....A9
- Business.....A10
- Sports.....B1-B3 & B8
- Classifieds.....B4-B7

20 pages in 2 sections

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Hundreds turn out to support Eighth Annual Circle Trot

BY DONNA RHODES
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PLYMOUTH — A little rain has never been able to dampen the spirits of Circle Program supporters, so it was no surprise this past weekend when 200 people registered for one of the three walk/run options and nearly 100 more volunteered to make the annual Circle Trot a success.

The Circle Program benefits young girls and teens from low-income families throughout central New Hampshire. Among many things, they work to develop self-esteem, provide mentoring programs, and offer summer camp experiences to help young girls succeed in the future. All proceeds of the Circle Trot are used to promote and benefit that success.

This year the Circle Trot starting point was moved from the ice arena at Plymouth State University to the All Well North facility across the road, and that made for a few changes in the event.

Circle Program Director Kathleen Kearns said the change was made for several reasons, one of which included access to the indoor track at the wellness center where children supporting parents and friends yet not participating in the race could get some great exercise, too. Overseeing their activities were members of the Health and Human Performance Club at PSU.

Those changes brought new challenges though to the Circle Program staff and to meet those challenges they reached out to students and staff at PSU for some



Beth Musto of the Circle Program fired the starting pistol as the Eighth Annual Circle Trot got underway last Sunday morning.



With no regard to the light rain that fell last Sunday morning, children and adults taking part in the Circle Trot's 2K race headed out on the course in support of the Plymouth-based Circle Program for girls.



Plymouth State University students were a large part of the success of the Eighth Annual Circle Trot last weekend, and members of the school's American Chemical Society were just one of several organizations who were involved in the event.

assistance.

Kearns said that students in university programs such as sports management, marketing, criminal justice and more helped worked together as part of a Cluster Project to make the event a success.

Sally Sheffield, Office Manager for Circle Program, said a lot of time went into the planning of this year's race.

"Since January, a team of six (students) met with us to develop the plans for the Circle Trot," she said.

A class in Sports Management first focused on the challenge of recreating sanctified 2k, 5k and 10K courses for the timed event. Their options were then presented to Circle staff members who selected the course that best suited their requirements.

Students proved to be of more help than just establishing the new course though. They directed traffic, set up equipment, and athletic team members were also stationed out along the course on race day to help direct runners and walkers.

Inside the All North Center other university clubs and organizations pitched in as well with registration, race information and anything else that was needed.

"The kids who took on this project were amazing," said PSU Sports Management professor Pam Childs.

Participants of the Circle Trot were able to choose from three run/walk options- a quick 2K course near the All Well North site, a 5K that wound through a part of downtown Plymouth,

or the more challenging 10K race that led runners up Reservoir Rd. to Ledgeside Lane and back as they raced to the finish line.

"My goal is to run the whole 5K without walking," said one determined woman as she headed for the start/finish line.

Amongst those taking part in this year's race were Circle Program girls and their mentors, local child and adult supporters of all ages, along with running enthusiasts from all over.

"We're grateful to all who came out today in spite of this weather," said Kearns.

When the final results came in, it was the youngsters in the 2K who kicked up their heels and crossed the line ahead of the adults. Ten-year-old Jackson Mitchell from Laconia placed first in the race, followed by eight-year-old Hannah Casey of Holderness and nine-year-old Mabel Casey of Holderness.

In the 5K run it was 17-year-old Randall Scroggins of Rumney leading the way. Close behind Scroggins was 48-year-old James Koren from Plymouth, who came in second, and 16-year-old Ellie Page of Wenham, Mass. who finished in third.

Finally, for the more challenging 10K race, 29-year-old New Hampton resident Sam Cieplicki was the first to complete the course with a time of 47:30. Behind him was 42-year-old Jeffrey Mattson of Bristol with his time of 48:13, and Center Conway resident, 22-year-old Kaylin Samia, who clocked in at 48:37.

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Sun.-Mon.: 12:15, 3:30, 6:45 PM
Tues.-Thurs.: 3:30, 6:45 PM

CHAPPAQUIDDICK PG-13
Fri.-Sat.: 1:00, 4:00, 7:00, 9:30 PM
Sun.-Mon.: 1:00, 4:00, 7:00 PM
Tues.-Thurs.: 4:00, 7:00 PM

A QUIET PLACE PG-13
Fri.-Sat.: 12:45, 2:55, 5:05, 7:15, 9:30 PM
Sun.-Mon.: 12:45, 2:55, 5:05, 7:15 PM
Tues.-Thurs.: 5:05, 7:15 PM

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Bristol Historical Society hosts spring fashion show

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL — Nancy Spears, owner of Imagine, a woman's clothing shop on Central Square, emceed the Bristol Historical Society's Spring Fashion Show last Sunday afternoon with the help of models Kate Spears and Azra Karabegovic. Everything from the clothing to all the accessories they wore can all be found at Imagine as part of their new spring collection.

The event, held at the Historic Town Hall in Bristol, attracted more than 70 people, and included live piano music by Estelle Garrizzo. There was also a raffle for items such as scarves, jewelry and



During the Bristol Historical Society's Spring Fashion Show in last weekend, Azra Karabegovic modeled an outfit from Imagine woman's clothing shop in Bristol as storeowner Nancy Spears described each of the items she was wearing.

other fashion accessories that were all donated by Spears, along with a \$50 gift card to

Cielito's Restaurant on South Main Street. Proceeds from the event will benefit the

Historical Society's ongoing campaign to build a kitchen facility in the old town hall.

Re-visit one of NH's darkest days at Minot-Sleeper Library May 17

BRISTOL — On Thursday, May 17, the Minot-Sleeper Library welcomes author Richard Adams Carey as he presents a true crime story of a quiet New Hampshire town shattered by gun violence.

In his book, "In the Evil Day: Violence Comes to One Small

Town," Carey chronicles the afternoon of Aug. 19, 1997, the day a vengeful man shot and killed four people in Colebrook. The victims included two state troopers, a local lawyer, and a senior editor at Colebrook's local newspaper. The bloody events of that day shocked America and

made headlines across the world. A professor at Southern New Hampshire University, Carey spent more than 12 years conducting interviews, researching, and writing "In the Evil Day."

Richard Adam Carey's presentation will take place at 7 p.m. on Thursday, May 17 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 the library at 744-3352 or email librarian@town-offbristolnh.org.

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Grand Jury hands down indictments

HAVERHILL — A New Hampton man has been indicted on four drug offenses by a Grafton County Superior Court Grand Jury.

Thomas K. Drake, 26, of 59 Route 132 North, is one of six area residents to be indicted on drug charges.

Drake was indicted on one count of enhanced level possession of fentanyl with intent to distribute, one count of possession of fentanyl, one count of possession of the opioid pain reliever buprenorphine, and one count of possession of the anti-convulsant clonazepam. Drake was also charged with misdemeanor driving after his license had been suspended or revoked.

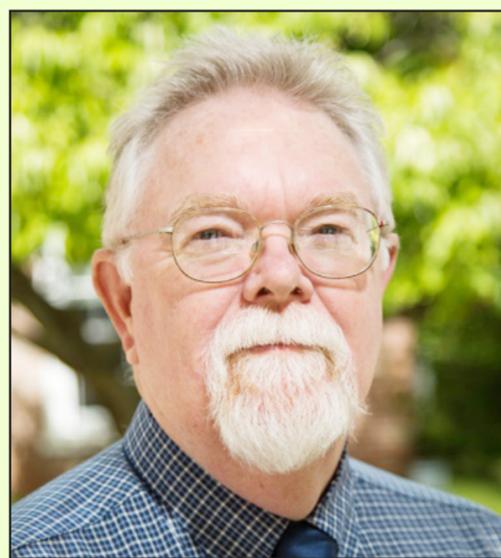
Patricia M. Drake, 50, of 59 Route 132 North, in New Hampton, was indicted on one count

of enhanced level of possession of methamphetamine, and one count of enhanced level possession of fentanyl.

Jason D. Crosby, 37, of 49 Morgan Drive, Apt. 39, in Plymouth, was indicted on charges of possession of fentanyl, methamphetamine, and the opioid painkiller buprenorphine. He also faces misdemeanor charges of possession of the anesthetic lidocaine without a prescription, and driving under the influence.

Robin Gillery, 45, of 40 High St., Apt. 1, in Bristol, was indicted on a charge of possession of fentanyl.

Deirdre Lutz, 24, of 25 Mechanic St., in Ashland, was indicted on one count of sale of methamphetamine, and two counts of sale of fentanyl.



COURTESY

NLRA welcomes new trustees

The NLRA is honored to welcome our newest Trustees, Joe Boyer and Andrea LaMoreaux, to help lead the NLRA into the future. Joe is the director of Plymouth State University's Center for the Environment, and has been a solid partner with the NLRA for many years. Andrea is a Vice President at NH Lakes, our State-wide watershed protection partner, and helped launch and lead the Lake Host program that NLRA uses to prevent invasive species and provide boater education. You can learn more about Andrea and Joe's professional backgrounds at <https://newfoundlake.org/staff-trustees/>. Thank you, Joe and Andrea, for making a powerful commitment to protect Newfound Lake and its watershed!

Alexandria police log

ALEXANDRIA — The Alexandria Police Department reported the following statistics for the first quarter of 2018 (the months of January through March).

There were 11 arrests made during

this time period, with charges for Animal Cruelty, Assault, Body Art-License Required, Breach of Bail, Criminal Threatening & Witness Tampering, Domestic Violence, Drug & Alcohol, DUI, Misuse of 911, Theft, &

Warrants.

In addition, there were 88 calls for service, including Animal Complaints, Assist Fire/ EMS/ Other Agency, Assist Citizen, Civil Matter/ Standby, Fingerprints, Lost/ Found Property

Motor Vehicle, Police Information, Pistol Permits, Paperwork Service, Sex Offender Registration, Suspicious Incident/ Person/ Vehicle, VIN Check, Welfare/Well Being Check.



COURTESY

"Bye Bye Birdie" comes to the NRHS stage this weekend

Newfound Regional High School proudly presents "Bye Bye Birdie," their 37th school & community musical, May 4 at 7 p.m. and May 5 at 2 & 7 p.m. Reserved seats \$10, general admission \$7.



COURTESY

New Hampton Garden Club at work

The New Hampton Garden Club begins another season of making the town attractive in its many garden spots. Members have started raking and cleaning out some of these spots in anticipation of a warming trend to do more planting. The club's next meeting will be May 9 at Gordon Nash Library. Members should take note that this is a change in date and time, check your books regarding this meeting. We will be joined by the fifth grade of the community school for a weather program.



COURTESY

Join in the fun with New Hampton Bridge Club

Locals looking for a chance to get out and socialize, or who simply have an affinity for classic card games, are invited to join a newly formed Bridge Club at the Gordon Nash Library, located at 69 Main St. in New Hampton. The group meets Fridays at 10:30 a.m., and promises that the small entry fee will grant you access to lots of special games with extra masterpoints, great snacks, and a crock pot lunch. For more information, please contact club founder Jim Felch by phone at 744-9936 or by phone at jcfelch@metrocast.net.

Ninth Annual Bobcat Memorial 5K set for May 27

PLYMOUTH — The Ninth Annual Bobcat Memorial 5K Walk/Run in memory of SPC Marc Paul Decoteau, Capt. Douglas A. DiCenzo, and MSG Jaed Van Aalst, will be held Sunday, May 27 at 9 a.m. at Plymouth Regional High School,

with registration beginning at 8 a.m.

Decoteau (a 2008 graduate of PRHS) was killed in 2006 while serving in Iraq. DiCenzo (Class of 1995) and Van Aalst (Class of 1993) were both killed in action in Afghanistan in 2010. Pro-

ceeds from the race will benefit the scholarship funds established in each of their names.

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Community invitation to hear Robert Hackenson, Jr. of Dynamic Influence

BY DEB NARO
Contributor

It is important for all of us to understand the challenges and risks youth face today with substance misuse and abuse. Better understanding of the facts surrounding current drug trends will help us with adult/child communication and the guiding of good choices.

On Thursday, May 10 at 6 p.m., CADY is collaborating with Plymouth Regional High School to host a community juuling (vaping) presentation with Robert Hackenson, Jr., founder and professional “Edu-taining” speaker/trainer from Dynamic Influence. Founded in 2004, the mission of Dynamic Influence is to engage and educate. Hackenson started Dynamic Influence with the belief that attention spans are shrinking and if audiences are bored, the important message is lost. This is a unique opportunity to hear a message in creative and thought-provoking ways, as he delivers a highly interactive and engaging presentation on important topics such as healthy decision-making, marijuana use, and juuling.

What exactly is a Juul? Juuling is a dangerous form of vaping sweeping through schools nationwide. In fact, sales have jumped 621 percent just this past year. The Juul consists of a long, slim vaporizer and disposable “pods” of nicotine juice. The shell of the Juul is made of aluminum encasing a Lithium ion battery, a circuit board, and a pressure sensor. The other piece is the replaceable pod, which comes in many flavors,

such as mango, creme brulee and cucumber, increasing their appeal to kids. And rather than smelling like an ashtray, which is a deterrent for cigarette smoking for many, the Juul smells pleasant. And then there’s the cool factor—the Juul device is sleek, available in an array of colors, and resembles a thumb drive that’s easily concealed, so it’s easy to see why they’re popular with teens. It’s a popular e-cigarette system that looks a lot like a USB flash drive. Some call the Juul the “iPhone of Vapes” because of its sleek and minimalistic design. It charges on a laptop or other USB port. The device heats the nicotine juice to create vapor, which is inhaled by the user.

Teens try Juuls thinking they are a safe alternative to cigarette smoking, but each pod has approximately the same amount of nicotine as a pack of cigarettes, or 200 puffs, and is highly addictive. In fact, a recent study published in Pediatrics found that high schoolers who used e-cigarettes were seven times more likely to be smoking cigarettes two years later than those who did not. Since the nicotine concentration can be more than double that of other vaping products, it gives users a strong, fast punch. And since teen brains are still developing into their 20’s, they’re uniquely vulnerable to addiction. Also, a lot of teenagers have no idea what’s in the vape. In a study sponsored by the National Institute on Drug Abuse, when high schoolers were asked what they be-

SEE CADY, PAGE A12

PET of the Week Duke



Considering Duke has endured much upheaval in his life, it’s a wonder he’s even interested in the comings and goings of humans, but he still carries himself with noble poise and dignity, exuding a quiet confidence not often seen in a shelter environment. As long as he can carry a soft toy or two in his mouth, he meets each day with optimism, thinking “maybe today I’ll find my permanent home?”

He was a ‘free dog’ on Craig’s List who was surrendered to our shelter in August 2017. We placed him in a terrific home but his newest owners had health issues that meant looking after such a big dog



was too difficult; So Duke returned to us in February. He was adopted to a lovely family in March, truly a match made in heaven, but horrible allergy issues not evident at the shelter meant he had to be returned, again,

through nobody’s fault: least of all Duke’s.

Now he waits again. This big shepherd/massif/malamute mix takes life one day at a time as he navigates the fickle ways of the universe.

Really a large box of soft toys and being the one and only pet in the household is Duke’s wish. Stalwart and true, a more refined companion you will not find anywhere else.

Come and visit him and see what we mean

NH Humane Society will host the third Community Rabies & Microchip clinic Saturday May 5 9-12 noon. Check www.nhhumane.org for more details.

Is the long winter finally over, Virginia? In the Upper North Country, not quite

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



The forecast was for warm rain tomorrow, then (yes) snow for the next 24 hours, then a couple of days of relatively balmy 65.

People who I’d never heard utter an off-color word were swearing a blue streak. I even heard words I’d never heard.

People are sick of winter. They don’t want to hear about another weekend of making the cash register bells ring in what has already been a banner year for skiing, snowmobiling, cross-country skiing, ice fishing and any winter-related, outdoor-oriented sport you can name. They want it to end. And yet it was supposed to snow Tuesday.

“I don’t know why everybody’s griping,” an old forester friend thumped his cane and grumped. “I can remember being on snowshoes on May 5th. It’s in my journal.”

I looked around anxiously to see if anyone had overheard him. Nobody wants to hear about his damned journal. I envisioned a mob with torches.

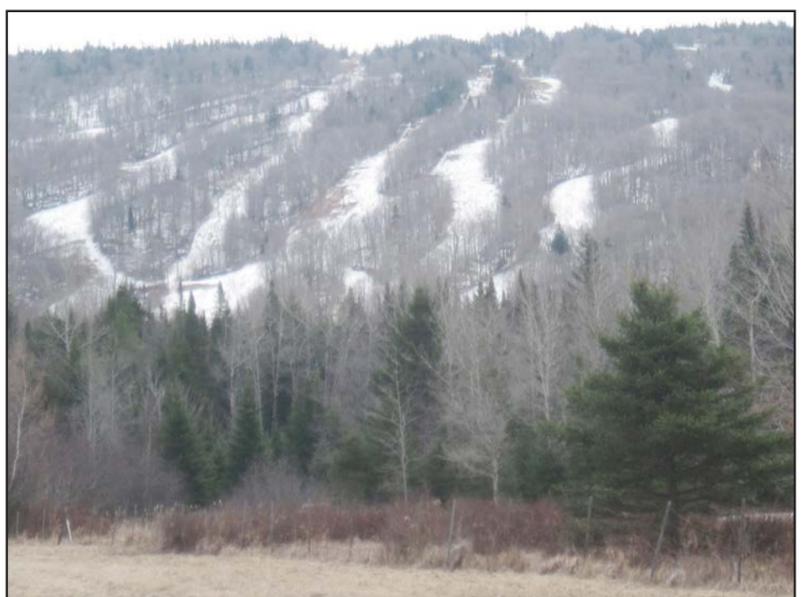
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There’s nothing that’ll get an old dog moving like a puppy. Millie is pushing 13, and was comfortably playing the role of old, resident dog when Bailey showed up. Longtime friends Beth and Glen visit here a lot from Rhode Island,



JOHN HARRIGAN

Up on the Little Magalloway, the ice is all rotten and ready to move.



JOHN HARRIGAN

Had the Wilderness Ski Areas been open this winter, skiers would have found plenty of snow. The base will hang on well into May.



JOHN HARRIGAN

Man and dog, having fun. Glen (left) entices Bailey (right) with a well-worn piece of leather.

and for sure did a good job of picking the right pup out of the litter, because Bailey’s full of it, smart, and fast.

I was out on the lawn and heard a thunder coming up the other side of the hill. It was Bailey’s huge feet, coming fast, “Really carrying the mail,” as longtime hunting buddy Butch Chase would put it. One reason why she’s so loud, no doubt, is that he has feet the size of teacups.

SEE NOTEBOOK, PAGE A11

Newfound Landing

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Towns

Alexandria

Merry Ruggirello 744-5383
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Nice to the sun peeking through the clouds this morning. The liquid sunshine has been nice to have for a couple of reasons. First, to cut down on the fire danger and encouraged green growing things to come out! Woody Woodchuck has been a regular visitor in the back yard, nibbling away after the long cold winter.

Town

The Town Clerk/Tax Collector's Office has resumed their normal business hours of 9 a.m. until 4 p.m. Monday, Wednesday and Thursday and 9 a.m. until 7 p.m. on Tuesday. Welcome back, Fran!
The Alexandria Conservation Commission will continue roadside cleanup along Cass Mill Road and Cross road on Saturday, May 5. If you would like to join ACC in the cleanup, they will be meeting at the Municipal Building on Washburn Road by 10 a.m.

Alexandria UMC

Thursday, May 3, we will be starting a 5-week Christian Book Study by Adam Hamilton entitled "Unafraid, Living with Courage and Hope in Uncertain Times." We will meet at Tom and Anita Larson's home at 601 Washburn Rd. at 7 p.m.

Community Dinner Saturday, May 5 at 5 p.m. in the Vestry. On the menu will be roast beef and all the fixings, dessert and beverages. All are welcome to share the meal, friendly companionship, and laughter!

Services Sunday, May 6, at 9 a.m. with Sunday School following at 10:15 a.m. CROP with NAC in the afternoon, in Bristol.

Women's Aid to Alexandria Church will meet Tuesday, May 8 at 10 a.m. in the Vestry.

A very Happy Birthday to Josh Reynolds on May 1. Best Wishes and Happy Anniversary to Michael and Deb Provost on May 3, Mary and Peter Wallen on May 7 and Carleen and Larry Stickney on May 8!

Well, I'm off to spend some time puttering in the fresh air and sunshine Have a great week ahead and be safe in your travels, where ever you may go!

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

South Danbury Church

Sunday worship and monthly service of Holy Communion at the South Danbury Christian Church on May 6 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.

Bell Ringer Concert

Don't miss hearing The Granite State Bell Ringers when they present Americana at 7 p.m. on this Saturday, May 5 at the grange hall. Sponsored by Blazing Star Grange the, doors will open for the performance at 6:30 p.m.

Groton

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

An Ode to 911 Signs

Spring has sprung
The buds are young
Is your red 911 sign hung?

Hebron Fire Department would like to remind

Sometimes we're driving blind

Are you hard to find?

Please don't wait

Are you one emergency away from, it's too late?

HFD thinks the red 911 signs are great!

Are you in a Hebron or Groton locale?

Then HFD will install

Making deliveries easy for all.

Order in May

Please don't delay

In an emergency HFD doesn't want to go astray

Sign Cost: \$15 installed.

Order Forms: Town Web site or Town Offices

The Town of Groton is soliciting bids for the completion of the 2018 North Groton Road Reconstruction and Paving project. The contractor must schedule a site visit, to review proposed project, with the Public Works Director on or before Friday, June 1 for anyone interested in bidding on the project. Please contact the Town at 744-9190 or selectmen@grotonnh.org for more information.

As of Wednesday, April 18, the road ban has been lifted for the State roads and for the Town of Groton paved roads only, (North Groton Road, Sculptured Rocks Road and Smith Road).

There will be a special meeting of the Conservation Commission on Thursday, May 3 at 7 p.m. at the Town House concerning the Circle Program Wetlands Application. If you are interested, please attend the meeting that night.

Meetings and Closures Coming Up

Select Board Work Session - May 7 at 7 p.m. in Rumney and then May 8 at 5 p.m. and May 15 at 6 p.m. at the Town House

Select Board Meetings - May 8 and 15, 7 p.m. at the Town House

The Citizen's Planning Committee will be meeting May 8 at 6:30 p.m. at the Town House.

The Planning Board will be meeting at the Town House on Tuesday, May 29 at 7 p.m.

The Conservation Commission will be meeting at the Town House on Thursday, May 10 at 7 p.m.

The Select Board Office will be closed May 3 for training in Concord.

Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Community Breakfast

May 5 is the next Community Breakfast in Community Hall at the Union Congregational Church. For \$4, we will be serving eggs, bacon, sausage, pancakes ((and maybe French toast), hash, oatmeal, yogurt, fruit, pastries, juice and coffee. But you must be an early riser as breakfast is served from 7:30 - 8:45 a.m.

Library News

Squam Lakes Natural Science Center Passes are available at The Hebron Library for Hebron and Groton Residents. Pass is valid for two \$5 trail admissions, plus up to four additional discounted passes at \$10 each.

Reserve yours today at the Hebron Library - first come first served.

Stop in to sign up for your library card during regular library hours. See the newly decorated Children's area and our many new books, magazines and DVDs which are available to borrow.

Monday 4-7 p.m.

Wednesday 1-5 p.m.

Saturday 9 a.m. - 1 p.m.

An Ode to 911 Signs

Spring has sprung
The buds are young
Is your Red 911 Sign hung?

Hebron Fire Dept. would like to remind

Sometimes we're driving blind

Are you hard to find?

Please don't wait
Are you one emergency away from it's to late!

HFD thinks the Red 911 signs are great

Are you in a Hebron or Groton Locale?

Then HFD will install

Making deliveries easy for all

Order in May

Please don't delay

In an emergency HFD doesn't want to go astray

Sign Cost: \$15 installed

Order Forms: Town Web Page or Town Office

PLYMOUTH —Eunice S. Vittum passed away suddenly on April 23, 2018 at her home. She was 92 years old.

Eunice was a lifelong resident of Plymouth. She was born in Plymouth on June 20, 1925. She attended the Plymouth Elementary School and graduated from Plymouth High School. She completed her studies and achieved her Bachelor's degree. She worked as a Laboratory Technician, and worked at Spaulding Memorial Hospital in Plymouth and at the Laconia Clinic in Laconia. She also worked at several different hospitals in Massachusetts.



She was predeceased by her mother, Mary Walker of Plymouth, and her sister, Phyllis Robbins of Louisiana.

She is survived by two sons, C. Bruce Vittum, Gordon S. Vittum and wife Zita, and one daughter, Rebecca J Vittum; six grandchildren (Elizabeth Blake, Jeremy and wife Trish Vittum, Jason and wife Wendy Vittum, Jenni-

fer Vittum, and Maggie Blais); seven great grandchildren and four great great grandchildren.

She volunteered at both Plymouth Historical Society and at the Concord Historical Society. She was an avid reader, and enjoyed researching her family's ancestry. She was very interested in the history of Plymouth, and did a lot of research. She also enjoyed gardening and loved flowers. Mostly she enjoyed having "tea" with her great granddaughters.

The cremation Society of New Hampshire is responsible for her remains. There will be no calling hours or services at this time.

Robinson Vohr Smith, 91

WAYLAND, Mass. — Robinson "Rob" Vohr Smith died peacefully at his residence on March 23, 2018.

He was born on June 25, 1926 in the city of Laconia, Belknap County, son of the late Frederick Smith and Grace (Vohr) Smith.

Rob graduated from the New Hampton School, Dartmouth College, and Columbia University. Services in the US Navy during World War II interrupted his college education, beginning in 1944. The G.I. Bill enabled him to complete his BA by 1947 (Class of 1946) and continue his studies in history at Columbia University where he completed his MA and ABD. Upon the birth of his first child, Rob returned to New Hampshire where he taught at Meredith High School and the New Hampton School, where he coached soccer and hockey in addition to his teaching responsibilities. In 1956, he joined the faculty of Nichols Junior College. In 1963, he joined the faculty of Bentley College (now University) moving with the school from its meager Boylston Street location to its expansive new campus in Waltham, Mass., where he served until his retirement in 1993.

He married Joan Weeks Trimble of Verona, N.J. in 1949. Together, they were active participants in the cultural life of the Boston area, offering courses on the arts and society for elder hostel programs and Bentley College students.

Rob Smith was well known for his magnificent singing voice. He was a longtime member of the Masterworks Chorale of Lexington, Mass. and the choir of the First Parish Unitarian Church in his home town of Wayland, Mass., where he resided from 1963 until his passing. Rob gave many memorable performances at the Vokes Theater in Wayland, Mass. He also performed in the New Hampshire Music Festival, the Worcester, Mass. Colonial Opera, and Providence, R.I. players.

In addition to his musical and intellectual pursuits, Rob loved his athletics, playing

and coaching hockey and tennis, enjoying recreational skiing and hiking in the hills and mountains and swimming in the streams, ponds and lakes of New Hampshire.

Rob Smith is survived by his sister, Norma Jean Moore of Franklin; brother, Frederick Smith, Jr. of New Hampton; three children (Melissa Trimble Smith of Youngstown, Ohio, Rufus Vohr Smith of East Lyme, Conn., and Jared Robinson Smith of Londonderry); as well as four grandchildren, three great-grandchildren, and eight nieces and nephews.

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 Main St., Plymouth, NH 03264 (603) 536-2551

Artistic Roots announces new and improved and May classes

PLYMOUTH —Stacey Lucas and Karin Beji have led the latest set of improvements to Artistic Roots. On the outside, you will notice new lettering on the windows, the work of Stacey Lucas with help from Karin Beji. A studio sign placed on the back of the building designed by Suzan Gannett with help from Stacey Lucas and Dick Batchelder. On the inside, you will notice that the wall behind the desk is now painted white. Stacey Lucas,

Solveig Wolstenholme, Jayden Graubocher Bergman, Barbara McAllister and Dick Batchelder completed this project. There is more to come, so be sure to visit the gallery to see what's next.

This month, Artistic Roots is offering a variety of classes. Jayden Graubocher Bergman will be teaching his second needle felting. His students will learn the techniques to make their own barred owl. All materials for the class are included. The



COURTESY (Left) Members Stacey Lucas and Pam Charon are painting the wall behind the desk at the Artistic Roots Gallery. Check out the improvements at the Gallery. Visit the Artistic Roots Web site, www.artisticroots.com to see and register for the May classes.

Needle Felting Class will be held on May 19 from noon to 2 p.m.

Suzan Gannett will be teaching a series of Watercolor Classes in May featuring Flowers. The classes will be held on May 9, 16, and 23 from 10 a.m.

until noon. Students will learn how to paint Poppies in Session 1, Lilacs and Swallowtail Butterfly in Session 2 and in Session 3, Blue Hydrangeas in a bowl. Cost of a single class is \$25 for members and \$30 for non-members. Cost of the series is \$65 for members and \$85 for non-members.

On April 17 from 5-7 p.m., Suzan Gannett will offer a Zen Doodle Chicken Class. She will teach students to incorporate Zen doodle

SEE ROOTS, PAGE A11

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)

Thinking About Remarriage "Thinking About Remarriage" is a daylong program for couples

(where one or both were previously married) who are thinking about marriage or who are engaged to be married. Sponsored by the Diocese of Manchester, and presented by a Catholic priest and couples who have remarried, this program helps couples take an in-depth look at and discuss major issues related to remarriage. Thinking About Remarriage Seminars cover: Emotional closure of the first marriage Expectations and key issues of the new marriage The blending of children and families Continuing relationships among extended family members, community, and the Church. Upcoming Date: Saturday, May 19, 9 a.m.—4 p.m., St. Pius X Parish Center (behind the church), 165 Sarto St., Manchester, NH 03109, \$80 per couple (includes lunch and beverage). Download a registration form

Campus Ministry

Thank you to Linda Folsom, Judith McPherson, and Jackie Carreaux for a delicious monthly supper hosted by Fr. Leo for students last weekend.

Thank you dinner for parishioners who provided courses for the monthly suppers will be Sunday, May 6, at 6 p.m. at St. Matthew's rectory, hosted by grateful students. Invitations to parishioners have been mailed; please RSVP to

Kathy Tardif at 535-2673 or kmtardif@plymouth.edu.

Calling all bakers! Food for Finals is around the corner, a time when some of the Plymouth State campus ministries deliver comfort food in the form of homemade goodies—free of nut products, please—to all res. halls and Centre Lodge the first night of Finals Week. Parishioners interested in providing batches of cookies or squares should contact Sandy Abbott at 254-3431 or sandyabbott6@gmail.com with their name, phone number, what they will bake, and the amount. Baked goods should be dropped off at the Reflection & Spiritual Care Center between 9 a.m. and noon on Saturday, May 12.

The Annual Crop Hunger Walk, sponsored by Newfound Area Churches, will be held Sunday, May 6, starting with registration at Central Square in Bristol at 1:15 p.m. The walk starts at 1:30 p.m., and is a two mile walk. The Crop Walk raises funds to help end hunger, including in our own community. Bristol Community Services will receive a portion of what is raised. To donate or sponsor a walker, or for more information, call Susan Colby at 744-7975.

The Catholic Daughters will be reciting the Rosary every Saturday during May at 3:30 p.m. We invite you to join us!

Life in the Spirit Seminar May 11, 12 and 13 St. Matthew Hall Registration Friday, May 11 at 6:30 p.m. Concludes Sunday, May 13 at 11:15 a.m. Call Peter and Kathy Drexel at 536-7580 for more information, or call the office at 536-4700.

Weekly Meetings Thursday, May 3

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

Weblo Meeting, St. Matthew Meeting Room, 6 p.m.

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

Friday, May JCDA, St. Agnes Hall and Church 5:30 - 7:30 p.m.

Saturday, May 5 CDA Meeting, St. Matthew Hall, 5 p.m.

Sunday, May 6 Knights of Columbus Breakfast, St. Matthew Hall 7 a.m.

Faith Formation classes: Ashland: St. Agnes Hall, 9:15-10:45 a.m. (First Communion Retreat) BRISTOL: Simard Hall, 10:30 a.m. - noon (First Communion Retreat and Ice Cream Social)

Bristol Confirmation class: First year only - 9:30 a.m. (Mass) 10:30 - 12:15 p.m.

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.

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 to

gether in our fellowship, our community, and our world to nurture justice, respect, and love.

Sunday, May 6

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

Service 9:30 - 10:30 a.m. - Madness, Muse, and the Creative Human Heart

Rev. Dr. Linda Barnes, Worship Leader William Gunn, Guest Musician

Join us for worship as we explore how the creative

and authentic expression of our own human nature,

imperfect as it is, is an expression of the divine.

Visit our Web site

www.starrkingfellowship.org
536-8908

Breakfast Club, May 4 Join us for breakfast, conversation, and a visit to the Museum of the White Mountains. See Home page on Starr King Website and click on "What's next at Starr King" for more information.

Sunday, May 6 - 3 p.m., Will Ogmundson and Tom Dunn will present the musical "Georgia O'Keefe Paints Paradise." Music and lyrics by Will Ogmundson, who recently performed at the silent auction.

Suggested donation is \$10 per person, at the door.

Vespers Service at the Labyrinth, Friday, May 11 at 6 p.m.

For the #metoo service on Feb. 4, we recognized and honored those of us who have experienced sexual harassment and/or abuse. Together, we participated in a ritual of placing stones into a small bowl of water from our water communion. Now that spring has come we can move these stones into a common place of peace, our labyrinth. Join me for a vespers service outside during which we will place the stones in the healing presence of nature. This service is suitable for families of all ages. As usual we will share time together over pizza after our service.

The Next Meeting of the Wise Women in Training is to be held on Wednesday, May 9 from 10:30 a.m. to noon.

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Vintage Market on Squam Lake comes to Holderness!

HOLDERNESS — Coming to Holderness this weekend is the first semi annual Vintage Market on Squam Lake! Located at Cottage Place on Route 3, vintage lovers, artists and creative folk alike can come explore, eat and shop in the sunshine!

“This event has been in the works for a long time,” explains long-time Cottage Place owner and market co-founder Sue

Smith. “This property is vintage in nature and I have been dreaming of this for years!”

The cottages will host individual artists and vintage vendors, where they can set up “shop” and turn their weekend residential space into a pop-up shop. There will also be more than 20 additional vendors, setting up tents with their creative wares, antiques, art, craft, food and more.

“I am excited for this event,” said co-founder Stacey Lucas, a former neighbor (Veggie Art Girl) of Sue at Cottage Place. “It combines so many of my passions and will bring a lot creative people to one place.”

Among the vintage vendors and local food, The Vintage Market On Squam Lake will also feature samples, a raffle, live music on Saturday and DIY demonstrations.

“There will be so

many talented folks here,” adds Smith. “I expect it to be alive with art, antiques and creativity...and grow and grow for years to come!”

The Vintage Market On Squam Lake is free to the public, debuting on

May 5 & 6 from 9 a.m.-5 p.m., with another market to follow the final weekend of October. It is located at 1132 Route 3 in Holderness. For more information, visit www.vintagemarketonsquam.com.

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



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

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 com-

fortable.”

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 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 hon-

orable 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.



COURTESY

White Mountain Christian Homeschool Group recently partnered with Plymouth State University’s C.A.L.E. (Community Adventure Learning Experience) program. Homeschooled students ranging in age from seven to 17 participated in a high ropes adventure course at the AllWell North building.

Local homeschoolers reach new heights at PSU

BY ERICA SYLVESTER

PLYMOUTH — White Mountain Christian Homeschool Group recently partnered with Plymouth State University’s C.A.L.E. (Community Adventure Learning Experience) program. Homeschooled students ranging in age from seven to 17 participated in a high ropes adventure course at the AllWell North building. The 107,600-square-foot complex contains PSU’s Department of Health and Human Performance, as well as, recreational amenities, such as, a full-size track and indoor tennis courts.

Day one of this two day introductory series began with a preparatory workshop which introduced the students to the equip-

ment and safety procedures. The students also played games and learn team building skills. Day two’s program taught critical thinking and cooperative skills while participants maneuvered the high ropes course which ranges from 15 to 60 feet above ground.

The C.A.L.E. program benefits PSU’s student leaders as they get practical work experience applying what they have learned in their outdoor adventure classes. This is a wonderful resource both for the PSU students to apply their knowledge in real life scenarios and for the children of the Greater Plymouth community to have the opportunity use these amazing facilities.



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Seniors and the road to quality sleep

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Quality, Not Quantity

The older we get, the harder it becomes to get a good night's sleep. Beginning in our late 20s, there's a steep decline in the amount of deep sleep we get each night – and by the time we reach 50, that amount is reduced by more than half. For older adults (65 years of age and older), getting adequate sleep can be an even greater challenge. Even if they reach the recommended seven to

nine hours each night (a metric that, despite popular belief, remains constant throughout all stages of adulthood), it may not exactly be quality sleep.

Consequently, seniors may fall asleep earlier than usual, wake up in the middle of the night, or suffer from insomnia – all of which can negatively impact quality of life. In addition to making them tired and irritable, lack of sleep can lead to issues with memory and an increased risk of

falling. But what makes sleep deprivation so prevalent in the senior population?

Factors that Impact Sleep Quality

We know that sleep plays a significant role in the regeneration of cells, but there is much about the process that remains a mystery. What is known, however, is that sleep occurs in stages and patterns – what sleep experts refer to as “sleep architecture” – which includes light sleep, deep

sleep, and REM sleep. The natural process of aging shifts this architecture so that there is more time in light sleep and less in deep, which is what causes older adults to wake up frequently throughout the night. This is also why they may find themselves napping more during the day. Adding to this, as we age our body tends to manufacture less of the hormones needed to regulate sleep, such as melatonin.

This light sleep is

only made worse by the increased incidence of medical conditions such as diabetes, asthma, and arthritis – just to name a few. The pain associated with these conditions can easily disrupt sleep, as can the medications needed to help manage them. Seniors may also develop sleep disorders, chief among them being Obstructive Sleep Apnea (OSA). This occurs when there's an obstruction in the upper airway that momentarily stops the breathing process and lowers the level of oxygen in the blood. This then causes the brain to wake the body, pulling out of the sleep state. Those with OSA experience this multiple times throughout the night.

15 minutes) to receive some natural sunlight

Avoid caffeine and smoking 8 hours before

Avoid eating large meals or snacks before bed

Limit alcoholic beverages throughout the day, but avoid completely in the hours before bed

Make the bedroom a place exclusively for sleep, and ensure that the conditions are ideal for promoting quality sleep

Comfort Keepers® Can Help

At Comfort Keepers®, we want to help preserve all areas of senior well-being. Our caregivers can help seniors follow the recommended steps that promote quality sleep and let the family know of any dramatic changes in sleep behavior. Contact a local Comfort Keepers office today to learn more about our in-home care 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.

Ways to Improve Sleep

Although there are a number of factors that can influence a senior's sleep quality, it's important to remember that poor sleep is not a normal part of aging. Seniors who experience the symptoms of sleep apnea or severe insomnia should consult a physician or sleep specialist. However, seniors can also take steps on their own to regulate their sleep-wake cycle and get better rest at night.

Set a strict schedule and go to bed at the same time every day (including weekends)

Avoid napping throughout the day, if possible

Follow a daily exercise regimen, with approval from a physician

Spend time outside each day (at least 10-

Speare celebrates the positive impact of volunteer service

PLYMOUTH —National Volunteer Week is a time to celebrate, thank and recognize the extraordinary volunteers that share their time, talents and voices to make a meaningful difference in our community. This year we celebrated Speare Memorial Hospital's many volunteers who support patients and staff every day with a Volunteer Appreciation luncheon on Wednesday, April 18 at the Common Man Inn & Spa in Plymouth.

Hospital CEO, Michelle McEwen thanked the volunteers for the role that each one plays in helping Speare Memorial Hospital provide excellent healthcare for our community every day. Student and Volunteer Services Coordinator, Chris Fenn highlighted some of the more recent volunteer efforts, sharing that in the first nine months of the Flower Program, over 400 flowers have been given to patients by volunteers. She also shared that the gift shop will be opening on May 9. This is a new effort of the Volunteer Department and will rely completely on volunteer staffing.

Volunteers have dedicated many hours this past year as part of the Speare team. Being a



COURTESY

Pictured, from left to right, are Irene Deutsch, Carol Mabin, and Chris Fenn-Student and Volunteer Services Coordinator, who were recognized by Speare Memorial Hospital for generously providing 3,000 hours of volunteer service during the hospital's annual Volunteer Appreciation Luncheon on April 18.

patient and family-centered facility, the aim of Speare is to reach out to not only the patient but to those who are here to support that patient. Volunteers are eager to share their talents, time and compassion to help reach this goal.

During our appreciation event, the following volunteers were recognized for their hours of service:

- 100 Hours
Jeff Smith-M&S, Elaine Shaunessy-Lobby Reception Desk, Vinny Dimartino-front desk
- 500 Hours
Judy Siegel- Lobby Reception Desk, Deb Kaplan-Accounting
- 1,500 Hours
Lee Fortier- Lobby Reception Desk
- 3,000 Hours
Irene Deutsch- Health

Information Services, Carol Mabin- Lobby Reception Desk/gardens

Current volunteers: Joan Bergstrom, Ann Blair, Irene Blake, Ann Burghardt, Pat Corbin, Marcia Covell, Irene Deutsch, Vinny Dimartino, Richard Flanagan, Lee Fortier, John Gray, Dee Hopper, Joyce Jardin, Barbara Jenkinson, Deb Kaplan, Glory Kidger, Sally Kilfoyle, Nancy Kolb, Carol Mabin, Annie Martin, Carolyn Piantedosi, Judy Raybeck, Nancy Sawyer, Elaine Shaunessy, Judy Siegel, Jeff Smith, Stephanie Sywenkyj, Bill Taffe, Ann Thibodeau, Larry Tingley, Ryan Toomey, Kim and “Seven” Turgeon, Ed Weber

Clergy: Deacon Mike

Guy, Rev. Leo LeBlanc, Rev. Eileen Torrey

Family Advisory Council: Dee Hopper, Sandra Lehner, Carol Mabin, Carolyn Piantedosi, Dolly Riess, Darlene Toomey

Become a Speare Volunteer

Every layer within a hospital contributes to its success and we invite you to become part of our team. Use your time, passion and willingness to help make a difference at a hospital/organization that supports its community. You don't need any special skills to talk to a patient or assist a department.

You can volunteer as much or as little as your schedule allows. We'll find a volunteer position that fits your interests and your schedule. For more information contact Christine Fenn, Student and Volunteer Services Coordinator 238-6460 or email cfenn@spearehospital.com or visit www.spearehospital.com/departments-and-services/volunteers/.

Speare Memorial Hospital —a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire—is nationally ranked as a HealthStrong™ Top 100 Critical Access Hospital and a Becker's Top 62 Critical Access Hospitals to know in 2017. Visit online at <http://www.spearehospital.com> and on Facebook and Twitter @SpeareHospital.

Integrity and authenticity: The legacy of Barbara Bush

REGION —Barbara Bush will forever be recognized for her many inspiring efforts, but above all she will be remembered for her authenticity and integrity. Her intelligence, frank nature, passion, and wit are often quoted. She did not shy away from the stories frequently told by her family about her character. She was not ashamed or afraid of being who she was. Carl Jung once said, "The privilege of a lifetime is to become who you truly are." Perhaps that life lesson is Mrs. Bush's greatest legacy.

It is said that to live authentically we must live from a genuine place from within; a place where our actions and words are aligned with our beliefs and

values. Mrs. Bush valued and championed causes and charities that focused on empowering and improving the quality of life of others. She believed in learning opportunities; her literacy foundation's mission is to provide equal opportunities to all by opening the door through literacy. The Barbara Bush Children's Hospital, where she spent time and donated funds, takes pride in "intensely personalized care that's responsive to each child's – and family's – unique needs." At her funeral, Susan Baker, a longtime family friend, said, "Barbara's motivation to help others was never about herself, but about giving love and support to those in need".

At the end of her life, the Bush family publicly announced that, Mrs. SEE BUSH, PAGE A11

2018 Fall Season Pemi-Baker Middle School Girls Soccer Coach

The combined elementary school districts of SAU #48 are seeking an individual to coach the middle school aged girls soccer team.

The team will practice and play during the months of September and October. Home games will be played at Plymouth Regional High School. Practices will rotate between fields in Plymouth, Holderness and Campton.

Experience coaching soccer and working with middle school aged students preferred. The position will be opened until filled.

Please apply to:
Lynn Davis
Human Resources Coordinator
SAU #48
47 Old Ward Bridge Road
Plymouth, NH 03264
ldavis@pemibaker.org

No phone calls, please. Further information will be shared with those individuals who contact the office in writing.

CAMPTON SCHOOL DISTRICT Campton Elementary School

FULL-TIME FACILITY MANAGER
Competitive pay, excellent benefits
Position to begin July 1, 2018
Job Description available upon request

Contact: Jon Francis
SAU #48 Facilities Director
47 Old Ward Bridge Road
Plymouth, NH 03264
jfrancis@pemibaker.org



HIGHWAY WORKER POSITION 32 HOURS PER WEEK

The Town of Thornton is seeking candidates for a Part Time Permanent Highway Worker position with the Town of Thornton Highway Department.

This position is a Labor Grade 5 with an hourly pay range of \$13.88 to \$19.59 depending on experience. This position is part time and not eligible for benefits.

A full job description and application is available on the Town of Thornton website at www.townofthornton.org or at Town Hall.

Please submit your completed application to:
Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

The deadline to submit an application is Monday, May 21, 2018 by 4:00 pm.

The Town of Thornton is an equal opportunity employer.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	Mount Cardigan Road	Residential Open Land	\$32,000	Pensco Trust Co.	Tasha M. and Scott P. Gallup
Ashland	74 Main St.	Multi-Family Residence	\$150,000	John J. Moriarty	Brian Delavega
Bridgewater	50 Iroquois Path, Unit 50	Condominium	\$2,000,000	Michele J. Lawlor (for RFD RT)	Timothy J. McGrath (for Timothy J. McGrath Trust)
Bridgewater	898 River Rd.	Single-Family Residence	\$243,755	Paul W. Mutina and FNMA	FNMA
Bristol	Batten Road	Residential Open Land	\$73,933	Curtis R. and Abigail E. Mooney	Gregg R. and Heidi E. Jeffrey
Bristol	30 Woodbury Dr., Unit 24	Condominium	\$342,533	Daniel F. and Christine M. McCormack	Jeffrey P. Slaski (for Slaski Fiscal Trust)
Campton	80 Alden Dr.	Single-Family Residence	\$505,000	Leonard V. and Cheryl L. Avery	Mark S. and Amanda L. Levine
Campton	261 Beech Hill Rd.	Single-Family Residence	\$155,000	Tucker Scheffer (for Scheffer Fiscal Trust)	Vincent A. and Pamela D. Donnelly
Campton	16 Boot Jack Rd.	Single-Family Residence	\$210,000	Richard A. Correlle (for Corhill RT)	Ida and Zachary A. Gould
Campton	46 Evergreen Circle	Mobile Home	\$38,000	Marianne Rosoky	Derk and Kimberly McCann
Campton	57 Livermore Rd.	Single-Family Residence	\$158,000	Russell R. and Constance M. Moren	Kevin A. and Taylor M. Coursey
Campton	22 Trapper Rd.	Mobile Home	\$140,000	Ida Gould	Ann M. and John P. McKenney
Campton	34 Weetamoo Trail, Unit 2	Condominium	\$75,000	Earl H. Wickline and Dianne D. Marchand	Scott E. and Mary E. Hettinger
Plymouth	24 Eagles Nest Rd., Unit 45	Condominium	\$212,533	Patricia Webster	Jezeiah Rocap and Sarah Allen-Rocap
Plymouth	43 Tenney Brook Rd., Unit 2	Condominium	\$55,000	Gerald G. and Gail A. Fortin	Hal M. and Jane J. Thrasher
Rumney	120 Mill Rd.	Single-Family Residence	\$89,800	Amy L. Poitras	David N. and Brenda L. Poitras
Rumney	1100 Old Route 25	Single-Family Residence	\$165,000	Stephen C. and Rebecca A. Dow	Amy L. Poitras
Rumney	774 Quincy Rd.	Single-Family Residence	\$325,000	Lawrence A. Mazur and C.G. DeClerq-Mazur	Edwin A. and Kristin L. Peterson
Thornton	24 Hidden Acres Rd.	Single-Family Residence	\$311,533	Constance L. McCoy	Benjamin F. Wilson
Thornton	66 Lee Brook Rd.	Single-Family Residence	\$195,000	Robert H. Terhune (for Robert H. & Lori A. Terhune Trust)	Lori A. Armstrong
Thornton	57 Waterthorn Rd.	Single-Family Residence	\$200,000	James B. Sacchetti	Barry H. Best and Cathleen A. Baker
Waterville Valley	8 Emmerson Way, Unit 3f	Condominium	\$204,000	Craig F. and Allison A. Pfannestiehl	Benjamin R. and Katherine E. Wellner
Waterville Valley	48 Tyler Spring Way, Unit 3	Condominium	\$269,000	Charles T. and Catherine K. Griffiths	Douglas J. and Kimberlee J. Kearns
Wentworth	52 Wentworth Village Rd.	Single-Family Residence	\$100,000	George Peterson	John P. and Jennifer P. Meade

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 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.

MARK ON THE MARKETS



BY MARK PATTERSON
We can hope that

Hope or know

our retirement money invested in the stock market or mutual funds will do well when we are ready to retire. We can hope that Social Security will be there for us when are ready to retire. We can hope that we are

working with an investment professional who understands the difference between accumulation of assets and distribution as income. We can also hope that our retirement money is being managed cost efficiently

and appropriately for our risk tolerance and age. We can hope that our retirement income plan is sustainable, will provide steady income and has plenty of liquidity. We can also hope that we have the courage to plan for our

retirement income and not bury our heads in the sand hoping that it'll all turn out okay. We can also hope that we do not get ill or die without a will or trust in place.

If you fit the category of people who have put off planning, don't feel bad you are probably in the majority. From 2001 until 2011 the markets went nowhere and had a couple of significant drawdowns. In bad and declining markets. It is human nature to receive your statement from your brokerage and just toss it in a drawer unopened because we really don't want to see the damage. Many people do not have life insurance because they don't want to face the fact that they may actually die someday. People can also justify not having life insurance or disability insurance believing that they do not need it any more when in fact, there passing or disability would create a liquidity issue for their families.

Instead of hoping all these things will be okay, why don't we know that they will be okay? You can find out what your Social Security benefits will be depending on when you take them by going to the Social security government website. If your 401(k), 403B or IRA are made up primarily of mutual funds that are really designed for accumulation of assets and not for distribution of

income, you may want to consult with an advisor that can show you how to get predictable sustainable income from those investments. Make sure that your assets are also liquid. You should mitigate market, credit and interest rate risk with your income plan. The equity markets have been good the last nine years, so it is easy to become complacent and risk your retirement money in the equity markets. Don't rely on the equity markets for your retirement income. The equity markets are more a growth vehicle than an income producing vehicle.

There's a humorous commercial on TV that shows a husband-and-wife doing every conceivable chore in the house or yard to avoid retirement planning. Across the street set their neighbors with an insurance salesman who flips around his laptop saying they your retirement plan is all done. Both, in my opinion, are exaggerations. An insurance product alone is not going to solve your retirement planning needs.

Take the time and muster up the courage to look at a retirement plan that is sustainable, steady and design for income, growth and provides liquidity, just in case!

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



MEMORIAL DAY

MAY 28, 2018

Please help us honor all the service men and women who lost their lives serving our country! Their sacrifice for our country helps keep us strong and secure.

On Thursday, May 24th the Plymouth Record, Newfoud Landing, Meredith News, Winnisquam Echo and Gilford Steamer will be saluting out troops with a special Memorial Day page.

Signature Blocks are
2x1: \$25 each
2x2: \$50 each

Deadline is May 18th at noon.
Please contact Tracy or Lori at 444-3927
or email lori@salmonpress.news



Go Gray

FROM PAGE A1

each year. For children, brain tumors are the leading cause of cancer-related deaths, surpassing even leukemia.

Over the years, NBTS has provided funding to a number of research programs and presented bills to Congress that could

help improve the lives of those with brain tumors. They currently have five programs underway to fund new research projects and are assisting in the battle against pediatric brain tumors. NBTS is also advocating for even more advanced research, expedited approval for treatment when a tumor is diagnosed, and better

access to health care services.

To learn more about the National Brain Tumor Society or find ways to support their mission, visit them at their Web site, www.braintumor.org, find them on Facebook at www.facebook.com/braintumors or follow them on Twitter, @NBTStweets.

NACF

FROM PAGE A1

Newfound Pathways (\$4,250)

2015 Newfoundland Audubon Center (\$4,500) & Voices Against Violence (\$5,500)

2016 Newfoundland Lake Region Association (\$6,000) & Slim Baker Foundation (\$2,500)

2017 TTCC Youth Council (\$6,000), Day Away Program (\$5,000) & NRHS softball scoreboard matching grant (\$1,250)

The NACF Board is now seeking applications from non-profit, charitable organizations from the greater Newfoundland area which wish to be considered as the 2018 Run Your Buns Off 4.2 miler race beneficiary.

NACF Vice President, Garlyn Mangan-

ello said, "The NACF Board is proud to offer area non-profit organizations a chance to achieve seed money for new programs; add value or resources to existing programs or build capital to better serve the greater Newfoundland Community. We love where we live, and helping our neighbors by giving back is how we show it."

If your non-profit group is interested in applying, please visit the Run Your Buns Off Facebook page to download the application now or email runyourbunsoff@gmail.com and one will be emailed to you. For more information, please contact Garlyn Manganiello at 744-6035.

The deadline for applications is May 25, just one month away, so please act fast!

The Newfoundland

Area Charitable Fund (NACF) was established with the goal in mind of promoting health and fitness while giving back to causes within the community. Its premier fundraising event, the Run Your Buns Off 4.2 Miler, offers hundreds of participants a fitness challenge with the reward of helping out a charitable cause in the community and an added bonus of a Basic Ingredients Bakery "sticky bun" at the finish line. Raffle Prizes and other fun family events cap off this annual event each year thanks to the support and participation of many area businesses. Registration is now open so sign up today for this exciting family event by visiting http://www.lightbox-reg.com/buns_2018.

Roots

FROM PAGE A6

designs into a rooster or hen. Cost of the class is \$20 for members and \$25 for non-members.

On May 24, Lynn Haust will offer a Melted Glass Sun Catcher Class from 5-7 pm. Participants will create beautiful glass designs to place in a window and catch the light. They can also make a nightlight. Students will learn to use stringers, frit and how to cut and place glass. Cost of the class is \$25 for members and \$35 for non-members.

Annette Mitch-

ell will continue her Landscape/Drawing Class. This class continues into May 1, 8, 15, and 23. Please note this class is already full. By week she will cover the following topics: Using Inks, Drawing on location, weather permitting, and Using soft pastels.

Each month, Artistic Roots also offers an Open Knitting class held weekly on Sundays from 2-4 p.m., sponsored by fiber artist, Polly Bartlett. This class is free and all are welcome to attend.

All classes are offered in our newly renovated studio. Come

and see what a great space Artistic Roots has for offering art classes to our communities. Please note that until a class is paid for, you are not officially enrolled. All classes should be paid for at least by the day before the class.

Become a Supporting Member! The cost is \$25 annually and you receive a discount on all classes offered at the gallery. Artistic Roots is at 73 Main St. in Plymouth. You can register for classes by stopping by the gallery, phoning 536-2750 or visiting the Web site.

Bush

FROM PAGE A9

Bush "has decided not to seek additional medical treatment and will instead focus on comfort care". Even in her last days, Mrs. Bush offered the world an opportunity to start a conversation and learn more about comfort care. She gave us space to know it was ok to accept the inevitable- she was going to pass, and she was going to do it in the manner in which she lived, authentically and on her own terms.

Patients at the end of life often wish to emphasize quality of life rather than seeking curative treatment. The emphasis is on comfort, dignity, and respect. It is a team approach to support the physical, emotional and spiritual needs of the patient. The philosophy of comfort care embodies the strong beliefs and values that held true

throughout Mrs. Bush's life, and was the right personal choice for her. She once said, "When all the dust has settled, and all the crowds are gone, the things that matter are faith, family and friends...we have been inordinately blessed, and we know that." Ellen Goodman, co-founder of the Conversation Project, said of the announcement "It sounds like this forthright, outspoken woman has made her wishes known and the family is standing by her."

There is no "should" when discussing authenticity and no "one size fits all" for how we choose to spend the last chapter of our lives. With a little advance care planning, we can evoke our right to pass in a way that is aligned with our personal preferences, values and beliefs. Of all of Mrs. Bush's lessons, she bequeaths us the

permission to die how we choose. Resources for End of Life Conversations, Advanced Care Planning, and Comfort Care services such as Hospice and Palliative Care can be found at theconversationproject.org and your local Visiting Nurse Agency, Pemi-Baker Community Health, 536-2232.

Pemi-Baker Community Health is a 50-year old nonprofit home health agency serving over 900 clients and their families annually from 12 member towns in central New Hampshire. Services include at-home healthcare, hospice and palliative care, on-site physical and occupational rehab therapy and fitness memberships including fitness classes in our 90-degree therapy pool and fitness gym. Please visit our website: www.pbhha.org or like us on Facebook: Pemi Baker Community Health.

Blonde

FROM PAGE A1

kids will like," she said. Gardner, too, was seen in the Addams Family show and has been involved in theater for several years,

On the male side, Todd Hamlett, a freshman at NHS from Campton, will play the role of "Warner," the ex-boyfriend Elle is following to Harvard. Hamlett said he likes the drive of his character even though he might make a few bad decisions in breaking up with Elle rather than talking things through.

Hamlett is another seasoned performer, having been involved in drama since third

grade and more recently been a part of community presentations at Plymouth State University.

Senior Drew Honeycutt is another with a lead role in this year's production. Honeycutt will be playing the role of "Emmett," an assistant to a college professor at Harvard who holds a key to Elle's future studies.

"I'm enjoying the songs a lot," Honeycutt said. "They were interestingly written and the mood changes a lot. The energy of this show is really high. Everybody is having a lot of fun with lots of silly scenes and circumstance that the audience is sure to enjoy."

Like the others, Honeycutt also has a history of theatrical experience in his years at NHS, appearing in not only last year's Addam's Family musical but holding dramatic roles in "Snow Angel" and Shakespeare's "Twelfth Night."

"Legally Blonde" will be performed at the New Hampton School's McEvoy Theater for a one-night only performance on Saturday, May 12, at 7 p.m. Suggested donations for the performance are \$15 for adults, \$10 for students and senior citizens, and as a thank you to the community, New Hampton residents with a valid driver's license will be admitted for free.

Notebook

FROM PAGE A4

+++++

I was flipping through the current issue of Archaeology Magazine and came upon an ad for tourism and travel in Newfoundland and Labrador, with special attention paid to Lans aux Meadows.

Newfoundland indeed is being pitched as a tourism getaway, which it surely is---with very long drives between getaways, believe me. Still, the island is undergoing a tourism boom, partly because deserving attention is being paid, finally, to Lans Aux Meadows, the only confirmed Norse settlement site in North America. Its rude and rough planked huts were put up in roughly AD 1,000, almost 500 years before Columbus.

When I was traveling the Far North, transportation was mainly by boat, dog sled, snowmachine and float plane. Now

much of Labrador's interior is accessible by road, and they're still building.

+++++

When I first traveled to Labrador to fish the huge and fast-moving Menihek Rapids, the country was reveling in the discovery of major iron ore deposits, some of the best quality in the world. The archaeological discoveries at Lans Aux Meadows were being talked about, but iron ore was king.

Iron Ore Company workers built a heavy-duty railroad straight into the interior, 350 miles from the coast. It featured rails that weighed 72 pounds per foot, the heaviest in the hemisphere. The deal with the government for getting permission for the railroad was that two runs per week had to be made for civilians.

So twice a week, usually on Tuesdays and Fridays, the civilian train hauled hunters, prospectors,

fishermen, scientists, military personnel and adventurers into the interior, some to make an in and out but many to stay months and years, studying this strange and mostly frozen land for knowledge and profit. The iron ore went by virtually non-stop trains to the port of Sept Isles, where it was loaded onto ships bound for ports all over the world.

But then iron ore was discovered in South America---not better ore, but ore that was cheaper to get out. And suddenly, Labrador was once again what it was before, a cold and empty place frequented only by the hunter, fisherman and adventurer.

(This column is syndicated 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.)

HARRIS

family furniture

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Derby

FROM PAGE A1

ing so well for a while that a few of the young anglers even managed to meet the limit of five fish or five pounds, whichever came first.

While the 44 children registered for the derby lined the pond, all vying for the “hot spot” where fish were biting best, they still



(Left) Five-year-old Billy got out his lucky hat and joined more than 40 boys and girls who took part in this year's Youth Fishing Derby in Hill last Saturday morning.

took some breaks to grab a hot dog, hamburger and other treats before getting back to the task of winning the derby. Parents also took time to purchase raffle tickets for a number of great prizes, with winners announced periodically throughout the day.

When the horn blew at noon, signifying the end of the competition, two boys and a girl became the big winners of the day.

Eight-year-old Jonathan Weeks of neighboring Bristol took first place with his nearly eight tenths of a pound catch. Jonathan said he “quite commonly” fishes with his dad, and his brother has placed well in past derbies. He was very excited about finally getting his own win though, saying with a shrug and a smile, “We always have good luck at fishing derbies, but when we're just out fishing, not so much.”

This time around there was a tie for second and rules stated that the first to present their fish to the weigh in table prevailed. That put 10-year-old Anthony Estes in second place and nine-year-old Lauren Mahoney in third. Both are residents of Hill, and checked in with trout weighing six tenths of

a pound.

Estes was pleased to receive his trophy, saying he always likes to get outdoors for some time fishing with his dad. While he didn't take home first place, he was one of the lucky ones who managed to reach his limit not long into the derby though and dinner plans were being discussed before he and his family even headed for home.

Mahoney was not the only female out on the pond that day but her six-tenths-of-a-pound brook trout, caught just a short while after Estes', represented the young ladies well when she received the trophy for third place.

“I live (nearby) and enter the derby every year. This was the second fish I caught today and it was hard to reel in, but it's the first time I ever won anything,” Mahoney said. With more than 200 fish stocked for the derby the Hill Town Pond is now open to anyone with a valid New Hampshire fishing license and future plans are in the works for other events along the banks of the popular town property. Among those are a community-wide chicken barbecue scheduled for later this summer. Recreation Department members asked everyone to keep an eye on the Hill Town Web site for details of that and other community events in the weeks to come.

SAVE the DATE!

Littleton Regional Healthcare's 27th Annual North Country Women's Health Conference
MONDAY, MAY 14, 2018 • 7:30AM-4:00PM

OMNI Mount Washington Resort
Presidential Conference Center & Spa
ROUTE 302, BRETTON WOODS, NEW HAMPSHIRE

We have many exciting things in store for the 2018 Conference!

Same great location—
The OMNI Mount Washington Resort
Presidential Conference Center & Spa!

Spend the night and enjoy a fun-filled evening!
We have some terrific activities and events planned.
Sunday, May 13, 2018 4:00 pm-8:30 pm (optional)

A sampling of speakers and topics includes:

Changing the Culture Around Mental Health: It's Way Past Time* WITH SPECIAL GUEST SPEAKER, THE HONORABLE JUDGE JOHN BRODERICK

- Top Ten Essential Oils
- Reduce Pain with Yoga
- Staying Active After Menopause
- Cardiac Tests- What They Can and Can't Tell You About Your Heart and Risks
- Tap Away the Anxiety and Stress

**If you or someone you know wishes to attend Judge Broderick's presentation (only), we encourage you to do so.*

REGISTER ONLINE! visit littletonhealthcare.org
You may also e-mail geninfo@lrhcares.org, or call (603) 444-9355

Interested in being a VENDOR? Call (603) 444-9304

Six Steps to Re-write Your Inner Script

...busting the negative mindsets that block our path to peace and prosperity.



WITH KEYNOTE SPEAKER
KELLY SWANSON

CONFERENCE PARTNER!

The North Country Health Consortium/Northern New Hampshire Area Health Education Center is collaborating with Littleton Regional Healthcare to offer continuing education credit for nurses. Look for Continuing Nursing Education (CNE) information in the conference brochure!



CADY

FROM PAGE A4

lieved was in the last product they vaped, most said “just flavoring.” As for the Juul, some teens are filling the pods with other substances, which is even more dangerous.

What do we wish teens would say if offered a Juul, marijuana, alcohol, or any other drug? “No thanks!” We hope you will come to PRHS on May 10 at

6 p.m. to learn unique ways to communicate that message to the youth in your life. The event is open to the community free of charge. Parents, grandparents, and all those who care about kids are invited to attend.

If you or someone you know struggles with addiction or substance use, call the New Hampshire State-wide Addiction Crisis Line at 1-844-711-4357.

What's Happening at Plymouth State University

CONVOCATION AND COMMENCEMENT

CELEBRATING OUR GRADUATES!

Graduate Commencement: Thursday, May 17, 7 p.m., ALLWell North. Doors open at 5 p.m. with the Academic Procession beginning at 6:40 p.m. NH Senate President Chuck Morse '84 will address graduates.

Convocation: Friday, May 18, 4 p.m., Silver Center for the Arts. This awards ceremony celebrates the outstanding academic achievements of the undergraduate members of the Class of 2018.

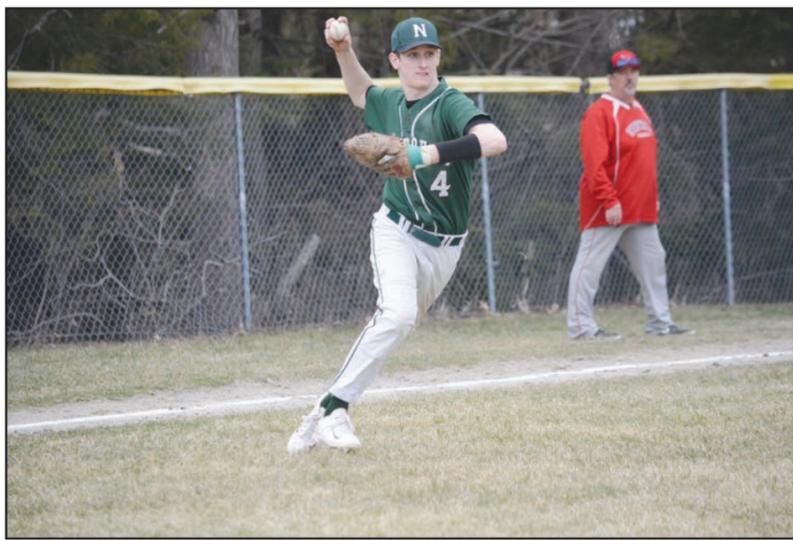
Undergraduate Commencement: Saturday, May 19, 10 a.m., ALLWell North. Students and faculty will begin to proceed from the Alumni Green at 8:15 a.m. We invite you to ring your cowbell, high-five, hang signs, whistle, and celebrate this momentous day with the Class of 2018 as it makes its way down Main Street. ALLWell North doors open at 8 a.m. with the Academic Procession beginning at 9:40 a.m. Gov. Chris Sununu will address graduates. Tickets are required.



For more information please visit plymouth.edu/Commencement.

Newfound Landing Sports

Section **B**
Thursday,
Thursday, May 3, 2018



JOSHUA SPAULDING

Nick Lynch fires a throw to first after fielding a bunt in action against Stevens last week.



JOSHUA SPAULDING

Than Nguyen looks to get the tag on a Stevens runner in action last week.

Cardinals rally past baseball Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound baseball team took an early lead then rallied from a four-run deficit, but as has been the case in each of the four games this season, one bad inning did the Bears in, as they dropped a 14-6 decision to Stevens on Tues-

day, April 24.

“In four games, you can literally attribute those (losses) to four innings,” said assistant coach Logan Belanger, who took the helm for head coach John Larsen. “We’re a young team, but we don’t have any quit, I think we’re a good team.”

The Bears got on the board first, plating two runs in the bottom of the first inning. Nate Tucker led off with a walk and Eric Hanser reached on an error. A pickoff error and a sacrifice fly from Nick Lynch got the two runs home and Newfound took the 2-0 lead.

The lead lasted until the third inning, when the Cardinals came through with four runs against Newfound starter Logan Rouille. A lead-off homer got the visitors on the board and after a hit batter and a base hit, another homer gave the Cardinals a 4-2 lead. Tyler Haskell helped get the Bears out of the inning, making a diving catch in left field to end the inning.

The Bears got a run back in the bottom of the third inning. Hanser led off with a walk and Matt Costigan followed with a base hit. A balk moved both runners up and then Lynch lofted a fly ball to center field, which drove Hanser home with the third run of the game. Rouille kept the inning going with a base hit, but a double play ended the inning

before Newfound could tie the score.

Stevens plated two more runs in the top of the fourth inning. Three base hits and a hit batter plated the two runs before an out was recorded, but Rouille got out of the jam by inducing two fly balls to center and one to shortstop.

Newfound came right back and scored three

runs in the bottom of the inning. With one out, Leroy Laflamme reached on a dropped third strike and Than Nguyen followed with a base hit. After a passed ball moved the runners up, a grounder to short drove in one runner and then Hanser doubled home another run to cut the lead to 6-5. Costigan then beat out an infield hit to

drive in another run, tying the score at six after four innings.

The Newfound defense got Rouille out of trouble in the top of the fifth, as Hanser, Tucker and Costigan turning a 6-4-3 double play to end the inning.

Rouille led off the bottom of the fifth inning with a base hit and then Ryan Lyford reached

on an error. Haskell followed with a base hit and Rouille raced for home. It appeared the catcher dropped the ball before getting the tag on, but Rouille was called out on the play and the Bears were unable to get any runners home in the inning.

A base hit and a sacrifice bunt compounded the error.

SEE **BASEBALL** PAGE B8

What's On Tap

The first full week of May brings a complete slate of games for the local high school teams.

At Newfound, the baseball and softball teams will be hosting Belmont at 4:30 p.m. on Monday, May 7, and then will host Berlin on Wednesday, May 9, at 4:30 p.m. The baseball Bears will also be hosting Newport on Saturday, May 5, at 1 p.m.

The Newfound track team is slated to compete at Berlin on Tuesday, May 8, at 4 p.m. and will host a meet on Thursday, May 10, at 4 p.m.

The Plymouth baseball and softball teams will be hosting Kennett on Friday, May 4, and will visit Coe-Brown on Monday, May 7, all at 4 p.m. On Wednesday, May 9, the baseball team will be at Bow and the softball team will host Bow, both at 4 p.m.

The Plymouth tennis boys will be at Kennett today, May 3, at 4:30 p.m. and will be at Trinity at 4 p.m. on Thursday, May 10.

The Bobcat tennis girls will be hosting Kennett on Friday, May 4, and will visit

SEE **ON TAP** PAGE B8

Fast start paces Stevens over Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Stevens softball team came to Bristol on Tuesday afternoon with some big bats and took care of business against the Bears, getting the 13-1 win.

Newfound pitcher Hayleigh Pabst struck out the first batter of the game but back-to-back doubles got the Cardinals going with the first run and then a base hit made it 2-0. Two more base hits plated two more runs before Pabst got a grounder to third and a popup to catcher Caroline Marchand to end the inning.

Tiffany Doan led off top of the first inning with a base hit and then Marchand followed with a fielder's choice, with both runners safe on the play. Victoria Roman grounded to short, forcing Doan at third but a wild pitch moved both runners up. However, they were stranded there by a strikeout and grounder to second.

The Cardinals got a leadoff triple in the top of the second inning and then a bunt hit and a base hit drove in two runs for a 6-0 lead. After another base hit, a wild



JOSHUA SPAULDING

Hayleigh Pabst fires a pitch in action against Stevens last week.

pitch made it 7-0 and another base hit pushed across the eighth run of the game for the visitors. Pabst got a grounder back to the circle and then a grounder to second base to end the inning.

With two outs in the

bottom of the second inning, Madison Hanley worked a walk and took second on a passed ball, but she was stranded there.

The lone run of the game for the Bears came in the bottom of the fourth inning, as Bailey

Fairbank had a double and she scored on a double by Hanley.

“Stevens hit the ball very well and we just have to be able to respond with runs of our own,” coach Kelly Meehan noted. “We were

SEE **SOFTBALL** PAGE B8

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, varsity boys' 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 pcofr@sau4.org.



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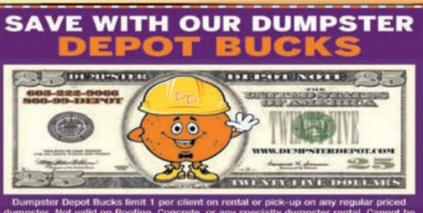
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Big first inning leads Bobcats over Knights

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — For four innings on Friday, April 27, the Kingswood and Plymouth baseball teams played a fairly even game.

However, there was one inning that separated the two teams, as the Bobcats batted around twice in the first inning, plating 12 runs on the way to the 15-0 victory over the Knights.

The Knights struggled to make the defensive plays in the first inning and the pitchers struggled to throw strikes, as the Bobcats took their hacks. Henry Green led off with a walk and stole second. He was hurt on the slide into second and Tony Velez took over on the bases. Owen Brickley reached on an error to plate the first run of the game and then Mike Hogan had a base hit to drive in another. After Nick Qualey worked a walk, Kingswood starter Dylan McCann got a strikeout for the first out of the inning then Ben Olmstead also worked a walk. After another strikeout,

a wild pitch made it 3-0 and then Garrett Demas doubled home two more runs. Devlin Costa then worked a walk, spelling the end of the day for McCann, who was replaced by Matt Drew. Velez reached on an error to drive in another run and then a double steal made it 7-0. Brickley beat out an infield hit and then Hogan worked a walk ahead of a double from Qualey, which plated two more runs. Dan Carey reached on a dropped third strike and Plymouth plated its 10th run. Olmstead was hit by a pitch and then Colby Moore doubled, making it 12-0. After Demas worked a walk, Drew got a strikeout to get out of the inning.

Oleg Sheahan led off the bottom of the first inning with a base hit and was forced at second when Sam Danais grounded to third. Bryton Clifford grounded to second to push Danais to second but that was as far as it got for Kingswood.

Velez led off with a walk in the top of the



JOSHUA SPAULDING
Garrett Demas slides under the tag of Kingswood catcher Cole Paro during action on Friday afternoon.

second inning and one out later, Hogan had a base hit. Qualey grounded back to the mound to force Velez at third, but Carey and Olmstead followed with base hits to drive in runs and Plymouth took the 14-0 lead. Cole Paro led off the



JOSHUA SPAULDING
Owen Brickley fires a pitch on his way to a win over Kingswood on Friday.

bottom of the second with a walk and Drew moved him up with a groundout but he was stranded at second base. Demas beat out an infield hit to start the top of the third and Costa followed with a base hit, but Velez grounded to second, forcing Costa at second. After Brickley walked, Hogan dropped a bloop into right field. Korbin Tinker was able to gun down Demas trying to score and Drew got a pop up to short to end the inning. Chad Leigh was hit by a pitch with one out in the bottom of the third and Clifford beat out an infield hit, but Bobcat starter Brickley got a strikeout to end the inning.

Place took over on the hill for Kingswood in the top of the fourth inning and Olmstead was hit by a pitch with one out, Moore reached on an error and Demas had a

base hit to load the bases. After a strikeout, Velez worked a walk to plate the 15th run of the game. Place got another strikeout to end the inning.

AJ Colgat took over on the mound in the bottom of the inning and Drew had an infield hit and Place reached on an error, but the Knights could not get any runs across the plate.

Jack Corbeil was hit by a pitch with one out in the top of the fifth and Zack McGlone worked a walk to put two more runners on base, but Place got a strikeout to end the inning. Danais had a two-out infield hit in the bottom of the inning but the Bobcats got out of the inning and took the 15-0 win.

Plymouth was coming off a win over John Stark on Thursday, April 26, as the Bobcats rallied with five runs in the seventh for the 7-6 win.

The Knights dropped a 10-0 decision to St. Thomas earlier in the week, despite getting two hits from Danais and five strikeouts from starter Kody Lambert.

Kingswood will be in action on Friday, May 4, at home against Oyster River at 4:30 p.m. and will be at home again the next day, hosting Lebanon in a rescheduled game at 4 p.m. On Monday, May 7, the Knights visit Portsmouth for a 5 p.m. game and on Wednesday, May 9, they will host Souhegan at 4 p.m.

Plymouth will be in action on Friday, May 4, hosting Kennett at 4 p.m., will be at Coe-Brown at 4 p.m. on Monday, May 7, and at Bow on Wednesday, May 9, at 4 p.m.

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

Women's Gravity Weekend is May 18-20 at Highland Mountain

NORTHFIELD — The fifth annual Women's Gravity Weekend at Highland Mountain (May 18-20) brings together a diverse group of enthusiastic women in a supportive riding environment to help you develop essential mountain biking skills and take your park experiences to the next level. Women of all ages and riding abilities are invited to start the season right with a weekend dedicated to learning and reinforcing new skills, building relationships, and having a great time. Whether you're new to downhill mountain biking or have been riding for years, this program has something for you!

Riders will spend all day Saturday receiving focused instruction from Highland's coaching staff. Morning activities center on fundamental techniques, balance, and breaking bad habits so you can ride with control and confidence. In the afternoon, riders will have the opportunity to take on jumping, dropping, and cornering on Highland's dedicated learning features, under the guidance of their excellent coaches. Sunday is an entire day of freeriding where you can take what you learned during clinics on Saturday to ride on your own or with a new

group of friends you have made. Instruction is available on Sunday for an additional fee.

The Women's Gravity Weekend package includes park passes and discount rentals for the entire weekend, giving participants plenty of time to reinforce new techniques on the terrain of their choosing.

This year they've partnered with Driftwood Stables of Northfield to provide a true "retreat style" lodging option for participants. Located just five miles from Highland, Driftwood's unique accommodations are made up of finished yurts, which house six to eight people. Each yurt comes equipped with its own bathroom, shower and electricity. Guests will have access to the facility's heated outdoor pool and spa. If you are coming as a group or have rooming requests, please e-mail camps@highlandmountain.com. Lodging at Driftwood can be added to your package at an extra charge.

Whether you're an experienced rider looking to hone your skills, or someone who's interested in trying out downhill mountain biking for the first time, this program is for you. Come check out the Women's Gravity weekend and see what the women's freeride scene is all about.

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Edward Jones: Financial Focus

Here's a Checklist for Changing Jobs

A few generations ago, it was not uncommon for workers to stick with a single job for their whole careers. But for many of us today, frequent job changes are a fact of life: The average employee tenure is just over four years, according to the Bureau of Labor Statistics. So, assuming you're going to switch jobs a few times, you'll want to be prepared. Here's a checklist of things you can do to smooth these transitions and help your financial situation:

- Build an emergency fund. Some of your job changes may be involun-

tary, so you'll want to have a cash cushion handy – just in case. One smart move would be to build an emergency fund, containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

- Consider your options for your former employer's 401(k) plan. If you had a 401(k) plan with your former employer, you have three main options: You could leave your money in the plan, if the employer allows it; you could move the money into your new employer's plan, if permitted; or you could roll the funds over

to an IRA. You'll want to weigh the "pros" and "cons" of these choices carefully before making a decision.

- Choose investments from your new retirement plan. If your new employer offers a 401(k) or similar plan, you'll need to choose the investments within the plan that are most appropriate for your goals, risk tolerance and time horizon. Contribute as much as you can afford to the plan, and consider increasing your contributions every time your salary goes up.
- Make sure you've got

health insurance. The health insurance offered by your new employer may not begin the minute you start your job. Given the high costs of medical care, you'll need to make sure you are protected until your coverage kicks in. So, for that interim period, you may need to consider the federal health insurance marketplace, COBRA continuation coverage or private medical insurance. You might also be eligible to be covered under your spouse's health insurance. And you may want to learn what your options are for health savings accounts (HSAs), if available.

- Review your new benefits package – and take steps to fill gaps. Your new benefits package may include life and disability insurance, but these group policies may not be enough to fully protect you and your family. A financial professional can help you quantify your protection and insurance needs and offer guidance on how much coverage you may require.
- Understand your income tax considerations. Getting a new job may involve income tax implications, such as changes in your tax bracket, severance pay, un-

used vacation and unemployment compensation. And if you are thinking of exercising stock options, be aware that this, too, can be a taxable event. Finally, if you have to move to take a new job, you may incur some relocation and job hunting expenses that could be deductible. You will need to discuss all these issues with your tax professional.

Starting a new job can be exciting – and challenging. But you may be able to make your life easier by putting the above suggestions to work.

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JOSHUA SPAULDING

Emma Cooper comes up firing on a ground ball to third in action at Kingswood on Saturday.



JOSHUA SPAULDING

Alexis Thompson underhands a throw to first during action Saturday in Wolvesboro.

Plymouth pitching, hitting too much for Knight girls

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The experience of the Plymouth softball team came through in a big way against Kingswood on Saturday, April 28.

The Bobcat bats put up seven runs in the second inning and five in the third to pull away for a 16-0 win over the Knights.

“We needed this with these girls,” said Plymouth coach Brian Blanchard, who’s team was coming off a loss to a tough John Stark team two days earlier. “We wanted to get the bats going and we got another good pitching performance from Kacie (Johnston).”

“Plymouth scalded the ball really good,” said Kingswood coach Dick Arthur. “They were tough.”

The Bobcats put a run on the board in the top of the first inning against Kingswood starter Maggie Shaw. Emily Boyd led off with a bunt hit and took second on an error. After Alexis Thompson followed with a sacrifice bunt, Tristan Keller doubled to the fence to plate Boyd with the first run of the game. Shaw got a pop up to third and line drive to shortstop to close out the inning.

Johnston set the side down in order in the bottom of the first inning and the Plymouth bats came up big

in the top of the second. Jenna Flaherty led off with a base hit and Molly Edmark followed with her own hit. Appalachia Kunz put down a bunt an error allowed Flaherty to score. Emma Cooper reached on an error to plate another run and then Boyd beat out an infield hit. Thompson followed with a double to drive in two more runs and after Keller walked, a Johnston double drove in two more runs and Riley Flaherty took over on the bases. A Grace Comeau sacrifice fly made it 8-0 before Shaw got a force play and a strikeout to finish out the inning.

Sarah Bean had a one-out base hit in the bottom of the second and Maddie Shatzer was hit by a pitch but they were both stranded on the bases.

Plymouth added more runs in the top of the third. With one out, Boyd worked a walk and Thompson doubled. Keller reached on an error to drive in another run and then Johnston’s base hit drove in Plymouth’s 10th run. Comeau and Jenna Flaherty followed with base hits that each drove in a run but Shatzer got the Knights out of the inning by starting a 5-3 double play on a grounder to third base.

The Knights went quietly in the bottom of the third inning and

nice plays from Kasey Birth in left field and a Shatzer at shortstop got the Knights out of the inning with no runs scoring. Kingswood went in order in the bottom of the fourth as well and Plymouth added four more in the top of the fifth inning. Thompson led off with a base hit and scored on a Keller double. A Johnston base hit followed and then a Comeau hit plated another run for a 14-0 lead. An Edmark base hit and error drove in another run and then Kunz had a base hit to close out the scoring. Kingswood went in order in the bottom of the fifth and the Bobcats had the 16-0 win.

“We wanted to get the girls focused on the season now that spring is finally here,” Blanchard said. “It’s good for the girls that we can do this.”

“Mistakes really hurt us against John Stark, you can’t make mistakes like that against a good team,” the Bobcat coach said. “I’m happy with the performance and we’ll move on from here.”

Blanchard also noted he was pleased with how the team attacked the Knight pitching, making an adjustment after seeing a much different pitcher against John Stark.

“They were putting them right where we weren’t,” said Arthur. “A lot of line drives

and grounders were just a step out of reach.

“And their pitcher was good, she mixed her pitches really well and wasn’t scared to go inside,” Arthur continued. “I give her a lot of credit.”

He noted that the errors were a key issue, as was the fact that the team was missing two of its starting infielders.

“Monday, everyone should be back, the infield will be together,” the Knight coach added. “We knew this part of the schedule was going to be tough.

“The girls never quit,” Arthur continued. “They show up every day, they’re here and I’m not hearing any complaining, I like their attitude.

“We’ll make the run we were expecting to make,” Arthur added.

The Bobcats opened the week with a 6-4 win over Sanborn, then beat Goffstown 3-1 before falling to John Stark by a 6-2 score. The Knights had their games earlier in the week postponed. A game with St. Thomas has yet to be rescheduled, while their game with Lebanon will be Saturday, May 5, at 4 p.m.

Plymouth will be in action on Friday, May 4, at home against Kennett at 4 p.m., then visits Coe-Brown at 4 p.m. on Monday, May 7, and hosts Bow at 4 p.m. on Wednesday, May

9. Kingswood will be hosting Oyster River at 4:30 p.m. on Friday, May 4, then host Lebanon on Saturday, May 5, visit Portsmouth on Monday, May 7, at 5 p.m. and will be host-

ing Souhegan at 4 p.m. on Wednesday, May 9.

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

High School Slate

Thursday, May 3
NEWFOUND
Track at TBD; 4
PLYMOUTH
Boys’ Tennis at
Kennett; 4:30
Girls’ Lacrosse at
Laconia; 4

Friday, May 4
PLYMOUTH
Baseball vs. Kennett; 4
Boys’ Lacrosse at
Con-Val; 5
Girls’ Lacrosse vs.
Con-Val; 4
Girls’ Tennis vs.
Kennett; 4
Softball vs. Kennett; 4

Saturday, May 5
NEWFOUND
Baseball vs. Newport; 1
Monday, May 7
NEWFOUND
Baseball vs.
Belmont; 4:30
Softball vs.
Belmont; 4:30
PLYMOUTH
Baseball at
Coe-Brown; 4
Boys’ Lacrosse vs.

Gilford; 4
Girls’ Lacrosse at
Gilford; 4
Girls’ Tennis at
Manchester West; 4
Softball at
Coe-Brown; 4

Tuesday, May 8
NEWFOUND
Track at Berlin; 4
PLYMOUTH
Track at
Oyster River; 4

Wednesday, May 9
NEWFOUND
Baseball vs. Berlin; 4:30
Softball vs. Berlin; 4:30
PLYMOUTH
Baseball at Bow; 4
Boys’ Lacrosse vs.
Milford; 4
Girls’ Lacrosse at St.
Thomas; 4
Softball vs. Bow; 4

Thursday, May 10
NEWFOUND
Track Home Meet; 4
PLYMOUTH
Boys’ Tennis at
Trinity; 4



DAVID SUITOR — COURTESY PHOTO

Racing time

Lacy Carter, a regular Sprint Cars of New England series competitor, shows off her 2018 ride at last Saturday’s show and practice at Legion Speedway. The quarter-mile clay oval track located on Route 25 in Wentworth kicks off its 2018 season on Friday night. See www.LegionSpeedway.com for more info.

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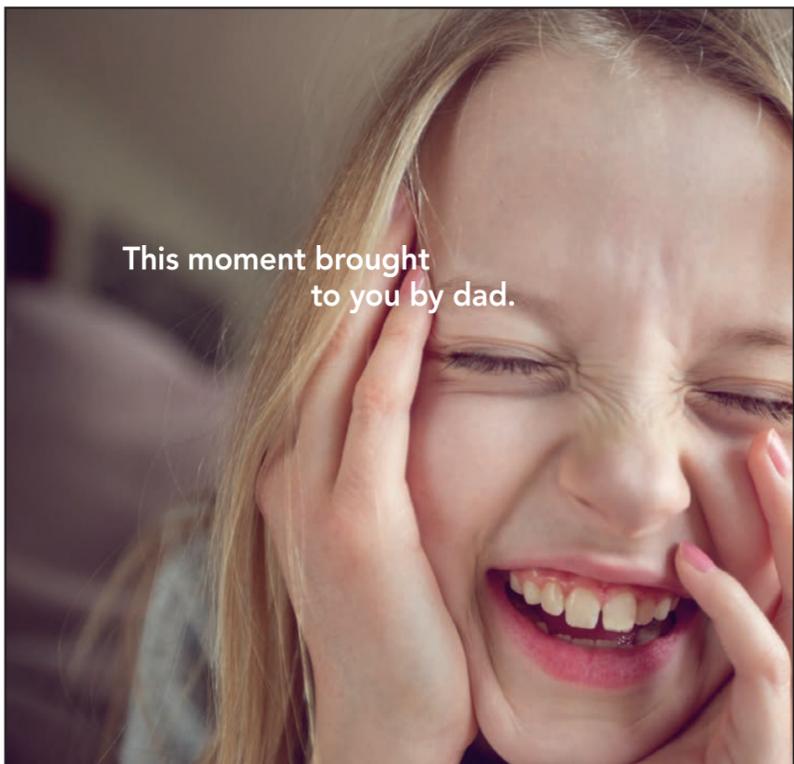
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Lin-Wood Public School
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Getting back in the swing of Survivor things

My love of Survivor is well-known in this space. For many years now I've been attending live events hosted by Rob Has A Podcast founder Rob Cesternino. I've traveled to Los Angeles, Reno, Chicago, Salt Lake City, Toronto and most often, New York City. These events are a lot of fun and I always enjoy getting to meet Survivors from throughout the show's 18-year run.

But last year, I decided that my finances really couldn't support flying around the country (and in one case, out of the country) on a regular basis to attend these events. It just wasn't feasible anymore. I figured the New York City events were still possible, since those are just a train ride away from Boston. I missed a great event in Austin, Texas last year and also missed the most recent one in New York City.

However, last week, Rob brought the live show closer to me, as the Survivor Know It Alls came to Boston for its Wednesday night taping. The Know It Alls podcast consists of Rob and fellow two-time Survivor Stephen Fishbach. Each week after the episode, they get together and discuss the episode in detail for about an hour. I usually listen to the show while I'm working my night job cleaning at Brewster but last Wednesday night, I took the night off from that job and drove to Boston to watch the episode with a couple

SPORTING CHANCE



By JOSHUA SPAULDING

hundred other people. We got to see a great episode of Survivor and then listened as Rob and Stephen broke down the episode with a multi-episode of former Survivor players.

Traditionally at these events there are usually six to 10 former players who turn out to discuss the episode with Rob, Stephen and the assembled fans. Most of the events take place in New York City and we usually get many of the same cast members. Since this was our first time in Boston, we got a lot of newcomers to the podcast, with 14 former players and one player from the current season in the house. While the current player (James Lim) couldn't talk about the season due to CBS contract restrictions, but he did meet with fans after the show during the after-party.

Rob and Stephen were joined by four Survivor winners (Jeremy Collins from Second Chances, Bob Crowley from Gabon, Michele Fitzgerald from Kaoh Rong and Adam Klein from Millennials vs. Gen-X) and 10 other Survivor players, including Rodney Lavoie and Carolyn Rivera (Worlds Apart), Denise Martin (China), Jimmy Tarantino (Nicaragua), Val Collins (Blood vs. Water), Bret Labelle, Jessica Lewis and Chris Hammons (Millennials



JOSHUA SPAULDING
(Left) SURVIVOR WINNER Adam Klein posed with pictures with fans on Wednesday night in Boston.

vs. Gen-X), Brice Johnston (Cagayan) and Nick Iadanza (Australian Survivor season one).

It was great to hear the voices of all the Survivors and hear what they had to say about the episode. While I had met most of the players that were at the event at previous other Survivor events, it was cool to meet Denise from Survivor China and finally get a picture with Adam. All the Survivors were incredibly gracious with their time, chatting with fans after the event and in some cases, in the day leading up to the event.

It was great to get back in the swing of the Survivor live events and hopefully I'll be able to get back to New York when the next one happens in October.

Finally, have a great day Nathan Wotton.

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.

Softball

FROM PAGE B1

JOSHUA SPAULDING
(Right) Victoria Roman takes a throw at first base during action last week against Stevens.

making contact for most of the game, but were mostly unable to find the holes in the defense."

The Bears opened the week with a 12-9 loss to Raymond on Monday, April 23.

The team will be in action on Monday, May 7, at 4:30 p.m. at home against Belmont and will be hosting Berlin on Wednesday, May 9, at 4:30 p.m.

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



On Tap

FROM PAGE B1

Manchester West on Monday, May 7, at 4 p.m.

The girls' lacrosse Bobcats will be at Laconia today, May

3, at 4 p.m., will host Con-Val at 4 p.m. on Friday, May 4, will visit Gilford on Monday, May 7, at 4 p.m. and will be at St. Thomas on Wednesday, May 9, at 4 p.m.

The Bobcat boys' lacrosse team will be at Con-Val for a

5 p.m. game on Friday, May 4, will host Gilford at 4 p.m. on Monday, May 7, and will host Milford at 4 p.m. on Wednesday, May 9.

The Plymouth track team will be at Oyster River on Tuesday, May 8, for a 4 p.m. meet.

Baseball

FROM PAGE B1

ed by an error allowed the Cardinals to score the go-ahead run in the top of the sixth inning. Haskell helped keep the damage to just one run when he made a nice grab of a line drive to left field.

Newfound went in order in the bottom of the sixth inning and Stevens broke things open in the top of the seventh. A walk, a base hit, a bunt hit, a sacrifice bunt and a squeeze

combined for two runs and then an error and a base hit plated two more for an 11-6 lead. Costigan replaced Rouille on the hill and a walk and a sacrifice fly made it 12-6 and a double drove in two more for the 14-6 lead before a popup ended the inning.

The Bears were unable to get a runner on base in the bottom of the inning and the Cardinals had the 14-6 win.

"If we can avoid that one mistake, we'll be OK," Belanger stated. "But that's baseball

though, that's why I love the sport."

The Newfound graduate said he enjoyed his chance to lead the team.

"It's a good experience," he said. "I like it, it makes me want to be a head coach even more."

The Bears are set to host Belmont on Monday, May 7, and Berlin on Wednesday, May 9, both at 4:30 p.m.

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

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